

CONTACT DETAILS

Please contact us for more details on the courses and services we provide.

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TASTER SESSIONS AVAILABLE

We offer both internal taster days on our site or external taster sessions where we bring our service to you.

[Contact us for more details and pricing](#)

Life Style Studios
EDUCATION 

LIFESTYLE STUDIOS & HEALTHY U EDUCATION

Prospectus 2024/2025

EMPOWERING YOUNG PEOPLE TO REACH THEIR FULL POTENTIAL

Life Style Studios
EDUCATION 

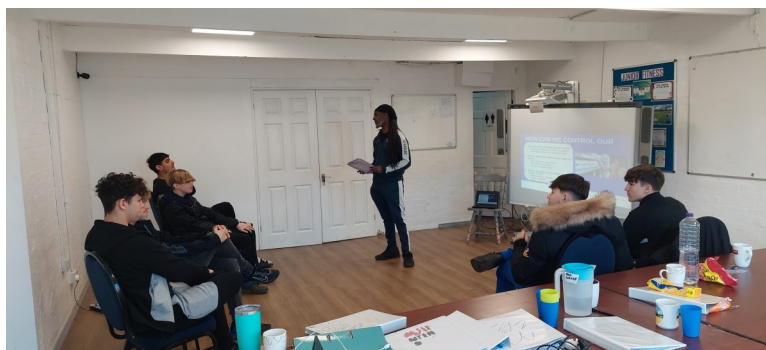
edexcel 
advancing learning, changing lives



Prince's Trust

Our Mission

At Lifestyle Studios Education we strive to meet the needs of young people in the local community, assisting them to become competent, confident, individuals ready for further education or employment.



We believe it is important to provide alternative forms of education in order to allow young people to not only cover the course content for accreditation but also to learn how to make healthy lifestyle choices, manage their own behaviour and develop both personally and professionally

Our courses are accessible to a wide range of students and our small class ratios means every learner receives the time and support they need to succeed.

Counselling & Mentoring

Our services aims to support young people with any emotional issues they may be experiencing in their life. Sessions are carried out by a fully qualified counsellor who has many years working with young people especially those who are disaffected.

Our qualified counselor is a registered member of the British Association for Counselling and Psychotherapy

The safeguarding of our young people is paramount and our aim is to help students overcome challenges and reach their full potential.

Sessions can be carried out in person or via Zoom.

Testimonials

“I have been coming to Lifestyle for a year and it has been really enjoyable. I have enjoyed meeting new people and my attendance is now 100%”

“Its good because I like the staff and the lessons are fun. For example, when we learnt about co operation, we used Lego , which was different and funny”

“Its cool because the work isn't too bad and I get to use the gym and do work experience.”

“On my course I have passed all my exams a learnt a lot about fitness and nutrition.”

L1 Functional Skills ICT

Overview:

Level 1 ICT courses develop Information Communication Technology skills in a practical 'real life' context.

Moving Forward:

The Level 1 course prepares the learner to progress to Level 2.

The Level 2 course is a fantastic stepping stone to further qualifications such as BTEC's and GCSE's.

L1 & L2 Functional Skills Maths and English Through Sport

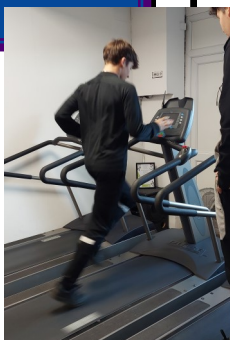
Overview:

This is a wonderful way for practical students to learn Maths and English. All work is related to sports and is taught in a practical format which is backed up with Maths and English sports booklets.

Moving Forward:

The Level 1 course prepares the learner to progress to Level 2.

The Level 2 course is a fantastic stepping stone to further qualifications such as BTEC's and supporting college applications.



Our Students

Our unique service is appropriate for a range of learners including:

- Excluded young people
- Poor attendees
- Learners at risk of exclusion
- ESC Students
- Young offenders
- Those in need of additional support



Our Staff

Our team at Lifestyle Studios Education use their varied experience and backgrounds to provide students with the most effective teaching and guidance. Their experience includes:

- P.G.C.E
- PTLLS Level 4
- BA (Hons) Education Studies
- Level 2 Fitness Instructing
- Personal Trainer
- Youth and Community Development
- L 2 Child Protection
- Hair and Beauty specialists
- Dealing with Challenging Behaviour
- Inclusion in Sport
- L5 CPCAB Diploma in Psychotherapeutic Counselling
- L4 CPCAB Diploma in Therapeutic Counselling (Integrative)

COURSES

L1 & L2 BTEC Sports

Overview:

BTEC Sports Level 1 and 2 are suitable for learners pursuing a more vocational style of education in the area of employment they have decided to enter Sport and Active Leisure.

Moving Forward:

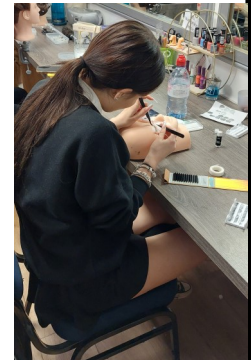
BTEC Sports provides the learner with the ability to progress to further vocational qualifications, GCSE'S, apprenticeships and employment.



L1 City & Guilds Introductory to the Hair and Beauty sector

Overview:

Students will learn to work in a small salon environment, based at Healthy U Wellbeing Centre. The centre runs as a fully commercial business to help students develop their skills with real customers. Some of the skills students will learn are, nail art, shampoo and conditioning, hair styling, skin care and make up.



Moving Forward:

After this course a student will be able to move on to a Level 2 specialist course in Hair or Beauty.

The Prince's Trust Achieve Program

Overview:

Achieve is a flexible program delivered in education centres across the UK. Young people can work towards a qualification or engage in activities that enrich the normal curriculum. Each activity has a focus on developing their confidence and key transferable skills to support their future.

Moving Forward:

The program can also help young people by managing the transition from secondary school into college or work placements, it also aims to improve their attendance, behaviour, and attitude to learning with us and at school.

Course Support

At Lifestyle Studios we understand that students can often need a little extra help with courses that they are currently taking part in.

Our staff can assist with coursework and revision for a variety of subjects including:

- Maths GCSE & Functional Skills
- Physical Education GCSE & BTEC
- English Language GCSE
- English Literature GCSE
- Reading
- BTEC First Qualifications