



# Club Mix

Your club programme guide



# Welcome to Club Mix

Welcome to Club Mix, your guide to running the most successful and exciting club programme around.

In here you will find fantastic tricks and tips for incorporating all the great aspects of YFCs into your club programme. You will learn how to prepare club members for a whole range of competitions, get involved with the latest agricultural campaigns and projects, tackle important issues such as bullying and alcohol, and so much more.

Each section gives you ideas for topics you could cover in a club meeting and then a step-by-step guide on how you could go about planning a meeting. There are also loads of suggestions of websites you can visit or people to talk to for further information and support.

So if you're thinking of ways to make sure your members have fun and learn during club meetings, then follow this handy guide and mix it up!





## 1 Agriculture & rural issues

This section has been designed to help members include agriculture and rural affairs in the club programme.

## 2 Community, environment & fundraising

This section includes lots of ideas for community and environmental projects and well as fundraising activities.

## 3 Competitions

This section has been designed to introduce and prepare members for the NFYFC competitions programme.

## 4 Life skills and youthwork

All you need to include life skills and youthwork in the club programme can be found in this section.

## 5 Recreation & leisure

Lots of creative and sporting club programme ideas can be found here.





# 1 Agriculture & rural issues

The purpose of Young Farmers' Clubs (YFC) is to support members who live and work in rural areas and have an interest in agriculture and rural issues. Over the years, YFC has built up strong relationships with many organisations that support members and there are still many more wanting to work with clubs. The influence of agriculture and rural issues makes YFC very different to any other youth organisation and it is well recognised within the industry.

Agriculture and rural issues easily lends itself to the club programme as there are many subjects to choose from that can be delivered to members in a variety of ways, such as visits, workshops, training and discussions.

For instance, consider inviting your local MP or lobby group to a meeting to discuss some burning issues with members. The [How to make a difference guide](#) and [Brexit Made Simple](#) are available from the resources section of the NFYFC website and details of NFYFC AGRI work, themes and news are available from the [AGRI pages](#).

Ask a representative from organisations such as the [National Farmers' Union \(NFU\)](#), [AHDB Education](#), [FACE](#), [Country, Land & Business Association \(CLA\)](#), [Linking Environment and Farming \(LEAF\)](#), [Tenant Farmers Association \(TFA\)](#) or [Rural Services Network](#) to discuss one of their latest campaigns or issues. You may have your own contacts and ideas, as will your members, advisory members and county officers, so make use of them to ensure that you have a vibrant club programme that everyone will enjoy.

If club members want to focus on a particular subject, do some research into the training courses that are available. These can be included in your club programme and can also link with the YFC competitions programme. The Smart Farming Guide [www.yfcsmartfarming.org.uk/](http://www.yfcsmartfarming.org.uk/) is a useful guide for running YFC Business Development Competitions as well as offering plenty of advice and information on setting up and running successful businesses. Learning as a group can be fun and rewarding.

Make the club programme as interesting and diverse as possible. There are a range of interests and ages to cater for, so take time to consider what will appeal to club members. It's always worth looking at what other organisations are doing and how this can complement your own work, especially if it fits in with your current theme, for example, the NFYFC competitions or a campaign theme.

The following pages contain ideas, contacts, links and club evening plans – everything you need to get started.





## Topics and ideas...

Here's a list of a number of ideas to get you thinking about the different subject areas that can be included in your club programme.

Agricultural shows	Animal health	Arable farming
Beekeeping	CEJA	Charities
City farms	Communication/Media training	Climate change
College farms	Conservation	Biodiversity
Deer farms	Demonstration farms	Diversification
Dairy	Environmental issues	Equine studies
Farmers' markets	Finance	Food processing
Forestry	Fruit production	Grassland management
Gamekeeping	Careers	Video making
Government	Grain Chain	#morethantractors
Farm health and safety	Land management	Feed Mills
Grants & scholarships	Working dogs	Poultry
Livestock	Local government	Local farm visits
Machinery	Marketing	Nature reserves
NFYFC events	Succession	Organic farming
Parish council	Agricultural organisations	Politics
Rare breeds	Science & research	Rural crafts
Rural housing	Rural transport	Soil management
Show societies	Tenancies	Farm safety
Stock judging	Study tours	Trade shows
Training	Fish farms	Vegetable production
Veterinary surgeon	Vineyards	Wildlife
Rural isolation	Broadband	Share farming





## Some useful websites...

There are many organisations, companies and government agencies working to support British farming. The websites listed here provide information about their programmes, how they work with British farmers as well as useful contact details. These links are a good starting point once you have decided on an agricultural or rural topic that you want to include in the club programme.

<b>Agriculture &amp; Horticulture Development Board</b>	<a href="http://www.ahdb.org.uk">www.ahdb.org.uk</a>
<b>AgriSkills Forum</b>	<a href="http://www.agriskillsforum.co.uk">www.agriskillsforum.co.uk</a>
<b>AHDB Beef and Lamb</b>	<a href="http://beefandlamb.ahdb.org.uk">beefandlamb.ahdb.org.uk</a>
<b>AHDB Cereals and Oilseeds</b>	<a href="http://cereals.ahdb.org.uk">cereals.ahdb.org.uk</a>
<b>AHDB Dairy</b>	<a href="http://dairy.ahdb.org.uk">dairy.ahdb.org.uk</a>
<b>AHDB Education</b>	<a href="http://ahdb.org.uk">ahdb.org.uk</a>
<b>AHDB Pork</b>	<a href="http://www.ahdbpork.org.uk">www.ahdbpork.org.uk</a>
<b>AHDB Potatoes</b>	<a href="http://www.ahdbpotatoes.org.uk">www.ahdbpotatoes.org.uk</a>
<b>British Association for Shooting and Conservation</b>	<a href="http://www.basc.org.uk">www.basc.org.uk</a>
<b>British Beekeepers Association</b>	<a href="http://www.bbka.org.uk">www.bbka.org.uk</a>
<b>British Grassland Society (BGS)</b>	<a href="http://www.britishgrassland.com">www.britishgrassland.com</a>
<b>British Pig Association (BPA)</b>	<a href="http://www.britishpigs.org.uk">www.britishpigs.org.uk</a>
<b>British Poultry Council (BPC)</b>	<a href="http://www.britishpoultry.org.uk">www.britishpoultry.org.uk</a>
<b>British Veterinary Association (BVA)</b>	<a href="http://www.bva.co.uk">www.bva.co.uk</a>
<b>British Wool Marketing Board (BWMB)</b>	<a href="http://www.britishwool.org.uk">www.britishwool.org.uk</a>
<b>Campaign for the Protection of Rural Wales</b>	<a href="http://www.cprw.org.uk">www.cprw.org.uk</a>
<b>Campaign to Protect Rural England (CPRE)</b>	<a href="http://www.cpre.org.uk">www.cpre.org.uk</a>
<b>Central Association of Agricultural Valuers</b>	<a href="http://www.caav.org.uk">www.caav.org.uk</a>
<b>Countryside Classroom</b>	<a href="http://www.countrysideclassroom.org.uk">www.countrysideclassroom.org.uk</a>
<b>Countryside Learning</b>	<a href="http://www.countrysidelearning.org">www.countrysidelearning.org</a>
<b>Country Land &amp; Business Association (CLA)</b>	<a href="http://www.cla.org.uk">www.cla.org.uk</a>
<b>Dept for Environment, Food and Rural Affairs</b>	<a href="http://www.defra.gov.uk">www.defra.gov.uk</a>
<b>European Council of Young Farmers (CEJA)</b>	<a href="http://www.ceja.eu">www.ceja.eu</a>
<b>Game &amp; Wildlife Conservation Trust</b>	<a href="http://www.gwct.org.uk">www.gwct.org.uk</a>





## Some useful websites...

Farming Community Network (FCN)	<a href="http://www.fcn.org.uk">www.fcn.org.uk</a>
Farming & Countryside Education (FACE)	<a href="http://www.face-online.org.uk">www.face-online.org.uk</a>
Food and Farming Futures	<a href="http://www.foodandfarmingfutures.co.uk">www.foodandfarmingfutures.co.uk</a>
Get Mentoring in Farming	<a href="http://getmentoringinfarming.org.uk">getmentoringinfarming.org.uk</a>
Forestry Commission	<a href="http://www.forestry.gov.uk">www.forestry.gov.uk</a>
Health and Safety Executive (HSE)	<a href="http://www.hse.gov.uk">www.hse.gov.uk</a>
Henry Plumb Foundation	<a href="http://www.thehenryplumbfoundation.org.uk">www.thehenryplumbfoundation.org.uk</a>
Inst of Agricultural Secretaries and Administrators	<a href="http://www.iagsa.co.uk">www.iagsa.co.uk</a>
Institute of Agricultural Management	<a href="http://www.iagrm.org.uk">www.iagrm.org.uk</a>
Lantra	<a href="http://www.lantra.co.uk">www.lantra.co.uk</a>
Linking Environment and Farming (LEAF)	<a href="http://www.leafuk.org">www.leafuk.org</a>
Local Enterprise Partnerships	<a href="http://www.nfyfc.org.uk/AgricultureandRuralIssues/AGRI">www.nfyfc.org.uk/AgricultureandRuralIssues/AGRI</a>
National Association of Agricultural Contractors	<a href="http://www.naac.co.uk">www.naac.co.uk</a>
National Beef Association (NBA)	<a href="http://www.nationalbeefassociation.co.uk">www.nationalbeefassociation.co.uk</a>
National Farmers' Union (NFU)	<a href="http://www.nfuonline.com">www.nfuonline.com</a>
National Sheep Association (NSA)	<a href="http://www.nationalsheep.org.uk">www.nationalsheep.org.uk</a>
Natural England	<a href="http://www.naturalengland.org.uk">www.naturalengland.org.uk</a>
Nuffield Farming Scholarships Trust	<a href="http://www.nuffieldscholar.org/scholarships.php">www.nuffieldscholar.org/scholarships.php</a>
Royal Agricultural Benevolent Institution (RABI)	<a href="http://www.rabi.org.uk">www.rabi.org.uk</a>
Royal Association of British Dairy Farmers (RABDF)	<a href="http://www.rabdf.co.uk">www.rabdf.co.uk</a>
Royal Society for the Protection of Birds (RSPB)	<a href="http://www.rspb.org.uk">www.rspb.org.uk</a>
Royal Welsh Agricultural Society	<a href="http://www.rwas.co.uk">www.rwas.co.uk</a>
Rural Housing Trust	<a href="http://www.ruralhousing.org.uk">www.ruralhousing.org.uk</a>
Savills	<a href="http://www.savills.co.uk">www.savills.co.uk</a>
Society of Ploughmen	<a href="http://www.ploughmen.co.uk">www.ploughmen.co.uk</a>
Soil Association	<a href="http://www.soilassociation.org">www.soilassociation.org</a>
Tenant Farmers Association (TFA)	<a href="http://www.tfa.org.uk">www.tfa.org.uk</a>
Worshipful Company of Farmers	<a href="http://www.farmerslivery.org.uk">www.farmerslivery.org.uk</a>





# Icebreakers and games...

Here are some agriculture themed, action-packed icebreakers and group activities that will help members to get to know each other.

## Ideas to try:

1

### Quiz

Design a quiz with pictures of crops, machinery, brand logos, animal breeds. Make sure that there are enough quiz sheets for each team. Suitable for all ages.

2

### Guess the fruit or vegetable

Place fruit and vegetables, including exotic varieties in two dark bags. In two teams, members take turns to pick one out of the bag and use a blindfold, or with eyes closed, to describe it to their team using the five senses. First team to guess them all correctly wins. Suitable for all ages.

3

### Butter Making

Get tubs of single and double cream and put them in a sealed container. Shake the container until the cream turns in to butter and butter milk. Make this a competition by seeing who can turn their cream in to butter the quickest. Suitable for all ages.

4

### Milk it

Borrow two clean teat buckets. Fill both with water to the same level. In two teams, each member has two minutes to milk before the next member takes over. First empty bucket wins. Suitable for younger ages.

5

### About me

Each member has one minute to talk about themselves, summarising their farming experience, knowledge and aspirations. This is a useful skill for members attending meetings as they learn to introduce themselves concisely and in a confident manner, which always creates a good first impression. Suitable for older members.





## Arranging a visit...

Rural areas provide a range of diverse and interesting professions, many of which will make interesting visits for members. These activities are especially useful for members who are planning their career.

**Aim:** To provide an opportunity for a YFC group to visit an industry or place of work which is of interest to them.

**Objectives:** To provide members with the opportunity to ask questions and learn more about the profession/industry.

### What you need to do:

1

During your programme planning evening, discuss ideas for potential visits with members. These could include visits that they've read or heard about, are focusing on at school, college or work, or are just curious about. It's always a good idea to go prepared with some ideas of your

2

There are many ideas at the front of this guide, such as a tour by a gamekeeper, a visit to a farm, shoot, research centre or veterinary clinic. Consider the time and season of the year as well as the industry's busy/quiet times. Will you be able to visit outside of working hours?

3

Ask your advisory members and field workers for help as they may have ideas and contacts that could be useful. If someone has a good contact, ask them to make the initial inquiry to see if a visit is even possible. Don't be afraid to delegate.

4

Consider travel arrangements: will you meet at the venue or at the club meeting place? What time will the visit start/end and where will the pick-up point be? Use parental consent forms as necessary. Take your camera and ask for permission to take 'photos for club promotion.

5

Evaluate the visit at the next club meeting: what members enjoyed the most, something that they didn't know before they went and something they might do differently as a result of what they saw. Quotes can be used in club promotion and feedback. It is traditional for the Chairman to thank the host/tour guide for giving up their time. You should also write a thank you letter soon after the visit.





# Campaigning...

To be part of the democratic process and influence policy-makers, members need to be vocal and have their voices heard. As always, some approaches are more effective than others and can lead to better outcomes. This is why it's important to know how to campaign and lobby effectively.

**Aim:** To provide an opportunity for YFC members to communicate their thoughts and ideas effectively on an issue that they are passionate about.

**Objectives:** To help raise members' awareness of a particular subject.

## What you need to do:

1

Members may be aware of a current campaign or have a burning issue that they feel needs addressing. Discuss with your members and decide whether to join or even start a campaign on an issue that members feel strongly about.

2

Read the [Make a Difference Guide](#), which outlines the differences between lobbying and campaigning and explains how to design an action plan. Next, draw up an action plan and begin to research the information that is readily available.

3

As part of the action plan, ask members to collect evidence. This can be press cuttings and online media reach, reports, internet searches and discussions with family, friends and professionals who are likely to have an opinion. Collect all the information and draw up the main points.

4

Help members to prepare and consider their arguments by arranging a practice session. For example, invite a member of UK Youth Parliament, NFU or the county public speaking team to a discussion. This will boost members' confidence and improve public speaking or debating skills.

5

Invite relevant local interest groups to a meeting. Explain that you've researched the issue, feel members have a valuable contribution to make and would welcome the chance to ask questions. Have evidence to hand and afterwards write up notes and feedback, reviewing the action plan.





# Consultation evening...

Consultations are central to the policy-making process as they provide the opportunity to share thoughts and opinions as well as to input feedback that will then help to shape future policies and procedures.

**Aim:** To provide members with the opportunity to give feedback during the consultation process on issues that affect them and their livelihood.

**Objectives:** To raise awareness of a specific subject.  
To facilitate a discussion.  
To enable members to contribute to the consultation process.

## What you need to do:

1

Do some research to find out what consultations are in progress. These will vary, covering a range of topics and might be local, regional or national. Find a consultation which is of interest and directly affects you and your members.

2

The AGRI link person will be aware of any agricultural or rural consultations that the NFYFC is working on. Contact and invite relevant groups, such as the NFU, UK Youth Parliament or local MP to give an overview of the subject and consultation at a meeting.

3

Once a date has been set, it's a good idea to invite a neighbouring club or county AGRI representatives to attend. Welcome and introduce the guest speaker(s). Encourage members to ask questions on points that remain unclear.

4

Follow this with an open discussion. Even members new to the subject will have a basic understanding and will be able to contribute. Pick some key consultation question areas that you wish to discuss - you don't have to feedback on the entire consultation. Make sure you take notes.

5

Afterwards write up notes and remember to submit the feedback form before the deadline. Send a copy to NFYFC to be included in any national response to a consultation. It's crucial that the national response is based on members' contributions.





# Organising a study tour...

YFC members can visit and learn a specific subject on a study tour. They can take place at home or abroad and vary in duration.

**Aim:** To provide a tailored educational experience for YFC members to visit and learn about a specific subject area.

**Objectives:** To increase members' knowledge of a subject and enhance their personal development by means of a visit or trip. To provide the opportunity for members to meet professionals, learn and ask questions.

## What you need to do:

1

Talk to your club members to find out if they would like to go on a study tour and what area they would like to focus on. Decide on a topic that members would like to learn more about, for example, a major processing plant, research centre or state-of-the-art farming methods.

2

Determine the best time of the year to visit, considering school holidays, commitments, cost, length of stay as well as the venue's requirements. Do you want to build your study trip around a conference or event?

3

Some organisations might offer study tour packages or you could explore subsidised educational tours. Use your network to see if anyone already has contacts or get in touch with your AGRI link person or the NFYFC AGRI Officer for assistance.

4

Work with your treasurer to research the costs and establish how much members are willing to pay. Could the tour be subsidised? Research external funding options and set a deadline for registration and payment.

5

Write an itinerary of your trip, detailing the learning objectives. If you are taking under 18-year-olds, make sure it is suitable. You will need to consider parental consent and travel arrangements. There will be additional factors to consider if you decide to go abroad. Advertise the opportunity when all details have been confirmed.





# Promoting YFC, food and farming...

Members of the public may not have heard of YFC, have an outdated view or even a misconception about the organisation. This is your chance to put them right by promoting the positive aspects of your YFC.

**Aim:** To provide an opportunity for members to promote YFC as well as food and farming to the general public.

**Objectives:** To give members the opportunity to plan a marketing campaign.  
To enable members to participate and promote their club to help raise awareness of YFC to the general public.

## What you need to do:

1

Decide your aim based on your YFC's needs: is it to sign up new members or promote a particular aspect of YFC? If you promote at an event, plan how you're going to do this, including how to attract visitors to your stand.

2

If you are planning a regional or national event, work with your county office and NFYFC as they will provide resources and support to ensure that you make the most of the marketing opportunity.

3

Ask your members to find future events that they think would be appropriate for members to attend to promote YFC, food and farming. This could be local, town or county, regional or national events. Choose carefully, considering target audience, date, venue and cost.

4

Why not partner with another organisation to help promote food and farming? For example, run a cookery demonstration using local produce or provide interactive activities or games at an existing event. By partnering you can share literature, resources and opportunities to reach a different audience.

5

Contact the event organiser for details and discuss requirements, including health and safety issues. Ensure you have the paperwork and know when to arrive, where to go and who your contact is. Pack in advance to make sure you have everything. Once you are there, enjoy it. Image is everything: you're on show as soon as you arrive until you leave.





# School presentations...

Use the skills and knowledge of YFC members to promote and raise awareness of YFC and its involvement with agriculture and rural affairs by arranging to visit local schools.

**Aim:** To spread the word of YFC and promote food, farming and careers.

**Objectives:** To recognise, develop and use members' knowledge and skills to promote YFC and agriculture to school children. Skills will include working with external partners, preparing material and public speaking.

## What you need to do:

1

Decide who would like to be involved in planning and delivering a short presentation lasting no longer than 30 minutes. Use the knowledge and skills of those involved and ask for help from your county officers. [FACE](#) and [AHDB Education](#) are good starting points when researching food and farming. (New Curve module available shortly.)

2

Research information about your YFC, county and NFYFC. Information is available from the [NFYFC Website](#). Develop a session plan and use a PowerPoint presentation if you wish and refer to the [Young Farmers' Mentoring Pack](#). Practise your presentation in front of your club.

3

Write a letter to local schools, introducing yourself, your club and with the offer of providing a short presentation on YFC and agriculture and rural affairs as part of a school assembly or lesson. Ask the school to contact you if they are interested and would like more details.

4

Work with your school contact to arrange a date and time. Be sure to find out the age of children and how many you will be presenting to in order to plan accordingly. Inform your contact of any equipment or assistance that you may need on the day.

5

Arrive on time and be prepared. Relax and enjoy the opportunity. Remember you are all experts on YFC and your enthusiasm and knowledge will help you. Stay focused and keep to the plan. The first presentation will be the hardest, but once you have done one, there will be no stopping you.



# Training...

The club programme can include daytime, evening as well as long and short training courses. There are several agricultural and rural courses available, many of which offer some funding and financial assistance – so why not use it?

**Aim:** To provide an agricultural-related training course for your members in a specific area based on the needs of the group.

**Objectives:** To help members identify their training needs.  
To provide members with personal development, continuous professional development or business development training.

## What you need to do:

1

Decide on an area that you and your members would like to learn more about. Look at their needs to establish the level of training required. Talk to your AGRI link person or visit [NFYFC's AGRI page](#) for training ideas. Make sure all members are agreed on all aspects of the training course.

2

If you choose to replicate an NFYFC training event locally, your AGRI link person or NFYFC AGRI Officer could help you to get started. Decide which business or organisation would be best placed to assist, whether you would like to use existing training or develop a new event.

3

Work with the treasurer to cost the training and decide how much members will need to pay or if any [funding](#) can be sourced from elsewhere. You may need to hire a venue for the training.

4

Mention your YFC is a registered charity as the training provider may lower the costs, or even provide a venue free of charge. Invite members from other YFC clubs to help cover the costs or look for external funding.

5

Prepare feedback forms to gauge how useful members found the evening and to identify future training options. If your event has gone well, let others know about it and remember to tell your AGRI representative or link person.



# 2 Community, environment and fundraising

YFC prides itself on its active involvement with the local community. Every year almost all YFCs across the country get involved in a range of community, environmental and fundraising projects, with hundreds of members volunteering their time to help others. This can sometimes be referred to as Youth Social Action.

These projects are a good way of getting members, advisory members and club leaders to achieve a goal that requires teamwork, organisation, dedication and hard work to make them a success. The projects can also provide members with essential personal development skills, which can later be included on their CVs and used in interviews, setting them apart from other candidates in some instances.

YFC members can choose their own project based on their skills as well as local needs. In most cases anything goes, with muck sales, landscaping, painting and decorating projects to name but a few community, environmental and fundraising activities.

Successful projects that strengthen YFC links with the local community often appear in the local newspapers, so they are a practical way of promoting a positive image of YFC and young people. Members also like to see their hard work recognised and read about it in the local newspapers.

The NFYFC Prince of Wales Perpetual Challenge Charity Trophy and the Lionel Hill MBE Club Charity Cup recognise the hard work and achievements of club and county federations in raising thousands of pounds for charity and good causes each year. The two trophies are awarded to the county federation that has raised the most funds per member and the YFC club that has raised the most funds per member for charitable causes. It's an incredible achievement and one that we can all be proud of and shout about.

In addition to community, environmental and fundraising projects, YFCs also elect their own charity or good cause to fundraise for each year.

The following pages contain contacts, ideas, useful links and club plans to get you started.





## Topics and ideas...

Here are just some of the different community, environmental and fundraising activities that can be included in the club programme.

Bulb planting	Canal or riverside maintenance	Car boot sale
Carol singing	Children's play area tidy-up	Coffee morning
Churchyard tidy-up	Community gardening	Coppicing
Design a community website	Dry stone walling	Duck race
Footpath laying/maintenance		Frog race
Guide Dogs for the Blind	Hearing Dogs for the Deaf	Hedgelaying
Jumble sale	Litter picks	Local charity work
Muck sale	Organise a community trip	Panto rerun
Parish surveys	People auction	Pond clearing
Race night	Raffle	Recycling projects
Riding for the disabled	Scrubland clearing	Sponsored events
Tractor clean	Tree planting	Village tidy-up
Village fete organizing	Village hall decorating	Window cleaning
Wildlife conservation		





## Some useful websites...

There are many organisations, companies and government agencies working to support young people. The websites listed here provide information about their programmes, how they work with young people as well as useful contact details. Once you decide on a community, environmental or fundraising project that you wish to include in your club programme, these links will provide you with a good starting point.

<b>ACRE</b>	<a href="http://www.acre.org.uk">www.acre.org.uk</a>
<b>Conservation Volunteers (TCV)</b>	<a href="http://www.tcv.org.uk">www.tcv.org.uk</a>
<b>Canal and River Trust</b>	<a href="http://www.canalrivertrust.org.uk">www.canalrivertrust.org.uk</a>
<b>Country Alliance</b>	<a href="http://www.countryside-alliance.org.uk">www.countryside-alliance.org.uk</a>
<b>Do-it</b>	<a href="http://www.do-it.org.uk">www.do-it.org.uk</a>
<b>Dry Stone Walling Association of Great Britain</b>	<a href="http://www.dswa.org.uk">www.dswa.org.uk</a>
<b>English Heritage</b>	<a href="http://www.english-heritage.org.uk">www.english-heritage.org.uk</a>
<b>Environment Agency</b>	<a href="http://www.environment-agency.gov.uk">www.environment-agency.gov.uk</a>
<b>Groundwork UK</b>	<a href="http://www.groundwork.org.uk">www.groundwork.org.uk</a>
<b>Institute of Fundraising</b>	<a href="http://www.institute-of-fundraising.org.uk">www.institute-of-fundraising.org.uk</a>
<b>National Hedgelaying Society</b>	<a href="http://www.hedgelaying.org.uk">www.hedgelaying.org.uk</a>
<b>National Trust</b>	<a href="http://www.nationaltrust.org.uk">www.nationaltrust.org.uk</a>
<b>Neighbourhood Watch</b>	<a href="http://www.neighbourhoodwatch.net">www.neighbourhoodwatch.net</a>
<b>Pond Conservation</b>	<a href="http://www.pondconservation.org.uk">www.pondconservation.org.uk</a>
<b>Royal Society for the Protection of Birds (RSPB)</b>	<a href="http://www.rspb.org.uk">www.rspb.org.uk</a>
<b>Rural England</b>	<a href="http://www.ruralengland.org">www.ruralengland.org</a>
<b>TimeBank</b>	<a href="http://www.timebank.org.uk">www.timebank.org.uk</a>
<b>vInspired</b>	<a href="http://www.vinspired.com">www.vinspired.com</a>
<b>Volunteering Matters</b>	<a href="http://www.volunteeringmatters.org.uk">www.volunteeringmatters.org.uk</a>
<b>#iwill campaign</b>	<a href="http://www.iwill.org.uk">www.iwill.org.uk</a>

*Please note NFYFC is not responsible for any content published on external websites that are publicised in The Source.*





# Icebreakers and games...

Here are a few entertaining activities to get you started that are suitable for all ages.

## Ideas to try:

1

### Number game

In a circle, choose a leader and a number for the group to reach. Once the leader says, "go," another person says "one," followed by another who says, "two," and so on, until the group reaches its goal. If more than one person calls out a number at the same time, the group needs to start over from the beginning. As there is no set order, this happens a lot.

2

### Wink murder

The Detective 'D' leaves the room. The rest choose someone to be the murderer. Members stand in a circle and 'D' comes back in. The murderer winks at someone without 'D' seeing. That person dies. This continues until 'D' identifies the murderer or the murderer is the last one standing.

3

### Who starts?

One person (P) leaves the room. The rest choose someone to lead. Members stand in a circle and the leader starts doing an action that everyone copies, for example, clap hands. 'P' comes back in. The leader has to keep changing the action secretly as 'P' tries to guess who the leader is.

4

### Cross over

Standing in a tight circle, members cross their right foot over the left foot of the person next to them. Going around in a circle, one person starts by tapping their foot once followed by the next person. Getting faster with each completed circle until someone makes a mistake.

5

### Attention

Stand in a tight circle, with eyes looking down at shoes. When "attention" is called, members must look up and stare at someone else in the circle. If that person is staring right back, they scream and jump back out of the circle. If the member they're looking at isn't looking back they stay in.





# Planning a community project...

This is a great way of encouraging all members, advisory members and club leaders to get involved in intergenerational work. For further information visit the NFYFC website.

**Aim:** To carry out a project that is of benefit to the community.

**Objectives:** To work with local community representatives.  
To involve all members in the planning and delivery of the project.  
To learn new skills required for the project.

## What you need to do:

1

With your members, advisers and club leaders discuss project ideas that are feasible and realistic to do. Assess the abilities and skills of your members and use this to your advantage. Try to keep the project relatively simple as it will be easier to carry out this way.

2

Once you have an idea, contact the key local community representatives who the project will involve and invite them to a meeting to share your club's ideas. They may already have their own ideas and wish to discuss them with you.

3

Write a list of who might be able to support you in your project as having useful people on board from the outset will help prevent problems at a later stage. Do your homework and research the legal requirements you will need to consider. The planning stage is crucial.

4

Along with the extra help, you can now begin to plan the detail of the project: How long it will take, cost, any training requirements, equipment, the best time of year and health and safety requirements. Research potential pots of external funding.

5

Plan the event in advance and allocate jobs to members that match their abilities. Decide when they will need to arrive and complete necessary paperwork in advance. Who will provide food, refreshments, toilets? Who will write the press release? Successful projects require planning.

## Useful links:

Conservation Trust  
Canal and River Trust  
#iwill

[www.tcv.org.uk](http://www.tcv.org.uk)  
[www.canalrivertrust.org.uk](http://www.canalrivertrust.org.uk)  
[www.iwill.org.uk](http://www.iwill.org.uk)





# Planning a fundraising event...

Organising a fundraising event can be a great way to involve lots of different people as well as the community as a whole. It can help to raise awareness of your cause, raise funds or reach new audiences as well as promote YFC. You must decide early what the purpose of your event is - so that you can determine afterwards whether it was successful.

**Aim:** To hold a successful fundraising event.

**Objectives:** What do you want to achieve? You can have more than one goal. For instance:

- to raise lots of money for charity
- to provide the opportunity for teamwork in its planning and delivery,
- to give members an understanding of legal requirements associated with organising events.

## What you need to do:

1

Establish the aim of the event and make sure that it fits with your club constitution's charitable objectives. Decide on your fundraising target. Research and discuss fundraising activities and pick the most appropriate. There should be clear roles and responsibilities agreed by those involved.

2

Discuss your ideas with your chosen charity and work with other officers to plan the event. Establish your target audience, who and how many people will be involved and the time of year. Decide how you will promote the event. You will need to work with the treasurer to prepare a budget to ensure that the event covers its costs and makes a profit.

3

Get advice from your YFC insurers as to what they need you to do for the event to be covered, eg risk assessments. With your events officer, you will need to research which licenses (if any) need to be obtained. You can find information on the .gov website under [Entertainment Licensing](#) guidance.

4

You will need to consider arrangements for food and alcohol. If you're planning an outdoors event, the Institute of Fundraising's Outdoor UK Challenge Events is a comprehensive guide aimed at ensuring that you have everything covered.

5

If you are planning a fete or another event, the Institute of Fundraising's Event Fundraising Code of Fundraising Practice is helpful to get you started. Keep your county office involved throughout as they will be able to give you advice and support to make sure it's a success.

## Useful links:

Institute of Fundraising: [www.institute-of-fundraising.org.uk](http://www.institute-of-fundraising.org.uk)

NCVO: <https://knowhownonprofit.org/how-to/how-to-plan-a-charity-event>

Events & Licensing: <http://www.londoneventstoolkit.co.uk/legislation/types-of-licence/>





# 3 Competitions

The competitions programme is at the heart of YFC and is enjoyed by virtually every member. It motivates members to have a go at something new and to broaden their experiences. It also helps county federations and the NFYFC to meet their charitable objectives and to use these to gain funding for educational and training activities.

Each year the programme includes a mix of traditional rural and agricultural activities, sport, art, life and vocational skills as well as contents that help to develop the public speaking talents for which YFC members have become renowned.

The programme is constantly evolving to equip members with knowledge and abilities that are relevant to their lives and careers, and promote good citizenship. These changes reflect YFC's place in today's society and the shifting needs of young people in rural areas. The competitions programme helps members to strengthen their community involvement and develop leadership qualities.

The competitions steering group for the NFYFC is responsible for shaping the annual programme, which can only be achieved by having your suggestions and that of your members. This may include thoughts on new competitions, improvements to current ones, contacts for potential judges or being available to help steward. You can get in contact either through your council representative or, directly, by visiting the competitions page of the [NFYFC website](#) and following the links.

Besides giving recognition to those taking part, promoting the spirit of competition and polishing personal skills, YFC competitions are also just great fun.

The following pages provide a range of ideas to link competitions to the club programme. Alongside this NFYFC members have given us a series of their 'Top Tips' linked to the national competitions programme. More information can be found here [www.nfyfc.org.uk](http://www.nfyfc.org.uk)





## Topics and ideas...

Use your club programme to timetable some practice sessions of these competitions ideas.

Pig live and carcase

Dancing

Reading

Debating

Brainstrust

Crafts

Sports

Dairy Stockjudging

Tug of war

Performing Arts – Entertainments/ Drama/ Pantomime

Member of the Year (Junior & Senior)

Lamb live and carcase

Choir

Public speaking

Situation vacant

Cube exhibit

Fashion Show

Clay Pigeon Shooting

Auctioneering

Cookery

Beef live and carcase

Farm skills and ATV

Just a Minute

After Dinner Speaking

Sheep shearing

Jump Rope

Stockman and Young Stockman

Fence erecting

Floral art

For up-to-date rules visit the competitions section of the NFYFC website.

<http://www.nfyfc.org.uk/AboutCompetitions/competitions>



## Some useful websites...

There's a wide range of information out there and here are a few websites to get you started.

Amateur Dramatics	<a href="http://www.amateurdramatic.co.uk">www.amateurdramatic.co.uk</a>
Arley Medical First Aid	<a href="http://www.arleymedicalservices.co.uk">www.arleymedicalservices.co.uk</a>
Agriculture and Horticulture Development Board (AHDB)	<a href="http://www.ahdb.org.uk">www.ahdb.org.uk</a>
British Wool (BW)	<a href="http://www.britishwool.org.uk">www.britishwool.org.uk</a>
English Speaking Union (ESU)	<a href="http://www.esu.org">www.esu.org</a>
Floristry Guild	<a href="http://www.floristryjudgesguild.co.uk">www.floristryjudgesguild.co.uk</a>
Farming & Countryside Education (FACE)	<a href="http://www.face-online.org.uk">www.face-online.org.uk</a>
Food Standards Agency	<a href="http://www.food.gov.uk">www.food.gov.uk</a>
GODA	<a href="http://www.godauk.org">www.godauk.org</a>
Health and Safety Executive	<a href="http://www.hse.gov.uk">www.hse.gov.uk</a>
Hobbycraft	<a href="http://www.hobbycraft.co.uk">www.hobbycraft.co.uk</a>
International Dance Teachers Association	<a href="http://www.IDTA.co.uk">www.IDTA.co.uk</a>
International Debate Education Association (IDEA)	<a href="http://www.idebate.org">www.idebate.org</a>
Lantra	<a href="http://www.lantra.co.uk">www.lantra.co.uk</a>
National Operatic and Dramatic Association	<a href="http://www.noda.org.uk">www.noda.org.uk</a>
Public Speaking Expert	<a href="http://www.publicspeakingexpert.co.uk">www.publicspeakingexpert.co.uk</a>
RBST	<a href="http://www.rbst.org.uk">www.rbst.org.uk</a>
Red Cross	<a href="http://www.redcross.org.uk">www.redcross.org.uk</a>
St Johns Ambulance	<a href="http://www.sja.org.uk">www.sja.org.uk</a>





# Sports played at NFYFC finals...

Visit [www.nfyfc.org.uk](http://www.nfyfc.org.uk) for the upcoming NFYFC sports finals and Rules

<b>Dodgeball</b>	<a href="http://www.britishdodgeball.org">www.britishdodgeball.org</a>
<b>Football</b>	<a href="http://www.football.co.uk">www.football.co.uk</a>
<b>Handball</b>	<a href="http://www.britishhandball.com">www.britishhandball.com</a>
<b>Hockey</b>	<a href="http://www.greatbritainhockey.co.uk">www.greatbritainhockey.co.uk</a>
<b>Kwik cricket</b>	<a href="http://www.kwikcricket.org">www.kwikcricket.org</a>
<b>Netball</b>	<a href="http://www.netballuk.co.uk">www.netballuk.co.uk</a>
<b>Rounders</b>	<a href="http://www.roundersengland.co.uk">www.roundersengland.co.uk</a>
<b>Rush Hockey</b>	<a href="http://www.rushhockey.co.uk">www.rushhockey.co.uk</a>
<b>Swimming</b>	<a href="http://www.swimming.org">www.swimming.org</a>
<b>Touch Rugby</b>	<a href="http://www.touchrugby.co.uk">www.touchrugby.co.uk</a>
<b>Tug of War</b>	<a href="http://www.tugofwar.co.uk">www.tugofwar.co.uk</a>
<b>GENSB Tug of War</b>	<a href="http://www.gensb.eu">www.gensb.eu</a>
<b>Ultimate Frisbee</b>	<a href="http://www.ukultimate.com">www.ukultimate.com</a>
<b>Volleyball</b>	<a href="http://www.britishvolleyball.org">www.britishvolleyball.org</a>

*Please note NFYFC is not responsible for any content published on external websites that are publicised in The Source.*





# Ice-breakers and games...

Before you begin your competitions practice session you can get everyone motivated by running an icebreaker or game. Here are a few ideas to help you get started. They are suitable for all ages unless stated.

## Ideas to try:

1

**In the News.** Divide into teams, giving each a copy of the same newspaper. The quiz master asks questions based on British newspaper articles in the newspaper. Each team has to scan the newspaper and the first team to find the answer tells or shows the quiz master.

2

**Anagram.** Split the group into teams of 5/6. Give each team a set of letters of the theme. See how many words each team can make. Give them a time limit. This could develop into a discussion on the theme and what it means to you.

3

**Blind Taste Test.** Select a range of British foods, for example, a selection of different flavoured crisps. Empty each packet into a bowl, labelling the bottom of the bowl with the flavour. Line up the bowls and one at a time, each blindfolded member takes their turn at identifying each flavour. A club leader writes down the answers for each person and counts the number of correct answers.

4

**Ready Steady Cook.** Buy British food ingredients for members to cook a meal. Ensure your venue has cooking facilities and carry out a risk assessment. In two teams, exchange a bag of ingredients and allow 30 minutes to prepare and cook a dish. Suitable for older members.

5

**Speak for a Minute.** You will have a bag full of random objects. Members will pull out, at random, one object from the bag. They will be required to talk about the object for one minute without repeating themselves. Members will take it in turns to speak.





# Pathway to the NFYFC National Final

## Direct Entry Competitions

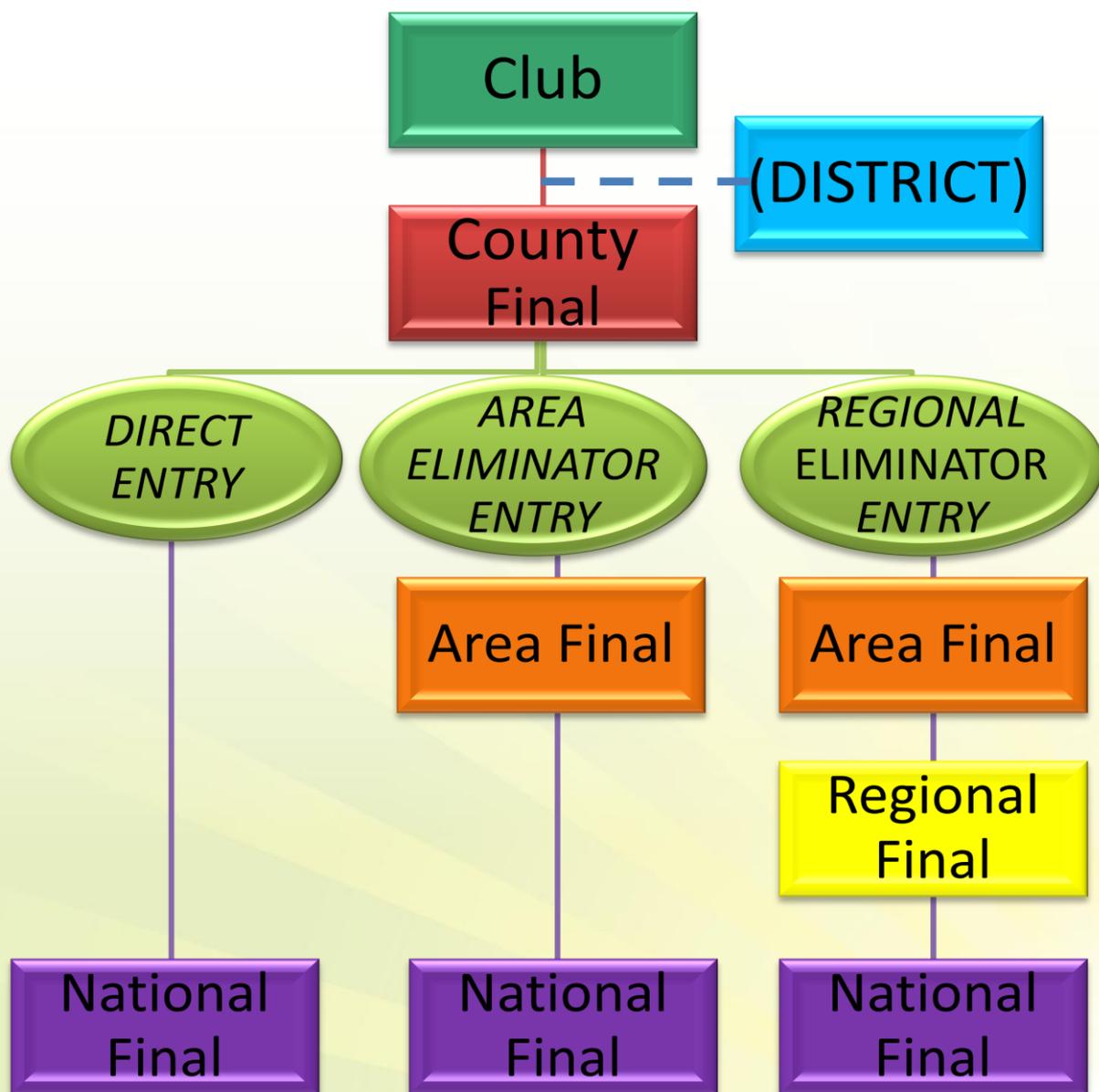
Competitions can include: Live & Carcase, Crafts, Dairy Stockjudging, Clay Pigeon Shooting, Cookery and Floral Arts. There are usually up to 40 teams competing at the NFYFC national final.

## Area Eliminator Entry Competitions

Competitions can include: Sports, Tug of War, Member of the year (18 and over & 17 and under), Stockman of the year, Young stockman of the year, Fence Erecting, Farm Safety Skills (with ATV), Sheep Shearing, Cube Exhibit, Auctioneering, Situations Vacant and Reading  
There are usually up to 10 teams competing at the NFYFC national final.

## North and South Regional Eliminator Entry Competitions

Competitions can include: Speaking and Performing Arts. Two regional eliminators held.  
There are usually up to 4 teams competing at the NFYFC national final.





## Get Crafty

Use your club night to get arty. Why not take it a step further and enter your crafts in a local show. Crafts at the National Final are also popular. There are usually individual crafts for each age group on the NFYFC Competitions Programme. This is a chance to show off a range of your skills and the best your county has to offer.

**Aim:** To provide members with a series of introductory sessions to enable them to participate in the art and craft competitions.

**Objectives:** To encourage members to try new activities  
To encourage members to explore a wide variety of arts and crafts to inspire their creativity.

### What you need to do:

1

Creativity and imagination are needed for arts and crafts competitions. You may already have the tools to be able to run a session on these competitions. For others, you may need to arrange for external help. Why not get a local member of the WI to come and judge a mock competition.

2

Use your contacts network to see if there's a member who knows someone, such as an art teacher or a craft expert who could run an introductory session. Otherwise search online to contact potential people to help and to hire the equipment needed.

3

Ask the workshop leader if there's anything that you can provide to keep costs down, such as fabric, paints, glue, paper and pens, stencils, etc. Get together with the treasurer to work out a budget and see whether the annual subscription fee will cover the costs.

4

Ensure the workshop leader is aware of the theme that you are working with and make sure a suitable venue is booked for the activity. For example, if you are working with spray paint, you will need a large, well-ventilated area and dust sheets to protect the floor, work surfaces, etc.

5

If members would like more than an introductory session, find out if short training courses are available in your area. Remember to take photos for your club scrap book. Visit [www.nfyfc.org.uk](http://www.nfyfc.org.uk) to find out which competitions are in the national final and for more specific rules.

### Useful links:

Google images library  
Hobbycraft

[www.google.co.uk](http://www.google.co.uk)  
[www.hobbycraft.co.uk](http://www.hobbycraft.co.uk)





# Career Development

Member of the Year and Situations Vacant provide the opportunity for members to improve their career development skills, which are essential for working life. It focuses on helping members to review their CV, learn basic PowerPoint presentation skills and helpful interview techniques.

**Aim:** To provide a series of workshops focusing on the individual elements of the Member of the Year and Situations Vacant competition.

**Objectives:** To develop an effective CV.  
To learn basic presentation and PowerPoint presentation skills.  
To learn basic interview techniques.

## What you need to do:

1

Decide your format depending on your club eg: run two separate evenings, one for under-18-year-olds and the other for over-18-year-olds. You could start by building a portfolio. Include your background information, activities within and outside YFC, school and career aspirations and YFC knowledge. You could add pictures and build it each month.

2

Draw on the success of former YFC members or contact a local college, job centre or careers advice centre to help your members develop an effective CV and Personal Statement. Ask members to bring a copy of their current CV (if they have one) and a laptop to work on.

3

Arrange for your county YFC trainers to come and run a session on presentation skills. This will need to cover how to use PowerPoint effectively as well as the essential skills required to make a good presentation.

4

Practice makes perfect, and interview practice can make the difference between getting that job and not. Think about getting some outside help – someone from a recruitment company who can come in and run practice interview sessions and look at CVs and application forms.

5

Arrange a series of mock interviews and invite the advisory committee or county officers to be the interviewers. You will need to consider the layout of the room and ensure that the interviewers have a copy of the member's CV and a comments sheet to write constructive feedback on.

## Useful links:

NFYFC top tips  
National Careers Service

[www.nfyfc.org.uk](http://www.nfyfc.org.uk)  
[nationalcareersservice.direct.gov.uk](http://nationalcareersservice.direct.gov.uk)





# How to practice the competition

An informal practice can take place during the club meeting.

## Career Development

### What you need to do:

#### ● Interview techniques

- Consider the skills required to be technically able to do the job. Try to give specific situations you have demonstrated these skills.
- Identify the qualities required to do the job. Eg: Leadership and communication.
- Try to give evidence of situations you have been in that would enable you to do this job. Consider the outcome of your actions, how you communicated, what you did well, what you learnt and how you would review your actions should the situation arise again
- Consider your strengths, weaknesses, what you can contribute, how you handle criticism
- Mention your knowledge of the company, their current projects, their future
- Be positive about yourself and your abilities

#### ● Presentation

- Dress accordingly
- Arrive early and check your equipment works properly.
- Minimise the number of slides to give a concise message that keeps your audience attentive
- Choose a font style that your audience can read from a distance
- Keep text simple by using bullet points or short sentences. You want your audience to listen to you present your information rather than read it.
- Use art to convey your message, but don't overwhelm your audience
- Use only enough text to make elements in a chart or graph comprehensible
- Make slide backgrounds subtle and keep them consistent, you don't want the design to distract from your message
- Check Spelling and grammar to earn and maintain the respect of your audience
- Turn off the screen saver
- Questions are an excellent indicator that people are engaged in your presentation skills but try to save them until the end of the presentation so you can complete your presentation uninterrupted.
- Practice the presentation, check your timing and ensure that people stay engaged.
- Ask for feedback from your practice audience.





# How to practice the competition

An informal practice can take place during the club meeting.

## Member of the Year

### What you need to do:

- **This competition for 17 year olds and under requires**
  - Synopsis Form (max 2 sides of A4)
    - **28 days prior** to the national final competitors will be required to submit to the competitions department at NFYFC a completed synopsis form (see next page) to be no more than two sides of A4, detailing their YFC activities. It is recommended that this form be used at County and Area level. Special emphasis should be placed on your involvement at club level.
  - Presentation and Formal Interview (minimum 3 minutes and a maximum of 10 minutes)
    - PowerPoint presentation to include experiences at YFC club and county and activities outside YFC within the 12 months prior to the competitions (you may want to build your presentation as you progress through the rounds).
    - Try to complement your synopsis form
    - Presentations are made to the judges
    - Judges may ask questions after the presentation on your knowledge of YFC, current issues or news relating to young people.
  
- **This competition for 18 years old and over:**
  - Synopsis Form (max 2 sides of A4)
    - **28 days prior** to the national final competitors will be required to submit to the competitions department at NFYFC a completed synopsis form (see next page) to be no more than two sides of A4, detailing their YFC activities. It is recommended that this form be used at County and Area level. Special emphasis should be placed on your involvement at club level.
  - Competitors will be interviewed by a panel of judges
  - Stage interview during the Performing Arts Final
  - Judges will be looking for;
    - Involvement at club level for period of membership
    - Overall YFC involvement (ie. Club, County, Area or National)
    - Specific involvement in activities in the previous twelve months (conservation, competitions, recruitment, programming, charity, sport, club officer)
    - General commitment to YFC – awareness of other members’ interest in YFC and objective view of the future of the organisation
    - Knowledge of the YFC movement at Club, County, Area and National levels and to share that knowledge over the twelve month period following the final

For NFYFC rules for the National Final see [www.nfyfc.org.uk](http://www.nfyfc.org.uk) Competition Rules





## Junior Member of the Year – Synopsis Form

YFC MEMBER OF THE YEAR 2019 (17 years & under) Synopsis Form		
Name:		
Date of birth:	Age (on day of the competition):	YFC Membership Card No:
Education/ Occupation:		
Name of YFC Club:	YFC County Federation:	
Year first joined YFC:		
<b>YFC Involvement (including posts held and any other aspects of the YFC movement)</b>		
<b>Proudest moment in YFC (so far!)</b>		
<b>Ambitions in YFC</b>		
<b>Ambitions outside YFC</b>		
<b>Hobbies and interests outside of YFC</b>		
<b>Highlight of your year</b>		





## Senior Member of the Year – Synopsis Form

YFC MEMBER OF THE YEAR 2019 (18 years & Over) Synopsis Form		
Name:		
Date of birth:	Age (on day of the competition):	YFC Membership Card No:
Education/ Occupation:		
Name of YFC Club:	YFC County Federation:	
Year first joined YFC:		
<b>YFC History – Posts Held:</b>		
<b>YFC Involvement (please record YFC activities you have participated in)</b> Club County Area/Wales National		
<b>Proudest moment in YFC (so far!)</b>		
<b>Ambitions in YFC</b>		
<b>Ambitions outside YFC</b>		
<b>Hobbies and interests outside of YFC</b>		
<b>Additional Information</b>		





# Cookery

Cookery skills are vital to help members become independent young adults. Whether this involves learning to follow instructions, working to a budget or understanding why nutrition and a balanced diet are important, cookery evenings can be fun and extremely useful.

**Aim:** To provide members with a practical introduction to cookery to enable them to participate in the NFYFC competition.

**Objectives:** To prepare and cook a dish with guidance.  
To understand and follow instructions or a recipe.  
To learn more about the NFYFC cookery competition.

## What you need to do:

1

Check out the cooking facilities in your village hall or meeting venue and decide whether it's possible to run a cookery evening. If it's not, try contacting a local school or kitchen to explore the opportunity of hiring it and getting a chef/trainer involved.

2

The size, age and ability of the group as well as the facilities will help you to decide on the evening you would like to organise. You could run an Italian evening (pizza or pasta), Ready Steady Cook or a more structured cookery lesson that follows elements of the NFYFC cookery competition.

3

Discuss with fellow officers the dish or dishes that you would like members to cook, considering the NFYFC competition rules and the age/ability of members. Carry out a risk assessment with the health & safety officer. Allow enough time to prepare, cook and clean up afterwards.

4

Discuss the costs involved in making the chosen dish or dishes with the treasurer to ensure the ingredients are within budget. Prior to the meeting, remind members of the equipment they will need to bring with them, such as a mixing bowl, weighing scales, wooden spoon, apron, etc.

5

Be prepared, have enough copies of the recipe for everyone, do a practice run and check that you know how to use the appliances. Be mindful of safety when cooking in groups as there will be hot pots, pans and liquids around. Have plenty of helpers, especially if there are a large number of younger members involved.

## Useful links:

LeafEd

The British Food Trust

The Soil Association

[www.education.leafuk.org](http://www.education.leafuk.org)

[www.greatbritishkitchen.co.uk](http://www.greatbritishkitchen.co.uk)

[www.soilassociation.org](http://www.soilassociation.org)





# How to practice the competition

Raise your game and use your club night to practice the actual NFYFC cookery competition rules to give you a head start.

## Cookery





# Farm Skills

Farm skills are increasingly important when providing skills for the industry. Ensure health and safety is at the forefront of your club night. Why not plan a visit to a local machinery dealership or farm walk.

**Aim:** To provide an opportunity for those wishing to learn, refresh or advance farm skills.

**Objectives:** To provide members with a practical farm skills session.  
To build links with providers to gain farm skills knowledge.  
To introduce them to the NFYFC farm skills competitions.  
To improve skills such as communication and team work required for farm skills competitions.

## What you need to do:

1

Visit a dealership. See the latest machinery, enquire about certificates of competency, build links for machinery hire/ sponsorship/ advice. Ask lots of questions, they will be in the know about specific pieces of kit.

2

Plan a farm walk. Note stock fencing, machinery handling, health and safety. Perhaps the farmer can give a demonstration. Remember to take photos for your club scrap book. Visit [www.nfyfc.org.uk](http://www.nfyfc.org.uk) to find out which competitions are in the national final and for more specific rules

3

Host a construction night. Ask members to get into small teams, see what they can build with paper and cello tape or spaghetti and marshmallows. Test their communication by asking them to build something without talking.

4

Have a team building evening. Get members into small groups. Work on skills such as team work, communication, time management, organisation, leadership. These will all be needed for the NFYFC's Farm Skills competitions.

5

First Aid is a key element to the NFYFC's Efficiency with Safety competition. Why not contact your local provider to gain a first aid qualification. See what funding is available or join with another club to split the costs.

## Useful links:

Health and Safety Executive  
Vehicle and Operator Services Agency  
[www.hse.gov.uk](http://www.hse.gov.uk)  
[www.gov.uk/government/organisations/vehicle-and-operator-services-agency](http://www.gov.uk/government/organisations/vehicle-and-operator-services-agency)

[www.hse.gov.uk](http://www.hse.gov.uk)  
[www.gov.uk/government/organisations/vehicle-and-operator-services-agency](http://www.gov.uk/government/organisations/vehicle-and-operator-services-agency)





## How to practice the competition

With planning and preparation an informal practice can take place during a club evening.

### Farm Skills

#### What you need to do:

- **Top tips:**
  - Check you have the correct certificates and that they are in date
  - Check you have the correct safety equipment and it is fit for purpose
  - Dress accordingly

### Fence Erecting

#### What you need to do:

- **This competition requires:**
  - A Team of 3 (3x 26 & under).
  - Following the diagram and procedure as in the NFYFC Fence Erecting Rules.
  - Good time management. The time allowed is usually 2 hours but check the Rules.
  - Complete written risk assessment. The template can be found with the Rules.
  - Taking the required tools. The NFYFC rules states which equipment will be supplied.
  - Following Health and Safety procedures at all times.

### Farm Safety Skills

#### What you need to do:

- **This competition requires:**
  - A team of 4 x26 years old & under.
  - Various tasks will be carried out using tractors, ATVs and various other agricultural vehicles & machinery. Competitors must have the relevant license or qualification for the task that they will be completing. For example: If a Competitor was completing a task involving driving a tractor they would need a UK Driving License including Category F (Agricultural Vehicle). Please read the NFYFC competition rules for further details.
  - At least one team member must hold a current (less than 3 years old) national recognised first aid certificate. (First Aid at Work, Emergency First Aid at Work)
  - Teams will complete 4 tasks and a first aid element within a specific time limit.
  - Tasks include daily maintenance, safety checks, verbal risk assessment, negotiation of various obstacles and terrain on the ATV, which may include reversing and hitching a trailer and a demonstration of a particular machine performing a specific task safely. At the National Final team members will complete a Hazard Perception task.
  - A mock accident will occur at some point and the competitors should deal with the casualty before recommencing work.
  - The competition is based on skill, balance and safe operation of farm machines.





# Floral Art

Understanding the basics of floral art or flower arranging is a useful skill to have. It means that you can offer to help your club or local community at events by creating table decorations for your harvest supper, for instance, or floral displays for the local church.

**Aim:** To introduce members to floral art, a competition in the NFYFC programme.

**Objectives:** To increase members' understanding of floral art to enable them to decide if they want to enter the NFYFC competition and advance their floral art skills.

## What you need to do:

1

Contact a local florist, college or friend of YFC to run a practice evening for all members to take part. Remember to tell the workshop leader the theme of the competition, so that s/he can help members with their displays.

2

Try to support your local florist when purchasing flowers. Ask if they have any flowers that are too old to be sold as these can still be used to practice with. Affordable flowers are often available from larger supermarkets, but it's much better to support your local rural florist.

3

Work with the club treasurer to set a budget for flowers, floral foam and other materials that may be needed. It's then up to the members to decide how advanced they would like the introductory session to be as they will be using their creativity to design the arrangement.

4

You could run the floral art activity in time for the harvest supper or dinner dance, or use the arrangements as decoration or a raffle prize. Remember to check your club's calendar for relevant events where flower arrangements are needed.

5

Liaise with the workshop leader to make sure you have all the equipment and facilities required at the venue. Get to the venue early to set up. Remember to evaluate how the session went and to take photos for the club scrapbook.

## Useful links:

The UK Floristry Judges Guild [www.floristryjudgesguild.co.uk](http://www.floristryjudgesguild.co.uk)

Floral Art Magazine [www.floralartmagazine.com](http://www.floralartmagazine.com)

Google images, search for flower arrangements [www.google.co.uk](http://www.google.co.uk)





# How to practice the competition

Raise your game and use your club night to practice to the actual NFYFC Floral Art competition rules to give you a head start.

## Floral Art





# Public Speaking

Reading encourages a team of three to read aloud a passage selected by a judge. Public speaking requires preparation, listening and confident speaking. After dinner speaking requires confidence, wit and engaging skills. Brainstrust is a fast-paced panel discussion where members need to think on their feet and contribute to a discussion on any given topic. Just A Minute requires quick thinking to prevent hesitation. Debating requires quick thinking to create a strong argument

**Aim:** To provide members with a taster of the NFYFC public speaking competitions.

**Objective:** To understand the speaking competitions up to a national level

## What you need to do:

1

Speaking in front of an audience can be daunting for some members, especially if they are new to YFC. It is important to decide whether you want to organise an introductory or an advanced session for more experienced members to enable them to develop specific skills.

2

Invite a previous YFC team or competent facilitators to give a demonstration on how the competition should work. Encourage members to ask questions and take notes.

3

The main skills to practice include reading, clarity, voice projection, diction, sense and expression. Speaking competitions are popular and there are many experienced people within the organisation's network who would be willing to share some of their advice and tips.

4

Consider the make-up of your club. It might be better to organise separate under 16, under 21 or under 26 nights, so that the youngest members are not put off by their older peers and are more likely to want to participate. This will also reflect the age splits for the national competitions

5

Prepare in advance some subjects to discuss and debate. Visit the competitions page of the NFYFC website for suggestions. The best way to understand the competition is to watch it in action, so when county, area or national rounds take place, encourage your members to go along.

## Useful links:

NFYFC rules, guidelines and example video clips [www.nfyfc.org.uk](http://www.nfyfc.org.uk)  
International Debate Education Association (IDEA) [www.idebate.org](http://www.idebate.org)  
Public Speaking Expert [www.publicspeakingexpert.co.uk](http://www.publicspeakingexpert.co.uk)





# How to practice the competition

An informal practice can take place during the club meeting.

## Reading

### What you need to do:

- **Top Tips**
  - Before the meeting choose a suitable book or share your favourite book.
  - On the night divide the members into groups of 3.
  - Each group nominates one person to be the Chairman.
  - All 3 members of the group will read a different passage from the same book.
  - Give the groups 10 minutes to learn and prepare their role.
- **Chairman**
  - The Chairman has 2 minutes to welcome the guests, introduce the team and book and should include a brief description of the book
- **Readers**
  - Each member of the team will read a different passage from the book.
  - They should be as clear as possible.
  - Give the reading sense and expression.
  - Consider overall presentation
  - Try to engage with the audience by making eye contact and glancing around the room.

## Call My Bluff

### What you need to do:

- **Top Tips**
  - The members need to be divided into groups of 3 to form a team
  - 2 teams compete against each other.
  - Each person of the first team reads out the word and has 1 minute to discuss its meaning (Try to make it as believable as possible as the other team guess which meaning is correct.
  - The opposition then have to discuss who they think is correct and who is bluffing

**Word Example:** Zymurgy (Zimmer-gee) – A branch of applied chemistry that deals with fermentation processes (as in wine making or brewing)





# Public Speaking

## What you need to do:

### ● Top Tips

- The members need to be divided into groups of 3.
- Each group should include a chairman, a speaker and a proposer of the vote of thanks.
- All the groups are given 10 minutes to learn and prepare their role.
- Each Speaker then swaps with another group and becomes their guest. Groups can then have an additional 10 minutes or so to ask the speaker any questions to help the chairman introduce them.

### ● Chairman

On the Judges signal, the Chairman has 2 minutes to welcome the guests, set the scene and introduce themselves, the main speaker and proposer of the vote of thanks.

The Chairman needs to:

- Have an air of authority whilst keeping the team and audience relaxed
- Take charge of the whole meeting – from the moment you show your Speaker to their seat to the time you have escorted them from the room
- Have a running order of the meeting – cross off each section as it passes
- Prepare a skeleton introduction for your Speaker – make him/her sound as interesting as possible. Use humour if you can
- At the end of the speech, briefly thank the Speaker; ask for questions firstly from the Proposer of the Vote of Thanks and then two questions from the Judges (1 each).
  - a. Top tip: It helps the Proposer of the Vote of Thanks if you mention the Speaker's name and subject twice during the opening speech – especially if their name is complicated.
- Invite your Proposer of the Vote of Thanks by name to propose the Vote of Thanks
- Chairman concludes - add your final comments and formally close the meeting





### ● **Speaker**

The speaker has 6 minutes to talk on any topic.

- Choose a subject that you're interested in and know you can talk about with ease
- Keep the wording of your speech simple and natural as if in conversation
- Allow as much of your personality to show as possible – give YOUR ideas, opinions and views
- If you want to use visual aids, practice with them – there is an art in showing them off so that everyone in the room can see them – also in the time of doing this
- Read up on the subject – it will help when answering questions. Try not to learn your speech off by heart – use postcard notes to remind you of the order of your speech
- Answer questions concisely – if you don't know the answer then say so
- End your speech by thanking the audience and the chair

### ● **Proposer of the Vote of Thanks**

- The proposer of the vote of thanks has two key roles – comment with question and vote of thanks

#### Comment with question

- Listen carefully to the speech. The Proposer is to comment on the speaker's address, agree or disagree and ask one pertinent question on the subject matter of the address
- The question is to be asked through the chairman – try and link the question to something you picked out in the summary

#### Vote of Thanks

- One minute and thirty seconds is allowed for the vote of thanks.
- Prepare a skeleton speech so you will have a rough idea of what you are going to say
- When giving the Vote of Thanks sound genuine, avoid clichés and remember you are speaking on behalf of the whole audience





## Brainstrust

### What you need to do:

#### ● Top Tips

- The members need to be divided into groups of 4 (1 chairman and 3 panellists).
- The Chairman chooses 3 questions from 6 (usually 3 general and 3 rural issues). These issues are usually topical and have been in the press recently.
- The panellists will have no communication with their Chairman, prior to the start of the discussion.
- The Chairman introduces the panel, puts each question to the panel, summarises their answers after each question and generally manages the discussion so all panellists get heard.
- Discuss all points of view (marks are awarded for discussion rather than opinion) add details, facts and humour.
- The total time for the discussion is 20 minutes

## Just a minute

### What you need to do:

#### ● Top Tips

- The members need to be divided into groups of 4 to make a panel.
- You will also need a judge to decide if the challenges are correct, a time keeper and a scorer.
- Each panel will speak on a total of 4 topics – 1 minute per topic.
- Topics for example: Wellies, a suitcase, beanbag, teddy bear
- The challenge is to speak for the whole minute without repeating yourself, hesitating (no umms and ahhs) or deviating off the topic subject.
- Panellist can challenge the speaker (stop the clock). If the challenge is correct the panellist scores a point, if incorrect the speaker gains a point and resumes speaking on the same topic- if the interjection is witty both panellist and speaker may score a point.
- The panellist who makes a correct challenge takes over the topic for the remainder of the minute or until they themselves are challenged.
- If the Speaker completes the whole minute they gain a bonus point – this is a special achievement!





# After Dinner Speaking

## What you need to do:

### ● Top tips

- Set the Scene: RSPB dinner dance, NFU Harvest Supper or be inventive!
- The members need to be divided into groups of 5.
- Each group should include a chairman, a speaker, respondent to the speaker, proposer to the visitors and a respondent of behalf of the visitors.
- All the groups are given 15 minutes or so to learn and prepare their role. Each group picks an organisation that they are from. Think about the aims, targets, achievements, contributions and community projects this organisation may be involved in.
- Each Speaker and Respondent on behalf of the visitors then swap with another group and become their guest. Groups can then have an additional 10 minutes or so to ask the speaker and respondent any questions to help gain a knowledge of the visiting organisation.

The visitors should use the opportunity to gain knowledge about their hosts too

'How – to' Guide to show how the panel is made up and the order of speakers (you can sit on the panel "top table" in any order, the Speaker and Respondent of behalf of the Visitors would usually sit together):

### ● Chairman:

- You'll to have an air of authority – but keep the panel and audience relaxed, remaining in control and attentive throughout the dinner
- In your introduction you have a maximum of 2 minutes to set the scene for the audience – the event they are attending and why, briefly introduce yourself and introduce the first speaker and make them feel welcome. (It helps to prepare a skeleton introduction for your Speaker – make him/her sound as interesting as possible.)
- Use humour if you would like to but your role is the 'Master of Ceremonies' keeping the dinner guests involved and informed
- At the end of the speaker's speech briefly thank them then introduce the respondent to the speaker (again make them sound interesting and use humour if you can).
- At the end of the responder's speech, briefly thank them and introduce the proposer to the visitors.
- Thank them briefly and introduce the respondent on behalf of the visitors.
- Add your final comments and formally close the speeches for the evening.

Practice the presentation, check your timing and ensure that people stay engaged. Ask for feedback from your practice audience.





### ● **The Speaker:**

The guest speaker has 6 minutes to talk and propose the main toast.

- You are a member of an external organisation invited to give a speech about your work/achievements/organisation to a host organisation's dinner guests.
- Try and talk about a subject that you are interested in
- Keep the wording of your speech simple and natural as if in conversation
- Allow as much of your personality to show as possible – give ideas, opinions and views and use a mixture of humour and fact.
- Time your speech carefully – note, marks are deducted for faulty timing
- Thank your hosts, comment on the work of their organisation and how it links to your own. Congratulate them on their achievements and personal contributions.
- End your speech with a toast.

### ● **Respondent to the Speaker:**

The Respondent to the Speaker has 6 minutes to talk

- You are a member of the host organisation – hosting the dinner
- Prepare a skeleton speech so you will have a rough idea of what you are going to say but be prepared to be flexible.
- Talk about your organisation, its achievements and future plans
- Thank the guest speaker. Show you have listened carefully to what they said by referring to their speech in yours. You can compare or contrast organisations where possible and perhaps refer to the speakers contributions to a common aim.

### ● **Proposer to the Visitors**

The Proposer to the Visitor has 4 minutes to talk.

- You are from the host organisation and a visitor is anyone who is not a member of your organisation in the room
- Similar to the Respondent to the Speaker have a skeleton speech so you can add in references to both previous speakers and reference them in your speech
- Finish your speech with a toast to the visitors

### ● **Respondent on behalf of the visitors**

The Respondent on behalf of the Visitors has 4 minutes to talk.

- You're a visitor to the dinner as a guest and will have a connection with the host organisation
- You are speaking on behalf of all visitors
- Prepare a rough speech beforehand then include reference the proposer of the visitors speech
- Finally thank the proposer for kind words and toast and the host organisation for their hospitality, venue food and speakers





### After Dinner Speaking

The Panel made up of two teams – shown as two different shapes/colours (seating order is a suggestion)



### Format

Timing	Respondent on behalf of Visitors	Speaker	Chair	Respondent to Speaker	Proposer to Visitors
Start			Welcome & introduction of Speaker (maximum 2 minutes)		
02:00		Speaks on subject & proposes the toast (6 minutes)			
08:00			Thanks Speaker & introduce Respondent to Speaker (approx 1 minute)		
09:00				Responds to Guest Speaker (6 minutes)	
15:00			Thanks Respondent to Speaker & introduces Proposer to Visitors (approx 1 min)		
16:00					Summarises & thanks Visitors with a toast (4 minutes)
20:00			Thanks Proposer to Visitors & introduces Respondent on behalf of Visitors (approx. 1 min)		
21:00	Summarises & thanks Proposer to Visitors & host organisation (4 minutes)				
25:00			Summarises & thanks top table & closes the speeches (approx. 2 mins)		
27:00			END		



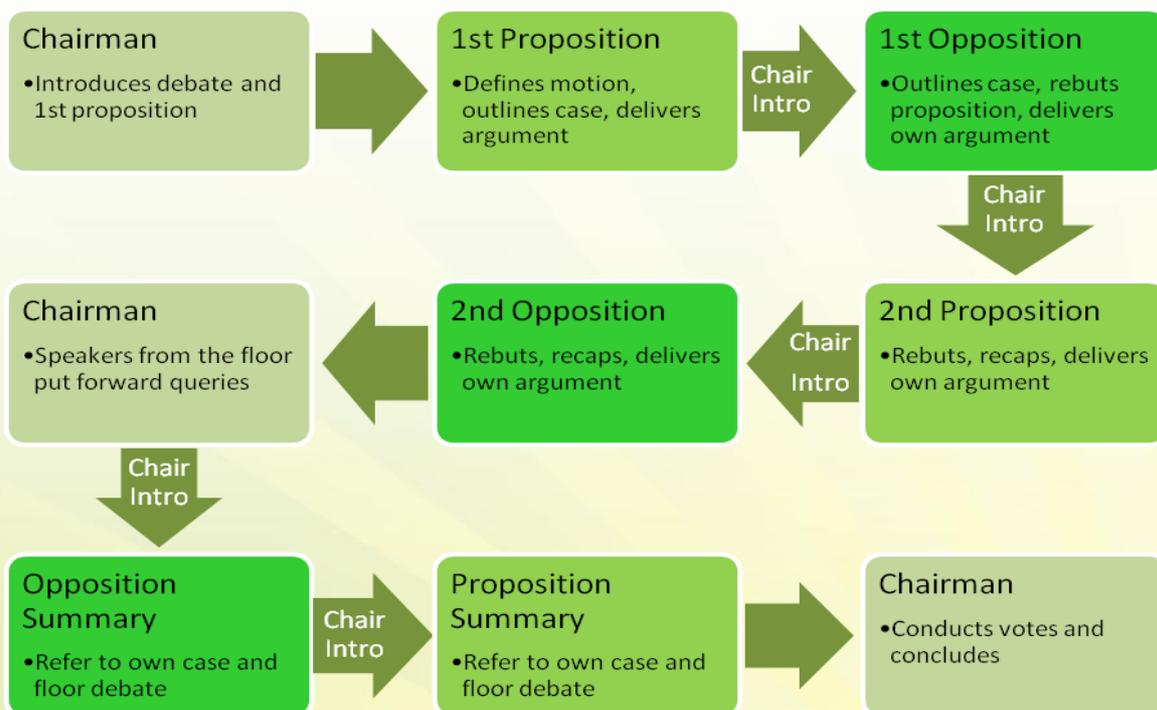


# Debating

## What you need to do:

### ● Top tips

- The members need to be divided into groups of 5.
- Each group should include a Chairman, 1<sup>st</sup> & 2<sup>nd</sup> Proposer, 1<sup>st</sup> & 2<sup>nd</sup> Opposer.
- Give members the topics beforehand so they can research it if they wish. The subject to be debated will be issued before the national final by NFYFC.
- If you want to use visual aids, practice with them – there is an art in showing them off so that everyone in the room can see them.
- Make brief bullet points of your speech on a card to jog your memory.
- Look up and engage with the audience, this will help keep them interested.
- Try to use a little humour – your audience will want to be entertained
- Time your speech carefully – remember, marks are deducted for faulty timing
- Refer to NFYFC Debate (MACE) rules and the ESU handbook at [www.nfyfc.org.uk](http://www.nfyfc.org.uk)





## The role of each speaker:

### ● Chairman:

- The chair is responsible for inviting speakers to deliver their speech, thanking them and calling on the next speaker, calling on audience members to make points during the floor debate (5 minutes) and maintaining good general order. Taking the vote and concluding the debate.
- The chair is also responsible for time keeping, giving audible signals indicating when a speaker is in protected time (1 minute at the beginning and end of each speech) or unprotected time (middle section of each speech) and indicating when a speaker's time is up. The chair should record the length of each speech and give the timings to the judges after the debate.
- Introduce yourself, the debaters and the subject in your opening speech by "This house believes that . . . ."

### ● 1st Proposition Speaker: (6 minutes)

- Define the motion and outline the arguments the team will make
- Set up the debate in terms of what the proposition want to debate
- To offer Points of Information (POI) to other speakers

### ● 1st Opposition Speaker: (6 minutes)

- Rebut the arguments made in the 1st Proposition speech
- Outline all the arguments to be made by Opposition
- Make a substantive case for the opposition instead of just denying what the proposition have said
- To offer Points of Information (POI) to other speakers

### ● 2nd Proposition Speaker: (4 minutes)

- Rebut the argument made in the 1st Opposition's speech
- Expand on the arguments made by their partner
- Introduce new arguments that expand on the case or to introduce a new angle of the argument and develop it fully
- To offer Points of Information (POI) to other speakers

### ● 2nd Opposition Speaker: (4 minutes)

- Rebut the arguments made in the 2nd Proposition speech
- Expand on the arguments made by their partner
- To use the full range of arguments made in the debate to their advantage
- Introduce new arguments that expand on the case or to introduce a new angle of the argument and develop it fully
- To offer Points of Information (POI) to other speakers

### ● Proposition and Opposition Summary Speaker: (4 minutes)

- To use the full range of arguments made in the debate to their advantage; reminding the audience and adjudicators of the Points of Information (POI) their team made and why they exposed the flaws in the proposition case
- Refer to the floor debate and draw on points or queries from the audience to their advantage
- Persuade the audience and adjudicators that their case was stronger
- The summary speech should not contain any new material not raised in the main speeches or the floor debate





## Debating

### Format of the debate

Time	2nd Proposition	1st Proposition	Chair	1st Opposition	2nd Opposition
Start			Introduces the debate, teams and 1st proposition speaker. (2 minutes)		
02:00		Defines motion, outlines proposition case, delivers own arguments and summarises proposition case. (6 minutes)			
08:00			Introduces 1st opposition speaker (30 sec)		
08:30				Outlines opposition case, rebuts prop arguments, delivers own arguments and summarises debate so far (6 minutes)	
14:30			Introduces 2nd proposition speaker (30 sec)		
15:00	Rebuts, recaps, outlines, delivers own arguments and summarises. (4 minutes)				
19:00			Introduces 2nd opposition speaker (30 sec)		
19:30					Rebuts, recaps, outlines, delivers own arguments and summarises. (4 minutes)
23:30			Invites speakers from the floor (not questions but points of queries to be used in summary speeches. (Up to 5 minutes)		
28:30			Introduces summary speaker for opposition (30 sec)		
29:00				One of the members of the opposition team summaries, referring to own case and floor debate. (4 minutes)	
33:00			Introduces summary speaker for proposition (30 sec)		
33:30	One of the members of the proposition team summaries, referring to own case and floor debate. (4 minutes)				
37:30			End of debate: Conducts votes on motion, thanks speakers and concludes the debate. (2 minutes)		
39:30	End				





# Speaking Overview

Who you need for Speaking Competitions at a glance:

## Reading

- Area Eliminator
- Teams of 3
  - Chairman - Introduces team and Book, 2 minutes
  - All 3 read a different passage of the book
- 14 years and under

## Public Speaking

- Regional Eliminator
- Teams of 3
  - Chairman - introduces speaker, 2 minutes
  - Speaker - Guest from another team, 6 minutes
  - Proposer of the Vote of Thanks - Asks Speaker a question (1 minute) and thanks the speaker (unlimited time)
- 16 years and under

## Just A minute

- Regional Eliminator
- Teams of 4 panellists
- 21 Years and under

## Brainstrust

- Regional Eliminator
- Teams of 4
- Chairman and 3 panellists
- Overall discussion 20 minutes
- 21 and under

## Debating

- Regional Eliminator
- Teams of 5
  - Chairman - introduces speakers (no time limit) and 6 minutes to invite comments from the floor
  - 1st Proposer - 6 minutes for speech and 4 minutes for summary speech
  - 2nd Proposer - 4 minutes for speech
  - 1st Opposer - 6 minutes for speech and 4 minutes for summary speech
  - 2nd Opposer - 4 minutes for speech
- 26 and under

## After Dinner Speaking

- Regional Eliminator
- Teams of 5
  - Chairman - 2 minutes introduction
  - Speaker - 6 minutes speech and main toast
  - Respondent to the Speaker - 6 minutes
  - Proposer to the Visitors - 4 minutes
  - Respondent on behalf of the Visitors - 4 minutes
- 26 and under





# How to practice the competition

## Tug of War

### Permit

For insurance purposes all rounds of competition must be held using a Tug of War Association (ToWA) judge under the authority of a ToWA Permit. There is usually a cost of approximately £10 for a Tug of War permit. Competition organisers must apply for a permit from the Hon. Gen. Sec of the ToWA (fee applies). Information is available from the ToWA Handbook or website.

### Team Requirements (each team may have 1 coach during pulling)

#### Ladies

Team of 8 females with a combined maximum weight of **560kg**

At least 6 members aged 17 to 26 and maximum of 2 aged 15 to 17 on 1st September

#### Mens

Team of 8 males with a combined maximum weight of 680kg

At least 6 members aged 17 to 26 and maximum of 2 aged 15 to 17 on 1st September

#### Juniors

A team of between 7 and 10 members, male or female with a combined weight of 560kg.

This increases to a maximum of 600kg with each female gaining an additional 10kg.

All members aged between 12 and 17 on 1st September.

There is no limit on the number of males or females in the team (may be all male, all female or any combination of male and female).

### How to win points

**Winning a Pull** - A 'Pull' is won when one of the side markings on the rope is pulled over the centre line.

**Finish a Pull** - The finish of a pull is signalled by the Judge blowing a whistle and pointing in the direction of the team winning the Pull.

Each team will pull a match of 2 ends against every other team in the league with points awarded as follows:

3 points	to the winners in a straight pull (two straight pulls)
0 points	to the losers in a straight pull
1 point	to each team winning 1 pull each

Note: If teams draw on points at the end of the league; they will be ranked as follows:

1. Results of matches (between the teams drawing on points).
2. Matches won (most matches won).
3. Cautions (least number throughout pulling).
4. Team weight (lowest team weight at weigh in).
5. Coin toss or draw

Semi-finals and final matches shall be won by 2 pulls out of 3.





# How to practice the competition

## Tug of War

### Substitution

A substitute may replace any one puller for the duration of the competition (Age restriction of team still applies). After the substitution has taken place, no other such changes may occur. Substitution may be used for tactical reasons or due to injury. The substitute puller must be of equal weight or less than the puller he/she replaces.

### Dress

All competitors must be suitably dressed, in the same team colours.

### Boots and Shoes

Competitors' boots must not be "faked" in any way, i.e. The Sole heel and side of the heel will be perfectly flush – this means the soles must be smooth. No metal toecaps or metal toe-plates are permitted. Metal heel tips that are flush on the side and the bottom of the heel are permitted. Please refer to Tug of war boot rules and construction guide 2017-18.

### Rope

The rope must be between 4" - 5" in circumference (10cm minimum, 12½cm maximum) without knots or other holding for the hands. The minimum length of rope is 35 metres.

### Rope Markings

Five tapes or markings is affixed to the rope as follows:

- A red tape or marking at the centre of the rope which will be in line with the ground mark at the start of every pull.
- Two white tapes or markings 4 metres either side of the red centre tape or marking.
- Two blue tapes or markings 5 metres either side of the red centre tape or marking.

The first puller in each team shall grip the rope within 30 cm of these outer blue tapes or markings.

The white and two outer coloured markings shall be capable of easy adjustment by the Judge in the event of the rope shrinking or stretching.

### Ground Markings

One line will be marked on the ground at right angles to where the centre of the rope will be at the start of the competitions.

**Knots or loops** - No knots or loops may be made in the rope nor may it be locked across any part of the body by any member of a team. Crossing the rope over itself constitutes a loop.





# How to practice the competition

## Tug of War

### Locks

From the start the rope will be taut. Every pulling member will hold the rope with both hands by the ordinary grip and the rope will pass under the armpit. Any other hold, which prevents the free movement of the rope, is a lock and is an infringement of the Rules.

### Anchor-man's grip

Upon taking up position the anchorman will place the rope around his/her body in the approved manner. I.e. The rope will pass under one armpit, diagonally across the back and over the opposite shoulder from rear to front. The remaining rope shall pass in a backward and outward direction and the slack run free. He/she shall grip the standing part of the rope with both arms extended forward.

### The Start

When the Judge has received the sign from the two coaches that all is ready, he or she shall give the teams the following verbal and visual commands:

'Pick up the Rope' - at the same time extending the arms forward and horizontally. No indents of any kind shall be made in the ground in any way before the command: "Take the strain". The pullers' feet shall be flat on the ground and the rope held with both hands by the ordinary grip.

'Take the Strain' - at the same time raising both hands above the head. Sufficient strain shall be put on the rope to ensure that it is taut and each puller may establish one foothold with the heel or side of the boot of the extended foot. When the rope is steady with the centre mark over the ground line. **THE JUDGE MUST MAKE IT QUITE CLEAR BY EXPOSING THE PALMS OF HIS OR HER HANDS WITH THE ADDED WORD "STEADY" THAT HE OR SHE IS ABOUT TO SIGNAL THE START, THEN, AFTER A SLIGHT PAUSE THE WORD "PULL"** at the same time flinging both hands downwards.

### Infringement during contests

Should it be necessary to caution a team for any infringement of the Rules, the Judge will name the team and calling 'first caution' or 'last caution' and signal such caution by raising his arm to the horizontal position and pointing in the direction of the offenders. Only two official cautions will be given during any one pull. A team guilty of an offence meriting a caution after already having received two official cautions in any one pull will be disqualified.





# How to practice the competition

## Tug of War

The following will lead to a caution:

### **Sitting**

Deliberately sitting on the ground, or failure to return immediately to the pulling position.

### **Leaning**

Touching the ground with any part of the body other than the feet.

### **Locking the Rope**

No knots or loops shall be made in the rope, nor shall it be locked across any part of the body or any member of the team. Crossing the rope over itself constitutes a loop.

### **Grip**

Any grip other than the ordinary grip as described above.

### **Propping**

Holding the rope in a position where it does not pass between the body and the upper part of the arm.

### **Position**

Sitting on a foot or limb or the feet not extended forward of the knee.

### **Climbing the rope**

Passing the rope through the hands

### **Rowing**

Repeatedly sitting on the ground whilst the feet are moved backwards.

### **Anchor Man's Grip**

Any grip other than described in above.

### **Footholds**

Making indents in the ground in any way before the command "Take the Strain" is given. Thus cleaning the ground by foot or hand is prohibited.

### **Behaviour**

There shall be no conduct by word or act likely to bring the sport into disrepute.



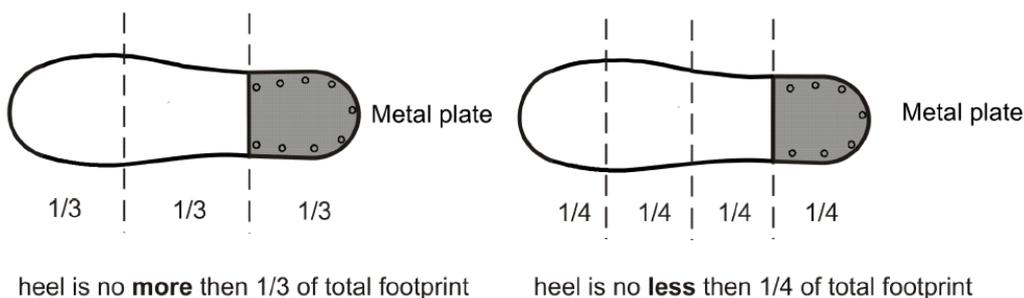
# Tug of War Boots Guidelines 2017-18

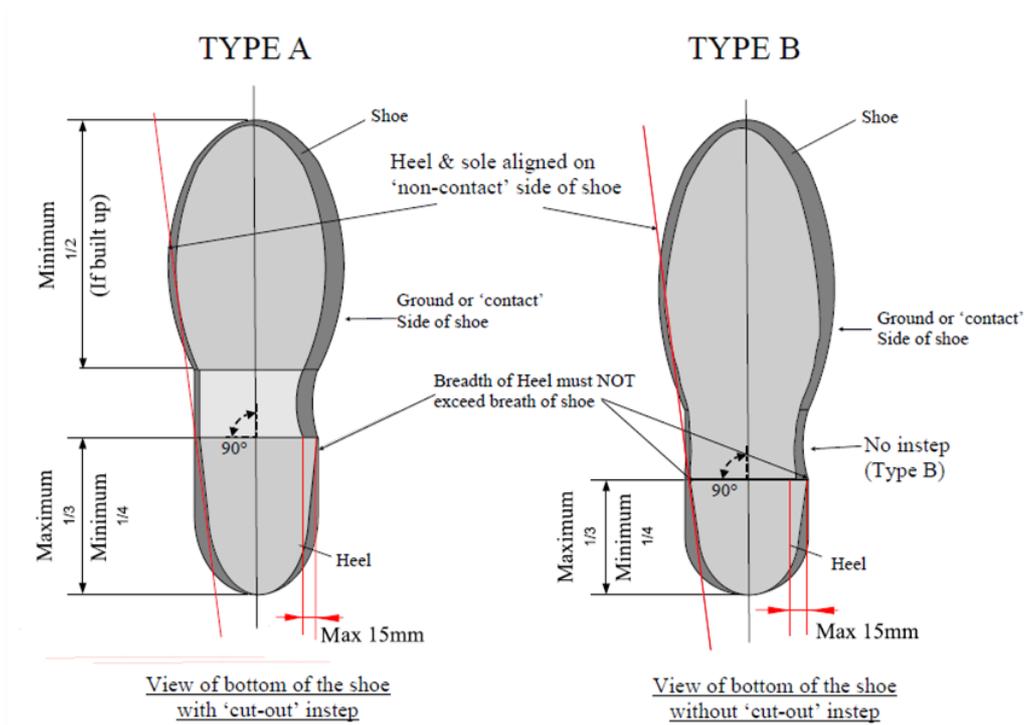
## TWIF outdoor boot specifications

**Heel:** The heel shall be flush with the sole of the shoe – vertically down from the sole as seen from the back and side of the shoe. The front of the heel facing forward shall also be straight across, perpendicular to the sole and vertically down from the sole of the shoe.

The side of the heel impacting with the ground – the “cutting edge” – can have a tapered edge towards the front of the heel with a maximum protrusion of 15mm to the outside of the heel as measured from the vertical line from the sole. The other side of the heel must be completely flush with the sole and may not have any protruding feature. **The breadth of the heel must not exceed the breadth of the shoe.**

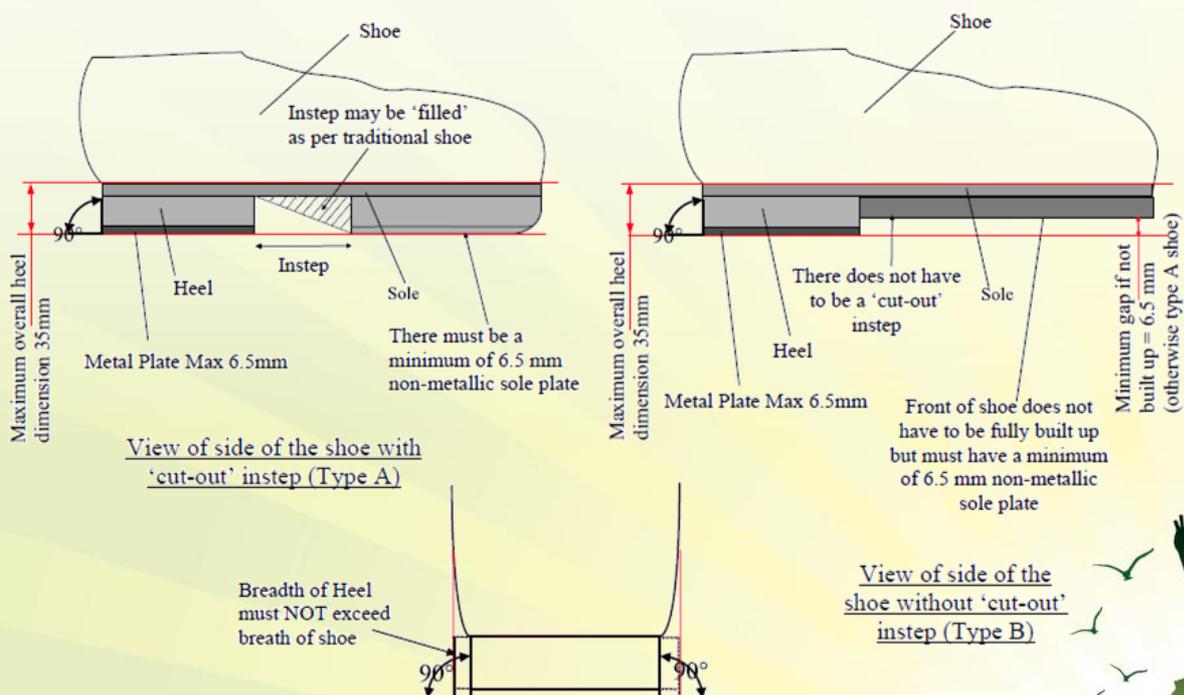
The maximum height of the heel, including a metal plate with a maximum thickness of 6.5mm, may not be more than 35mm from the bottom of the shoe. The 35mm includes the thickness of the sole. The length of the heel may not be less than one quarter or more than one third of the length of the show. See illustration below.





**Sole Structure:** the sole “structure” (which includes the structure of the heel) may be metal but the sole plate must not be metallic, the minimum thickness of the non-metallic plate is 6.5mm. See illustration below.

**Front part of the shoe:** can be built up or left as it is. If not built up, the sole can be higher than the heel when viewed on a flat surface. In this configuration, the sole must be a minimum of 6.5mm higher than the heel. If built up, the front part of the shoe may not be less than half the total length of the shoe. The maximum height, including the sole may not be more than 35mm. The “sole plate” must not be metallic and be a minimum of 6.5mm. See illustration below.





## The club mix 3 Competitions

Readymade boots can be bought from a starting price of around £80 to £150 depending on build spec. Otherwise they can be made at home with relatively little equipment. 2 examples of inexpensive tug of war boots are given below

### 1. Leather boots

Purchase a pair of army boots from an army surplus store. Grade 2 boots can be as little as £15. If you have the choice select boots with hard rubber soles rather than soft rubber. Grind all the grips off the bottom of the boots (safely in a ventilated area using a vice and suitable personal protective equipment).

Get a steel plate no more than 6.5mm thick (take care that the overall heel depth (plate plus heel) will come to no more than 35mm). Draw around the heel on the plate and cut the heel plate out. Smooth the edges off.

Screw and fix the plates to the heel by 4 bolts threaded down from the inside of the boot into the steel plates.

- Take the boot insole out. Drill the holes the correct size for the thread down through the heel and mark the steel plate before drilling the 4 holes through the plate.
- Tap the thread in the plates so the bolts can screw down through the heel and through the plate. Grind the end of the bolts off so it is flush with the bottom of the plate.
- It is advisable to use washers on the inside of the heel to prevent the bolts being pulled through the heel. Also the use of a strong adhesive will assist a good bond.

Replace the insole.

### 2. Roller Blade Boots

Purchase a pair of roller blades, not too expensive, but comfortable (there are plenty second hand from online auction sites). Ideally the boots should have one clip at the top and laces down the boot. Make sure also that the wheel carriage is riveted on to the base of the boot and not moulded on.

Unscrew the rollerblade fixings from the sole of the boot or carefully drill them out. Make a template of the sole of the boot.

Use this template to mark a piece of 8 to 10mm thick black hard Nylon/Teflon/Trespa or similar hard product and cut out with a suitable tool.

Screw this cut-out to the sole of the rollerblade boot. Screws should be fixed from inside the boot downwards into the nylon, and upward through the nylon into the sole, being careful with screw length so not to penetrate the inside of the boot - remember to remove any insoles before fixing.

To create a heel, use 10mm Nylon/Teflon/Trespa or similar hard material. Make a template of the heel section, about 90mm long from the back of the boot.

Cut the nylon heel piece to size and screw to the new nylon sole of the boot. Using the same heel template, mark and cut a piece of steel with a maximum thickness of 6.5 mm.

Screw onto the heel of the boot.





# Sports Competitions

Sport encourages teamwork and communication skills, fitness, stamina, strength and agility. Sport improves health and fitness and it is a great way to get everyone actively involved. The NFYFC competitions steering group ensures that there are competitions for all ages and changes annually. Competitions can include dodgeball, football, hockey, kwik cricket, netball, rounders, rush hockey, swimming, touch rugby, tug-of-war, ultimate frisbee and volleyball.

**Aim:** To provide members with practice sessions in any sports in preparation for the NFYFC competitions.

**Objective:** To understand the sports competitions

## What you need to do:

1

Contact a local sports centre, school or relevant club to see if they will provide a practice session and the equipment. Find out the cost and availability. Ask members if they know someone who has experience, for example a referee or PE teacher who may like to help.

2

Speak to the treasurer to decide whether members need to contribute towards the cost. Obtain the NFYFC competition rules and inform the coach/trainer of the rules. Visit national sports websites for more information and advice, they usually have a local development officer that can offer help and support.

3

Decide whether you wish to meet the members there or arrange transport from your club venue. Ask members to wear the appropriate sports clothes, footwear and to bring refreshments. Parental consent forms may be required.

4

Ask a member and a club officer to be team captain and share responsibility for managing the team. If you require further practice sessions, speak to the venue to find out whether the facility can be hired again. You may not need to hire the coach/trainer this time.

5

You may wish to meet up with another club, especially if you do not have enough members to make up a full team. This means that you can also share the costs.

## Useful links:

For league tables and other useful resources visit the Competitions of the NFYFC website and the National Final Sports Rules at [www.nfyfc.org.uk](http://www.nfyfc.org.uk)

Refer to sporting websites





# Clay Pigeon Shooting

Holding a Clay Pigeon Shoot is a popular way for your club to raise money for charity whilst participating in an activity your members enjoy. Clay pigeon shooting is a National competition so you can get involved by either holding practice sessions or organising competitions that helps prepare your members for the NFYFC competition.

**Aim:** To encourage members to participate in clay pigeon shooting by organising your own shoot or working with a local club.

**Objectives:** To prepare members for a Clay Pigeon Shoot competition.  
To understand and adhere to the requirement when organising a shoot.

## What you need to do:

1

As a club, decide what you want to do: hold practice sessions for members or organise a clay pigeon shoot as a fundraising event. Now decide whether to work with a local shooting club or run your own depending on the experience/skills of the members.

2

If you are organising your own shoot, you will need help of those experienced in organising shoots to assist you as there is firearm legislation that must be followed. The Clay Pigeon Shooting Association website has contacts for instructors, referees and advice. Please see useful links below.

3

Behind every well run and successful event, is meticulous planning. Choose your venue well, make sure you have enough volunteers to help, plan how you're going to run the competition and the scoring, the equipment (e.g traps) you'll need and consider providing refreshments and toilets.

4

Pick a good date – check out what days local clubs are open and hold your event when they are closed so you're not competing. If you are going to hold it annually try and stick to the same weekend as you event will build a reputation and grow year on year.

5

Plan a budget for your event. Try to buy your clays/cartridges on sale or return. Hold a Flush at the end of the day to use the remaining stock and raise funds. Unopened, undamaged boxes can be returned. Finally to tidy up after you - you may have to collect broken clays and cartridges off the field.

## Useful links:

Clay Pigeon Shooting Association CSPA

[www.cpsa.co.uk](http://www.cpsa.co.uk)

British Association of Shooting

<https://basc.org.uk>

NFYFC website – (score cards and competition rules are available to download)

© NFYFC





# How to practice the competition

Things to check when taking part in a NFYFC competition

## What you need to do:

This competition is run in three categories:

- 18 to 26 years, 14 to 17 years & Ladies (eligible to all Female YFC members aged 14 and over)

## Health and Safety for Competition

- **Competitors must either have their own gun or have a supervisor who has a gun – there are no guns available on the day of the National Final from the shooting ground.**
- Competitors are to ensure the safety of their gun at all times and a valid shotgun licence must be available on demand.
- One licence holder **MUST** supervise one gun only. Competitors without their own licence are still able to compete but must be supervised by one non competing licence holder.
- Travelling with a shotgun – If need to stop park where the vehicle can be seen and reverse up to a wall making access to the guns difficult. The vehicle should be locked and alarmed. You might also use security cables, vehicle mounted gun safes and other precautions such as removing parts as an additional security measure.
- No loading of ammunition outside the cages. When moving between cages, all guns must be empty and carried broken or in a gun slip.
- Firearms Legislation must be adhered to at all times. Competitors are responsible for the safety and insurance of their gun.
- Suitable head, ear and eye protection must be worn by both competitors and spectators throughout the competition
- Maximum 12 bore to be used with a barrel length between 28” and 32”
- Maximum load of 28gram/ 1oz.
- Cartridges may be plastic or fibre wad. Competitors can supply their own or purchase on the day (check availability of stock)

## What to do

- The aim is to hit a moving target in the form of a clay pigeon from traps positioned in different places to encourage a range of speed, distance, height and positioning of the clays
- Targets can be viewed as a single or pairs once only
- Points are accrued for the number of targets shot - a shoot off will determine the overall winner in the event of a tie

Further information on gun licensing can be found at

[https://www.gov.uk/government/uploads/system/uploads/attachment\\_data/file/518193/Guidance\\_on\\_Firearms\\_Licensing\\_Law\\_April\\_2016\\_v20.pdf](https://www.gov.uk/government/uploads/system/uploads/attachment_data/file/518193/Guidance_on_Firearms_Licensing_Law_April_2016_v20.pdf)

and at the Clay Pigeon Shooting Association <https://www.cpsa.co.uk/forms-downloads>





# How to practice the competition



NFU Mutual

## Clay Pigeon Shoots – Insurance

### Clay Pigeon Shoots

(extracted from NFU Mutual 2018-19 Concise Details of Insurance and Warranties NFYFC)

1. The area where the shots are fired should be over an open field to which the public have no access.
2. There should be a minimum safety zone of 300 metres in any direction in which the shots may be fired.
3. Sufficient space should be allowed between lay outs i.e minimum of 40 metres centre to centre for a 'boundary line' arrangement, 50 metres for other arrangements.
4. Boundary markers should be placed at the edge of the shooting target area.
5. Spectators should be kept at a safe distance by a barrier e.g a rope.
6. Attention should be paid to public rights of way and overhead cables.
7. Adjacent landowners should be contacted for their co-operation to be given.
8. If possible, a notice board should be erected displaying safety posters and a copy of the official rules of the C.P.S.A.
9. Trap houses should be constructed in accordance with the following guidelines.
  - a) Construction must withstand a charge shot (2mm steel behind boards, or brick and concrete have proved satisfactory)
  - b) Target openings to be protected by shields.
  - c) Any window to be protected by armour plate glass.
  - d) Anchorage and base must be secure.
10. Firing marks should be firmly embedded, preferably with a concrete slab behind the stake to provide a firm footing for the shooter.
11. Attention should be paid to ear devices for participants and any employees.
12. The organisers should check and assess the experience of participants prior to shooting. Minimum age limit is 14 years old.
13. An adequate level of supervision must be maintained.





# Stockjudging

Stockjudging skills are increasingly important when providing quality produce to the meat market. A good stock judge will use sound observation, have an understanding of an animal's make-up and be able to explain decisions clearly and concisely. They will also understand current market trends and customers requirements.

**Aim:** To provide an opportunity for those wishing to learn, refresh or advance stock-judging skills.

**Objectives:** To provide members with a practical stockjudging session.  
To introduce them to the NFYFC stockjudging competition.

## What you need to do:

1

Find a competent person who can give advice and tips for judging stock. The farmer/trainer may find it helpful if you arrange the visit at the same time as another club as it takes time to prepare stock for showing.

2

Obtain the NFYFC competition rules and inform the trainer that these are the rules that you will be following. These Rules may vary at County, Area and National rounds of the competition. As competitors learn and gain more knowledge progressing through the rounds the rules become more challenging.

3

Guideline booklets have been produced by AHDB and NFYFC to help you identify the key points. Hardcopies are available from NFYFC or view at [www.nfyfc.org.uk/competitionresources/stockjudgingguide](http://www.nfyfc.org.uk/competitionresources/stockjudgingguide)

4

Use the experience of past members and ask them to give tips on reason giving. Practice writing your notes and give clear and concise reasons with confidence in front of a friend and within a set time limit. Examples of reason giving can be heard at [www.nfyfc.org.uk/competitionresources/stockjudgingvideoguide](http://www.nfyfc.org.uk/competitionresources/stockjudgingvideoguide)

5

Visit a local show and watch stock in the ring, see if you can ask a handler, steward or judge to give you any tips. Volunteer to be a steward and listen to other competitors.

## Useful links:

**Stock Judging Guide**

[www.nfyfc.org.uk/competitionresources](http://www.nfyfc.org.uk/competitionresources)

**Stock Judging Instruction Video**

[www.nfyfc.org.uk/eblex](http://www.nfyfc.org.uk/eblex)

**AHDB**

[www.ahdb.org](http://www.ahdb.org)





# How to practice the competition

An informal practice can take place during the club meeting.

## Stockjudging

### What you need to do: (refer to NFYFC's stockjudging booklet)

#### ● Procedure in Judging

##### Top Tips:

- You will need a white coat for all Stockjudging competitions and a hairnet if judging carcasses.
- View the animals at a distance, watch them walk towards and away from you.
- Make notes on your first impressions, the general appearance and conformation
- Then walk closely to the animal, try and work methodically starting at the head.
- Do not hurry, pick the top and bottom animals, then place second and third.
- Check the time the animals will be on parade.
- Make good use of your time
- Animals can be identified by the letters A, B, X or Y

#### ● Procedure in Reason Giving

##### Top Tips:

- Wear your white coat.
- When giving your reasons always give a positive comparison. An example can be heard via [www.nfyfc.org.uk/competitions/resources/stockjudging](http://www.nfyfc.org.uk/competitions/resources/stockjudging)
- You will have 2 or 3 minutes to give reasons. Think about accuracy and comparisons. Check NFYFC rules for Reason Giving Timings!
- When giving your reasons, say good morning or afternoon to the judge. State your placings and then the reasons why.
- Use your notes from judging on the card provided. Try not to read your notes, have a clear picture in your mind of the animals you have compared.
- Try to use your time well but be careful not to go over time.
- Be confident, you are convincing the judge you have the animals in the correct order.
- Finish by saying "Master judge these are my reasons for placing these 4 Holstein Dairy Cows (or whatever you have been judging) in the order A, B, X, Y (the order you have them in)."





- **Beef, Lamb or Pig Live and Carcase (Lamb and Pig alternate each year)**
  - Teams of 2 made up of 1 x 26 & under and 1 x 21 & under
  - Place and give reasons on a ring of 4 livestock (cattle, sheep or pigs) in order of merit. 10 minutes for live assessment, handling allowed, at least 5 minutes to prepare cards, 2 minutes to give reasons.
  - Place a ring of 4 livestock in order of merit (cattle and sheep also to be classified for live assessment, pigs just to be placed in order). 10 minutes for live assessment, handling allowed.
  - Place a ring of 4 carcasses in order of merit and give reasons. 10 minutes for carcase assessment, NO handling allowed, at least 5 minutes to prepare cards, 2 minutes to give reasons.
  - Place a ring of 4 carcasses in order of merit. Beef and Lamb carcasses will be classified according to the Meat & Livestock Commission Services Ltd scheme and Pigs will just be placed in order of merit. 10 minutes for carcase assessment, NO handling allowed.
  - Classification will be required on Beef & Lamb at the NFYFC National Final
  
- **Dairy**
  - 16 & under:**
    - Place a ring of 4 dairy cattle in order of merit (15 minutes assessment, handling allowed)
    - Place a ring of 4 dairy cattle in order of merit and give reasons (15 minutes assessment, handling allowed, 2 minutes to give reasons)
  
  - 21 & under:**
    - Place a ring of 6 dairy cattle in order of merit (15 minutes assessment, handling allowed)
    - Place a ring of 6 dairy cattle in order of merit and give reasons (15 minutes assessment, handling allowed, 3 minutes to give reasons)
  
  - 26 & under:**
    - Place a ring of 4 dairy cattle in order of merit using the Linear Method of assessing characteristics. These cattle should also be placed in order of merit for suitability to produce milk and breeding herd replacements and give reasons (20 minutes assessment, handling allowed, 10 minutes preparation, 2 minutes to give reasons).





### ● Young Stockman

#### 18 & under:

- Place 4 rings of 4 Stock in order of merit and give reasons (10 minutes assessment, handling allowed, 5 minutes to prepare cards and 2 minutes to give reasons per group of stock). Stock includes 4 Dairy Cattle, 4 Butchers Cattle, 4 Commercial Breeding Ewes, 4 Butchers Pigs)
- Complete a multiple choice Animal Health and Husbandry Questionnaire (30 minutes)
- Identify cuts of meat

### ● Stockman of the Year

#### 26 & under:

- Complete a written project on Stock Management including Animal Health and Production Records. (To be submitted 3 weeks prior to final)
- Interview on project content (20 minutes)
- Questions from a Vet on animal health and husbandry including practical tasks
- Place 4 rings of 6 stock in order of merit and give reasons (15 minutes assessment, handling allowed, 5 minutes to prepare cards and 3 minutes to give reasons per group of stock). Stock includes 6 Dairy Cattle, 6 Beef Cattle, 6 Breeding Ewes, 6 Butchers Lambs or 6 Butchers Pigs)

Stockjudging guides available to download via [www.nfyfc.org.uk](http://www.nfyfc.org.uk) competition resources or hardcopies are available from your County Office or NFYFC.

For NFYFC rules for the National Final see [www.nfyfc.org.uk](http://www.nfyfc.org.uk) competition rules.



# General Rules Check List

Things to check when taking part in a NFYFC competition.

Note: The rules do not cover every situation. Basic principles of fairness should govern the outcome in situations not explicitly covered. It is trusted that members should take part in the way it is obviously meant rather than looking for loopholes or ways to exploit the rules.

## What you need to do:

- **Eligibility**
  - Check you are eligible to take part i.e. the correct age
- **NFYFC Membership Card**
  - Must be in date
  - Be signed
  - Have a recent photograph attached
- **Parental Consent Forms**
  - Required for all Under 18s competing
  - To be signed by parent/guardian and supervisor
  - Returned to NFYFC one week prior to the National Final
  - Post it, scan it, photograph it and email it to [post@nfyfc.org.uk](mailto:post@nfyfc.org.uk)
- **Play Fair**
  - Only compete for One YFC Club/County when participating in the NFYFC competitions programme in any given year (1<sup>st</sup> September – 31<sup>st</sup> August) even if you hold more than one membership card
- **Unable to attend?**
  - Let your County Office know if you are not able to take part – somebody else may like to have the opportunity
  - Withdrawals or cancellations made in the two weeks before the day of the final will result in a fine of **£25** and if a team/competitor withdraws within 48 hours of the start of the competition final it will result in a fine of **£40**
  - If you cannot make it on the day of the competition, ring the Emergency contact number to notify the event organiser
- **Judges Decision**
  - Accept their decision
  - Respect the Judges – many are volunteers
- **Behaviour**
  - Competitors and Supporters are representatives of Young Farmers so do not bring YFC into disrepute
- **Get Involved**
  - Need extra support to participate effectively? Then contact the NFYFC Office so specific arrangements can be made





# 4 Life skills & youthwork

YFC helps members to achieve their full potential through fun and educational programmes, such as competitions, training events and agricultural schemes as well as trying to meet their personal development needs. This is because growing up can be challenging, with tough decisions to make about the future, friendships and finance that are often overwhelming. For young people living in rural locations, there are often added hurdles of poor transport, fewer jobs, less social opportunities and limited access to educational courses to contend with. NFYFC works to support members by providing a range of issue-based programmes centred on their personal development needs.

The NFYFC Personal Development Steering Group currently focuses on the following areas: relationships and sexual health; mental health and emotional wellbeing; bullying and cyberbullying; drug and alcohol awareness, safeguarding. In addition the steering group also focuses on the training needs of the organisation and has produced The Curve: a bank of 1½ training workshops to be delivered in the club and The Source where you can find everything you need for your club. Alongside the NFYFC Youth Development officers, the steering group tries to build relationships with specialist organisations to help support members to overcome these barriers. These connections include working with the FPA Family Planning Association (FPA) to develop relationships and sexual health initiatives, Farming Community Network (FCN) and YoungMinds to promote emotional wellbeing, Gendered Intelligence to raise awareness of LGBTQ+, the Diana Award to help tackle bullying and Release to assist with drugs and alcohol work.

When designing the club programme, it's important to have a good mix of speakers and activities to ensure that the needs of all members are met. Depending on the subject, it's perfectly acceptable to organise talks just for older members. Many of the organisations mentioned previously and in the following pages provide a good starting point for information when you begin to plan the club programme. Further information can also be found on the NFYFC website.

The following pages contain contacts, practical ideas, useful links and club evening plans to get you started.





## Topics and ideas...

Here's a list of ideas to get you thinking about the different subjects that can be included in the club programme.

Additional needs

Bullying

Children's rights

Community work

Disabilities

Drugs

Equal opportunities

Global awareness

Isolation

Lobbying

Mental Health

Relationships

Rural transport

Sexual health

Team building

Youth activism

Advocacy

Career decisions

Citizenship

Cultural awareness

Discovery exchanges

Emotional wellbeing

Exam pressure

Governance

Learning

LGBTQ+

Participation

Residentials

Safeguarding

Social media

Training

Youth forums

Alcohol

Challenging behaviour

Club officer support

Cyberbullying

Diversity

Empowerment

First aid

Healthy living

Leaving home

Money management

Peer education

Road safety

Self-esteem

Stress

Volunteering

Youth sector partnerships





## Some useful websites...

There are many organisations, companies and government agencies working to support young people. The websites listed here provide information about their programmes, how they work with young people as well as useful contact details. These links will provide a good starting point once you have decide on a life skills or youthwork topic that you wish to include in the club programme. Many of these services are available locally and the NFYFC youthwork team can help to contact your local services to arrange a club night.

**Action on additives**

[www.actiononadditives.com](http://www.actiononadditives.com)

**Action on Smoking and Health (ASH)**

[www.ash.org.uk](http://www.ash.org.uk)

**Amnesty International**

[www.amnesty.org](http://www.amnesty.org)

**Artswork**

[www.artswork.org.uk](http://www.artswork.org.uk)

**Beat**

[www.beateatingdisorders.org.uk](http://www.beateatingdisorders.org.uk)

**Bullying UK**

[www.bullyinguk.co.uk](http://www.bullyinguk.co.uk)

**British Heart Foundation**

[www.bhf.org.uk](http://www.bhf.org.uk)

**British Lung Foundation**

[www.lunguk.org](http://www.lunguk.org)

**British Red Cross**

[www.redcross.org.uk](http://www.redcross.org.uk)

**British Youth Council**

[www.byc.org.uk](http://www.byc.org.uk)

**Brook**

[www.brook.org.uk](http://www.brook.org.uk)

**Child Accident Prevention Trust (CAPT)**

[www.capt.org.uk](http://www.capt.org.uk)

**ChildLine**

[www.childline.org.uk](http://www.childline.org.uk)

**Children England**

[www.childrenengland.org.uk](http://www.childrenengland.org.uk)

**Children's Rights Alliance England (CRAE)**

[www.crae.org.uk](http://www.crae.org.uk)

**Children's Society**

[www.childrensociety.org.uk](http://www.childrensociety.org.uk)

**Citizens Advice**

[www.citizensadvice.org.uk](http://www.citizensadvice.org.uk)

**Commonwealth Youth Exchange Council**

[www.cyec.org.uk](http://www.cyec.org.uk)

**Coram Children's Legal Centre**

[www.childrenslegalcentre.com](http://www.childrenslegalcentre.com)

*Please note NFYFC is not responsible for any content published on external websites that are publicised in The Source.*





## Some useful websites...

Drinkaware	<a href="http://www.drinkaware.co.uk">www.drinkaware.co.uk</a>
Duke of Edinburgh's Award	<a href="http://www.dofe.org">www.dofe.org</a>
European Youth Forum	<a href="http://www.youthforum.org">www.youthforum.org</a>
Fairtrade Foundation	<a href="http://www.fairtrade.org.uk">www.fairtrade.org.uk</a>
Food Commission	<a href="http://www.foodcomm.org.uk">www.foodcomm.org.uk</a>
Foreign & Commonwealth Office - Travel	<a href="http://www.gov.uk/foreign-travel-advice">www.gov.uk/foreign-travel-advice</a>
Frank	<a href="http://www.talktofrank.com">www.talktofrank.com</a>
Gendered Intelligence	<a href="http://www.genderedintelligence.co.uk">www.genderedintelligence.co.uk</a>
Lantra	<a href="http://www.lantra.co.uk">www.lantra.co.uk</a>
LeafEd	<a href="http://www.education.leaf.org">www.education.leaf.org</a>
Learndirect	<a href="http://www.learndirect.co.uk">www.learndirect.co.uk</a>
Lonely Planet	<a href="http://www.lonelyplanet.com">www.lonelyplanet.com</a>
The Money Charity	<a href="http://www.themoneycharity.org.uk">www.themoneycharity.org.uk</a>
The Mix	<a href="http://www.themix.org.uk">www.themix.org.uk</a>
National Association of Youth Theatres	<a href="http://www.nayt.org.uk">www.nayt.org.uk</a>
National Children's Bureau	<a href="http://www.ncb.org.uk">www.ncb.org.uk</a>
National Health Service (NHS)	<a href="http://www.nhs.uk">www.nhs.uk</a>
National Youth Agency	<a href="http://www.nya.org.uk">www.nya.org.uk</a>

*Please note NFYFC is not responsible for any content published on external websites that are publicised in The Source.*





## Some useful websites...

National Careers Service	<a href="http://www.nationalcareersservice.direct.gov.uk">www.nationalcareersservice.direct.gov.uk</a>
NSPCC	<a href="http://www.nspcc.org.uk">www.nspcc.org.uk</a>
Oxfam	<a href="http://www.oxfam.org.uk">www.oxfam.org.uk</a>
Portman Group	<a href="http://www.portman-group.org.uk">www.portman-group.org.uk</a>
Prince's Trust	<a href="http://www.princes-trust.org.uk">www.princes-trust.org.uk</a>
Prospects	<a href="http://www.prospects.ac.uk">www.prospects.ac.uk</a>
Release	<a href="http://www.release.org.uk">www.release.org.uk</a>
Rethink Mental Illness	<a href="http://www.rethink.org">www.rethink.org</a>
Rural Housing Trust	<a href="http://www.ruralhousing.org.uk">www.ruralhousing.org.uk</a>
Rural Youth Europe	<a href="http://www.ruralyoutheuropa.com">www.ruralyoutheuropa.com</a>
Stonewall	<a href="http://www.stonewall.org.uk">www.stonewall.org.uk</a>
Suzy Lamplugh Trust	<a href="http://www.suzylamplugh.org">www.suzylamplugh.org</a>
UK Youth	<a href="http://www.ukyouth.org">www.ukyouth.org</a>
UK Youth Parliament	<a href="http://www.ukyouthparliament.org.uk">www.ukyouthparliament.org.uk</a>
vInspired	<a href="http://www.vinspired.com">www.vinspired.com</a>
Wrap	<a href="http://www.wrap.org.uk">www.wrap.org.uk</a>
Youth Access	<a href="http://www.youthaccess.org.uk">www.youthaccess.org.uk</a>
YoungMinds	<a href="http://www.youngminds.org.uk">www.youngminds.org.uk</a>

*Please note NFYFC is not responsible for any content published on external websites that are publicised in The Source.*





# Careers evening...

The careers event will primarily be targeted at 16 to 18-year-old members. However, it will still be of interest to older and younger members alike.

**Aim:** To provide members with the opportunity to explore career ideas and discuss options.

**Objectives:** To give members an idea of the range of career options available.  
To provide members with the opportunity to learn more about careers.  
To inform members where to go for further information.

## What you need to do:

1

Try to find out more about the career needs of members by asking them to write down their first and second choices for higher education, training or a profession. Collect the findings and look for common themes to use as a starting point.

2

The format of career events can vary: you could invite your local college to attend, bringing course information; ask business and industry professionals to talk to members; contact advisers from the local careers advice centre or even arrange a club trip to a careers fair (e.g Big Bang).

3

Consider a visit to a careers advice centre or contact your local job centre or recruitment agency to see if someone would be available to discuss CVs and successful interview techniques. If members are interested in careers relating to farming book a Future Farming Curve module.

4

Suggest organising a county careers evening and inviting the local college, university to come along and to discuss different career options and courses.

5

If you want to organise a careers fair, choose a venue that is large enough to allow space for each stand, with room for members to move around the stands freely along with space for individual discussions to take place.

## Useful links:

HOPS Labour Solutions  
National Career Service  
Prospects

[www.hopslaboursolutions.com](http://www.hopslaboursolutions.com)  
[www.nationalcareersservice.direct.gov.uk](http://www.nationalcareersservice.direct.gov.uk)  
[www.prospects.ac.uk](http://www.prospects.ac.uk)





# Global awareness...

It has become easier and easier to communicate with people across the world and keep up to date with global affairs. With the internet at our fingertips, we can now explore and learn more about other cultures and lifestyles.

**Aim:** To urge members to explore and celebrate the world around them.

**Objectives:** To provide members with the opportunity to learn about other cultures.  
To encourage members to take an interest in global affairs.  
To urge members to celebrate different cultures.

## What you need to do:

1

Art, music, food, fashion, religion, politics and language are all things that help to define cultures. Decide on a topic or country that you would like to learn more about with members. If any members are going on a YFC Travel trip, you could focus on these countries.

2

Give members ideas, such as the name of a country that is in the news for political unrest or one affected by the downturn in the global economy, or a global crisis such as sustainability. Join forces with another club and invite one of the larger global charities to provide a guest speaker.

3

Having chosen the country or topic area you wish to cover, research key facts and devise a quiz as an introduction to the session. If you find the topic lends itself well to a club debate, decide the debate title and use the NFYFC debating competition rules to run your session.

4

To follow your session theme, consider providing a Fairtrade cookery class, indigenous dance, art or language workshops relating to your chosen culture or country. Use your networks and sources to find a suitable facilitator. Work with the treasurer to work out costings.

5

Finally, why not make your own film about your own culture? It could include the highs and lows of living in a rural area and how your club makes a difference. Members could get involved as script writers, cameramen, props and make-up, interviewers, actors and actresses.

## Useful links:

Global Dimension  
Fairtrade Foundation  
Rural Youth Europe

[www.globaldimension.org.uk](http://www.globaldimension.org.uk)  
[www.fairtrade.org.uk](http://www.fairtrade.org.uk)  
[www.ruralyoutheurope.org.uk](http://www.ruralyoutheurope.org.uk)





# Issues-based evening...

Alcohol awareness, mental health, drugs, sexual health, bullying and homophobia are just a few topics that your YFC might want to include in the club programme.

**Aim:** To provide an awareness-raising evening for members on a particular issue that they have identified.

**Objectives:** To offer insight into a specific issue.  
To identify some of the factors associated with the issue.  
To advise members on where to go for further information and advice.

## What you need to do:

1

Due to the nature of some subjects, you'll need to consider the age of the members and be sensitive to their needs. Take into consideration that some may find the topic uncomfortable, especially if it affects them. You may want to hold the session just for older members.

2

It's advisable to work with people trained in the chosen subject area. Contact your local youth service, young person's specialist group or helpline to arrange for someone to facilitate a session. The NFYFC Youth Development Officers can help contact your local services.

3

Provide the facilitator with some background information on the club, including likely attendance figures and invite them to give a talk about their work, some of the issues young people face, how to deal with them and where to go for further information.

4

Discuss any particular issues or concerns that you may have and would like the facilitator to focus on. Ask them whether it would be possible to include some interactive workshops or games as that is a popular format with members.

5

Finally, discuss equipment and requirements with the facilitator as they may be able to provide free resources for members to take away. Alternatively, you may want to go online and download some information or order some resources.

## Useful links:

YoungMinds  
Frank  
The Mix

[www.youngminds.org.uk](http://www.youngminds.org.uk)

[www.talktofrank.com](http://www.talktofrank.com)

[www.themix.org.uk](http://www.themix.org.uk)





# Healthy living...

Healthy living encompasses a number of aspects, such as healthy eating, healthy minds, physical health, spiritual health and lifestyle. It's a subject that members can easily relate to and something that we can all learn more about. It's also a great one for club programmes.

**Aim:** To encourage members to lead a healthy lifestyle.

**Objectives:** To raise members' awareness of healthy living.  
To focus on a particular area in detail, for example, the 5 A Day campaign.  
To enable members to take away some useful advice.

## What you need to do:

1

A series of sessions can be delivered on health living. As part of your programme planning session, decide with your members which topic(s) they would most like to start with and the running order of the sessions. This could include exercise, healthy diet, body image, relaxation, etc.

2

Divide your members into groups, making sure there is a range of ages and abilities in each. Give each group one of the topics to focus on. Ask them to come up with ideas for a good session for their club that will last about 30 minutes, and write them down.

3

Discuss their ideas and choose one. Ask them to plan the session in more detail, including information they will need, where they can go for resources, whether external resources are required, games, group work and any necessary equipment.

4

With the assistance of club leaders, invite each group to lead their session and set a date. Over the coming weeks, members will be able to work on their session, decide who is delivering it, how it will be delivered and get relevant resources.

5

If a group feels it needs external help, they may need to work with you and the treasurer to find out the costs. Remind them to keep it simple and work together with each group throughout the process.

## Useful links:

British Heart Foundation  
The Mix  
Wrap

[www.bhf.org.uk](http://www.bhf.org.uk)  
[www.themix.org.uk](http://www.themix.org.uk)  
[www.wrap.org.uk](http://www.wrap.org.uk)





## Healthy minds...

Everyone struggles with the pressures of growing up and from time to time young people growing up in rural areas have the added difficulties of accessing real social networks, education, transport and services which, in some cases, can lead to a feeling of rural isolation or social exclusion.

**Aim:** To raise awareness of the factors contributing to rural isolation and the signs and symptoms of young people experiencing mental health issues.

**Objectives:** To empower members and give them the confidence to identify mental health issues and seek appropriate help when necessary.

### What you need to do:

1

Join the campaign, Rural+, to raise awareness of rural isolation and the unique challenges young people face who live in the countryside. To participate include an evening learning about mental health issues.

2

Discussing mental health might feel like a challenging topic to include in your club programme, however it can be a really informative and useful session for your members and one which will help breakdown the misconceptions and barriers surrounding mental health.

3

There are a number of specialist organisations that are willing to come and speak to members on young people's mental health. There are farming related organisations such as The Farming Community Network and others who have specialist experience of young people's mental health.

4

When you contact an organisation, tell them what you hope to achieve from the session. This might include learning about the signs and symptoms of mental health, basic suicide awareness as well as identifying where to go to for help.

5

Remember your YFC members are the lucky ones because they are part of the YFC network which provides support and help. Other young people in your area may not have any support - think about how you might encourage them to join YFC and reduce their feelings of isolation.

### Useful links:

The Farming Community Network  
YoungMinds  
For more useful contacts online

[www.fcn.org.uk](http://www.fcn.org.uk)  
[www.youngminds.org](http://www.youngminds.org)  
[www.nfyfc.org.uk/ruralplus/ruralplus](http://www.nfyfc.org.uk/ruralplus/ruralplus)





# Healthy relationships...

Many young people within YFC's will be in intimate relationships. Your members will be interested to know more about sexuality, relationships and will need more information about sexual health. It is also good to inform them of the laws around sexual consent.

**Aim:** To provide the opportunity for members to discuss relationships, sexuality and sexual health in an informal and comfortable environment.

**Objectives:** To offer members the opportunity to discuss issues that may affect them in an informal, comfortable and fun way.  
To advise members on where to go for further information and advice.

## What you need to do:

1

Plan in advance and set aside an evening in each programme for a relationship and sexual health session. Write to parents informing them that YFC is committed to young people's physical and emotional well-being and that some sexual health promotion activities will be included.

2

It may seem embarrassing discussing sexual health so we recommend you work with a professional agency who is experienced at working with young people. Find out what type of talks they can offer then asked your members which they would like to go for.

3

You could decide use established national health days/week to hold a sexual health session. Agree what your subject area and invite a facilitator from a local or national sexual health service to run a session that's fun, interactive and that will address more than just information.

4

Liaise with the facilitator to provide information to members including leaflets, booklets and other national designed for young people available on a variety of sexual health issues.

5

Finally, if you are holding a social event such as a club or county disco you may wish to consider working with your local sexual health team to distribute free condoms, offer Chlamydia screening and promote sexual health. Contact your county office for assistance.

## Useful links:

Brook  
Family Planning Association  
The Mix

[www.brook.org.uk](http://www.brook.org.uk)  
[www.fpa.org.uk](http://www.fpa.org.uk)  
[www.themix.org.uk](http://www.themix.org.uk)





# Tackling bullying...

Bullying is regarded as an intentional act where one person intimidates or excludes another. It happens in a variety of forms and settings, and unfortunately YFC members are not exempt. Bullying is hurtful and can lead to loneliness, anxiety and depression. Exclusion, a form of bullying, can be hurtful, so remember to look around once in a while to make sure everyone in your club is included.

**Aim:** To raise members awareness of bullying.

**Objectives:** To enable members to recognise bullying.  
To empower members to do something about bullying.  
To inform members where to go for help and further information.

## What you need to do:

1

Determine the reason behind the session: has something happened in your club, to a member outside of YFC or are you providing a general awareness-raising session? Decide who in the club would be best to run a session. For instance, are there any teachers, trainers or youth workers?

2

NFYFC has developed an Anti-bullying Curve module to help members to understand the different types, effects and impact of bullying and the importance of teamwork and cohesion within a Young Farmers Club in order to prevent and reduce episodes of conflict.

3

You may want to include your members in developing or reviewing club group agreements that they can then sign up to. The group agreement will include other important broader points, not just bullying. Examples are available in Section 3 of The Source.

4

Finally, make sure you cover what members should do if they or someone they know is being bullied, where to go for help and what YFC's policy and procedures are.

5

For more information, visit the websites listed below or contact the NFYFC youth development officers.

## Useful links:

Bullying UK  
The Diana Award  
Kidscape

[www.bullying.co.uk](http://www.bullying.co.uk)  
[www.diana-award.org.uk](http://www.diana-award.org.uk)  
[www.kidscape.org.uk](http://www.kidscape.org.uk)





# Independent living...

Whether it's wanting to be independent while living at home, going to college or university or moving away from home to embark on a new challenge, members will come across many new skills, experiences, decisions and dilemmas for the very first time.

**Aim:** To provide members with an opportunity to learn some basic skills in preparation for independent living.

**Objectives:** To encourage members to consider practical skills, such as money management.  
To urge members to undertake some practical everyday tasks.

## What you need to do:

1

**Shopping on a budget:** Internet access required. Divide into groups, with a £50 budget, for example. Ask each group to create a week's eating plan for one person. It must include a list of groceries and prices. Urge members to consider healthy options. Each group discusses its plan.

2

**Healthy diet:** You could run a 'Come Dine With Me' competition either within your club or challenge other clubs to take part. It is a fun way to learn to cook, show off your skills and get to know fellow members better. The NHS eatwell plate is a useful tool here.

3

**Quiz:** Include general knowledge questions, such as at what age can you leave home, buy a house and pay council tax. Have a picture recognition round, including laundry and household symbols. You could include a safety round and other rounds too.

4

Have a fun round, timing how quickly each group can put on a double duvet cover, make a sandwich, wire a plug, etc. Remember to assess the risks involved with all activities and have handouts available for members to take away.

5

**Health and safety in your home:** Provide an introduction to safety tips for the home. You could arrange for your local fire brigade to visit and provide a fire talk or local crime prevention unit to give you top tips on home security and keeping your belongings safe.

## Useful links:

Citizen Advice Bureau  
The Mix  
Money Advice Centre

[www.citizensadvice.org.uk](http://www.citizensadvice.org.uk)

[www.themix.org](http://www.themix.org)

[www.moneyadvicecentre.org.uk](http://www.moneyadvicecentre.org.uk)





# First Aid...

If your club had not already done so, why not book a first aid provider to run a first aid course for your members. This might take up a couple of club evenings and to share the cost you could always ask a neighbouring YFC to join in.

**Aim:** To provide an opportunity to up-skill members in first aid during a club evening or series of evenings

**Objectives:** To up-skill members in first aid either for their own personal development, as part of the Farm Safety Campaign Yellow Wellies, or in preparation for specific NFYFC competitions.

## What you need to do:

1

The NFYFC Farm Safety competition requires first aid. This competition involves 4 members with at least 1 member having a First Aid at Work or Emergency First Aid at Work. Competitors also need to have a valid ATV Handling Competency Certificate and drivers licence.

2

Contact a reputable first aid provider such as St Johns Ambulance or the British Red Cross. The St Johns Ambulance Basic First Aid Course is ideal for members who want to learn first aid without having to do resuscitation of CPR.

3

St Johns Ambulance welcomes people from the age of 12 on to their community first aid courses. The courses are either 3 or 6 hours and covers dealing with minor and deteriorating conditions. The Essentials First Aid course covers emergency life support procedures.

4

The British Red Cross provide a number of courses including Everyday First Aid and Save a Life First Aid both a two hour course. They also offer one day and two day courses for those members who would like to cover first aid in more depth.

5

First Aid at Work is a three day course and on successful completion participants will receive a FW certificate. There is a 2 day requalification course for those who need to renew their license. You may wish to run this as a county training event for keen members.

## Useful links:

St Johns Ambulance  
Farm Safety Foundation  
HSE

[www.sja.org.uk](http://www.sja.org.uk)  
[www.yellowwellies.org.uk](http://www.yellowwellies.org.uk)  
[www.hse.gov.uk](http://www.hse.gov.uk)





## Road safety...

Following on from the successful YFC's national Road Safety Campaign we need to make sure that our members continue to take care and stay safe on the roads. Too many members know of someone who has been involved in a serious incident and we want to try and reduce the number of accidents our members are involved in

**Aim:** To maintain members awareness of rural road safety to keep our members safe and reduce the number of incidents on rural roads

**Objectives:** To raise members awareness of the importance of car maintenance  
To raise member awareness of the effects of alcohol and drink  
To raise members awareness of the effects that accidents can cause

### What you need to do:

1

**Car maintenance.** You could arrange for a local qualified car mechanic to come out to a club meeting and run through the basics of keeping your car maintained. This could include checking the oil, tyres, washer water, wipers, toolkit and lights etc.

2

**Mock driving theory test.** This can either be done online, if you have internet access, or you could print off and run as a quiz. Visit <https://www.gov.uk/practise-your-driving-theory-test> to the practice test. Divide the members in to teams of four and have a quiz night.

3

**Towing.** Do any of your members tow livestock or trailers? If so then ask someone to give a talk/demonstration on the safety aspects of towing safely.

4

**The Curve.** Ask your County Roadshow team to come and run a fun activity- based session on the Drive it Home campaign. It should take approximately 1½ hours and get across some key messages to members whilst they take part in a series of fun challenges.

5

**Know your limits.** Ask your county trainers to deliver the Curve module Know your limits. This focuses on alcohol consumption and the effects of alcohol. Alternatively invite the local police, road safety unit or fire service to deliver a session.

### Useful links:

Brake  
2Young2Die

[www.brake.org.uk](http://www.brake.org.uk)  
[www.2young2die.org.uk](http://www.2young2die.org.uk)





# The Curve...

The Curve has been designed especially for YFCs to help you get the very best out of your club and members. The Curve is a series of fun, interactive workshops exploring everything from organising the best money spinners to strengthening relationships in your club.

**Aim:** To up-skill members on a selection of topics tailor-made for YFC. Each session is 1.5-2 hours long, but is designed to be flexible to suit your club.

**Objectives:** To enable members to run their club more effectively.  
To enable members to explore a range of subjects that is of interest to them.

## What you need to do:

1

The sessions must be delivered by an accredited trainer and registered with the training officer at NFYFC. Contact your County office or NFYFC to find out who your County trainers are or for help arranging the evening.

2

Trainers are provided with a guide to delivering the training along with all the resources needed for a fun, informative session within your club programme including a certificate of completion for each person attending.

3

Just choose a topic from: Club Programming, Dream Teams, Drive it Home, Event Budgeting, Great Communicators, H&S, Networking Know How, Member Recruitment and Retention, Food 4 Thought, Know Your Limits, Safehouse, Managing Change, Beat Bullying, Farm Safety

4

The Power of Social Media, Fundamental: YFC Back to Basics, E-safety, Farm Safety, Rural+, Cash Management, Future Farming and Exploring Social Enterprise. All the information on the courses can be found in the training section on the NFYFC website and in the Training brochure.

5

Here you will find all the details you need including the aim, objectives and learning outcomes for each course. [www.NFYFC.org.uk](http://www.NFYFC.org.uk). PLUS county trainers could win the prestigious Top Trainer Award at the NFYFC's AGM.

## Useful links:

NFYFC

[www.nfyfc.org.uk](http://www.nfyfc.org.uk)

NFYFC Youth Development Officer:

Josie Murray 024 7685 7202

