

HEAH: Open Routes Learning Hub Post-16 Further Education Prospectus 2025–2026

HEAH



Open Routes For All Learners CIC



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Flexible, Trauma-Informed, Coaching-Led Learning for Young People Aged 16–25

Our Offer

HEAH: Open Routes Learning Hub provides flexible, accredited learning pathways focusing on personal development, wellbeing, leadership, and creativity. We support learners aged 16 to 25 who face barriers to traditional education through trauma-informed, coaching-led delivery tailored to individual needs. As an approved delivery partner for the Leadership Skills Foundation, we offer a comprehensive suite of qualifications and awards designed to build confidence, employability, wellbeing, and real-world leadership experience.

Course Programmes

AQA Unit Award Scheme (UAS)

The AQA Unit Award Scheme offers nationally recognized certification for a wide range of individual units across multiple subjects and skills. This flexible, no-exam scheme enables learners to build a personalized portfolio of achievements.

Learning Objectives: Learners develop practical skills and knowledge across academic, vocational, and life skill areas. The scheme enhances confidence and motivation through achievable certificated steps and tailors learning to individual interests and needs.

Sample Units Available: English and Literacy (Creative Writing, Reading Comprehension, Communication Skills), Mathematics and Numeracy (Basic Arithmetic, Budgeting, Measurement), Science (Introduction to Biology, Environmental Awareness), Humanities (History of Art, Geography Skills, PSHE Topics), Modern Foreign Languages (Basic Spanish Language Skills), Computing and Digital Skills (Internet Safety, Coding Basics, Graphic Design), Life Skills (Independent Living Skills, Cooking Basics, Managing Money), Employability (CV Writing, Interview Preparation, Teamwork), Creative Arts (Music, Drama, Visual Arts), Physical Education and Sports (Fitness, Outdoor Activities, Sports Rules and Strategy), and Wellbeing (Mindfulness, Stress Management, Emotional Resilience).

Outcomes: Learners receive nationally recognized certificates for each unit completed, improving practical skills supporting employability and independence, and increasing confidence and engagement.

Delivery and Assessment: Flexible online and in-person coaching-led delivery. Assessment is completed via portfolios, practical projects, and reflective logs.

Arts Award (Bronze, Silver, Gold)

Arts Award is a nationally recognized qualification promoting creativity and leadership through practical arts projects.

Learning Objectives: Learners develop creative skills in arts and cultural activities, plan and manage arts projects independently and collaboratively, build leadership and mentoring skills through peer support roles, and create a portfolio demonstrating artistic development and reflection.

Outcomes: Learners gain nationally recognized Arts Award certification at Bronze, Silver, or Gold levels. Gold level includes UCAS points for university entry. The programme enhances creative confidence and leadership abilities.

Delivery and Assessment: Delivery includes workshops, project-based learning, and one-to-one coaching. Assessment is through portfolio evidence and moderated presentations.

Leadership Skills Foundation (LFS) Qualifications and Awards

As an approved center for the Leadership Skills Foundation (LFS) in England, HEAH offers a wide range of nationally recognized leadership qualifications and awards. These programmes develop practical leadership, wellbeing, and employability skills tailored to young people aged 16 to 25.

Qualifications

- **Level 2 Award in Sports Leadership:** A practical introduction to leadership through physical activity. Learners develop key skills such as planning, communication, teamwork, and safe practice by leading games and structured activities for peers or younger children.
 - **Learning Objectives:** Understand leadership roles and responsibilities; plan and deliver basic activity sessions; build confidence and effective communication; promote safe, inclusive participation.
 - **Outcomes:** Increased confidence in leading groups; evidence of planning and delivery; peer leadership experience.

- **Level 3 Certificate in Higher Sports Leadership:** For those aspiring to work in education, youth work, or sport, this course develops independent leadership skills and includes planning events and leading sustained sessions in community or school settings.
 - **Learning Objectives:** Deliver inclusive sessions to diverse groups; lead multiple structured activities independently; reflect on performance and improve through feedback; organize events and projects.
 - **Outcomes:** Advanced practical leadership experience; portfolio of evidence for future study or employment; development of transferable skills.

- **Level 2 Award in Dance Leadership:** Combines creativity and leadership, enabling learners to design and deliver expressive movement or dance sessions while exploring rhythm, musicality, and confidence.
 - **Learning Objectives:** Learn how to safely plan and deliver a dance session; use music and rhythm in a leadership context; reflect on own performance; build leadership through expressive arts.

- **Outcomes:** Confidence in performance and peer facilitation; improved coordination and communication; leadership in movement-based settings.

- **Level 2 Award in STEM Leadership:** A modern qualification that develops leadership through science, tech, engineering, and maths projects. Ideal for those with curiosity and problem-solving skills.

- **Learning Objectives:** Design engaging STEM-based activities; encourage teamwork through scientific exploration; communicate complex ideas simply; use inquiry and investigation to lead learning.
- **Outcomes:** Confidence in STEM delivery; strengthened digital literacy; communication and team leadership.

- **Level 2 Award in Environmental Leadership:** Empowers learners to take positive action in their communities through sustainability-focused leadership. Projects may include eco-campaigns, community gardens, or climate awareness.

- **Learning Objectives:** Understand key environmental challenges; plan and lead sustainability projects; promote positive change and civic responsibility; build networks for community impact.
- **Outcomes:** Green leadership experience; skills in advocacy, campaigning, and teamwork; strong foundation for environmental careers.

- **Level 2 Award in Esports Leadership:** For digitally inclined learners, this qualification develops leadership, team management, and ethics in esports. It's also a stepping stone into the tech, events, or gaming industries.

- **Learning Objectives:** Understand the esports sector and roles; run mini tournaments or digital events; promote safe and positive play; lead online or team-based activities.
- **Outcomes:** Responsible esports facilitation; leadership through digital media; exploration of gaming career routes.

- **Level 2 Award in Lowland Leadership:** An outdoor-focused qualification developing map skills, navigation, and team safety during lowland walks or hikes. Great for learners interested in the outdoors, cadets, or nature conservation.

- **Learning Objectives:** Understand risk and safety outdoors; use maps and plan safe routes; lead small groups on local expeditions; reflect on resilience and physical challenges.
- **Outcomes:** Independent navigation and leadership; connection to nature and wellbeing; preparedness for outdoor roles or training.

- **Level 3 Certificate or Diploma in Supporting the Delivery of PE and School Sport:** This professional pathway is perfect for learners interested in supporting teaching or coaching. It includes mentoring, PE delivery, inclusive practice, and behaviour support.
 - **Learning Objectives:** Assist with PE session planning; support a range of learners in PE; use reflective tools and adapt practice; develop inclusive strategies for engagement.
 - **Outcomes:** Teaching assistant or coach-ready experience; preparation for apprenticeships or FE training; strong knowledge of youth development in sport.

- **Level 4 Supporting Pupils' Wellbeing Through Physical Education:** Equips learners to promote health, wellbeing, and inclusion through physical education-related activities and support strategies. Addresses the links between movement and mental health.
 - **Learning Objectives:** Understand the mental health needs of young people; create movement sessions for therapeutic outcomes; reflect on trauma-informed practice in PE; build a portfolio of wellbeing-led activities.
 - **Outcomes:** Nationally recognized Level 4 qualification enhancing skills for education and youth work sectors; therapeutic education toolkit; skills for emotional regulation support; progression into SEND or SEMH roles.

- **Levels 5 and 6 Primary School PE Specialism and PE Subject Leadership:** Provides advanced leadership and subject expertise to lead PE within primary school settings.
 - **Learning Objectives:** Build a whole-school PE strategy; deliver CPD to other staff; monitor impact and assess learners; lead inclusive and wellbeing-focused PE.
 - **Outcomes:** Qualifications suitable for educational leadership and curriculum development roles; subject leadership skills; pathway into HLTA or education specialist roles.

Awards

- **ShapeYourSkillsAward:** Recognizes development of personal skills in communication, teamwork, and responsibility.

- **PlayMaker Award:** Prepares learners to assist in coaching and sports leadership roles, fostering confidence and teamwork. Entry-level for learners aged 9+.

- **Your Time Award:** Encourages volunteering and active community participation. Empowers girls and young women to take part in sport, movement, and leadership in safe, confidence-building environments.

- **ActivityVolunteer Programme:** Provides structured volunteering experiences in active leadership roles.

- **Young Leader Award:** Develops foundational leadership skills through practical experience and mentoring. A fun introduction to leading others, designed for learners aged 16.

- **I Can Lead Award:** Builds confidence and competence in decision-making and group leadership. Fully inclusive leadership experience designed for learners with additional needs.

- **Go Lead Award:** Develops leadership abilities through challenge activities and group projects. A one-day course for learners helping to deliver physical or creative activities in a peer role.

- **PE Life Skills Award:** Equips learners with practical skills to support physical education and active lifestyles. Focuses on teamwork, resilience, and wellbeing through physical activity. Ideal for learners with SEMH or SEN needs.

- **Primary Leaders Licence (PlayMaker Award):** Prepares learners to lead play and sports activities within primary school settings.

Delivery and Assessment: All LFS qualifications and awards are delivered through a blended learning approach combining online study with practical, face-to-face sessions. Assessment includes portfolios, practical demonstrations, mentor feedback, and reflective logs. Programmes follow a trauma-informed, coaching-led approach to support personalized learning.

Therapeutic and Wellbeing Programmes

- **Thoughtology for Change**

- **Learning Objectives:** Enhance self-awareness, emotional literacy, and mindset development. Build resilience and positive coping strategies. Support personal growth through reflective and practical exercises.
- **Outcomes:** Improved emotional regulation and wellbeing, increased capacity for learning, social engagement, and personal development.

- **TLC Volunteer-to-Employment Pathway**

- **Learning Objectives:** Gain practical experience in volunteering and peer mentoring roles. Develop transferable skills in communication, organization, and technology. Build confidence through supported progression to paid employment.
 - **Outcomes:** Accredited volunteering experience contributing to qualifications and CV. Supported routes into employment or further education.
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Course Duration and Pricing

- **AQA Unit Award Scheme:** Approximately 12 to 15 guided learning hours over 4 to 6 weeks. Total price £750.
- **Arts Award Bronze or Silver / Leadership Skills Course:** Approximately 20 to 30 guided hours over 4 to 8 weeks. Total price £1,500.
- **Arts Award Gold (Level 3, includes UCAS points):** Approximately 40 to 50 guided hours over 8 to 12 weeks. Total price £2,500.
- **Leadership Skills Foundation Awards:** Approximately 15 to 30 hours over 4 to 8 weeks. Prices start from £1,000 depending on programme length.
- **Therapeutic Wellbeing Programmes:** Variable durations; pricing included within packages or bespoke.

Support Services

- Trauma-informed coaching and pastoral care tailored to learner needs
 - SEND and mental health support embedded within programmes
 - Careers advice, progression planning, and advocacy
 - Safeguarding and compliance with health & safety legislation
 - Assistance accessing local authority and government funding
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How to Apply or Refer

Contact HEAH at **hello@heahopenroutes.co.uk** or call **07513 249727**. An initial consultation will assess learner needs and suitability. Referral or enrolment paperwork will be completed, followed by a personalized learning plan and start date confirmation. We welcome referrals from schools, social workers, commissioners, and families. Group and 1:1 delivery options are available, and we are working to secure government-backed funding for qualifying learners.

Facilities

Hybrid delivery: online learning platforms paired with in-person coaching in Anerley, SE20. Small group and individual support options to suit learner preferences. Access to creative, digital, and wellbeing resources.

Contact Details

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