

SkillsFit Focus



Newsletter - Issue 1: 5th December 2025



SkillsFit: What We Do

Industry-setting Alternative Provision for 14-19 year olds

Targeted on-site support for attendance, SEMH, behaviour and progress

NEET Engagement projects for young people and neighbourhoods in need

Enrichment and wellbeing sessions for those accessing alternative education

FOCUS FEATURE

An introduction to SkillsFit

Who are SkillsFit - This first issue of 'SkillsFit Focus' is a great platform to provide a profile of who we are, what we exist to do, and our intended impact!

FOCUS INSIGHT

The SkillsFit Solution

Responding to the Local Challenge - SkillsFit recognises the growing challenge in relation to NEET statistics in our neighbourhoods; we would like to take action!

FOCUS HEADLINE

SkillsFit & Made for MORE - THE Partnership

Discover Your Purpose - Bringing together the right people and the right environment; SkillsFit & Made for MORE have purposeful progress in their sights.

FOCUS FEATURE - An Introduction to SkillsFit

Who are SkillsFit?

During 19 years working in Further Education as an Advanced Practitioner and Middle Leader, I've seen first-hand the impact the right environment can have on a young person's confidence, safety and sense of belonging.

My career in FE centred around supporting learners to progress academically, personally and professionally. Working across a range of subjects and qualifications, I've supported young people navigating SEMH needs, reintegration plans, adapted timetables and transitions. That experience shaped my belief that when young people feel seen, supported and challenged in the right way, growth is highly likely!

I created SkillsFit out of genuine recognition of the challenges young people encounter; from SEMH barriers, to simply not yet finding their place.

I believe young people deserve access to spaces and opportunities that help them discover who they can be, regardless of where they are now. My aim for SkillsFit is to build trusted, high-quality provision that brings hope, purpose and structure; and that offers schools and settings a partner they can trust to deliver measurable impact.



The SkillsFit Dual-Entity

SkillsFit exists in two entities. Where the aims of each might differ slightly, the mission remains the same.

SkillsFit Training & Education Ltd

Our commissioning-facing organisation, securing partnership arrangements for high-quality, flexible provision with schools, colleges and local authorities, including Alternative Provision, on-site mentoring, NEET engagement and reintegration support.

SkillsFit CIC

Our community interest arm focused on social impact, funded projects and targeted work with disadvantaged 14–19 year olds. The CIC enables us to widen our reach, reduce barriers, and deliver programmes that meet the needs of learners who may not yet have found their fit.

One SkillsFit Mission:

The mission of SkillsFit is to support 14 to 19 year olds to build confidence and develop the knowledge, skills and behaviours they need for reintegration, re-engagement or progression into education, training or employment.

Whether improving attendance, strengthening SEMH, or preparing for next steps, everything we deliver is designed around purposeful progress and real-world readiness.

This is who we are — and Issue 1 marks the beginning of sharing that story with you.



FOCUS INSIGHT - The SkillsFit Solution

Responding to the Local Challenge

The cross-cutting objectives of SkillsFit reflect the real situation facing an unsettling number of young people in local neighbourhoods. I am proud to be a Salford resident; I have called the city my home for 40 years, and it has been the place of my professional life in education to date. Salford has its own unique charm, and you will meet warm and willing people on any given day; but the City is not without its challenges, not least that of the NEET picture:

- **5.8% of 16-24 year olds are NEET**, compared to the national average of 2.6%
- **8% of 16 and 17 year olds are NEET** or 'Not Known'
- The NEET and 'Not Known' cohort has **grown by 385 young people** between August 24 and August 25
- **26% of neighbourhoods** are among the most deprived in England

So what does this point to?

Anecdotally there are growing numbers of young people in Salford who face a daily struggle to leave their bedrooms to join their peers in the classroom; anxiety and other SEMH barriers in young people have a continued impact on attendance, and growing numbers of families electing to home educate their children is a stark indicator of a more prevalent move towards alternative education.

There has also been a shift in the family working picture, with (through no fault of children or families) less exposure to how a working day looks and feels. As a net effect of this, as the numbers suggest, we have young people who are some of the furthest away from further education, training or work in the country, and there is work to do!

With first hand experience of trying to serve this evolving cohort of young people in Salford, I understand the challenges facing Schools, Colleges and other specialist settings.

Salford

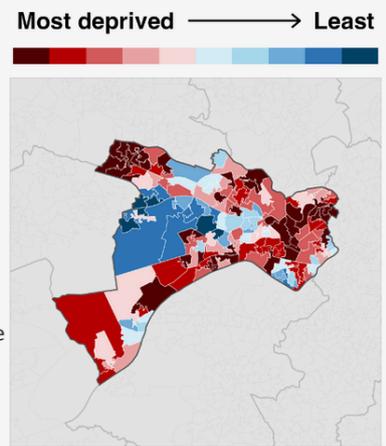
This place is ranked

24

out of 296 local authorities

26%

of neighbourhoods in Salford are highly deprived. Across England the figure is 10%.



The Reality for Professionals

The desire within classrooms, staffrooms and offices to tackle the issues underpinning the NEET picture is shared by SkillsFit; however the route to results is hampered:

- **Growing SEMH needs are stretching capacity**, making it harder to provide the consistent relational support young people often require.
- **Behaviour incidents and dysregulation are increasing**, placing pressure on classroom routines and staff wellbeing.
- **Reintegration planning is intensive and time-consuming**, especially when balancing partial timetables, safeguarding and curriculum continuity.
- **Curriculum pressure is rising**, and staff are expected to hit academic targets while managing personal and pastoral issues simultaneously.
- **Parents and carers are also under strain**, leading to increased demands on school staff for communication, reassurance and crisis support.

Ultimately, this means the gap is widening between *what schools want to do* and *what they have capacity to deliver*, especially for learners at risk of disengagement or exclusion.

This is where SkillsFit want to help!

Through our Alternative Provision and reintegration programmes, we can take on time intensive **pastoral work**, support **attendance improvement**, **reduce exclusion pressure**, help **build core behaviours and skills**, provide **transparent reporting** and **tracked progress**, working flexibly with commissioners and settings throughout.



FOCUS HEADLINE - SkillsFit & Made for MORE THE Partnership

Discover Your Purpose

I genuinely believe that SkillsFit and Made for MORE have developed a partnership with purpose.

We have come together to deliver high-quality Alternative Provision in a high-quality industry setting for young people aged 14–19. Our partnership blends educational structure, curriculum expertise and pastoral support from SkillsFit with the fitness, coaching and wellbeing excellence of Made for MORE.

Our joint aim is to create an environment that is active, inspiring and aspirational; a space where young people don't just attend sessions but actively engage in their own development. For commissioners and referrers, this means access to a purposeful, consistent and high-quality offer that improves engagement, behaviour, SEMH readiness and progression.

What Young People Gain

- Confidence through challenge
- Positive routines and improved health behaviours
- Practical skills and leadership opportunities
- Stronger communication and interpersonal skills
- Readiness for reintegration or next steps
- A safe space that supports wellbeing and personal growth

What Schools and Commissioners Gain

- A trusted AP partner aligned to DfE standards
- Clear reporting and tracked progress
- Reduced pressure on pastoral and behaviour teams
- A structured route for re-engagement or reintegration
- An environment that feels different and makes a difference

The standard at the Made for MORE Gym speaks for itself; watch the short video below for a brief look at what we do!



Getting in Touch with SkillsFit

If you would like to talk about anything in Issue 1, or find out more about SkillsFit:

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 COMING SOON!