



**YOUR FUTURE,
YOUR WAY.**

**ON TRACK
A NEW
ALTERNATIVE
PROVISION**

**ON
TRACK**



**A NEW KIND OF LEARNING SPACE
FOR YOUNG PEOPLE WHO'VE
BEEN EXCLUDED, DISENGAGED
OR LEFT BEHIND, WHERE MUSIC, MEDIA
AND CREATIVITY BECOME A TOOLKIT FOR LIFE.**



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WHAT IS ON TRACK?

On Track is Ipswich Community Media's alternative provision for young people in years 10 & 11 (Key Stage 4) who need a fresh start.

Our hope as an alternative provision is to give our young people the skills, confidence and emotional stability to be integrated back into mainstream education. We aim to build them up with a newfound confidence, passion and outlet for their creativity in music and media.

ICM is a grassroots charity based in Ipswich that uses music, media, language and culture to support and empower local communities, especially those who are underrepresented, marginalised, or facing disadvantage.

WHAT WE DO AT ICM:

- ➔ Work with young people who are excluded or disengaged from mainstream education through creative programmes like On Track
- ➔ Provide ESOL (English for Speakers of Other Languages) classes and support for refugees, asylum seekers, and displaced people
- ➔ Deliver media training, radio, music, and digital workshops that amplify unheard voices and build confidence, skills, and community
- ➔ Collaborate with local organisations, artists, and festivals to create vibrant, inclusive opportunities

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We recognise the incredible work that teachers and mainstream schools do every day.

On Track steps in as an ally and is designed to work alongside teachers and schools, offering an alternative setting for young people who benefit from a different pace and atmosphere.

With collaboration and collective intelligence at the heart of what we do, students rediscover their drive, helping them thrive both with us and back in the classroom.

Helen Aldcroft, Youth Project Manager

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Meet the
On Track Team



On Track live performance space at The Smokehouse

WHAT MAKES ON TRACK DIFFERENT?

- ➡ A safe, creative environment where young people can thrive
- ➡ Small group sessions (max 5) + 1:1 mentoring
- ➡ Learning through creativity, collaboration, and real-world projects
- ➡ Support that's about the young person – their passions, their pace

WHO IT'S FOR



Young people in Years 10 & 11 (Key Stage 4) who've been excluded, disengaged or left behind



Young people who are excluded, have specific needs, or lack confidence



Anyone ready to explore their creativity and shape their future



WHAT'S ON OFFER

- ➔ Music production across genres (hip-hop, grime, dubstep and more)
- ➔ Podcasting, and live event management
- ➔ Skills development with professional musicians and media practitioners
- ➔ Industry links with festivals and music venues
- ➔ Accreditation opportunities through AQA Unit Awards and Arts Award



A DAY IN THE LIFE

Every day at On Track is creative, practical, and designed to give young people the space they need to thrive. A typical day might look like this:

Morning

Music production, making beats, recording vocals, or learning skills in our studios

Break

Relax, grab a snack

Late Morning

Group projects, work with others on tracks, podcasts, or live performance ideas



No two days are the same. Each session is tailored to the young person's creativity, pace, and future goals.

Students will be with us for a maximum of 3 hours per day and that will be either mornings or afternoons.

Monday–Thursday, either 9am–12pm or 1pm–4pm.



The control/mix room

**A NEW KIND OF
LEARNING SPACE FOR
YOUNG PEOPLE WHO
NEED SOMETHING
DIFFERENT. CREATIVE,
SUPPORTIVE AND
TAILORED TO THEIR
NEEDS.**



Rehearsal room

YOUR FUTURE, YOUR WAY.

FACILITIES

Our studios are fully equipped for creativity and collaboration:

- ➔ Apple Media Suite - loaded with industry-standard software, including Logic Pro, Adobe Creative Suite (Photoshop, After Effects, Premiere Pro, Illustrator) for editing, production, and design
- ➔ Podcasting & Music Production Studios – professional gear for recording, mixing, and mastering tracks or podcasts
- ➔ Live Music Venue – a stage to perform, showcase projects, and experience real gig setups
- ➔ Creative Hub – chill-out zones and collaborative spaces designed for teamwork and idea-sharing
- ➔ Industry Links – part of Ipswich's creative scene with connections to venues, and festivals
- ➔ Cutting-Edge Tech – high-quality microphones, and digital tools to bring ideas to life



On Track Media Suite

The gear, the stage, the network: ready for young people to step into.



MEET THE MENTORS

Our team includes trained teachers, experienced musicians, producers, and youth mentors who understand young people and help them thrive.

Meet a couple of them here...

Carnell - On Track Lead Tutor

Carnell Cook is an accomplished musician, singer and songwriter with over 15 years of industry experience, joining the project as lead tutor.

A qualified teacher with a passion for community, Carnell has shifted his focus from mainstream education to community-based work, supporting young people from diverse backgrounds to gain confidence, build friendships and develop musical skills. He has also worked extensively in the criminal justice system, delivering workshops in prisons that combine songwriting, recording and performance.

As a performer, Carnell has supported Ed Sheeran and played festivals and arts centres nationwide.

He co-wrote and produced an album with Pistols & Vultures, earning BBC radio play, and his music has featured on shows including The Flash, Queer Eye and Drive to Survive.

A trauma-informed, SEND-trained facilitator, he champions identity, mentorship and the power of creativity to inspire change.



Kristin - On Track Lead Tutor

Kristin is a professional musician and experienced community facilitator whose career bridges the music industry and participatory arts.

Performing as Caswell, she has released acclaimed EPs and singles, gained over one million streams, and received national press and BBC Radio 1, 1Xtra and 6 Music airplay.

Highlights include performing at Latitude and Reading + Leeds, supporting Ed Sheeran on his Divide tour, and co-writing a Top 10 German radio hit.

Since training as a Community Musician with Britten Pears Arts in 2021, Kristin has focused on youth engagement and empowerment. She has led National Lottery and Arts Council-funded projects, creating inclusive, youth-led spaces that prioritise wellbeing, confidence and self-expression.

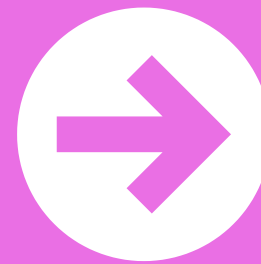
Alongside delivery, Kristin brings experience in safeguarding, evaluation and partnership-building, working with schools, community groups and cultural institutions.

Passionate about the power of the arts to inspire and connect, she combines her industry insight with a commitment to social impact.





THESE QUALIFICATIONS SUPPORT PROGRESSION, WHETHER A YOUNG PERSON IS RETURNING TO SCHOOL, MOVING ON TO COLLEGE, OR PREPARING FOR A CREATIVE CAREER.



ACCREDITATIONS

On Track isn't just about creativity, young people also work towards recognised qualifications that support progression in education and employment.



Qualifications on Offer:

AQA Unit Awards – Young people build skills in music production, media, and teamwork.

Each completed unit is nationally recognised and contributes to their Record of Achievement.

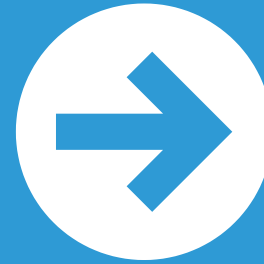


Arts Award (Bronze & Silver) – A nationally recognised qualification celebrating creative achievement.

- **Bronze Arts Award (Level 1):** Equivalent to GCSE grades 1–3 (old D–G). Helps young people develop creative skills, explore the arts, and share their work.
- **Silver Arts Award (Level 2):** Equivalent to GCSE grades 4–9 (old A–C). Supports independent arts projects, leadership, and deeper creative development.



Young people gain these qualifications in a non-traditional, supportive environment. Coursework is built around real creative projects they design and deliver.



THEORY OF CHANGE

Our Theory of Change is built on the belief that young people thrive when their core needs are met. Guided by Maslow's hierarchy of needs, trauma-informed practice, and training in Mental Health First Aid and attachment theory, our tutors create a safe, supportive space where learning can flourish.

We recognise the vital role teachers and mainstream education play. On Track complements this by offering a different environment for young people who need additional support.

By working in this way, young people develop essential skills, achieve recognised qualifications, and strengthen their sense of belonging. In turn, this creates the conditions for re-engagement with education, improved wellbeing, and positive progression into college, training, or employment.



READY TO GET ON TRACK?

- ➔ Days: Monday–Thursday (term time)
- ➔ Times: Either 9am-12pm or 1pm-4pm
- ➔ Location: South Street Studios, Ipswich
- ➔ Small groups: Max 5 young people per session

How to Join

Schools, parents/guardians, PRUs, and youth workers can refer via the link on our website.

www.ipswichcm.org.uk/on-track-secure-referral

For an informal, friendly chat for more info call:

01473 852552/07883 304068

ontrack@ipswichcm.org.uk

ipswichcm.org.uk/on-track



Scan for
referral form

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