

YMCA Level 4 Certificate in Weight Management for Individuals with Obesity, Diabetes Mellitus and/or Metabolic Syndrome (600/6752/4)

Qualification Specification



YMCA Awards

112 Great Russell Street
London
WC1B 3NQ

020 7343 1800

www.ymcaawards.co.uk

Level 4 Certificate in Weight Management for Individuals with Obesity, Diabetes Mellitus and/or Metabolic Syndrome

Qualification Specification

Qualification number: 600/6752/4

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Introduction

About YMCA Awards

At YMCA Awards, we are passionate about learner progress. Our qualifications support every learner, whether they are taking their first steps into fitness or simply wishing to boost their skills. Our high-quality resources and assessment materials have been created by leading industry experts in consultation with employers and training providers.

YMCA Awards is an internationally recognised organisation. We are highly respected in health and fitness circles, and most importantly of all, we have helped over 200,000 people launch and advance their careers.

Qualification overview

This qualification is regulated by:

- Ofqual
- CCEA (Council for Curriculum, Examinations and Assessment)
- QW (Qualifications Wales)

Qualification aim

This qualification is for those who wish to be able to plan and deliver safe and effective weight-management programmes to anyone affected by obesity, diabetes mellitus and/or metabolic syndrome.

Overview of knowledge, skills and understanding

Learners will cover:

Knowledge and understanding relating to the qualification

- weight management for individuals with obesity, diabetes and metabolic syndrome
- how to encourage long-term behaviour change in individuals with obesity, diabetes and metabolic syndrome
- classifications relating to body composition and disease risk in individuals with obesity, diabetes and metabolic syndrome
- the importance of building relationships with key individuals and organisations in delivering a weight-management programme
- treatments and disease states for obesity, diabetes and metabolic syndrome
- the impact of exercise and physical activity for individuals with obesity, diabetes and metabolic syndrome
- how to manage the risks associated with programming exercise for individuals with obesity, diabetes and metabolic syndrome
- how to motivate individuals with obesity, diabetes and metabolic syndrome in weight-management sessions.

Skills relating to the qualification

- plan and deliver physical activity components as part of a weight-management programme
- design, review and adapt a weight-management programme in response to learner needs.

Target group and age range

This qualification is aimed at a range of learners aged 16+.

Qualification structure

To achieve the Level 4 Certificate in Weight Management for Individuals with Obesity, Diabetes Mellitus and/or Metabolic Syndrome, learners need to complete 3 mandatory units.

Unit reference number	Unit title	Level	Credit
K/504/3900	Programming group weight management for individuals with obesity, diabetes mellitus and metabolic syndrome	4	10
M/504/3901	Considerations for safe and effective weight management programmes for individuals with obesity, diabetes mellitus and metabolic syndrome	4	9
T/504/3902	Delivering group weight management sessions for individuals with obesity, diabetes mellitus and metabolic syndrome	4	6

The Total Qualification Time (TQT) for this qualification is 250. The Guided Learning Hours (GLH) assigned are 200 minimum.

Total Qualification Time (TQT)

This is an estimate of the total amount of time, measured in hours that a learner would reasonably need to be able to show the level of achievement necessary for the award of a qualification.

Total Qualification Time is made up of the following two elements:

- (a) the number of hours which an awarding organisation has assigned to a qualification for Guided Learning (see below), and
- (b) an estimate of the number of hours a learner will reasonably be likely to spend in preparation, study or any other form of participation in education or training, including assessment, which takes place as directed by – but not under the immediate guidance or supervision of – a lecturer, supervisor, tutor or other appropriate provider of education or training.

Guided Learning Hours (GLH)

This is:

- Face-to-face delivery (learning delivered by a lecturer, supervisor, tutor or other appropriate member of the training team)
- eLearning with a lecturer, teacher or tutor present/available in real-time (the co-presence of learner and tutor can be either remote or in the same physical place)
- Invigilated assessment (external tests sat under controlled or open-book conditions)
- Internal assessment carried out by the learner with a lecturer, teacher or tutor present/available in real-time (the co-presence of learner and tutor can be either remote or in the same physical place).

This is **not**:

Unsupervised learning such as:

- eLearning that the learner carries out unsupervised and with no real-time support from a lecturer, teacher or tutor
- Assessment internally carried out by the learner without a lecturer, teacher or tutor present/available in real-time (for example, completing a Learner Assessment Record [LAR] at home)
- Any additional further study, revision and training activities that the learner does unsupervised to support their learning.

Recommended Guided Learning Hours – our ongoing review

Your External Quality Assurer (EQA) will ask you to feedback on GLH annually as part of their quality assurance visit. You should base your feedback on a typical learner taking this qualification and the time spent on supervised learning (GLH). If you feel the GLH is different from the above and you wish to offer feedback before your next EQA visit, please email us: awards.products@ymca.co.uk.

Entry requirements

Learner prerequisites include:

1. Registration status of full Level 3 Exercise Referral Instructor on the Register of Exercise Professionals (REPs), or either of:
 - A. Registration at Level 4 before September 2011 plus achievement of a Level 3 fitness qualification.
 - B. Achievement of a Level 4 award before September 2011 plus achievement of a Level 3 fitness qualification.
2. 150 hours of relevant professional practice at Level 3 in designing, delivering, monitoring, adapting and tailoring exercise programmes for individuals gained within the previous 2 years and at least 6 months' experience since qualification (to be evidenced in a CV and reference letter).

Opportunities for progression

Learners may progress to study further specialist qualifications such as:

- Level 4 Certificate in Programming Physical Activity for Individuals with Low Back Pain
- Level 4 Award BACPR Exercise Instructor Training
- Level 4 Certificate in Delivering Physical Activity for Individuals with Mental Health Conditions.

Mapping to standards

The units within this qualification can be mapped to National Occupational Standards:

- SFHCHS145 Provide support to individuals to manage their body weight
- SFHCHS146 Monitor individuals' progression in relation to managing their body weight and nutrition
- SKAEF17 Apply the principles of nutrition to support client goals as part of an exercise and physical activity programme
- SFHCHS144 Deliver exercise sessions to improve individuals' health and wellbeing
- SKAB114 Design, develop, manage and evaluate services to help people adhere to and maintain a healthy weight.

Centre approval

This qualification can only be offered by centres approved by YMCA Awards to deliver it. Details of YMCA Awards approvals processes can be found on our website: www.ymcaawards.co.uk/centres/become-a-ymca-awards-centre.

Qualification approval

If your centre is already approved, you should only need to complete and submit a qualification approval form to deliver this qualification. However, you may also need to complete an additional staff approval form if the qualification is going to be delivered by staff who are not currently approved by YMCA Awards. Details of additional approvals can be found on our website: www.ymcaawards.co.uk/approvals.

Tutor, assessor and IQA approval requirements

To make sure you meet the most up-to-date requirements please see the YMCA Awards staff approval requirement document. This can be found on our website: www.ymcaawards.co.uk/centres/centre-guidance.

Registration

All learners must be registered within the first 10% of the duration of their course (eg, for a course that lasts 10 days, learners should be registered on the first day of their course at the latest). For further details on registration please go to our website: www.ymcaawards.co.uk/registration.

Qualification availability

This qualification is available in:

- England and regulated by Ofqual
- Northern Ireland and regulated by CCEA (Council for Curriculum, Examinations and Assessment)
- Wales and regulated by QW (Qualifications Wales).

Reasonable adjustments and special considerations

In making this qualification available, YMCA Awards has made every attempt to make sure that there are no unnecessary barriers to achievement. You can find full details of our reasonable adjustment and special considerations policy on our website: www.ymcaawards.co.uk/centres/policies-and-procedures.

Enquiries and appeals procedures

YMCA Awards has an appeals procedure in accordance with the regulatory arrangements in the General Conditions of Recognition. Full details of these procedures are available on our website: www.ymcaawards.co.uk/centres/policies-and-procedures.

Assessment and quality assurance

How the qualification is assessed

Assessment is the process of measuring a learner's skills, knowledge and understanding against the standards set in the qualification.

This qualification is unit-based and each unit contains learning outcomes and assessment criteria. Learning outcomes set out what the learner is expected to know, understand or be able to do as a result of the learning process. Assessment criteria detail the standards a learner is expected to meet and are broken down into what the learner 'can' do as a result of successfully achieving the unit.

The learner can be assessed holistically or individually as long as they show that the learning outcomes have been achieved.

Competency-based learning outcomes (eg, be able to) are typically assessed through direct observation and these will take place in a real work environment. Where a real work environment is not stipulated the observation can be simulated and internally assessed.

Knowledge-based learning outcomes (eg, know or understand) can be assessed in a number of different ways such as worksheets, projects, professional discussion etc. The assessment method chosen should reflect the content of the unit.

This qualification must be assessed in line with YMCA Awards assessment policies and procedures www.ymcaawards.co.uk/centres/centre-guidance.

The Level 4 Certificate in Weight Management for Individuals with Obesity, Diabetes Mellitus and/or Metabolic Syndrome (600/6752/4) is assessed through internal assessment, with some units using externally written assessment materials.

Internal assessment

YMCA Awards suggest the following approaches to internal assessment:

Using a Learner Assessment Record (LAR)

This document typically contains assessment guidance and paperwork developed by YMCA Awards to support the assessment of a qualification.

A Learner Assessment Record is available for this qualification, please make sure you are logged in to the centre home on the website and follow this link: www.ymcaawards.co.uk/download-resources/lars.

Creating a portfolio of evidence

If a YMCA Awards Learner Assessment Record (LAR) is not used to evidence internal assessment, or you wish to create your own, then the learner must create a portfolio of evidence. Centres must work with learners to create this portfolio and need to make sure that the learner's portfolio shows coverage of the learning outcomes and/or assessment criteria where required.

A typical portfolio of evidence could include:

- Evidence index
- Assessor observation – completed observational checklists and related action plans
- Witness testimony
- Candidate's proof of work
- Worksheets
- Assignments/projects/reports/presentations
- Record of professional discussion
- Record of oral and written questioning
- Candidate and peer reports
- Recognition of Prior Learning (RPL)
- Summary of achievement.

Centres need to make sure assessment specifications and paperwork are signed off by the EQA before delivery.

As a guide to selecting appropriate assessment methods, see the suggested example in the 'Qualification content' section of this specification.

External assessment

There is no external assessment, however the theory paper for unit 1 'Programming group weight management for individuals with obesity, diabetes mellitus and metabolic syndrome', assessment element 2 is externally written.

Assessors

The role of the assessor is to make an informed judgement about the evidence a learner should provide to show they can meet the assessment criteria. For further guidance please see the 'Role of the assessor' document on the website: www.ymcaawards.co.uk/centres/centre-guidance.

Internal and external quality assurance

The role of the Internal Quality Assurer (IQA) is to make an informed judgement(s) regarding the practice of and decisions made by the assessment team to maintain standards. They are a vital link between the assessors and the External Quality Assurer (EQA). For further information on the role of the IQA and the EQA, go to the website: www.ymcaawards.co.uk/centres/centre-guidance.

Qualification content

Unit specifications and recommended assessment methods

Programming group weight management for individuals with obesity, diabetes mellitus and metabolic syndrome (K/504/3900)

Unit aim

To equip learners with the knowledge and skills required to collect client information and agree upon a set of goals with them – all of which will feed into the design of weight-management programmes for individuals with obesity, diabetes and/or metabolic syndrome. It also teaches learners ways to encourage long-term behaviour changes in each of their clients. In addition, learners will be prepared to review and adapt their programmes.

Unit content

The learner will:

1. Understand how to collect information from individuals with obesity, diabetes and metabolic syndrome

The learner can:

1.1 Describe individuals who would benefit from weight management programmes, to include:

- age
- stage of disease

1.2 Review methods of collecting client information, covering:

- nutrition
- physical activity
- motivation
- referral

1.3 Explain legal responsibilities regarding client records and confidentiality

The learner will:

2. Understand how to encourage long-term behaviour change in individuals with obesity, diabetes and metabolic syndrome

The learner can:

2.1 Explain the importance of long-term behaviour change in developing client:

- health and wellbeing
- fitness

- prevention of additional medical conditions

2.2 Explain how to encourage client(s) to commit to long-term behaviour change

2.3 Explain how to apply strategies to motivate clients to adhere to weight management programmes

The learner will:

3. Be able to collect client information for weight management programmes

The learner can:

3.1 Establish a rapport with the client(s)

3.2 Use appropriate methods to collect information about client(s) covering:

- medical conditions/physical profile
- nutrition
- physical activity
- motivation

3.3 Use informed consent forms appropriately

3.4 Interpret the information gathered and identify any reason for referral

3.5 Record information effectively

The learner will:

4. Be able to agree goals with clients with obesity, diabetes and metabolic syndrome

The learner can:

4.1 Agree SMART goals with clients that are appropriate to their needs:

- nutritional
- physical activity

The learner will:

5. Be able to design weight management programmes

The learner can:

5.1 Produce a programme appropriate to client/group needs and goals, integrating components:

- nutritional advice
- physical activity
- behaviour modification strategies

5.2 Apply the principles of frequency, intensity, time and type to the programme

5.3 Identify any alternatives or modifications, specific to individual clients, needed for:

- physical activities/exercises
- equipment selection
- session content

5.4 Record timings and sequences for each individual weight management session to ensure an effective balance of:

- 1:1 weigh-in and discussion
- group topical discussion
- instruction for the physical activity
- the physical activity
- feedback

5.5 Record the programme in an appropriate format suitable for use by:

- the instructor
- client(s)
- medical professionals

The learner will:

6. Be able to plan physical activity components as part of weight management programmes

The learner can:

6.1 Devise a physical activity component appropriate to clients':

- needs
- abilities
- goals

6.2 Devise a component that includes appropriate activities and techniques for:

- warm up
- main session
- cool down

The learner will:

7. Be able to review and adapt weight management programmes

The learner can:

7.1 Review with the client(s):

- programme goals
- activities
- client performance
- client confidence and self esteem
- own performance
- health and safety

7.2 Record the outcomes of review in an appropriate format

7.3 Agree changes/adaptations with client(s)

7.4 Record changes/adaptations to the programme in an appropriate format suitable for use by:

- the instructor
- client(s)
- medical professionals

Assessment specification
<ul style="list-style-type: none">• Worksheet• Client consultation• Weight management programme• Physical activity plan• Programme review

Considerations for safe and effective weight management programmes for individuals with obesity, diabetes mellitus and metabolic syndrome (M/504/3901)

Unit aim

This unit aims to equip the learner with a sound understanding of the conditions of obesity, diabetes and metabolic syndrome, how they're linked with wider social issues, associated disease risk, disease states and the available treatments.

In addition, learners will understand the impact of physical activity for individuals with these conditions, how to manage associated risks, the importance of building relationships with key individuals and how to help individuals with these conditions to manage their weight.

Unit content

The learner will:

1. Understand links between society and obesity, diabetes and metabolic syndrome

The learner can:

1.1 Define:

- obesity
- diabetes mellitus type 1
- diabetes mellitus type 2
- the principle components of metabolic syndrome

1.2 Explain the prevalence in the UK of:

- obesity
- diabetes mellitus type 2
- metabolic syndrome

1.3 Analyse worldwide statistics relating to:

- obesity
- diabetes mellitus type 2
- metabolic syndrome

1.4 Explain the causes of:

- obesity
- diabetes mellitus type 2
- metabolic syndrome

1.5 Explain the effects on society of:

- obesity
- diabetes mellitus type 2
- metabolic syndrome

1.6 Describe links between the early years and obesity

1.7 Explain the impact of the media on the health of the nation

The learner will:

2. Understand classifications relating to body composition and disease risk in individuals with obesity, diabetes and metabolic syndrome

The learner can:

2.1 Evaluate methods for assessing body composition for this population

2.2 Describe a standard formula for calculating BMI

2.3 Outline the obesity classifications relating to overweight individuals, using:

- BMI
- Waist circumference

2.4 Correlate disease risk status to obesity classifications

The learner will:

3. Understand weight management for individuals with obesity, diabetes and metabolic syndrome

The learner can:

3.1 Illustrate the impact of the energy balance equation on weight management

3.2 Summarise the components of energy expenditure

3.3 Explain the impact of different food types on weight management

3.4 Explain the impact of obesogenic environments on weight management

3.5 Explain the impact on weight gain of:

- sleep deprivation
- stress

The learner will:

4. Understand the importance of building relationships with key individuals and organisations in delivering a weight management programme

The learner can:

4.1 Outline local and national sources of information for the treatment and prevention of:

- obesity
- diabetes mellitus type 2
- metabolic syndrome

4.2 Explain when it would be appropriate to refer an individual to a more qualified professional

4.3 Explain the importance of communication between:

- the instructor
- the client
- other relevant professionals

4.4 Justify the importance of agreeing a link with a named specialist from the hospital and/or community health care team

The learner will:

5. Understand treatments and disease states for obesity, diabetes and metabolic syndrome

The learner can:

5.1 Specify links between clinical conditions and:

- obesity
- diabetes mellitus type 2
- metabolic syndrome

5.2 Distinguish between the physiological effects of insulin on:

- diabetes mellitus type 1
- diabetes mellitus type 2
- obesity/fat distribution

5.3 Evaluate accepted treatments for:

- obesity
- diabetes mellitus type 1
- diabetes mellitus type 2
- metabolic syndrome

5.4 Evaluate drugs currently licensed in the UK for the treatment of:

- obesity
- diabetes mellitus type 1

- diabetes mellitus type 2
- metabolic syndrome

The learner will:

6. Understand the impact of exercise and physical activity for individuals with obesity, diabetes and metabolic syndrome

The learner can:

6.1 Outline the benefits of physical activity and exercise for adults with:

- obesity
- diabetes mellitus type 1
- diabetes mellitus type 2
- metabolic syndrome

6.2 Explain the impact of weight loss on adults with:

- obesity
- diabetes mellitus type 2
- metabolic syndrome

6.3 Distinguish between the physiological responses to exercise of adults with:

- obesity
- diabetes mellitus type 1
- diabetes mellitus type 2
- metabolic syndrome

6.4 Explain the implications of inactivity for this population

The learner will:

7. Understand how to manage the risks associated with programming exercise for individuals with obesity, diabetes and metabolic syndrome

The learner can:

7.1 Evaluate the potential risks and adverse effects of exercise for this population

7.2 Justify the contraindications to exercise participation for this population

7.3 Evaluate the specific guidelines for avoiding complications of exercise in adults with:

- obesity
- diabetes mellitus type 2
- metabolic syndrome

Assessment specification

- Worksheet
- Theory paper (externally set, internally marked)

Delivering group weight management sessions for individuals with obesity, diabetes mellitus and metabolic syndrome (T/504/3902)

Unit aim

This unit aims to equip learners with the knowledge and skills to deliver motivational weight management sessions for groups of individuals with obesity, diabetes and/or metabolic syndrome. Sessions will include one-to-one weigh-ins, topical group discussions and physical activity.

Learners will also be able to reflect on their sessions and plan for improvement in their personal practice.

Unit content

The learner will:

1. Understand how to motivate individuals with obesity, diabetes and metabolic syndrome in weight management sessions

The learner can:

1.1 Explain the importance of developing a professional and motivational relationship with client(s)

1.2 Explain how to apply and modify motivational strategies at different points during sessions

The learner will:

2. Understand how to review weight management sessions

The learner can:

2.1 Explain the purpose and value of session review

2.2 Explain how to involve the following people in the review of sessions:

- the clients
- any relevant medical professionals

2.3 Explain how to utilise written and verbal methods in the review of sessions

2.4 Explain how to manage, evaluate and report information in the review of sessions

The learner will:

3. Be able to prepare to deliver planned weight management sessions

The learner can:

3.1 Prepare self for the session

3.2 Ensure access to appropriate resources

3.3 Undertake a risk assessment before the session

3.4 Prepare the environment for the session

3.5 Ensure clients have appropriate footwear and clothing for the session

3.6 Ensure clients have any appropriate medication with them

3.7 Conduct pre-activity screening and check client experience

3.8 Adapt the planned session as required according to:

- client needs
- the environment and resources

3.9 Explain the programme card or session plan to client(s)

3.10 Advise client(s) on health and safety specific to the session

3.11 Allow client(s) the opportunity to ask any questions

The learner will:

4. Be able to deliver planned weight management sessions

The learner can:

4.1 Integrate session components effectively:

- 1:1 weigh-in
- group topical discussion
- the physical activity
- feedback

4.2 Use effective communication to demonstrate appropriate teaching methods and skills throughout the session

4.3 Use motivational styles throughout the session that are:

- appropriate to the client(s)
- appropriate to the session component
- consistent with good practice

4.4 Co-ordinate a weigh-in component which includes 1-1 discussion with client(s)

4.5 Deliver a group topic component, ensuring that information is:

- technically correct
- up-to-date
- safe and effective

4.6 Deliver all session components safely and effectively within the planned time constraints

4.7 Check client(s) understanding of information provided throughout the session by allowing an opportunity for questioning

4.8 Respond appropriately to any medical complications and/or emergency situations

The learner will:

5. Be able to deliver planned physical activity components within weight management sessions

The learner can:

5.1 Explain the purpose and value of the warm up with client(s)

5.2 Deliver a safe and effective warm up

5.3 Provide instructions, explanations and demonstrations that are technically correct, safe and effective

5.4 Provide alternatives to the programmed exercises/physical activities if client(s) cannot take part as planned

5.5 Analyse and monitor client performance, providing positive reinforcement throughout

5.6 Progress or regress physical exercises according to client performance

5.7 Use correction techniques at appropriate points, reinforcing:

- teaching points
- instructions

5.8 Make best use of the environment in which the client(s) is/are exercising

5.9 Ensure client(s) can carry out the exercises safely on their own

The learner will:

6. Be able to bring physical activity components to an end

The learner can:

6.1 Allow sufficient time for the closing phase of the session, paying particular attention to:

- client energy levels
- disease control

6.2 Explain the purpose and value of the cool down with client(s)

6.3 Select cool down activities according to:

- the type and intensity of physical activity
- client needs
- medical requirements

6.4 Provide client(s) with feedback and positive reinforcement

6.5 Explain to the client(s) how their progress links to their goals

6.6 Leave the environment in a condition for future use

The learner will:

7. Be able to reflect on weight management sessions

The learner can:

7.1 Obtain client feedback, on all components, following the session

7.2 Reflect on:

- how well the session met its objectives
- motivation and relationship with client(s)
- instructing styles

7.3 Identify how to improve personal practice

Assessment specification

- Worksheet
- Weight management session
- Self-evaluation



YMCA Awards is one of the UK's leading health, fitness and wellbeing specific awarding organisations. It offers training centres and learners across the world a diverse suite of qualifications, from introductory (Level 1) to advanced levels (Level 4).

YMCA Awards issues over 30,500 qualification certificates a year, helping learners in the UK and overseas to launch and progress their careers in the active leisure sector.

*To view YMCA Awards' full range of qualifications please visit
www.ymcaawards.co.uk.*

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Awarding excellence

112 Great Russell Street, London, WC1B 3NQ | T +44 (0)20 7343 1800 | F +44 (0)84 3221 1549 |
E awards.info@ymca.co.uk | W ymcaawards.co.uk

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