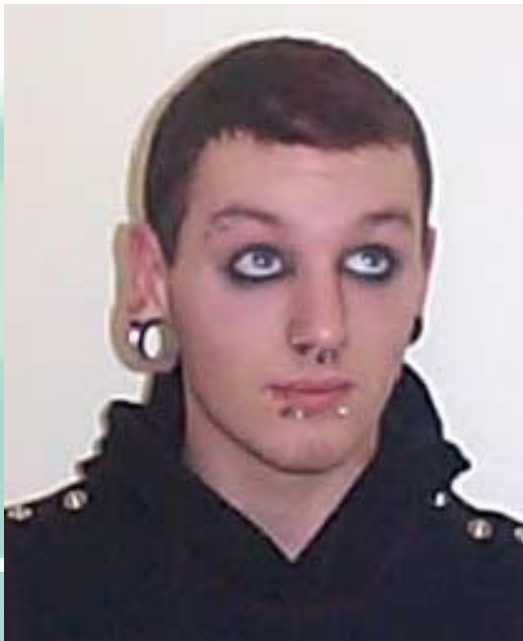


Annual Report 2005 - 2006



Try Being Me

People are always looking at me
Only looking at what they see
Most people tend to stop and stare
But they don't know, that I don't care
Tattooed, pierced and covered in black
All the wrong people, that I tend to attract
Eyeliner, nail polish and hair dye too
All these things seem to bother you
Screaming my lungs out and playing guitar
Always trying to be a metal star
Being a musician ain't that easy
Even though some of my stuff is quite cheesy
Broken family and messed up friends
People always following trends
They're all trying to be the same
Not being yourself, that's just a shame
What you see is what you get
Try being me, it ain't easy I bet.



Tom *Helm Training Angus Project, 2006.*

Tom was the first client at Helm Training Angus to achieve the ASDAN Lifeskills 'Personal Care' unit. Tom also achieved all four of the SQA Core Skills during his time here. After training for six months at Helm, Tom was successful in securing employment on a full time basis with W H Brown Construction (Dundee) in June.

Chairman's Report 2005 - 2006

A former colleague of mine was fond of saying "Life without challenge is tedious". At the end of my first year as chairman of the Helm Board I can report that life at the Helm is never tedious. Despite the many and varied challenges the organisation continues to flourish and has settled into its new structure with all Dundee staff and students accommodated in the Sea Captain's House and Arbroath now well established and providing a much appreciated service in Angus. The Helm's continued success is due mainly to the efforts of our superb management team and staff and I wish to thank them most sincerely for all that they have done this year. I should also like to thank our students for responding to the staff and the positive environment that the Helm offers.



Part of the new music facility

“...a dynamic organisation adding new dimensions to its work and continually responding to an ever changing environment”

The Helm also continues to be a dynamic organisation adding new dimensions to its work and continually responding to an ever changing environment and looking to the future. In the last year we have been grateful for donations which have enabled us to buy new computer equipment for students use, provide a music facility and most recently the opportunity for both Dundee and Arbroath students to grow their skills in our allotment project 'Helm's Harvest'.



'Helm's Harvest' hard work begins on preparing the allotment project

We are as ever most grateful to our funders and partners without whom we could not provide the services we do, in the way that we do. Finance is always a challenge for us, with the inherent difficulties of annual and uncertain funding. In order to sustain and develop our work it is essential that we raise funds in addition to the grants we receive for specific projects. We are therefore extremely grateful to the trusts and other organisations that have seen us as worthy of their support. In the belief that our customers and students value what we do and encouraged by support from Lloyds TSB Foundation, we have this year worked to improve our business planning to maximise our contribution and strengthen the organisation.

Our current focus is on what Government currently call the NEET Group (Not in Education, Employment or Training) and we note that the needs of this group continue to feature strongly in a variety of national reports. We also note that Dundee is one of the areas with the highest proportion of such young people, identified by the Scottish Executive for particular attention. The Board therefore feel that the current focus is a correct and appropriate response to local need and we look forward to continuing to 'create opportunities for personal and vocational development to help to change the lives' of young people in this group.

Whilst always conscious of the outcome of this year's bids for contracts the Board is looking to the future and like our young people at 'Helm's Harvest' considering what organic growth might be appropriate.



David Smart, Chairman

.....“an opportunity to succeed despite past difficulties.....”

Quote taken from a recent customer survey.

Some of our stories.....

Scott first attended Helm Training (Angus) in August 2005. Scott had very poor social, communication and literacy skills and had left school with no qualifications. Scott was very shy and found it difficult to make eye contact and gave only minimal responses in conversation.

During his six month placement at Helm Training Scott spent some time working with our sessional Literacy Support Worker, developing his literacy skills. Scott worked hard to achieve three SQA Core Skills, Numeracy, I.T and Problem Solving. Having no prior achievements, this gave Scott's self-confidence a great boost. Scott also participated in activities such as cooking, crafts, gardening and going to the gym - all things that he previously thought he was no good at. Through time Scott built good working relationships with members of staff and really came out of his shell. He became quite chatty and was able to demonstrate what a great sense of humour he had. As Scott's time at Helm was coming to an end, we had no hesitation in recommending him to Angus Council Training Services for a place on their Get Ready for Work programme. Scott passed the interview and was given a six month work placement with the Parks Department. Scott made an excellent impression with his supervisors and when his placement came to an end they decided to progress Scott on to a Level 2 NQ in Horticulture which he began at Angus College in at the end of July. One year on since he started at Helm Training, Scott bumped into our Client Liaison Officer in the town centre. She was happy to report back to us that he was looking really good and that he had told her, "My life has never been so good."

"My life has never been so good."



Clients enjoying the IT module in the modern IT suite

Cindy joined Helm Training in Dundee as a student on our Pathways programme in August 2005. Cindy had been referred from the Home School Support Service due to her erratic 30% school attendance. She had missed most of S4 and had not been able to take her school exams. Initially Cindy's attendance at Helm Training was equally sporadic but with ongoing and persistent support from her Keyworker this improved to 94%. Cindy worked well in her group and completed 3 SQA modules in IT, Problem Solving and Numeracy. Cindy then transferred in May 2006 to the 'Get Ready for Work' programme also at Helm Training and fitted in well to the 'work routine'. Cindy is now focusing on pursuing her ambition to undertake a midwifery course at college. She is also keen to have her own flat and she is being supported in developing budgeting and cooking skills and all that goes with independent living.

After leaving the secondary school support unit, Jarvis spent short periods in work and at Angus College. He was then unemployed for 6 months during which time he began to get into trouble. Jarvis had been diagnosed with Asberger's Syndrome and ADHD, but these conditions and the problems that can arise from them, were not fully understood by people working with him. Jarvis started at Helm Training Angus in February 2006 and was initially argumentative and uncooperative with staff and his peers. Following much discussion and with the support of Helm staff, work was identified that focused on his passion for gardening. Jarvis was given the opportunity to run a small gardening group, developing his social and organisational skills and giving him a level of responsibility. Encouraged by his success, Jarvis suggested making window boxes to expand the garden further, and he also took part in our new allotment project in Dundee throughout the summer. Jarvis was encouraged to support his work by keeping a diary to record practical gardening information. Over time, Jarvis's time-keeping improved when he recognised this was important for his future success. With praise and encouragement, Jarvis's self-confidence was developed greatly and he was able to secure a place at Angus College on the 'Introduction to Land Based Industries' course.



Practical Skills at the Angus Project

Helm Training Ltd. FUNDERS & SUPPORTERS

European Social Fund
JobCentre Plus
Scottish Executive
Scottish Enterprise Tayside
Dundee City Council
Angus Council
Scottish Business in the Community
Dundee Rotary Club
Volant Charitable Trust
Northwood Charitable Trust

Scottish Council for Voluntary Organisations
Lloyds TSB Foundation for Scotland
St. Katharine's Fund
Low and Bonar Charitable Trust
G M Patullo Advancement Award
NCR
William S Phillips
W M Foundation
Tay Charitable Trust
Glover Incorporated Trades



HELM TRAINING LIMITED

Summary of Income and Expenditure account for the year ended 31 March 2006

	2006		2005	
Expenditure	£	£	£	£
Staff costs		382,622		391,339
Property costs		99,095		78,978
Other costs		<u>233,110</u>		<u>213,938</u>
TOTAL EXPENDITURE		714,827		684,255
Income				
European Social Fund		38,251		85,465
New Futures		0		47,717
Workstep Employment Scheme		60,551		60,879
Tayside Individual Initiative Fund		88,385		79,199
Scottish Enterprise Tayside		330,972		238,544
Dundee City Council		184,196		92,534
Donations and grants		41,650		10,502
Other income		<u>38,705</u>		<u>79,875</u>
TOTAL INCOME		782,710		694,715
SURPLUS		67,883		10,460
Transfers to Designated Reserves				
Sports Equipment Sinking Fund		(2,268)		(2,268)
Building Repairs Reserve		(70,000)		0
		<u>(4,385)</u>		<u>8,192</u>

Summary of Balance Sheet as at 31 March 2006

Fixed assets		672,276		679,767
Current assets	118,448		71,155	
Current liabilities	<u>74,550</u>		<u>89,302</u>	
Net current assets/(liabilities)		43,898		(18,147)
Total assets less current liabilities		<u>716,174</u>		<u>661,620</u>
Restricted reserves		528,378		576,177
Designated reserves		79,095		7,215
Revenue reserve		108,701		78,228
		<u>716,174</u>		<u>661,620</u>

Full copies of the audited accounts are available on request



Helm Training Ltd. Registered Office: Sea Captain's House, 48 St. Andrew's Lane, DUNDEE. DD1 2EY

Telephone 01382 224464, Fax 01382 224465, email admin@helmtraining.co.uk, www.helmtraining.co.uk

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