



**Winner of the
Dundee
Community
Partnership
Award 2011**

**Valeting and
Mechanical
Services
in the heart of
the city**

**A social enterprise helping young people prepare
for work in mechanics in Dundee**

“Great service by Chris and the lads - been able to discuss options and the car is running and looking better than ever.” **Steve**



Price List

Valeting

Wash **£4.00**

Wash & Hoover
£10.00

Wash, Wax,
Hoover, Glass Polish & Plastics:
£15.00

All the above & Shampoo seats **£20.00**



Servicing & Repairs

Winter checks, pre-MOT checks,
Servicing and repairs
All charged at **£25.00** per hour
plus parts and oil

Payment for services can be made by
cash or cheque only.

Please make cheques payable to:
‘Helm Training Ltd’



“Working at Spick & Spanners has helped me get into college to do mechanics and complete my training. Now I come back as a volunteer to help and I know all the experience will help me get a job”.

Peter

“I learnt how to improve my skills by helping on the course.”

Declan





Helm works with young people who often face challenges entering the job market. The *Spick & Spanners* service aims to give the learners a focus, with an emphasis on achieving through active participation. By enabling them to gain vocational skills and achieve personal development they are able to build up their confidence and take on the challenges of entering a competitive job market.

Helm Enterprises

For more details on any of the services offered please contact Anthea Coulter on 01382 224464

 CAPTAIN'S
TABLE

spick 
spanners

PLAY  +
LEARN

BEAUTY
for ALL


 Green
Shoots 



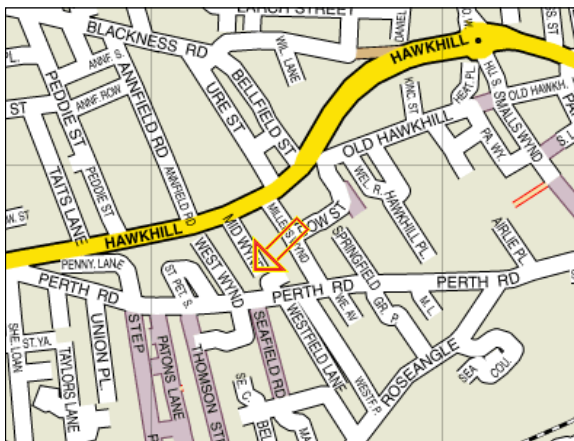
“It is great working with Spick & Spanners, a new social enterprise supporting their important work and helping keep our fleet of vans well looked after at prices that help us stay competitive.”

Alex Fyffe, Clean Close Cleaning



Where we are...

**Block 2 Unit 11 Mid Wynd
Dundee DD1 4JG**



To arrange your request please call:

**Chris on 01382 206107 or at
chris.nowak@helmtraining.co.uk
or Anthea Coulter 01382 224464**

Opening hours:

Monday 8.30am—4pm

Tuesday 8.30am—4pm

Wednesday 8.30am—2pm

Thursday Training day

Friday 8.30am—4pm (can vary)

A social enterprise of

Helm
WHERE LEARNING WORKS