

## FEATURES



**Aged 16-18 years**



**£55 a week plus bus fares over £3**



**City-centre location with modern facilities**



**Accredited training plus vocational training options including mechanics, childcare, beauty, hair gardening and cooking**



**Friendly atmosphere with workplace routines**



**Work experience, job placements and support into employment**



**Advice on how to prepare and enrol in further education**



**After-care support for any participants**



Sea Captain's House  
48 St. Andrew's Lane  
DUNDEE DD1 2EY  
(Close to Seagate Bus Station)  
Tel: 01382 224464  
Website: [www.helmtraining.co.uk](http://www.helmtraining.co.uk)

## Information

**Helm visit appointment:**

**Date/time:** .....

**Contact:** .....

**Helm start date:** .....

**Careers Scotland appointment:**

**Date/time:**.....

## Notes

*What you need to bring to Helm when you start...*

National Insurance number, Doctor's name,  
Bank details and Next of kin



is the operating name of Helm Training Ltd.

Scottish Charity No: SC008580 Scottish Company No: SC099885



## DO YOU NEED HELP WITH YOUR CAREER?

**Learning Opportunities**



**Job placements**

**Health & Leisure**



## AGED 16-18 YEARS

Scottish Charity No: SC008580

# LEARNER OPTIONS



## Accredited Training & Employability Skills

**ASDAN**  
Personal & Social  
Development:  
Managing Money  
Preparation for Work  
Dealing with  
Problems

**SQA**  
Communication  
IT  
Working with Others  
Numeracy  
Social Skills  
Problem solving

**Employability skills**  
CVs  
Job-search  
techniques  
Interview skills  
Work placements  
Support into college

**First Aid**  
Certified training to  
British Red Cross  
standard

## LIVE It! - Vocational Skills Training & Work Experience

**Kitchen**  
Hospitality  
Food Hygiene  
Cooking skills

**Allotment**  
Horticulture  
Basic carpentry &  
building skills  
Landscaping

**Green Shoots  
Plant Nursery**  
Horticulture  
Business skills

**Crèche**  
Childcare skills  
Play with children  
Health & Safety  
Welfare & Rights

**Studio 18 Salon**  
Beauty therapy,  
Massage & facial ther-  
apies  
Hairdressing  
**Beauty for All**  
Mobile service

**Spick & Spanners  
Garage**  
Maintenance  
Paintwork  
Valeting

## LIVE It! - Healthy Living & Independent Living Sessions

**Health information**  
Sexual health  
Drugs & alcohol  
Nutrition & Cooking  
Women's health  
Dental health  
Self esteem

**Exercise**  
Football  
Gym  
Dance & aerobics  
Sport tasters

**Independent living**  
Making money work  
Relationship skills  
A Place of your Own  
LIVE It! Handbook