

What can you do on the Helm Young Parents' Employment project (HYPE)?



Literacy & Numeracy



Information Technology



Employability Skills & Job Search



Cooking and Health



Beauty & Hairdressing



Jobs & Placements



ASDAN, Food Hygiene First & I.T. Qualifications



First Aid



Gym & Zumba

Meet other young parents
Friendly, city-centre location
FREE lunch, **CHAT**, and **PLAY** before with your children at

St Andrew's Family Project, next to Wellgate
Wednesday & Thursday—12 noon (Under 21's)
Friday — "22 Group" 1pm-3pm



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

HYPE at Helm

Monday—Thursday Afternoons

Monday 12.45pm-2.45pm
Tuesday—Thursday 2pm-4pm

Drop in when you can

Where to find out more...

Contact Anthea Coulter
On 01382 224464 or email
anthea.coulter@helmtraining.co.uk

Or talk to an advisor at Careers Scotland
or your Health Visitor



is the operating name of Helm Training Ltd.

Scottish Charity No: SC008580
Scottish Company No: SC099885



ARE YOU A YOUNG PARENT? **Helm Young Parents' Employment Project (HYPE)**

Learning Opportunities



Free Crèche

Subsidised Bus Travel



Fun Activities



FOR YOUNG PARENTS **AGED 15-24 YEARS**

Scottish Charity No: SC008580



TIMETABLE

HYPE

MONDAY

Helm Centre
12.45—2.45pm
(NOTE: Earlier Time)
 Beauty Project Work
 Theory & Worksheets
 ...
 Employability Skills

TUESDAY

Helm Centre
2-4pm
 Cooking and Health for
 working parents and
 families
 ...
 Food Hygiene First

WEDNESDAY

Helm Centre
2-4pm
 Exercise Class
 ...
 Beauty Therapy &
 Hairdressing
 Foundation Training
 ...
 I.T. Training

THURSDAY

Helm Centre
2-4pm
 Cooking and Health for
 working parents and
 families
 ...
 Food Hygiene First
 ...
 First Aid



PLAY + LEARN

Play & Learn Crèche
12.45-2.45pm
 St Andrew's Church
 Rait Hall
 ...

Crèche
2-4pm
 St Andrew's Church
 Rait Hall
 ...

Crèche
2-4pm
 St Andrew's Church
 Big Hall
 ...
12 noon—2pm
 St Andrew's Family
 Project—Free Lunch
 and play session

Crèche
2-4pm
 St Andrew's Church
 Big Hall
 ...
12 noon—2pm
 St Andrew's Family
 Project—Free Lunch
 and play session



Friday

"22 Group"

New play session for parents 22 years and over and
 their children

1-3pm

St Andrew's Hall

NEW—TUESDAY

'Ante-natal Group'

1-3pm

St Andrew's Hall



"The HYPE sessions are good fun and a chance for some adult time while knowing my kids are well looked after."

Sonya

Crèche

The Crèche is run every day in the St Andrew's Hall.

On Monday by St Andrew's Family Project and Helm's Play and Learn Crèche and the rest of the week by with the support of Dundee City Council Childcare@home service.

"I have enjoyed everything and learnt a lot, especially in cooking. Everyone is friendly and I am now getting help with jobs too"

Leanne