

# NEWSLETTER



## SEASON'S GREETINGS AND OUR BEST WISHES FOR 2011

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### OPEN FOR BUSINESS!

Following the successful launch of Helm's new enterprises, we are delighted to announce that they are all now fully open for business offering their services to the local community.

*Spick and Spanners*, which is the only training garage of its kind in Dundee is now offering a range of valeting and mechanical services at its new premises in Mid Wynd which is nestled conveniently between Hawkhill and Perth Road. Chris Nowak, Helm's mechanic has over 25 years' experience and alongside him, motivated learners will take time and care to give your car the service it requires from a clean to sorting out small mechanical problems or a full winter service. For more details or a leaflet on this new social enterprise please contact Chris on 07776 026901 or Julie Flett, Enterprise Coordinator on 01382 224464.



Leon and Peter gain hands-on experience at the garage

These enterprise services aim to give young people who have challenges entering the job market a real taste and experience of what it is like working in different vocational areas. More importantly it provides customer service and business experience which will enable them to gain confidence entering a competitive job market. Supporting these services is vital to ensuring they continue to help young people in the future. For more details on Helm's current and future enterprise ambitions, please contact Anthea Coulter, Project Leader on 01382 224464.



Angus learners help make up the wreaths and stars for *Green Shoots*

With Christmas just around the corner, *Green Shoots*, Helm's new gardening enterprise is extending its services by offering a range of willow products including most recently hand-made wreaths decked with traditional festive foliage. The wreaths along with other willow products range from £5-£10 in price and will be on offer directly from the Dundee centre or through partner organisations. Later this winter, Helm aims to construct some willow arbours and will be also selling a range of bulbs in pots and herbaceous plants through the coming year.



Treatments include hand and Indian head massage

*Beauty for All*, the new mobile beauty service is now out once a week in the community offering nail and beauty treatments. The beauty team gain their training in the Dundee centre's salon, and then under the expert instruction of Helm's two resident beauty and hair instructors, Susan and Charlene take their service out to elderly people throughout Tayside. If you know of a residential home or another charity who would like to benefit from this service during 2011 then we would be delighted to hear from you.



The *Beauty for All* learners out in the community providing treatments to residents of Joan Barlett House, Dundee.

## Dr Barbara Ballinger OBE



Dr Barbara Ballinger,  
former Chair of Helm

It is with great sadness that we announce the recent death of Dr Barbara Ballinger OBE, past Chair and Board member. Barbara made a significant contribution to the ongoing development of Helm before finally retiring in 2005. She will be sadly missed by all who knew her for her tenacious energy, her practical common sense and her Yorkshire humour. Barbara had a distinguished career as a Consultant Psychiatrist both in Tayside and across Scotland in the field of women's psychiatry.

## Festivities at Helm

Working closely with other local charities has meant that Helm has been generously donated its first real Christmas tree which has been cut and delivered by Fairbridge, the national charity that also works with young people. Decorated by the learners with hand-made willow stars and ribbons, it is now taking a prominent and attractive place in the new garden in Dundee for the festive period.



## Fun at the Fire Station!

Pathways students had a successful day out in the community learning more about the important role that Tayside Fire and Rescue Service plays. The group learned about necessary preparation and equipment, and took part in a number of activities including being blindfolded, and sent into an unknown cabin with tunnels, using breathing apparatus on their knees - just like tackling the real thing!



## Justine Leads the Way



Justine (left) is now on placement at Strands Salon in Stobswell. Justine is joined by Stylist Michelle

Dundee learner, Justine, has become our first to pass the nail care unit as part of SQA Beauty Therapy Level 6 and is awaiting accreditation.

Justine came to Helm over three months ago after gaining work experience at Jacks in Bank Street. Since coming to Helm she has gained hair and beauty skills and experience in the training salon and has also been very involved in setting up and working on the mobile service in the community, which offers relaxation and beauty treatments to the elderly.

She has consistently worked hard while at Helm to improve her skills and give herself the best chance of getting a permanent position in a salon. Justine has since started on a placement with Strands in Stobswell and is hoping that in addition to gaining further experience, this placement will equip her with a good reference for the future.

Justine has been a peer learner to the others guiding them and passing on some of the skills she has learned whilst at Helm. Justine also continues to progress through the Beauty module having now almost completed the facial care unit. We are very proud of her achievements thus far.

### FRIENDS OF HELM

Again we would like to thank all the organisations who help us with our work with young people. In particular in this issue we would like to thank... Strands Salon, Fairbridge, Glover Trade, Dundee Community Partnership Awards, Tayside Fire and Rescue, Debenhams plc, O G Plumbing, Haddington Nursery, Card Group North, and Amanda Davie, Dundee College