

HYPE NEWS

Autumn 2008



Richard has fun with literacy!



Qualifications that count



IT skills for the workplace



Beauty therapy every Wednesday!

HYPE RE-LAUNCH FOR NEW ACADEMIC YEAR

As children settle into their classrooms for the new academic year and little ones begin nursery for the first time, it is the ideal time for any parent to consider career options for themselves — and if you are a young parent, even with younger children, an even more important time of the year to consider how to keep your skills right up to date for returning to the job market.

Helm Young Parents' Employment (HYPE) project is a training scheme designed and aimed at young parents with flexibility and support at its heart. Training is offered every afternoon in a range of areas that will help young parents prepare for work including:

- EMPLOYABILITY & JOB SEARCH**
- SQA, ASDAN & ECDL QUALIFICATIONS**
- LITERACY & NUMERACY**
- VOCATIONAL WORKSHOPS**
- HEALTH & BEAUTY THERAPY, GYM**

HYPE offers a mix of training strands on different days for 16-23 year olds and is an enjoyable and sociable way for young parents to brush up on their skills for work, gain relevant qualifications and build confidence ready for work — as well as make new friends in a relaxed atmosphere.

**FREE CRECHE &
BUS FARES PAID TOO!**

TIMES

MONDAY
HYPE: 1.45PM - 4PM

TUESDAY
HYPE: 1.45pm - 4pm

WEDNESDAY
Lunch club & Play
St Andrew's Church Hall
12 noon - 1.45pm
HYPE: 1.45pm - 4pm

THURSDAY
Lunch club & Play
St Andrew's Church Hall
12 noon - 1.45pm
HYPE: 1.45pm - 4pm

A free crèche runs every day in St Andrew's Hall (just next to the Wellgate and round the corner from Helm's training centre in St Andrew's Lane.

St Andrew's Project Mothers & Children Every **Wednesday & Thursday** many young parents meet with their children to share a healthy lunch and take part in activities with their children including painting, singing, story-telling. The parents also get time to take part in some fun activities themselves including drama, aromatherapy and crafts as well as meet other young parents. Straight after this the HYPE session starts just around the corner.

WANT TO FIND OUT MORE?

HYPE

Susan McNeill or
Sandra Fisher
01382 224464
susan.mcneill@helmtraining.co.uk

St Andrew's Project

Kathryn Miller
01382 200466
07761444383
parishproject@btconnect.com



Susan McNeill and Sandra Fisher, the HYPE instructors will be covering a range of subjects that will support young parents to return to work or keep their skills up to date.