

HYPE NEWSLETTER

In this issue.....

- HYPE now in its Third Year
- Link Worker: New position brings work of two charities closer
- Weekly Exercise Session
- Helm Supports new NHS Tayside Growwell Launch
- New Beauty Salon



Nutritional cooking twice a week for young parents

HYPE NOW IN ITS THIRD YEAR

Helm Young Parents' Employment project or as it is affectionately known to those who use the service, **HYPE** is now well into its third year of supporting young parents from 15-24 years in Dundee and continues to attract large numbers.

The service runs every afternoon at Helm's Dundee centre based in St Andrew's Lane just round the corner from the Wellgate and offers young parents the opportunity to access training in a range of subjects (timetable overleaf), employability support and advice on nutrition, health and cooking. HYPE provides a free crèche every afternoon with the support of the St Andrew's Family Support Project and Childcare@home, as well as free bus fares for those attending.

HYPE continues to link closely with the **St Andrew's Family Support Project** who run a lunch club and play session for parents under 21 years on Wednesdays and Thursdays, an ante-natal group on a Thursday morning as well as support the '22 Group', a new toddler group run by parents over 21 years on Friday afternoons. There is also a close liaison with other agencies in the city including the 101 Project to ensure the young parents are receiving the additional employability support they need. For more information on HYPE, please contact **Anthea Coulter**, **Project Leader on 01382 224464** or via email at anthea.coulter@helmtraining.co.uk or contact **Kathryn Miller**, Link Worker on 01382 200466 or via email at parishproject@btconnect.com



Sheli McCoy focuses on strengthening exercises

Weekly Exercise Session

Starting each Thursday session is an optional exercise class in the gym at Helm with Sheli McCoy, our resident instructor. Sheli particularly focuses on strengthening exercises that will ease pregnancy and reduce muscle strain. Sheli can also offer advice on weight loss and BMI levels.

Link Worker: New position brings work of two charities closer

Kathryn Miller has been well known to many around Dundee as the Project Leader for the St Andrew's Family Support project. Now Kathryn has taken on the important new role as **Link Worker** for both projects, her own and HYPE and is also the Coordinator for the new **LIVE It! Learning Crèche**, a vocational training facility being run by Helm for the skills development of young people wishing to develop a career in childcare or who are interested in parentcraft skills.



In her role as Link Worker, Kathryn will be key in supporting a young parent from their first visit guiding them through from being pregnant to becoming a new parent, and when they are ready, encouraging them to take up training options with HYPE. Kathryn's wide experience in working in the field of childcare as a former lecturer also ensures that our learners working with her in the crèche will benefit from excellent foundation training which will give them more confidence in taking up a childcare work placement or as future parents.

This role and the Learning Crèche are being funded by the Esmee Fairbairn Foundation and the Gannochy Trust.

NEWSLETTER

HYPE operates term-time only and with an additional half term break in February.

HELM SUPPORTS NHS TAYSIDE GROWWELL LAUNCH

Helm is delighted to be playing a role in the launch of a new nutritional programme just launched by NHS Tayside, **Growwell**. The programme will aim to particularly help nutritionally-vulnerable pregnant women, new mothers and their young families overcome barriers to making healthier food and lifestyle choices, by providing practical information and support on food and health.



Growwell cooking classes are available weekly for young parents

Growwell will be specifically aiming to increase the uptake of *Healthy Start* vouchers, which provide free milk, fruit and vegetables and also vitamins; support the work to increase the uptake in breastfeeding in Dundee and invest in a range of nutritional services. The Dundee funding will also be supporting the launch of a new **Growwell Café** which will be based in The Shore on Shore Terrace. For young parents there are two

cooking sessions a week, which is being combined with qualifications in Food Hygiene and specific support for pregnant young women and those with young children. (There is also a further class for young women aged 15-16 years attending our Get Ready for Work and Pathways programmes.) All the participants will complete a pre- and post-questionnaire to assess nutritional knowledge and a range of quizzes on relevant nutritional areas relating to the health of young women; a checklist to ensure they are accessing and have knowledge of all the available vouchers and NHS initiatives including *Healthy Start* and *Give it up for Baby*, the smoking cessation scheme; and to cover the Cookwell course, a healthy cooking course that has been developed by the Food Standards' Agency.

In February Helm is also holding an interactive breastfeeding awareness session for all young women accessing our programmes. Helm hopes that all the young women will feel better equipped and confident to cook for themselves and their families in the future. Any young parent or young women interested in taking part in any of the cooking sessions (two of which have a crèche available), can contact Anthea Coulter, Project Leader or Amy Nicolson, Growwell Coordinator on 01382 224464.



NEW BEAUTY SALON

HYPE participants particularly enjoy the beauty sessions that are a feature on Monday and Thursday afternoons. **Susan McNeill** who has been working with the young parents for many years and is a former lecturer in Beauty and Hairdressing is now able to provide more realistic training using the new in-house beauty and hairdressing facilities at the Dundee centre. Fixtures include two mirror stands, a hair wash basin, nail bar and massage tables. Susan covers a wide range of therapies that the young parents enjoy practising on each other each week.



HYPE TIMETABLE

Monday	Tuesday
<p>Helm centre 12.45-2.45pm (NOTE: Earlier time)</p> <p>Beauty Project Work Theory & Worksheets</p> <p>...</p> <p>Employability skills</p>	<p>Helm centre 2-4pm</p> <p>Cooking and health for young parents and families</p> <p>...</p> <p>Food Hygiene</p>
Wednesday	Thursday
<p>Helm centre 2-4pm</p> <p>Cooking and health for young parents and families</p> <p>Food Hygiene First Aid</p>	<p>Helm centre 2-4pm</p> <p>Exercise Session</p> <p>...</p> <p>Practical Beauty & Hairdressing</p>