



# NEWSLETTER

Autumn 2009



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## MORE LEARNER OPTIONS FOR THE NEW ACADEMIC YEAR

With all our new learners now started back after the holidays, both our new intake of Pathways students and those who have left school this year on the Get Ready for Work programme, there is a real buzz about both centres – and with so many exciting new learning options starting up during the autumn, there is much for them to be looking forward to!

### First group complete new First Aid course

Get Ready for Work instructors Wendy McCartney and Carol Evans are delighted that the first group of seven learners have completed the new British Red Cross *Life. Live it.* award that is being covered in the Dundee centre.

The course which mixes practical exercises and interactive tests covers a wide range of basic skills including recovery positions, CPR, bleeding and burns and finishes with a role play 'road accident'. The learners have thoroughly enjoyed the course.



Dale performs CPR as part of the new British Red Cross, *Life. Live it.* First Aid course

### Gardening offshoots expand

Although the growing season is almost over, there is still much going on in all the gardening strands now running at the Dundee centre. The final work is being completed on the new 25<sup>th</sup> Anniversary garden at the Dundee centre with Peter Kinnear, the allotment instructor covering a range of building and joinery techniques with the learners so that it can be officially opened at our AGM at the end of September and we have been delighted to have received so much support from local businesses, and

they are listed among this issue's Friends of Helm.

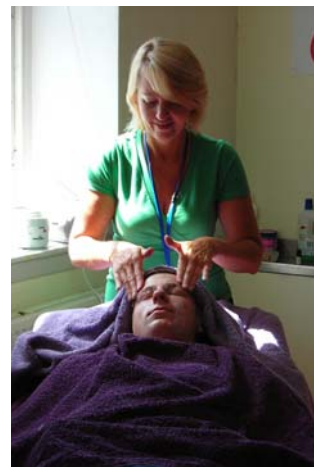
Lynn Visscher, Helm's LIVE It! Instructor is using the wide range of vegetables that are now being harvested from the allotment including prize-sized onions and the best carrot crop ever! Finally, a new instructor, Kathryn Miller has just started with the role of launching the new plant nursery this autumn, following a show of very genuine support by the Servite tenants on Dickson Avenue where the nursery will be based.



Learners cover new skills in the new 25<sup>th</sup> Anniversary garden

### Mirror, Mirror

Complimentary therapies and beauty techniques have always been among Helm's most popular learning sessions and now a dedicated area is to be set up this autumn to develop a wider service and other skills that are relevant to a 'salon' including customer service and retail. The new 'salon' will also focus on foundation hairdressing as it develops.



Instructor, Susan McNeill covers complimentary therapies with learners

### Skills for childcare

Finally, we are delighted to have received notification of three years' funding from the Esmee Fairbairn Foundation towards a new learning crèche facility that we will be starting this year. More details soon!

### FRIENDS OF HELM

Again we would like to thank all the local organisations who help us with our work with young people. In particular in this issue we thank... Keyline, HSS, Glendoick Garden Centre, Discovery Compost, Cats' Protection, Danny Lavery Hairdressers, Young Scot, Karen Wood, NHS Tayside, Angus Country Rangers, Souter Charitable Trust, Tay Charitable Trust, RS McDonald Charitable Trust, Esmee Fairbairn Foundation

## HEALTH HIGH ON AGENDA

The LIVE It! project now at the start of its second year aims to put health at the centre of young people's lives, developing greater awareness of nutrition, exercise and health issues. Every month external speakers focus on different health areas. Over the last few months we have had visits from Nargis Sultan, the Community Dentist; Karen Wood, a former diabetic from



*Nargis Sultan, NHS Community Dentist shows learners the amounts of sugar in different drinks*

her teens who had a double organ transplant and was speaking on identifying diabetes in young people and the importance of organ donation; Key to Change, the drugs and alcohol advice group who have been carrying out a series of workshops and Young Scot representatives who highlighted their varied services. During autumn, we are looking forward to Dundee Healthy Living Initiative focusing on well being and mental health issues and a workshop from Dundee's Smoking Cessation youth worker.

On the exercise side, football continues to be popular in Dundee and in addition the Dundee centre is delighted to have a new Gym Instructor, Sheli McCoy who will be covering sessions in the gym as well as dance and football skills. She will be encouraging the learners to monitor their own progress and on achieving a certain number of hours – learners will be rewarded with a 'treat' activity! In Angus a guided walk provided by Angus Country Rangers was arranged in Glen Doll which despite inclement weather was enjoyed by everyone.

## CASE STUDIES

### No short cuts for Craig

Craig came to the Angus centre after leaving school with a definite idea that a career path in hairdressing is what he wished to pursue. Craig took part in many employability sessions and took steps towards working in his 'dream career' by creating a C.V., learning interview techniques and structured job searching.

After only a relatively short time, it was suggested that Craig try a few weeks work experience at Danny Laverty Hairdressers in Arbroath and right from day one he showed great enthusiasm and a natural ability. Craig completed his work experience and was fortunate enough to be asked by Danny Laverty to stay on as a permanent member of staff. Craig is now undergoing training with the company and always has a smile for the customers!

With determination, Craig set out to achieve his dream career which he was pleased to find as interesting and rewarding as he had hoped - and through his own efforts and the valued contribution of Danny Laverty, Craig's future is looking great!



*Craig has joined the team at Danny Laverty's Hairdressers in Arbroath*

### Exam success for Adelle

Adelle was one of last year's Pathway students now on the Get Ready for Work programme and proving that it is never too late to put the work in. After not turning up for her third year exams at Menzieshill High School and struggling to come in in the mornings, she moved to Helm half way through fourth year. Her attendance continued to be erratic but as she made more friends, her time-keeping improved and she started to perform better and worked to achieve her core skills' qualifications. Now Adelle is among many young Scots delighted to have



*Ann Naughton, Project Leader with Adelle who received her first successful results*

received her formal notification from SQA this summer, successfully achieving her SCQF4 in Numeracy and Communication. She is now working towards Level 5 in both subjects as well as completing her First Aid qualification and is hoping to get a placement in a hairdressers.

## HELM TRAINING AGM 2009

**Wednesday 30<sup>th</sup> September**

25<sup>th</sup> Anniversary Garden

Official Opening by Jim Collins,  
Director of Education 3.45pm

Followed by AGM

Drinks & nibbles provided.

Please contact Peter Friend, Chief Executive if you are interested in attending by email to [peter.friend@helmtraining.co.uk](mailto:peter.friend@helmtraining.co.uk)