



# NEWSLETTER

Winter 2009

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### TRIBUTE TO AN EXTRAORDINARY COLLEAGUE: CAROLINE DAVIDSON

Staff and learners have been deeply saddened and shocked by the recent, tragic loss of Caroline Davidson, Helm's Employment Liaison Officer based in the Dundee centre.



Caroline Davidson

Caroline, who had worked with the charity since 2005 had started as an instructor but over the last three years had taken on the vital role of Employment Liaison Officer for the charity. In this capacity, she was working throughout Tayside helping match young people with suitable positions in businesses and organisations. Highly popular and hugely valued for her role, she worked tirelessly to prepare young people, many of whom had struggled in formal education, for interviews and employment positions, and through her dedication and professionalism, enabled hundreds of young people to get into college and jobs.

Caroline also worked closely with many employment agencies and Skills Development Scotland, as well as schools around the city, and will be hugely missed by all those who worked alongside her.

Peter Friend, Helm's Chief Executive said, "Her loss has been difficult to come to terms with, but continuing the work she loved and succeeding in helping more young people into work and careers, is what she would have wanted - the tribute to her is that staff have been able to focus on this through these difficult times. She will be remembered by so many young people in Dundee and Angus for the personal support and help she gave them."

### 25th Anniversary Garden Officially Opened

This year's Annual General Meeting not only marked the end of the official business for the year but also the completion of a highly-successful 25th Anniversary year for the charity. To mark the occasion, staff and learners put in a huge amount of work during the summer months to overhaul the garden area around Sea Captain's House in Dundee and the new Anniversary Garden was officially opened by Jim Collins, Director of Education Dundee City Council, assisted by David Smart, Chair of Helm Training.

The garden now boasts level seating areas, new beds of scented and colourful planting - many of which were grown by the learners at the allotments, pots, a bird table and a new herb garden, hand-built from stone to match the old walls of the buildings the garden is surrounded by. The kitchen opens directly onto the new garden and staff and learners are looking forward to the spring to sit out and enjoy the new surroundings.



Jim Collins, Director of Education (right) joins David Smart, Chair of Helm Training to officially open the new 25th Anniversary garden planned, constructed and planted up by learners at the Dundee centre.

#### 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... Careshare, NHS Tayside, The Botanical Garden, B. Miller Joiners, John Clarkson & Son, Tescos Staff Café. Mr Aaron Grubb of East Coast Installations,

## CASE STUDY: Hats off to Haddington Nursery



Gary and Sarah Gallagher, owners of Haddington Nursery, with Helm trainees Cheryl and Kimberly

Good-quality childcare continues to be one of the most sought-after services, and Haddington Nursery on Old Glamis Road is one of Dundee's most popular and largest private nurseries. It also has an excellent policy towards the training and development of its staff, and of encouraging young people to consider taking up childcare and nursery training as a profession.

Gary and Sarah Gallagher, who own Haddington Nursery have taken on a large number of Get Ready for Work learners from Helm on work placement and currently Kimberly and Cheryl, both pictured, have gained full-time positions with the Nursery. Many of the young people who have had placements have gone onto further education and other nursery positions in other childcare settings.

Gary has also been working with some Pathways students on maintenance and decoration of the nursery, providing excellent work experience for young people interested in caretaking or a trades profession.



## 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 suitably named, **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 will be specifically aiming to increase the uptake of *Healthy Start* vouchers, which provide free milk, fruit and vegetables and 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.



Young parents cover nutrition and cooking skills as part of the NHS Tayside's new Growwell programme

Helm is already running three cooking sessions a week in Dundee - two for the young parents who attend our HYPE young parents' project, which is being combined with qualifications in Food Hygiene and SQAs, and one for young women 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.

Helm hopes that all the young women will complete the course while they are attending, and 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.



## FIRST AID SUCCESS!

Wendy McCartney, Instructor in Dundee centre was delighted to present the first group of learners with certificates for the **Life, Live It!** British Red Cross award now being completed by the Dundee centre's Get Ready for Work learners.