



NEWSLETTER

Winter 2007

In this issue.....

- Hillcrest sponsors Literacy Project to mark 40th Year
- Barnardo's highlight benefits of volunteering
- Young parents complete Worknet course
- Trainees walk Tay Bridge for Charity
- Trainees assist Allotment Association
- Trainee News: Rebecca's Story



**Merry Christmas
Happy 2008**

HILLCREST SPONSORS LITERACY PROJECT TO MARK 40th YEAR



John Mulloy, Chief Executive Hillcrest (centre) hands over a cheque for £4250 to Peter Friend (right) and Anthea Coulter

Helm was one of three local Tayside charities to benefit from an extraordinary fundraising event held by Hillcrest Housing Association to mark their 40th Anniversary. The event was supported by many of their contractors throughout Scotland and raised over £13,000 which was divided between three special projects which were Helm Training, Over the Wall and the Boomerang Project.

John Mulloy, Hillcrest Group Chief Executive was delighted that the event raised more than the target set and thanked the companies involved

for their generosity, "It was important to mark this landmark event in the history of Hillcrest which is now one of Scotland's leading Housing Associations."

Helm's donation will focus specifically on the serious issue of literacy which often undermines the

progress into work of many of our trainees. The new project, aptly named **The Word Station**, will provide a dedicated library and literacy area for trainees which will include a range of reading materials chosen by them and towards a specialist literacy worker who will be used intensively on a one-to-one basis with young people.

We are extremely grateful to Hillcrest Housing Association for this generous donation which we believe will make a marked difference to the careers of many of our young people.

BARNARDO'S HIGHLIGHT BENEFITS OF VOLUNTEERING

Helm trainees were recently given a lively presentation by Najima Umar, Barnardo's Family Support Team Coordinator on the advantages of volunteering in Dundee.

The Barnardo's project runs holiday play schemes for children with learning disabilities - and for those young people looking to develop a childcare or career in care, volunteering will offer excellent experience and training opportunities. The service offers volunteers excellent support and there are also training opportunities in areas like first aid, sign language, and working with wheelchairs.

For more details on volunteering for Barnardo's please contact Najima Umar on 01382 205968 or email on najima.umar@barnardos.org.uk



Najima with some eager trainees

FRIENDS OF HELM

Again we would like to thank all the local businesses and other agencies who help our work with young people, in particular we thank..... Souter Charitable Trust, Hillcrest Housing Association and Compass.

YOUNG PARENTS COMPLETE WORKNET COURSE

Helm Young Parents' Employment project, better known as HYPE, which has been running as a pilot project for four months in Dundee was delighted to celebrate the completion of the Worknet course by five of its regular participants. Deborah Angel, the founder of the Worknet programme, was delighted to present the certificates and explained how Worknet could benefit young mothers, "This programme is all about building confidence and motivating people into finding employment. By looking at their existing skills and qualities, and finding solutions to any barriers which are making it difficult for them to cope with employment, training or further education."



HYPE participants and instructors are joined by Winnie Mudie, Careers Scotland (far left) and Deborah Angel, Worknet founder (centre back) at the Worknet awards' ceremony.

HYPE will be holding its own **Open Day and Award Ceremony** on Monday 17th December and displaying a range of work, including communication and literacy work, IT, beauty therapy and dressmaking. Any interested young parents or professionals working with young parents are welcome to come along to meet the HYPE Coordinators and participants. For more details, contact Susan McNeill on 01382 224464.

TRAINEES WALK BRIDGE FOR CHARITY



Despite heavy rain, trainees and staff took part in a sponsored walk over the Tay Bridge and raised over £450 for Caring For Kids. Well done and congratulations to everyone.

TRAINEES ASSIST ON ALLOTMENT

Pathways trainees joined Anthea Coulter, Coordinator for Helm's Harvest, in assisting the Kinnaird



Allotment Association with their annual repaint of the communal Association sheds. Benefiting from the lovely autumnal weather, the trainees were able to complete the painting as well as refreshing Helm's own shed, adding the new sign, and started to make progress in clearing the new allotment site which is planned to be operational in Spring 2008.



TRAINEE NEWS: REBECCA'S STORY

At the recent AGM, trainees described how the different Helm programmes, including HYPE and Pathways had helped them progress. **Rebecca** travelled from Arbroath to give her presentation and here in her own words, she tells her story...



"...My name is Rebecca. I'm 15 years old and I come from Arbroath. I began at Helm Training in June of this year.

I started going to Helm because I was not attending school due to being bullied sometimes and then I just got into the habit of not going to school. At first I wasn't sure if I was going to like it at Helm and was worried about whether I would fit in with the other trainees. After a few weeks I found myself getting to know people and started to settle in. I realised I had been worrying over nothing.

Helm has a fantastic atmosphere and you can have good banter with the staff. They are really great at working with you and talking with you. Helm is different from school and I have learned a lot since I started going there. So far I have managed to achieve two SQA certificates and I plan to achieve the other ones soon!

I see a big difference in myself and I feel I don't take things as seriously as I used to. My confidence has definitely grown because a few months ago I would never have dreamed I would be standing here today. I am so glad I have taken the opportunity to turn my life around..."