



NEWSLETTER

Spring 2008

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RAF Leuchars Motorcycle Club recently visited with Easter eggs and a generous cheque for £300

'LIVE It': Launch of new integrated training and health scheme

With the advent of Spring, Helm is delighted to be launching the new *Live It!* integrated training and health scheme with the young people in the Dundee centre.

The aim of the project is both to promote, develop and recognise the range of exercise, cooking, health awareness and training work that is carried out by the trainees in the centre and on the Helm's Harvest allotment which is now open again for a new year.

In addition from this year the focus is working through a range of vocational skills in a more structured, modular way on areas including plant production, basic site maintenance, food hygiene, nursery techniques and retail and customer services depending on the interests of the trainees. As the project rolls out, the aim is that the produce will be used directly in the recently re-furbished 'diner' at Sea Captain's House which will be run as an operational canteen later in the year.

Trainees will work through modules and on completing a recognised range of subjects will receive an in-house certificate that will outline the



Denni and Toni work through the first Food Production module while Steven and Ian behind join Peter clearing up the new allotment site

skills covered to potential employers.

Anthea Coulter, Development Officer and Helm's Harvest Coordinator will be joined on the site this year by a former instructor from Elmwood College, Peter Kinnear who will be instructing on the hard landscaping modules while Anthea will be covering training in food and plant production using the original site and now on a new second site on the Kinnaird Allotment Association.

HYPE COUNCIL: NEW COMMITTEE FOR YOUNG PARENTS

Participants on the afternoon training scheme, HYPE for young parents have taken some time out from their usual timetable of training and employability skills to form their own Council to discuss issues that relate to their specific training needs. The Council at its first meeting covered a wide range of subjects: benefit grants, computer training, new courses available to access, using the gym more for keep fit and ways to make their work area more inviting. There are now over thirty young parents registered on the training scheme but currently the future of this successful project is under threat and we are currently seeking alternative funding sources.

NEW PARTNERSHIP WITH DEBENHAMS



Sammy, Chantelle and Stevie are among the first trainees to start retail placements with the national department store retailer, Debenhams

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.....
18-24 Literacy Project, The Gannochy Trust, Souter Charitable Trust, Key to Change, Debenhams plc, Body Shop, Smart Cartridge, R J Larg Family, Trust, St Katherine's Fund and The Mathew Trust.

Attendance turnaround marks Pathways success

Stephen is just one of the new group of Pathways students that started in January and within a few months he is proving with his excellent attendance and positive attitude that a different style of teaching and alternative environment can make all the difference.

School never suited Stephen who admits that he was always a disruptive element in his classes. He was quickly placed on a part-time timetable and from third year no longer attended.



Michelle Kelly, Pathways instructor at Helm in Dundee works with Stephen on skills relevant to work

Now at the Helm, Stephen has already achieved his ASDAN in Personal Care, the first qualification he has ever completed and is now working towards other SQA qualifications. Stephen explained the difference, "At the Helm you are treated older and asked what you want to do, it's better for me." Michelle Kelly, one of the team of instructors working at Helm has been delighted with Stephen's work attitude, "His attendance is good and he is working hard. He still loses focus sometimes and we are working on coping mechanisms but he now understands the importance of being here and his education." Stephen is hoping to move onto the army once he is older.

ASDAN SUCCESS FOR ANGUS TRAINEES

Helm's Angus centre has been highly praised by the external moderator for its recent submission to achieve ASDAN Personal Care for trainees Rebecca, Tommy, Megan and Kevin. The report praised the centre and trainees for activities being 'complete and accurate' and for portfolio evidence being 'varied and interesting' as well as Helm's own internal assessment procedures being of a high standard. The Angus centre has also recently benefited from a huge IT investment which will support wider training achievements.



CAREERS SCOTLAND AWARD



Dee McIntosh, Project Manager with the Careers Scotland Excellence Award presented to Helm Training for "outstanding progress with personal career planning and a creative 'can do' approach to achieving success"



Trainees working in the new IT suite which has had an investment of six new computers

CASE STUDY:

NEW TRANSPORT CAREER FOR DAIIF TRAINEE

Former soldier and warehouse supervisor, Billy Scobie was made redundant in 2004 when his company closed down and after a period of unemployment took the opportunity to access re-training through the Dundee and Angus Individual Initiative Fund, a scheme managed by Helm Training for those in the city who have been made redundant.

Billy re-trained as a bus driver for Stagecoach Group and joined the fleet in Dundee in 2004. He is now taking the next step to become a driving instructor for the company which will involve further training in England, exams and assessments. Billy has no regrets about changing his career, "At the time I lost my job it was a difficult choice to change but now with my bus licence I know I'll never be out of work and I enjoy the challenges of continuing my training with Stagecoach."



Billy is now training to be a driving instructor with Stagecoach Group

HELM TRAINEES HELP DVA



Get Ready for Work trainees Chelsie, Kayleigh and Claire were among the Helm volunteers who recently helped send out DVA's latest newsletter