



NEWSLETTER

Summer 2007

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Trainees Callum and Robert accept donation from RAF Leuchars Motorcycle Club

BRAKES BECOMES INAUGURAL FRIENDS OF HELM



Peter Friend presents Friends of Helm certificate to Alan Brown, Distribution Centre Manager, Brakes Dundee with Helm trainees

Brakes, the Dundee-based food service company has become the first company to become a 'Friend of Helm', a new scheme launched to recognise and thank local companies, trusts and individuals for their contribution to its work with young people in Dundee and Angus.

Peter Friend, Chief Executive presented the first certificate to Alan Brown, Distribution Centre Manager for the support and training that Brakes has given to Samantha Shields, Shannon McCormack and Melanie Murphy (pictured left to right), Helm trainees who are currently doing a placement period with the company. For the girls who have only recently left school, this is a significant opportunity to gain genuine work experience and cover all aspects relevant to the food distribution business including health and safety, credit control, stocktaking and communication skills that they can take forward in their future careers.

Peter Friend explains the importance of the new scheme,

"Friends of Helm is our personal way of recognising local companies, organisations and individuals who wish to donate towards our important work, or like Brakes on this occasion for their contribution towards helping these young people progress their careers and show that given the opportunities they are highly motivated and will work hard."

Any companies or individuals who wish to donate now, or in the future through a gift in a will towards Helm's work with young people and join the Friends of Helm scheme will receive a certificate of recognition and a regular newsletter outlining the work and developments of the charity. For more details about the scheme please contact Anthea Coulter, Development Officer on 01382 224464.

EXPERIENCED INSTRUCTORS JOIN TEAM

The Dundee team is delighted to be joined by three new instructors with a wealth of experience in teaching, training and verifying. Lisan Donald was previously Principal Teacher in Business at a secondary school in Hertfordshire and since being back in Scotland has been based in the Support for Learning division at St John's Secondary School.

Heather Gouck has spent a number of years at Angus College where she was involved in delivering Administration, IT and Customer Care, and has most recently been with the NHS focusing on systems of quality improvement, and finally Susan McNeill, previously an instructor in Health and Beauty at Angus College and who is now juggling her new instructing role with a BSc in Behavioural Science.



Back left to right Lisan Donald and Susan McNeill, seated in front Heather Gouck

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FORMER TRAINEE POWER-LIFTING SUCCESS



Callum returns to Helm gym to share in his power-lifting success

Helm staff were delighted to recently welcome former trainee, Callum Crookshanks back to the gym at Sea Captain's House and congratulate him in person on his first place position in the British Junior Championships in Power-Lifting held in Newcastle in February.

Callum first came to Helm in Spring 2006 on the Get Ready for Work programme, and despite having not done well at school, he worked hard at Helm covering a wide range of subjects and taking part in music and the early stages of the allotment project as well as playing a key role in the gym sessions. He was rewarded for his hard work and in September started on the three year Sports Coaching course at Dundee College. Now he is in his second year of the course and has been joining the British Power-lifting squad in Newcastle for training before selection for European competitions to be held in Romania and Belgium later this year.

HELM'S HARVEST ALLOTMENT TAKES SHAPE

With the weather at its best in April, the trainees have been making great progress on the new Helm's Harvest allotment project. A four-bed rotation system has been set up, with two compost bins now in place, a herb and flower garden, strawberry patch and integral to any good allotment, a new greenhouse has been erected



with the help of the trainees and seed sowing is starting in earnest. On a weekly basis, new trainees have been learning about the principles of organic vegetable growing, companion planting, taking part in a fun 'herb-tasting test' and helping to recycle much of the stones and wood that was on the site, as well as putting the first seeds and potatoes into the ground.



ATTENDANCE AWARDS FOR ANGUS



The certificates were presented by Angus-based instructor Alan Scott

Helm Training Angus were delighted to recently present three young trainees, Iain (18) from Brechin, Nancy (17) from Arbroath and Trisha (15) from Montrose with certificates for sustained excellent attendance.

Often attendance is a key identifiable problem that has hindered progress at school and without addressing the issues underlying absenteeism, future success in college or employment may be limited. Key workers help the young people to overcome problems and focus on the importance of regular attendance for employers.

ELECTION FEVER FOR DUNDEE TRAINEE

As the local Scottish elections heat up, Stacey, a Dundee-based trainee on placement in MSP Marlyn Glen's office is getting a chance to see government workings first-hand as she accompanies Ms Glen to the parliament at Holyrood. Stacey who has been on placement since meeting Helm representatives at the 'Learn to Earn' event held in January by Careers Scotland has now successfully gained a place at Dundee College on the Business Administration course starting in September and has found the recent work experience through Helm Training invaluable.

