



NEWSLETTER

Spring 2007

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Work starts in earnest at the allotment

HELM'S HISTORIANS TAKE A FRESH LOOK AT HOME TOWN



Vicky Roberts, Instructor (fourth from left) with a group of trainees on a historical visit to the Signal Tower Museum

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The trainees who are all on the 'Get Ready for Work' Lifeskills programme are involved in different ways: in particular in small groups they are working towards producing a large wall display, but in addition they are involved in the 'discussion forum' on the local website, and hands-on research at the library and as they travel around Arbroath. They have all enjoyed a trip to the Signal Tower Museum and are planning a tour of other local sites including the Water Tower and most importantly, the Abbey, from where the famous 'Letter of Arbroath' was written.

Vicky has been delighted with the enthusiasm the group has put into the work, "The trainees are working so well together and getting much from the project that will equip them for work and college in the future; they are growing in confidence, developing IT and communication skills and working closely as a group – it is genuinely an excellent training vehicle."

When Vicky Roberts, the new Instructor based at Helm's Arbroath training centre started with a group of trainees in January, she was surprised to discover how little they knew about their home town. This discovery has now snowballed into a full heritage and history project that has had the trainees linking up with a local reporter at the Arbroath Herald and the coordinator of the local Arbroath website,

'LEARN TO EARN' EVENTS GETS 2007 OFF TO A GREAT START

Following the successful Careers Scotland event at the Factory Skatepark before Christmas, Helm Training was pleased to be among the local training providers and colleges invited back by Careers Scotland in January to talk to winter school leavers in more detail about training and career options open to them. As a result there are now around 40 trainees in Dundee on the Get Ready for Work programme and Helm staff are working industriously to prepare them for placements, careers and colleges.

To achieve this, **Caroline Davidson**, has taken over as the new **Employment Liaison Officer** and three new instructors will be starting shortly, as well as some new volunteers.



Caroline Davidson, the new Employment Liaison Officer at the 'Learn to Earn' event held at Careers Scotland

RENEWAL OF 'INVESTOR IN PEOPLE' FOR HELM

Management and staff were delighted to have recently received the re-accreditation of the **Investors in People** award. The assessor asked a full range of questions of new and old staff, in pairs and individually to get comprehensive feedback on the company's staffing policies and practices and in summing up applauded the **'inclusive culture and strong sense of teamwork'** displayed at Helm.



INVESTORS IN PEOPLE
SCOTLAND



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MARTIN WINS REGIONAL AWARD

Martin, a former trainee with Helm Training recently received the Regional Careers Scotland Individual Award (under 20) at the Tayside Headquarters in Dundee. Martin was extremely reserved when he first came to Helm and struggled with written work, but with encouragement and through hard work, he covered a range of subjects during his time at Helm, learnt to work well in a group and successfully gained a place at Dundee College to study IT.



Martin pictured with Taz Mehmood from Careers Scotland receives his award

SCOTTISH TRUST SUPPORTS ALLOTMENT TRAINING

Helm is delighted to have received further financial support from the **Miss Agnes H Hunter's Trust** towards the new allotment training project that is starting up in earnest again this Spring. Anthea Coulter, Development Officer is taking over as the lead instructor on the project, and will be running two sessions weekly with small groups working on all aspects of ground maintenance and vegetable growing as well as helping some of the elderly allotment holders based at the Kinnaird Allotment Association site on The Law in Dundee. These allotment-based placements for trainees aim to help build up their skills base and interest in horticulture, so that they can get potential college positions or employment opportunities with local landscaping companies, parks, gardens and garden centres in the future.

Robert, pictured on the right, came to Helm after meeting a representative at Careers Scotland in November and despite having completed a college course in landscape gardening, was reserved and lacked the confidence to get into work. Helm arranged for Robert to start a placement with Manor Garden Landscape Services, a successful local company that works mainly on gardens of new houses in the Monifieth area.

After three months, Robert has proved what an asset he can be and has been taken on full time by the company and now another new placement, is learning skills alongside Robert. We hope that the allotment will enable many more young people to pursue a career in this growing business area in the future.



Robert joins David Parker at Manor Garden Landscape Services after completing a successful placement period

COMMUNITY EDUCATION STUDENTS FOSTER NEW YOUNG PERSONS' COUNCIL

Helm provides important support and placement opportunities for many University of Dundee Community Education students through the year, especially as they work towards their final projects and this year is no exception, as the most recent students, Hayley and Shelley take over the reins in developing the new Young Persons' Council. As trainees change week by week, the challenge for the students will be working on how new trainees can be encouraged to join the Council, preparing them to take an active role on a committee and help them to effectively feed through and promote ideas from other trainees on improvements to the management. The meetings cover areas like safety, common areas, leisure activities and most recently the new Breakfast Club set up by the students. Council members represent both Pathways and Get Ready for Work programmes.

HELM TRAINEES HELP NURSERY



Trainees design and prepare 'Story Sacks' for Muthill Pre-school, based near Crieff for a new Home Reading scheme to be used by the children.