



H.E.L.P (ARGYLL AND BUTE) LIMITED



our young people'



GOOD

AWARD

PRACTICE



A local Charitable company, supporting the young people of Argyll and Bute







TO SUPPORT YOUNG PEOPLE BETWEEN THE AGES OF 16 AND 25 YEARS OF AGE, TO SUSTAIN A TENANCY, ENTER EMPLOYMENT AND OR TRAINING, BECOME PART OF THEIR LOCAL COMMUNITY AND LEAD A QUALITY LIFE.

OUR VISION





Support to sustain a tenancy

- Setting up home
- Cleaning
- Budgeting
- ► Form filing
- Cooking
- > Outcome Reduction of repeat homelessness

151 young people supported to sustain their tenancy in year end December 2016

HOUSING SUPPORT

EMPLOYABILITY WITH TIM.





- What are your options?
- Your experience counts
- •What skills do you already have?
- •Create a CV
- •Meet the employers
- Role Play
- •Interview skills
- Gain qualifications
- •Outdoor Experience
- •Environmental project





EMPLOYMENT PROGRAMME

Balmory Cottage, Balmory Road, Ascog, Isle of Bute

September11th 2015

Dear Her PRESERT,

On behalf of the Bute in Bloom committee I am writing to thank you for all your help in preparing for the judges visit, and on the day.

We are delighted with the island winning the award and sincercley thank you for all your help.It was very much a community effort and just shows what we can achieve when we all work to improve our island,

Kind regards,

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CV Building Construction skills card First stick

- ✓ First aid
- ✓ Food hygiene

✓ Basic IT Skills

✓ Customer Care

 ✓ Moving and Handling

- ✓ Driving theory.
- First Aid Certificate
- ✓ National youth achievement Award _____
- ✓ Duke of Edinburgh Award

42 young people into employment/training in year end December 2015 Food Hygiene Certificate
First Aid
Manual Handling
Health and Safety
Customer Care
Telephone Techniques
Duke of Edinburgh Sectional certificates
Prep for Employment SQA unit Level 3

YOUNG PEOPLES ACHIEVEMENTS









COWAL JOBS FAIR

- > 40 local employers
- > 200 visitors
- Unemployment registered reduced by 7%
- Chair of Cowal Employment Partnership

Opportunities for All

Opportunities for All Supporting all young people to participate in post-16 learning, training or work

Opportunities for All is an explicit commitment to offer a place in learning or training to every 16-19 year old in Scotland who is not currently in employment, education or training.

OPPORTUNITIES FOR ALL



- Life Coaching with Nick
- Healthy eating
- ► Music
- Photography
- > Alternative sports ; Badminton, Golf, Tennis, Bowling
- > Parents group.
- > Football

HEALTH AND WELLBEING ACTIVITIES



57 young people reporting they feel more involved int heir local community.



















HEALTH AND WELLBEING ACTIVITIES

Mellísa Lander says

Where do I begin? I've now got a part time job thanks to the HELP project, and also hae an updated CV and cover letter, a better understanding of budgeting and more confidence and self esteem. I could write loads on how they have helped me but you'd end up with an essay ha! Ha! I also have ADHD and they've helped me with that more than they know. I appreciate everything they've done for me and I cant thank them enough :) HELP have supported young people to gain over £93,983.64 in welfare benefits, and grants, year end Dec 2015

INFORMATION AND ADVICE



 Providing weekly drop in and one to one sessions to young people affected by Drug or Alcohol misuse at Dunoon Grammar School.

ARGYLL AND BUTE DRUG AND ALCOHOL PARTNERSHIP

- St Andrew's Tea -£304.88 for Mary's Meals
- Valentine Tea -£240.00 for The British
- McMillan Cancer Care Coffee Mornings £907.18
- Wimbleton Tea for Youth Centre £173.45



Young volunteers receive Saltire Awards

YOUNG PEOPLE The young people, from local pictured here, involved charity HELP have in the project, received been working in their own rewards partnership with on Friday when they ladies from the local each received the churches to help 'Saltire Award for Team Challenges', others.

Events so far have Saltire Awards included a 'St Andrew's are new Scottish Day Lunch'in November, awards designed to which raised more than formally recognise \$300 for Mary's Meals the commitment and, more recently, a and contribution of 'Valentine's Day Tea', youth volunteering to

Heart Foundation.



which raised more than voluntary organisations. the Saltire Awards experience and \$240 for the British Supported by the enable young volunteers learning gained through Scottish Government to record the skills, successful volunteering.

Dunoon Obser

HELPING OTHERS.....

- The Cooking Group ladies from local Churches supporting young people to increase their confidence and skills in cooking healthy affordable food.
- Knitting Folk from the local Church provided hand knitted jumpers and cardigans for Christmas Gifts our children.
- The Churches of East Cowal provide a Christmas gift for each of our young people and their children.
- Starter packs An interdenominational group with representatives from all of our Churches provide starter packs for first time tenants.
- Open Door A local Church couple provide furniture for vulnerable people.
- Foodbank Our local Church provide emergency food packages for our young people in need.
- Christmas Lunch -Members of the congregation at East Cowal provided our young people with a Christmas lunch in 2013 and our young people provided members of the congregation with a Christmas lunch in 2014.

IN PARTNERSHIP.









HELPING TO REMINISCE

(February 12) saw a number of Dunoon elderly people get together to reminisci at a WWI-themed 'ter

The event, held at Dunoon Community Church, demonstrated the power of partnership working as local support service HELP's young people hosted the party for the service users of Cowal Elderly Befrienders, ably assisted by Dunoon Community Radio, and funded by Happy Dayz. The event saw sandwiches, cupcakes

and shortbread with tea and coffee all beautifully presented on Union Flag cake stands. The room was bedecked with Guests were asked o choose a song that reant something t



nem and the requests was much hilarity at made a beautiful cake The afternoon wonderful afternoon a z based on the First pronounce them. War and there Young Amy Adams coffee.

ere played throughout guest's names as Janet in the shape of a First concluded with a vote said he looked forwa MacKellar, manager World War helmet which of thanks from Duncan, to future activities whe There was also a fun of HELP attempted to was enjoyed with a manager of Cowal Elderly young and elderly co second round of tea and Befrienders, who thanked come together to sh all those involved for a their experiences

www.dunoon-observer.com

WORKING IN PARTNERSHIP WITH **'COWAL ELDERLY BEFRIENDERS'**

"Cowal Befrienders are always delighted to work with HELP. The care and attention that young people from HELP have shown to our clients always impresses me, and the tea party which they so kindly organised for us back in the Spring is still talked about fondly by everyone at Befrienders. Opportunities for intergenerational work is so very important for our communities, and HELP have always led the way in Cowal in creating opportunities for young people to understand our older generation.

Our clients have also benefitted enormously from the hard work that HELP provided through their recent Environmental project. Helping older people to maintain a clear and safe garden not only promotes their independence, but also improves their wellbeing and overall quality of life.

We look forward to working with everyone at HELP in the future, and would like to thank everyone once again for the sucesses of our partnership working".

Duncan - Cowal Elderly Befrienders.





- Chair local Throughcare and Aftercare forum
- Argyll and Bute Throughcare and Aftercare Forum
- Chair Cowal Employment Partnership
- Argyll and Bute 16+ Operations Forum
- Argyll and Bute Employability partnership
- > 16+ Trusted Professional
- Member of Bute Health and Wellbeing Network
- Member of Cowal Health and Wellbeing Network

PARTNERSHIP AT WORK

Investors in People Gold

- All 6'S (Excellent) in Care Inspection Report April 2015
- The Spirit of the Community Award 2014
 Investors in Young People Award 2015
 3 years Lottery added value £393,000

ACHIEVEMENTS

