

Opportunities

News from L&Q for residents of Richmond and Kingston-upon-Thames

Unemployed and keen to get some support to go back to work?

Have a look at what Richmond Upon Thames College has to offer:

Certificate in Employment Skills

A short 4-6 week course to prepare people for the job market - CV building, interview preparation and interview practice - as well as advice and guidance about seeking employment. The course will start on 16th September and run on Wednesdays from 3.30pm-4.30pm (4-6 weeks).

Personal Best is coming to Richmond!

Personal Best is a training programme linked to the 2012 Olympics. By taking part, you can learn new skills in customer relations and crowd safety. You will also get support with your CV and interview skills and receive a recognised Award in Preparation for Event Volunteering. The first course will start on 18th September and will be run on Fridays, from 9am to 6pm.

“ This is the best thing to happen to me. It's like winning a gold medal at the Olympics. Before I joined Personal Best I would not have had the confidence to be a volunteer. My aim now is to be a volunteer at the opening ceremony of the 2012 Games. ”

2008 Personal Best Graduate

Both courses are delivered at Richmond upon Thames College in Twickenham. For more info, please contact Maud on 020 8875 5554 or text on 07500 101 659.

training solutions

The Cambrian Centre Youth Club

Offering activities for 7-13 year old children

The club is open all year round on Wednesday and Friday evenings from 7.00pm - 8.45pm and provides a safe environment to play, learn social skills and get physical exercise on the sports pitch. The centre offers table tennis, pool, air hockey, football coaching for children of all ages, creative art, crafts, dance and a wide range of interactive computer games and access to computers for homework and fun.

It is well attended by children from all backgrounds and is the only provision for this age group in the area.

The Youth Club aims to also provide a short programme of activities during the summer holiday for local children.

You can find it at Caplan Court, 1 Grove Road in Richmond.

For more information, please contact Brenda, the centre Project Manager, on 020 8948 3351 or check the centre's website at: www.cambriancentre.org



Haven't yet found what you are looking for?

Please let us know. We offer three months of free employment and training advice with information on local training, volunteer and employment opportunities.

For more information, and to start getting some help, please contact Maud Gambier-Ellis on 020 8875 5554 or 07500 101 659 or email at : mgambierellis@lqgroup.org.uk

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Opportunity knocks

By Matt Corbett, Neighbourhood Investment Manager.

Welcome to this issue of Opportunities which tells you all about new training and employment opportunities in Richmond and Kingston-upon-Thames. We are proud of our success in helping residents get back to work and training and we are keen to do more. In this issue, you will also find an article on L&Q's new volunteer programme and information about getting involved with us. If you have any comments, please call me on 020 8875 5941 or drop me an email at mcorbett@lqgroup.org.uk

Residents gain work experience at L&Q

Faustinah has been volunteering at our Gabriel House office since March 2009 and will be finishing her placement in July. She has gained experience of meeting and helping residents, shadowing tenancy officers on their visits, gaining skills and confidence manning the reception desk. She has thoroughly enjoyed working there and said:

“The team is fabulous and we're always helping each other. It just feels like a family. I have seen how working as a team helps deliver an excellent service to residents. It's boosted my confidence and my skills and I'm now a lot more positive about finding a paid job in a similar position.”

Being a volunteer is beneficial for many reasons: Volunteers gain work experience that broadens their skills and knowledge and could help them find paid employment within L&Q or elsewhere. L&Q gains additional resources and the different perspectives of the volunteers. What's more, some previous volunteers have gone on to be offered paid employment at L&Q, allowing us to retain valued, trusted and hard-working people. For more information or to apply to become a volunteer, please contact Maud on 020 8875 5554 or text on 07500 101 659.



Mystery Shopping

You can help us improve our services and get rewarded for it by becoming a Mystery Shopper. To help you become one, we are offering a free training workshop which will develop your market research skills and the opportunity to work from home. You will receive £10 to cover the cost of telephone calls and £40 worth of shopping vouchers.

For more information and to get involved, please contact Sandra on 020 8875 5543 or email her at sgravesande@lqgroup.org.uk



High quality training for Carers and Ex-Carers aged over 50

The Third Age Foundation is running an ESF project co-funded by London Councils to help carers or ex-carers aged over 50 get back to work. You can be on any benefit (except for JSA) or no benefit at all and are caring or have cared for a child/elderly person/relative/friend or anyone else. Courses in IT and Personal Development will start on 7th September 2009 at Britannia House. For more information, please contact Maud on 020 8875 5554 or text on 07500 101 659.



Way to Work

Way to Work is a professional recruitment and apprenticeship training provider for young people aged 16 - 18. They have fantastic opportunities in business administration, customer service and I.T. Way to Work also provide bespoke employability skills training workshops, guidance and individually tailored workplace support programmes. All jobs are specially designed full-time apprenticeship vacancies. The Way to Work team have helped at least 150 young people secure apprenticeships within their local authority and hundreds more across London over the past 10 years. For more information, please contact Maud on 020 8875 5554 or text on 07500 101 659.



Lucy paints her way to success

Lucy Ayres is a great example of a resident who has benefited from L&Q's relationship with their maintenance contractors. She is currently on a three months work trial with the Art of Decorating and is doing really well.

The Art Of Decorating has been very active in supporting our training and employment programme through offering work placements and attending our youth events.

Gil Segui, Contracts manager, explained: "We really need to be forward thinking in getting young people off the streets and into work. I want to work with young people to encourage interest in the painting and decorating industry and invest in their and our futures"

Lucy added "I know I'll commit myself fully to this and get the most from the experience".

If you too are interested in a work placement with a maintenance contractor, please contact Maud on 020 8875 5554 or text on 07500 101 659.



Employability through volunteering with Richmond Adult Community College (RACC)

Put your hands in the air and volunteer! What are the benefits? You will gain work skills, a nationally recognised qualification at Level 2 in Customer Services or Business Administration. On completion of the programme you will get support with CV writing and interview techniques from professional career advisers. The placements last 6 months and are available within the college, at the Clifden (Twickenham) and Parkshot sites (Richmond).

For more information, please contact Maud on 020 8875 5554 or text on 07500 101 659.



Back to Employment with Kingston Adult Education

A free course for unemployed people running for 15 hours a week (this will not affect any benefits that you may be receiving). The course starts every 4 weeks and runs for 12 weeks. Attending this course will help you update:

- your IT skills on Office 2007
- tell you about your rights and responsibilities in the workplace
- help you with your career planning including producing a new CV, completing application forms and attending mock interviews.

There will also be the chance of work experience for one month – a great experience to have on your CV! Contact Maud now for further information on 020 8875 5554 or text on 07500 101 659.

