

GIFTED



Get Inspired for Training,
Employment and
Development

Issue 4, October 2019



Welcome to the October edition of the
GIFTED newsletter



A date for your
diary.....**FRIENDS &
FAMILY DAY** at the Packing
Lounge on 22nd October from 10
am - 12 pm. Bring along a
family member or friend to
show them what you do in a
volunteering session and how
you make a difference in your
community each Tuesday.

World Mental Health Day takes place this week on 10th October giving the opportunity to raise awareness around mental health. Jo & Primrose attended an event at Belgrave Neighbourhood Centre where local groups and an NHS Mental Health consultant discussed issues facing the community.

Basic Skills 8 week taster & 16 week Training in Employability Skills

Our next workshop starts on Wednesday 23rd October at 10 am & is open for further referrals.

If you would like to join in, contact Jo or Louise on 07305 730157 or click 'express an interest' on our recently updated Skills Programme web page which lets you know everything that is happening on GIFTED:

<https://www.givingworld.org.uk/gifted/>



We welcome Primrose Muchenje to the GIFTED team. Primrose is a student at De Montfort University studying for her mental health nursing degree and has joined us on a 7 week placement from 30th Sept 2019 - 15th Nov 2019.



National Recycling Week took place from 23rd to 29th September and with sustainability much talked about at the moment people look to organisations who help tackle environmental issues. Here at Giving World we have been playing our part for nearly 2 decades by redirecting surplus business stock to our beneficiaries, which means the items don't go to landfill & CO² is saved. Last month GIFTED programme participants helped to process over 6,000 toothbrushes, 5,200 beauty samples, 1,200 CD cases and 350 pairs of socks and stockings, helping both our beneficiaries and the environment at the same time.



Jo attended LCiL's Connect Me Café at the West End Centre & Leicester College Fresher's fair which was a very busy event with 100s of students and staff attending. Lots of people signed up for our GIFTED newsletter and stopped to find out more about GIFTED workshops and volunteering.

We will be having a half-term break in October so no sessions will be running W/C 14th October

Both the 8 week & 16 week courses are practical, using the goods donated to Giving World as tools to develop life & work skills such as improved confidence, independence, time-keeping and making choices.

Sessions take place in a structured, simulated warehouse environment where participants are supported to improve motivation to progress to volunteering, education or employment.

GIFTED Programme

Basic Skills
2 hours per week

8 week taster programme: Build confidence; learn work-based skills; meet new people

Packing Lounge
Weekly drop-in Volunteering Session
Tuesday 10am - 1pm

Socialise and meet new people while sorting and packing donated goods to help people in need

Next Induction Session 5th November

Training in Employability Skills (TES)
3 hours per week

16 week programme: Manage your time; develop leadership skills; take personal responsibility; problem solve

Packing Saloon
Weekly drop-in session at the Bradgate Unit, Glenfield Hospital

Drop in to the Recreation Room to socialise and help put together care packs for the benefit of NHS patients around the UK

Due to building work, the Packing Saloon will be held in the Involvement Centre into October. We are expecting to be back in the Recreation room for 24th October