

SKILLS EXCHANGE NEWSROUND

www.skillscio.org

Let's Grow

We ran groups in both Larkhall and East Kilbride at the start of the year, with on site support from Larkhall Community Growers and the David Livingstone Birthplace in Blantyre. The young people got stuck in to the general maintenance tasks to be done to get everything tidied up and ready for spring. In East Kilbride they helped to look after the Village Centre Community Garden over the winter months and kept everything looking good.

Thanks to funding from the National Lottery Young Start programme and contributions from other funders we hope to be able to continue delivering Let's Grow for the next three years. A new group started in East Kilbride in June and are busy working towards their National Progression Award in Horticulture which is the first time we've delivered that. Judging by the flourishing raised beds it seems to be going well !



Aidan and Ethan using nets to clear the pond

Garden Club

Continuing the horticultural theme, our Garden Club restarted in April and the group has been busy working in the Community Garden at the Village Centre. Come rain or shine they turn up every Tuesday and a lot of effort goes in to keeping everything tidy and weed free.



Kenneth cooking at Coalburn

New Horizons

Our New Horizons Step 1 (Pathways) course in Coalburn has been running every Thursday and content is decided by the participants. Activities have ranged from practical cooking to CV building and jobsearching. In East Kilbride a new group just started last month and content is similarly led by the participants. The aim of the course is to provide opportunities to address anxiety and isolation, build confidence and prepare participants for their next steps. Some of the group now feel ready to undertake some work experience so we'll be supporting them with that over the next couple of weeks. We now provide travel training for anyone who is anxious or uncertain about using public transport and that is making a big difference.



Garden Club at Village Centre

Summer 2023



Village Centre Garden Centre Garden Club

Jobsearch Support

1-1 support at our weekly Job Club in East Kilbride.
Contact our East Kilbride Office on 07706 360992 for further information or to book an appointment



Community Family Day - Village Centre



Cold Frames and Bedding Plants

Commercial Activity

Skills Exchange is now offering certificated training in Emergency First Aid at Work and REHIS Elementary Food Hygiene. Courses can be delivered in our centre or at other premises.

Feedback from a recent participant on Emergency First Aid at Work - ' It was a great course where I learned many new things even though it was my refresher course. Great job and thank you ! '

For further details please contact Samina 07706 360991 / samina@skillscio.org or our East Kilbride office on 07706 360992.

in association with **NUCO training**

Approved Training Centre
The Royal Environmental Health Institute of Scotland

David Livingston Birthplace



Let's Grow Presentation
March 2023



The Workers



Future Plans.....

September Courses (all starting mid-September)

- New Horizons Step 1 (Pathways) : all ages 16+ , taking place in East Kilbride
- New Horizons Step 2 (Positive Mental Health) :all ages 16+, taking place in East Kilbride
- Let's Grow : 16 - 24 yrs (some limited places for 25+)
taking place in East Kilbride and Lanark

Further information on all our courses can be found on our website - www.skillsco.org - or check social media.

Forthcoming Events

Open Day - Note the Date !

**Everyone is welcome at our Open Day
on Wednesday 23rd August in the
Village Centre, East Kilbride.**



**Come and meet the Skills Exchange
team, find out about what we can
offer and how we can support local
people. Invitations and further
information will be sent out over the
next few weeks.**

Thank you as always to all our Funders



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Coalburn, Douglas and Glespin Community Fund

