



ESF Positive Change

E-brochure 2022-23

Engagement projects for unemployed and economically inactive people in Sheffield



Part-funded by the European Social Fund





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Opportunity Sheffield is the employment and skills service in Sheffield City Council.



We create job opportunities and break down barriers to employment, particularly for those furthest from the labour market.

We also help businesses grow and develop a skilled, adaptable workforce, enabling them to thrive and support the growth of the local economy.

Who we support

Our employment and skills programmes are designed to help:

- people facing barriers to employment, who want to find a job or access training
- local employers - we offer expert assistance to Sheffield employers, by providing specialist help to access, nurture and retain skilled employees
- developers / contractors - organisations seeking to invest in development projects in Sheffield and create employment opportunities for local people.



ESF Positive Change - Background

ESF Positive Change is a pre-entry engagement programme, commissioned as part of Sheffield City Council's Ambition and Pathways to Success employment support projects, which are part-funded by the European Social Fund.

The programme consists of 18 projects, designed to inspire, motivate and activate unemployed and economically inactive residents of Sheffield who, for whatever reason, are struggling to engage with the labour market.

The suite of short courses is designed to provide the first rung on the careers ladder for people who are currently disengaged from the labour market and want to achieve more in life.

This brochure outlines the projects available and how to refer to them.

Eligibility Criteria

- unemployed or economically inactive
- resident of Sheffield
- aged 18+ for Priority 1.4 (Adult), or 15-24 for Priority 1.2 (Youth)
- legally entitled to live and work in the UK
- not being supported by other ESF provision and has not previously enrolled on ESF Pathways



*Ambition and
Pathways to Success
are part-funded by the
European Social Fund*



Option 1: Direct Referral

In some cases, referring a participant can be done without triage, for instance where an individual has a specific barriers / needs which a particular provider and course is designed to address.

If you know which service a particular individual would be suited to, please get in touch directly using the contact details in the directory.



Option 2: Triage

If it is not clear which is the most appropriate provider to refer to, contact Opportunity Sheffield's employment support team (which commissioned each of the courses available to participants through ESF Positive Change).

We are well-placed to consider referrals and direct them to the delivery partner best-equipped to offer support in the circumstances. To refer for triage, please follow the process outlined below:



Contact opportunity@sheffield.gov.uk to make us aware of the individual you wish to refer. For an informal discussion, call 0114 2296 168. **1**

We will send you a referral form. Complete this form to document the circumstances of the referral and return to opportunity@sheffield.gov.uk **2**

We will consider the referral and select the provider best-suited to working with the individual, based on the information we have available **3**

Referral details will be securely shared with the selected delivery partner. An advisor will establish contact with the individual or their parent / guardian. **4**



Ambition (Youth)

April 2022 - December 2023

Part-funded by the European Social Fund







Burngreave Works



Youth Leadership Programme

Burngreave Works is offering a six-week leadership programme for young females aged 15-24, with a view to preparing them to receive employment support and ultimately get a job.

Each weekly module, to be delivered on evenings, comprises of a 2.5-hour workshop plus breaks for refreshments, reflection, and evaluation, and leisure activities at the end.

Post-workshop exercises include reading, reflection/journaling and networking.

Cohort dates

- 28 October – 2 December 2022
- 13 January – 17 February 2023
- 10 March – 14 April 2023
- 5 May – 9 June 2023

Eligibility

- 15 to 24-years-old
- female
- live in Sheffield
- unemployed or economically inactive

Contact

Tammy Piercey
tammypiercey@burngreaveworks.org.uk
0114 213 2307



Positive Change!

For girls aged 15 to 25
in Burngreave



Girls Youth Sessions

6-week course starting Sat 29 October
Osgathorpe Pavillion
Earl Marshall Road, S4 7AP



Module 1:
Personal Direction and
Development

Module 2:
Creating and Maintaining
a Healthy Lifestyle

Module 3:
Managing your
Psychological and
Emotional States

Module 4:
Critical Thinking

Module 5:
Responsible Citizenship

Module 6:
Leadership and Peer
Support

Leisure activities and refreshments
at the end of each session



Give it a try!



To find out more, please contact Tammy at Burngreave Works:

Tel: 0114 213 2307 Email: tammypiercey@burngreaveworks.org.uk



**LIMITED PLACES FOR THE
AUTUMN COURSE!**



ESF Positive Change is part-funded by the European Social Fund



Element Society



The Fam

Element Society's empowerment programme is designed to motivate, inspire and upskill young people to become more active citizens. The course involves a two-night residential programme, encouraging participants to get away from their normal environment, try new things, develop skills and meet different people.

Towards the end of the residential phase, participants are introduced to the second part of the programme - the enterprise challenge. This aspect of delivery will include training from leading business professionals, working with the groups on design, marketing and delivery of their 'enterprise challenge'.

Cohort dates

- 7 November - 2 December 2022
- 16 January - 10 February 2023
- 13 March - 7 April 2023
- 8 May - 2 June 2023

Eligibility

- 16 to 24-years-old
- live in Sheffield
- unemployed or economically inactive

Contact

Chris Hill
chris.h@elementsociety.co.uk
 0114 2999 210



THE FAM COURSE

SUN-WED DAY
10:00 AM - 05:00 PM

- ARE YOU 16 - 24?
- UNEMPLOYED?
- NOT IN TRAINING OR EDUCATION
- READY FOR A NEW START



JOIN US FOR

- OUTDOOR ACTIVITIES
- RESIDENTIAL TRIPS
- ENTERPRISE CHALLENGE
- TRAINING FROM BUSINESS PROFESSIONALS
- MAKE AND PITCH A REAL PRODUCT!



SPEAK TO CHRIS HILL 0114 2999210
CHRIS.H@ELEMENTSOCIETY.CO.UK



European Union
 European
 Social Fund



Endeavour



Positive Change: Particip8

Endeavour's course uses outdoor-based personal development, work insight activities and environmental social action to promote soft skills development. This is with a view to building young people's confidence to engage with employability services.

Particip8 features exciting and engaging outdoor activities such as climbing, kayaking and abseiling. The course is delivered using a personal development approach where young people are presented with appropriate challenge, enabling them to develop essential life skills.

Cohort dates

- 31 October - 16 December 2022
- 9 January - 24 February 2023
- 6 March - 21 April 2023
- 8 May - 23 June 2023

Eligibility

- 15 to 24-years-old
- live in Sheffield
- unemployed or economically inactive

Contact

Hannah Shaw
hannah.shaw@endeavour.org.uk
0114 243 8219

Positive Change

15-24?

Resident of Sheffield? Unemployed or Economically Inactive?

We are here for you

- Referral, contact and initial assessment
- OUTDOOR ACTIVITIES
- Social action and volunteering
- Work-insight visits
- Exploration of next steps



Interested? Speak to Will

will.hopkins@endeavour.org.uk
07960 180 384



Pathways to Success is part funded by the European Social Fund

Grow Programme

The Grow Programme is a minimum of four-week journey for young people, with the vast majority of it delivered in nature. It incorporates three elements which have horticulture at their heart: group coaching, work experience and 1:1 coaching.

The sessions include social therapeutic horticulture at a community farm, the cultivation of plants and other gardening based tasks.

The course focuses on transferable soft skills such as motivation, emotional regulation, how to manage stress, having a positive mindset, professionalism and working well with others. Beyond the initial four-week programme, young people work with Transitions & Alumni Coach support to progress on to their next step.

Cohort dates

23 January - 17 February 2023

Eligibility

- 16 to 24-years-old
- live in Sheffield
- unemployed or economically inactive

Contact

Lee Smith
lee.smith@growuk.org
0114 3211810





Ambition (Adult)

Part-funded by the European Social Fund







ACT



Mind and Body Matters

ACT's course is designed to provide targeted opportunities and support for stay-at-home mums from the world community who face language and childcare barriers to employment. The course aims to help participants take steps towards gaining independence by increasing confidence, building networks and exploring possible career options.

Mind and Body Matters will provide a range of experiences, from creative workshops, 1:1 support and blended learning to include health and wellbeing activities. Participants with childcare responsibilities will have the use of childcare facilities with Fir Vale Pre-school.

Cohort dates

- 31 October - 9 December 2022
- 9 January - 24 February 2023
- 1 March - 7 April 2023
- 2 May - 9 June 2023

Eligibility

- 18+
- mothers from the world community
- live in Sheffield
- unemployed or economically inactive
- permitted to live and work in the UK

Contact

Sophia Saleh
ssaleh@actsheffield.com

Workers' Rights for Refugees

VAS is partnering with Northern College to deliver a short, three-session course on rights in the workplace to refugees who are at the start of their employment journey. This is so they can:

- identify bogus/dodgy job advertisements and know what to do when they see one
- understand rights in the workplace e.g. discrimination, notice periods, unfair dismissals
- understand employment contracts
- know where to go if they feel they haven't been treated fairly
- speak to others in their community about employment rights and responsibilities

There is an optional fourth session for participants, to be staged at Northern College in Barnsley.

Cohort dates

- 9 November - 23 November 2022
- 24 January - 7 February 2023
- 28 March - 11 April 2023
- 13 June - 27 June 2023

Eligibility

- 18+
- live in Sheffield
- unemployed or economically inactive
- Refugee or Asylum Seeker
- permitted to live and work in the UK

Contact

Katy Pugh
k.pugh@vas.org.uk
 07861 689595

WORKERS RIGHTS AND EXPLOITATION COURSE

Learn more about what your rights are in the workplace and how to search for good jobs?

You must :

- have the right to work
- currently be unemployed
- have minimum Entry 3 English



For more information
 Katy Pugh: 07861 689595
k.pugh@vas.org.uk

Venue for the course

The Circle,
 33 Rockingham Lane, S1 4FW
 9th, 16th, 23rd November
 10 a.m.-2.30pm

Drinks and lunch provided
 Travel can be paid for

The course will cover:

- identifying bogus job adverts **01**
- understanding your contract **02**
- discrimination at work and what you can do about it **03**





Zest



Zest4Life

Zest's course aims to inspire, challenge and motivate improvement in mental and physical wellbeing. The course is a cognitive behavioural therapy-based package which provides a wellbeing toolkit covering sleep hygiene, managing anxiety and understanding stress.

Each Zest4Life course involves five three-hour sessions, including workshops designed to transform negative mindsets, encourage teamwork and collaboration. Participants are encouraged to sample a physical activity session alongside the core programme.

The course offers a range of tasters including swim, couch to 5K and walking group. Successful completers are offered a one-month free gym or swimming pass.

Cohort dates

- 15 November - 29 November 2022
- 18 January - 1 February 2023
- 6 March - 20 March 2023
- 3 May - 17 May 2023

Eligibility

- 18+
- live in Sheffield
- unemployed or economically inactive
- permitted to live and work in the UK

Contact

Maria Smallwood

Maria.smallwood@zestcommunity.co.uk

Zest4life Personal Development



Improve your mind, body and soul.

This course will help you to build self esteem and confidence, focusing on solutions and developing personal life goals. Sessions include relaxation techniques, sleep hygiene, managing anxiety and stress. Providing a mental well-being toolkit and access to additional health support and physical activity sessions.



Duration

2 days per week
5 sessions
3 hours each

Weekly sessions

- What's important to me?
- Enable positive minds
- Food and mood
- Going green
- Connect and beyond

Participants who complete all sessions are eligible for a 1 month free gym & swim Zest pass

Referral Form



Eligibility

- Unemployed
- Aged 18+
- Live in Sheffield

Contact



0114 270 2042 / 0783 224 8942

[zestcommunity](https://www.facebook.com/zestcommunity)

[@zestcentre](https://twitter.com/zestcentre)

[zestcommunity.co.uk](https://www.zestcommunity.co.uk)

training@zestcommunity.co.uk

ESF Positive Change (Ambition) is part funded by the European Social Fund



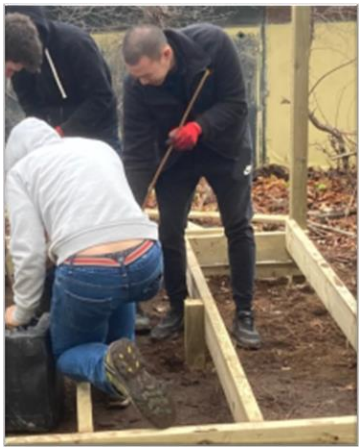
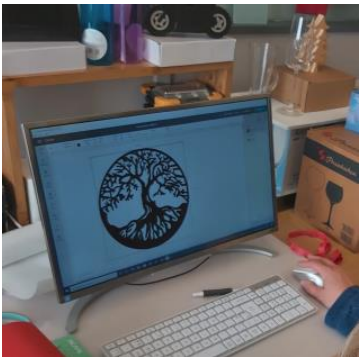
Enabling successful, and healthy lives



Pathways to Success

Part-funded by the European Social Fund





Makerpreneur

AALFY's course features a combination of workshops, volunteering and personal development opportunities for creative. Makerpreneur aims to support unemployed, aspiring entrepreneurs and makers to develop a positive mindset, learn new skills and gain work experience.

Workshop examples include introducing participants to 'Ikigai' - a Japanese concept exploring what gives a person a sense of purpose - along with techniques for mental wellbeing and an introduction to digital marketing. As part of the programme, participants will be given space to sell their product idea in a city centre gift shop (Bird's Yard). As part of this arrangement, participants are required to volunteer for ten hours per month.

Cohort dates

- 17 October - 14 December 2022
- 9 January- 20 February 2023
- 13 March - 24 April 2023
- 8 May - 26 June 2023

Eligibility

- 18+
- live in Sheffield
- unemployed or economically inactive
- permitted to live and work in the UK

Contact

Zak Ahmed
Zak@aalfy.org



ARE YOU A CREATIVE? OR PART OF A CRAFT GROUP? WANT TO MAKE OR SELL YOUR PRODUCT IDEAS? OR JUST WANT TO LEARN A NEW SKILL?

THE MAKERPRENEUR PROGRAMME EMPOWERS YOU TO DEVELOP BEAUTIFUL PRODUCTS USING A LASER CUTTER. WE SUPPORT MAKERS, CRAFTERS AND TINKERERS TO DEVELOP NEW SKILLS, SET UP THEIR OWN BUSINESS IDEAS OR FIND EMPLOYMENT OPPORTUNITIES IN THE CREATIVE SECTOR

**VISIT TO FIND OUT MORE:
WWW.MAKELASERGIFTS.COM
WWW.LEARNCREATESELL.COM**

@LEARNCREATESELL

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Pathways to Success is part-funded by the European Social Fund



learn create sell



make today amazing



Understanding your wellbeing

A Mind Apart's six-week course is designed to help to develop confidence and self-esteem. Delivery involves the use of creative techniques to support unemployed and economically inactive people, expand their resilience, develop social skills and show them how to set and achieve their own targets in a safe supportive environment.

Real-life scenarios will be explored through practical role play and exercises, such as interviewing, speaking on the telephone and body language. Participants will take part in a team project, where they will be required to work together and consider the wider social impact of their actions to the local community

Cohort dates

- 3 November - 8 December 2022
- 12 January - 16 February 2023
- 2 March - 6 April 2023
- 4 May - 8 June 2023

Eligibility

- 18+
- live in Sheffield
- unemployed or economically inactive
- permitted to live and work in the UK

Contact

Natasha Hargrove
Natasha@amindapart.org.uk

07835891458



UNDERSTANDING YOUR WELLBEING

Pathway to success

This is a six week course supporting adults to understand and manage their wellbeing, in the context of employment, using creative techniques. This course is aimed at those who are not in employment and training and live in Sheffield. Pathway to success is part funded by the European Social Fund.

Get in touch to find out more:

amindapart.org.uk/healthandwellbeing

0114 232 1172

admin@amindapart.org.uk

All staff are qualified, trained and DBS checked.



Autism Plus



Positive Steps

Positive Steps aims to support adults with Autism to improve independence, overcome challenges and build confidence in accessing mainstream activities, community support and services.

The course will be interactive and a mix of classroom-based, community-based and workplace visits. Delivery will be adapted slightly depending on those attending and incorporate interests, barriers and challenges for each cohort.

One of the core sessions is designed around improving travel confidence through a trip to Meadowhall, taking the bus out and returning on the train.

Cohort dates

- 7 Nov - 17 December 2022
- 9 January - 17 February 2023
- 6 March - 14 April 2023
- 8 May - 16 June 2023

Eligibility

- has Autism or an associated condition
- 18+
- live in Sheffield
- unemployed or economically inactive
- permitted to live and work in the UK

Contact

Suzanne Eusman

employmentsupport@autismplus.co.uk

POSITIVE STEPS

Supporting adults with autism to increase independence, overcome challenges and build confidence



IF YOU

Are aged 18 and over
 Have autism or an associated condition such as
 ADHD, Dyspraxia, Dyslexia, Dyscalculia,
 Dysgraphia, Tourette's syndrome
 and Live in Sheffield



You might be eligible for our new Positive Steps course!

Positive Steps is a six week course to help you overcome challenges and build confidence

- Week 1 - Setting goals and team building
- Week 2 - Travel confidence
- Week 3 - Community session
- Week 4 - Managing money
- Week 5 - Workplace visit
- Week 6 - Review and signposting

FREE one month travel pass following completion!

New courses will commence in November 2022, January 2023, March 2023 and May 2023

CONTACT US

www.autismplus.co.uk/positive-steps
employmentsupport@autismplus.co.uk
 01143 840 284

To qualify for this free course you must have autism or an associated condition, be aged 18 or over, a resident of Sheffield, unemployed or economically inactive, legally entitled to live and work in the UK, and not enrolled currently or previously enrolled on an ESF Pathways keyworker programme. If you are unsure if you might be eligible, please contact our friendly team



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ESF Positive Steps (Pathways to Success) is part-funded by the European Social Fund



Healthy Mind 24/7

Big Ambitions is offering a six-week interactive course to help improve motivation, resilience and confidence. Healthy Mind 24/7 covers factors and techniques in overcoming barriers, getting out in the community and helping people improve their wellbeing.

On delivery days, the morning is classroom-based and covers a mix of PowerPoint presentation, group and individual activities, discussion and tutor guidance. The afternoon features active sessions out in the community focusing on wellbeing.

Cohort dates

- 1 December 2022 -19 January 2023
- 2 February - 9 March 2023
- 23 March - 27 April 2023
- 11 May - 15 June 2023

Eligibility

- 18+
- live in Sheffield
- unemployed or economically inactive
- permitted to live and work in the UK

Contact

Andy Wallace
Andrew.Wallace@bigambitions.org.uk



Healthy Mind^{24/7} Training

Taking place in one of the Executive boxes at Bramall Lane, this one day a week, 6-week interactive course, is designed to improve motivation, resilience and confidence.

This personal development course will cover useful information and will help you to develop techniques to help you overcome barriers, get out into the community and help you improve your wellbeing.

BENEFITS!

All participants who complete the course will receive a 12-month subscription to a...



24-hour Advice Line, Doctor Line, and Big White Wall via Togetherall!

ELIGIBILITY:

Eligibility – 18+, unemployed or economically inactive, Live in Sheffield.

Got any questions about our eligibility criteria? Please contact us.

Please turn over to Find Out More.



Part-funded by the European Social Fund





Down2U Physiotherapy



Improving the physical and mental health of people living with chronic pain

Down2U Physiotherapy is offering a seven-week course to include education and practical training to help chronic pain sufferers overcome pain and its effects on poor physical and mental health.

The project will deliver five modules to help clients develop their physical and mental knowledge and resilience to overcome their pain.

A health and fitness professional from Down2U will facilitate and train the physical conditioning and movement components in a functional room with gym equipment and lifting objects e.g. boxes.

Cohort dates

- 21 Oct - 2 December 2022
- 6 January- 17 February 2023
- 3 March - 14 April 2023
- 5 May - 16 June 2023

Eligibility

- 18+
- live in Sheffield
- unemployed or economically inactive
- Suffering chronic pain / injury requiring physiotherapy

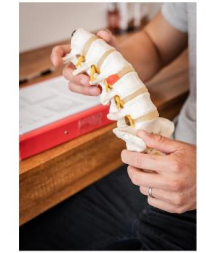
Contact

Adam Siu
adam@down2uphysiotherapy.co.uk
 07790697765

Do you experience pain?

Does it affect your ability to live the life you want?

If you are aged 18+ and unemployed in Sheffield
Down2U Physiotherapy's 7-day FREE Pain Programme is the place for you!



1. Receive **PROFESSIONAL** coaching centred on **BEATING** pain for good

2. Increase your overall physical **FITNESS** and flexibility

3. Gain lifetime skills to help **RELAX** and switch off your pain

4. Gain **MASSIVE CONFIDENCE** in your body and mind

5. Be surrounded by similar minded people

6. Look to the **FUTURE** with optimism, and move towards education, training or work

Poor physical and mental health can stop you doing the things you want to do, whether that's enjoying exercise, finding work and holding down a job, or simply doing chores at home.

If you're unemployed and want to make a positive change, get in touch.

E: home@down2uphysiotherapy.co.uk T: 07790697765

www.down2uphysiotherapy.co.uk



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Towards Employment in Sheffield's Environmental Sector

Heeley City Farm will run an environmental project co-designed with ShefFood Employers, involving a cohort of ten unemployed people engaging with employment opportunities in the Sustainable Food Growing and Horticultural/Agricultural Sectors.

The green-focused course is designed to increase practical skills and experience and develop understanding of climate change and related themes.

The course involves 12 structured days of demonstrations and hands-on practical learning sessions covering why increasing local growing skills are vital for climate change adaptation and future food-production.

Cohort dates

13 March - 21 April 2023

Eligibility

- 18+
- live in Sheffield
- unemployed or economically inactive
- permitted to live and work in the UK

Contact

Nick Horne

Nick@heeleyfarm.org.uk

0114 258 0482



Made in Sharrow

Sharrow Community Forum's design and manufacturing course will take place in the 'Made in Sharrow' Workshop at the Old Junior school. Participants will learn DIY and woodwork skills, allowing them to grow confidence in taking on home projects and repairs while providing a potential gateway into qualifications and courses.

Each participant will make their own personal item to take home - choosing between a variety of design ideas or a shelving unit. Participants will also work collaboratively to create products to brighten and enliven local public spaces, including local parks, gardens and playgrounds.

Cohort dates

- 1 November - 7 December 2022
- 17 January - 22 February 2023
- 7 March - 12 April 2023
- 9 May - 14 June 2023

Eligibility

- 18+
- live in Sheffield
- unemployed or economically inactive
- permitted to live and work in the UK

Contact

Zaheer Ahmed
zaheerahmed@burngreaveworks.org.uk
 0114 2132307

MADE IN SHARROW

**Free 5 week course in
DIY and Woodwork
Skills**

Venue: Sharrow Community Forum, S7 1DB

Every Monday and Tuesday, 9:30 am-12:30 pm
 Starting 14th November till 13th December 2022

Are you currently unemployed and would like to learn some basic DIY and woodwork skills?

Book a place on our free short courses teaching skills in woodwork and DIY - all led by an experienced and friendly tutor with a support-worker on hand to help...

The course can lead to volunteering, mentoring, or even community work!

Refreshments and free hot meal provided.
You must be over 18 and currently not in work

Pathways to Success part funded by

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European Social Fund

More courses in 2023!

"Chris was kind and encouraging which helped me gain confidence"

"Tutor is great, welcoming and accommodating"



The Employers Forum



The Employers Forum Walk and Talk



Walk and Talk

The Employers Forum's course is designed to reduce social isolation, improve self-esteem and build confidence through interaction, exercise and improved wellbeing.

Walk and Talk aims to help address the health and social inequalities experienced by people in the local community through a series of individual and group interventions running alongside a number of leisure walks, promoting physical activity and encouraging social interaction.

Guided walks will be designed to accommodate varying abilities and ages, and will include both city and country walks. Transport will be provided to take participants to and from the start and finish of the walks, where appropriate, and refreshments will be provided to encourage participation and social interaction.

Cohort dates

- 7 November - 2 December 2022
- 6 March - 31 March 2023
- 8 May - 2 June 2023

Eligibility

- 18+
- live in Sheffield
- unemployed or economically inactive
- permitted to live and work in the UK

Contact

David Hartlebury or Sofia Ali
info@theemployersforum.org.uk



A wellbeing project for the **unemployed**, aimed at encouraging self-development, reducing social isolation, improving self-esteem and building confidence through interaction & exercise.

Cohort 1: Monday 7 November to Friday 2 December 2022

Eligibility: 18+, live in Sheffield, unemployed, permitted to live & work in the UK

- discover Sheffield & beyond
- get support and advice
- chat to new people
- funded trips out
- expert walk leader
- become more active
- get outdoors



Our 'Walk and Talk' meeting point is Shipshape Health and Wellbeing Centre, The Stables, Sharrow Lane, Sheffield, S11 8AE



If you are interested in attending, please contact David Hartlebury or Sofia Ali on 0114 258 5000
Or email info@theemployersforum.org.uk

Pathways to Success is part-funded by the European Social Fund





Together for Sheffield



Ascend

Together for Sheffield is running a six-week taster course designed to grow character and employability by blending work experience, employer interactions, workshops, and individual consultations. The course supports unemployed 18-24-year-olds to develop qualities needed to effect sustained positive change: Confidence, Initiative, Tenacity and Teachability (their Personal Tool-CITT).

Ascend includes:

- Six days of work experience with a local employer (28 hours)
- Four 1:1 consultations with course facilitators (4 hours)
- Six days of group workshops (30 hours)

Cohort dates

- 17 October - 25 November 2022
- 9 January - 17 February 2023
- 13 March - 28 April 2023
- 15 May - 23 June 2023

Eligibility

- 18-24-year-olds
- live in Sheffield
- unemployed or economically inactive
- permitted to live and work in the UK

Contact

Catherine Wiffen
catherine@togetherforsheffield.co.uk

The Sky's the Limit with Ascend!

A work-based employment programme for 18-24-year-olds in Sheffield



WHAT IS ASCEND?

Trial work placement:

Two weeks of supported work experience in Sheffield

After a successful work placement, you will be offered a **6 month paid work contract** with your placement employer, PLUS:

Engaging team days supporting personal and professional skills development

A matched mentor to listen, guide and advocate for you.

"Being part of this programme literally changed my life."

-Wilster

An initiative of:



Supported by:



CONTACT CATHERINE TO GET STARTED:

Email: Catherine@togetherforsheffield.co.uk

Text/WhatsApp: 07949689182





The Source



Body Boost

The Source is offering a programme of intervention for adults whose poor levels of health and fitness could be considered as impacting on their wellbeing, mental health, self-confidence, self-esteem and ultimately their employability.

Participants will receive free gym-based coaching from former professional bodybuilder Trevor Chrouch at his fitness centre in S3. Trevor will mentor and train individuals towards their personal goals over the course of 80 hours of intervention, through a combination of group sessions and tailored 1-to-1 support, guidance and motivation.

Cohort dates

- 17 October - 23 December 2022
- 9 January - 24 February 2023
- 13 March - 28 April 2023
- 15 May - 30 June 2023

Eligibility

- 18+
- live in Sheffield
- unemployed or economically inactive
- permitted to live and work in the UK

Contact

Zubair Shahzad
 Zubair.Shahzad@thesourceacademy.co.uk
 T: 0114 2635 684
 M: 07793 308 846

BODY BOOST

- Lets Get Stronger -



100 hours of funded exercise, fitness, personal training and positive change



Programme led by professional body builder, Trevor Chrouch.

Starting this October at Olympia Fitness in S3, a 10 week programme of tailored fitness, classes and Body Boosting!!!!



Positive Change: Skills for Jobs

Yes2Ventures is offering the opportunity for participants to gain new and transferable skills in a small group setting. Each course will comprise 20 sessions of 2.5 hours over a period of five weeks, with participants split into small groups to work on supervised activities.

They will be taught a set of skills in design, print, marketing and sales, all of which are transferable. This is with the purpose of showing participants they are capable of learning to do things that employers need in many different market sectors.

At the end of each course, participants will have the opportunity of marketing the attractive high-quality products of wood, fabric and glass that they have made, or of keeping them.

Cohort dates

- 1 November - 2 December 2022
- 9 January- 9 February 2023
- 6 March- 6 April 2023
- 8 May - 9 June 2023

Eligibility

- 18+
- live in Sheffield
- unemployed or economically inactive
- permitted to live and work in the UK

Contact

Hazel Bryce
hazel@yes2ventures.org.uk
 07923 697 358

yes2ventures

POSITIVE CHANGE

Recruiting NOW!

FREE!

JOIN US AND...

Gain experience in a business setting.
 Build skills in **Design, Printing, Marketing, Retail & Online retail.**



FLEXIBLE 5-WEEK COURSE

MORNING OR AFTERNOON SLOTS AVAILABLE

2.5 hour sessions with flexibility if needed.

ARE YOU...

18+?
 Unemployed, with the right to work in the UK?

APPLY!

WE CAN HELP WITH TRAVEL

Bus passes can be provided if needed.

REACH US! Hazel: 07923 697358 | hazel@yes2ventures.org.uk
 Unit 2A Neepsend House, 1 Percy Street Sheffield S3 8BT
 5 week rolling programme commencing 31st October 2022



Part-funded by the European Social Fund





Provider Directory

December 2022 – April 2023





AALFY

Pathways to Success: Makerpreneur

E: Zak@aalfy.org

A: 108 The Moor, Sheffield S1 4PD



A Mind Apart

Pathways to Success: Understanding Your Wellbeing

E: Natasha@amindapart.org.uk

T: 07835891458

A: 57 Burton St, Hillsborough, Sheffield S6 2HH



ACT

Ambition (Adult): Mind and Body Matters

E: ssaleh@actsheffield.com

A: Firvale Centre, Earl Marshal Rd, Sheffield S4 8LB



Big Ambitions CIC

Pathways to Success: Healthy Mind 24/7

E: Andrew.Wallace@bigambitions.org.uk

T: 0114 276 0039

A: Blades Business Hub, John St, Highfield, Sheffield S2 4QX



Autism Plus

Pathways to Success: Positive Steps

E: suzanne.eusman@autismplus.co.uk

T: 0114 384 0284

A: The Exchange Brewery, 2 Bridge St, Sheffield S3 8NS



Burngreave Works

Pathways to Success: Youth Leadership Programme

E: tammypiercey@burngreaveworks.org.uk

T: 0114 21 32 307

A: Sorby House, 42 Spital Hill, Sheffield S4 7LG



Down2U Physiotherapy

Pathways to Success: Improving the physical and mental health of people living with chronic pain

E: home@down2uphysiotherapy.co.uk

T: 07790 697765

A: 27 Hewer Ct, Halfway, Sheffield S20 4AD



Grow

Ambition (Youth): Grow Programme

E: lee.smith@growuk.org

T: 0114 3211810

A: Castle Green, 7 Castle Street, Sheffield, S3 8LT



Element Society

Ambition (Youth): The Fam

E: nathanh@elementsociety.co.uk

E: dave.c@elementsociety.co.uk

T: 0114 299 9210

A: Yorkshire House, 66 Leopold St, Sheffield City Centre, Sheffield S1 2GZ



Heeley City Farm

Pathways to Success: Towards Employment in Sheffield's Environmental Sector

E: Nick@heeleyfarm.org.uk

T: 0114 258 0482

A: Richards Rd, Heeley, Sheffield S2 3DT

Endeavour

Ambition (Youth): Particip8

E: hannah.shaw@endeavour.org.uk

T: 0114 243 8219

A: Endeavour Centre, Earl Marshal Rd, Sheffield S4 8FB



Sharrow Community Forum

Pathways to Success: Made in Sharrow

E: reception@sharrowcf.org.uk

T: 0114 250 8384

A: Old Junior School, South View Road, Sheffield S7 1DB



The Source (Meadowhall Training)

Pathways to Success: Body Boost

E: Zubair.Shahzad@thesourceacademy.co.uk

T: 0114 2635 684

A: 300 Meadowhall Way, Sheffield S9 1EA



Voluntary Action Sheffield

Ambition (Adult): Workers' Rights for Refugees

E: k.pugh@vas.org.uk

T: 07861 689595

A: The Circle, 33 Rockingham Lane, Sheffield, S1 4FW



The Employers Forum

Pathways to Success: Walk and Talk

E: sofia@theemployersforum.org.uk

E: david@theemployersforum.org.uk

A: Shipshape Health And Wellbeing Centre, The Stables, Sharrow Lane, Sheffield, S11 8AE



Yes2Ventures

Pathways to Success: Positive Change: Skills for Jobs

E: mark.powell@yes2ventures.org.uk

T: 0114 438 1410

A: Unit 2A, Neepsend House, 1 Percy Street Sheffield S3 8BT



Together for Sheffield

Pathways to Success: Ascend

E: catherine@togetherforsheffield.co.uk

A: 3 Liberty Road, Sheffield S6 5PT



Zest

Ambition (Adult): Zest4Life

E: maria.smallwood@zestcommunity.co.uk

T: 0114 270 2042

A: 18 Upperthorpe, Sheffield, S6 3NA

Contact us:



Email: opportunity@sheffield.gov.uk

Tel: 0114 2296 168

Web: www.sheffield.gov.uk/opportunitysheffield



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