



Put your skills into practice

Further your training and employment opportunities

Volunteering in the Spring

personalbest

NEWSLETTER

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MAYOR OF LONDON



Part of the Department for Work and Pensions



European Union
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Investing in jobs and skills



Leading learning and skills



Welcome

Welcome to our spring Personal Best newsletter where we aim to keep you up to date with the latest news from the Personal Best community in each of the Boroughs.

Personal Best is expanding with more partners becoming involved in the heart of their communities and the programme will be available in all of London very soon. We have been impressed by the number of you who have continued to champion the programme in your local area as well as braving it on to national radio and TV!

It is wonderful to hear your stories explaining how Personal Best has helped to make a difference to your ambitions. We want you to continue to share your experiences, so please email us at personalbest@lda.gov.uk and let us know how you've been getting on.

At Personal Best, we are keen to help you to continue improving the skills and experience you have already gained from the course, as well as helping you find new job opportunities. In this edition, we take a look at the list of volunteering opportunities for spring and summer as well as the Official Sports London programme. There is also information about Relay London Jobs, which can help match your interests and skills to the right job for you. Your Personal Best adviser can provide you with further information and support.

Good luck with your volunteering activities for this spring and summer!



Mumtaz Bashir

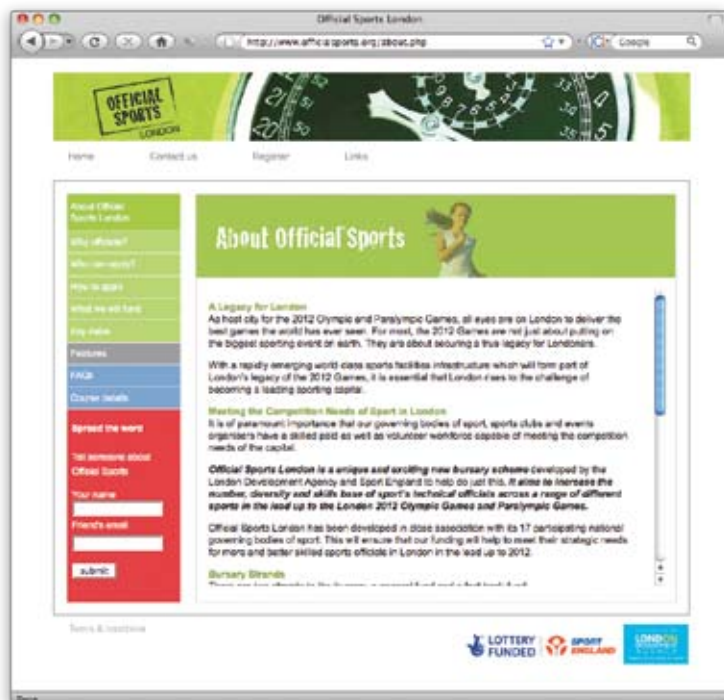
Mumtaz Bashir
Head of Personal Best Programme

Official Sports London

Ever thought about being involved in a sport without actually playing? Interested in doing something slightly different with your volunteering? ...then read on.

Official Sports London is an exciting new bursary opportunity to assist Londoners aged 16+ to complete sports officiating qualifications, volunteer or work as officials. Gaining an Official Sports Bursary can unlock the door to gaining a new qualification, improve your access to volunteering, work and social opportunities and allow you to take the lead for your sport.

Officiating can provide enormous personal rewards. So if you are really interested in sport and would like to progress down this career path and gain qualifications, then don't delay – register today by visiting www.officialsports.org



Michael moved to London from Peterborough hoping to find permanent work in construction. After being out of work for two years with no luck, a worker noticed that he had good written and IT skills and suggested he do some training to go into administration work. He had never given any thought to going into learning and he had never worked in customer services or IT before.

So when Michael was invited to join Personal Best, he was sceptical because it was not in construction and he wasn't sure it would lead anywhere. "At that time, I had a baby on the way so that was a deciding point for me. He was my inspiration to go on Personal Best because I wanted to set a good example for him."

That decision proved to bring positive change for Michael. He particularly enjoyed the volunteering and the customer service modules on the programme and after finishing his training he continued looking for long term volunteering in administration to help him gain more work experience.

Michael also enjoyed the graduation ceremony where he got to meet Lord Coe and have his picture taken with him. "I remember watching Seb Coe running in the Olympic Games so was thrilled that I then got to meet him in person!"

Eventually a local employment service called Michael about an interview with Thames Clippers (the company who run a ferry service on the Thames). The interviewers were interested when he spoke about

"I've always known that I'm capable but I've also been put in one environment most of my life. Going into customer services was a complete change. Personal Best really helped me a lot in confidence."

Personal Best and what he learned from health and safety, crowd control and customer service; qualities they were looking for in an applicant for their company.

"I'm really happy in my new job! If I was honest, when I came to London in 2006, I only had visions of working on a building site and never envisaged doing this type of work. I'm very proud because it's regular work for a big company that is local to where I live. I want to stay in this company and am determined to work my way up to customer service manager."

"I never envisaged doing this type of work..."



Further skills and employment opportunities

For those of you who have completed Personal Best and are now planning your future, whether that is in permanent employment, more volunteering or further education and training, there are a number of initiatives that may help you.

Podium Skills London has recently launched a website which helps direct you towards training courses across London and identifies areas and industries where skills will be needed in the run up to and after the London 2012 Olympic and Paralympic Games. This site is well worth exploring if you are interested in going onto further training with a view to gaining permanent employment.

Podium Skills London looks at many different areas of employment that may become available in the lead up to, during and beyond the Games, which may include anything from construction, catering and park landscaping to media skills and sports coaching.

Another website that helps circulate the jobs and training opportunities coming from the Olympic Park to people across London is Relay London Jobs. A whole range of roles both on the Olympic Park and elsewhere in London, ranging from entry-level to highly skilled positions in areas such as construction, administration, security, driving, customer service and apprenticeships are distributed to local organisations across London via Relay London Jobs. This helps to

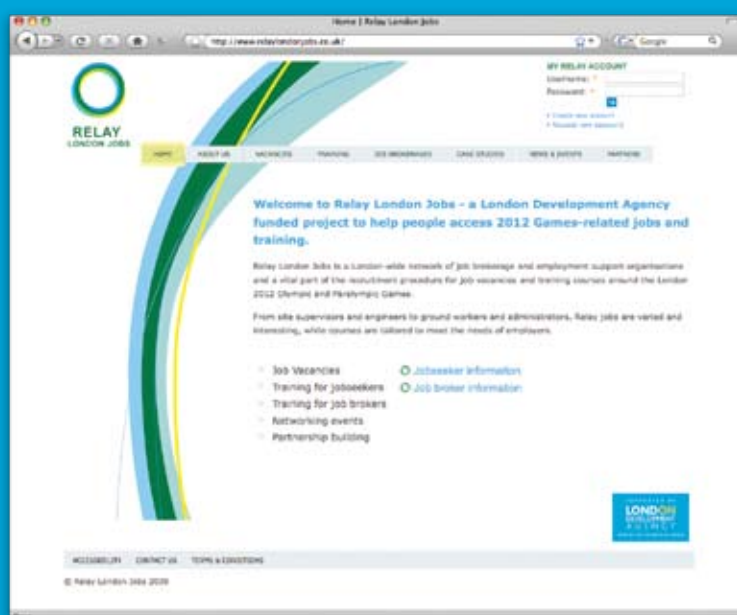
ensure that the job opportunities arising from the Games are available to all Londoners.

To take advantage of the training and employment opportunities from Relay London Jobs you should speak to your Personal Best Adviser who will be able to give you more information, alternatively you can register with your local employment service, this is an easy process and all details are on the website.

Further Information

Podium Skills London
www.podiumskillslondon.co.uk
(website live at the end of April)

Relay London Jobs
www.relaylondonjobs.co.uk



PB 3rd Sector Coordinator Welcome to Adam Walker who is now taking over this role

Many of you may have met Ly ly Fong who has worked with the Personal Best team since the programme started. Ly ly is leaving Personal Best but has very much enjoyed her time here.

“It is with great sadness that I say goodbye to Personal Best. I had the privilege to meet many of you and hear about your experiences. You will never know just how encouraging and inspiring your stories are to others. Thank you for sharing!

My first memory was meeting the Tower Hamlets and Brent participants who were great ambassadors at the LDA’s Legacy Launch event. Our Brent volunteer travelled all the way from West London and received much praise from the events organisers for his professionalism.

The Cambridge Boat Race proved to be another unforgettable experience where many of us got soaked in the rain, yet many of you stayed until the end!

However, one of my favourite memories was the Royal Park Half Marathon where participants, a tutor and PB Adviser from different boroughs came together and supported a drinks station. Seeing everyone working as a team just showed how special the Personal Best community is - especially as the events volunteer coordinator said we were the best team she ever had!

I hope that you will all keep on volunteering and remain involved with the Personal Best community as local ambassadors.”

Wishing you all the best!

A full time mother for 8 years, Sarah was keen to get into paid employment now that her son was older.

“It was the right time but I was worried because I wanted to go into IT and I hadn’t had any formal training.” Sarah’s fears and lack of experience didn’t stop her. She visited her local employment agency and they told her about a programme that seemed to match her needs.

From the beginning Personal Best was a perfect fit. “I learnt and did many things; meeting and socialising with other people who wanted to better themselves and who enjoyed learning, and testing and understanding my skills. I put my best into the course!”

Her proudest moment since joining Personal Best has been the volunteering opportunities. “Volunteering has opened so many doors for me,” Sarah said. “And it offers flexibility of time, which suits my childcare needs.”

Sarah is pleased with the support she’s had from her tutor and adviser, who managed to get her volunteering work in IT. She also gained administration and office experience at two



charities, which has greatly improved her CV to help her find paid work in the future.

Sarah has been pleased by how much she has gained from her six weeks on Personal Best. “My friends and family have seen the changes in me. The PB course brought out the best in me and improved my self confidence as well as opening up doors into training and employment. It’s fun so I’d recommend it to everyone!”

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Ly Fong with participants at the Oxford and Cambridge Boat Race

Calendar of events

Get in touch with your **Personal Best Adviser** for more information on the roles available at these events

Date	Event & Location	Contact details
16-17 May	Playtex Moonwalk, Hyde Park 15,000 women and men will pound the streets in decorated bras! 2009 will be the 12th year of the Original, Biggest, Brightest, Best and Boldest Power Walking Marathon in the world!	Amy Schick volunteers@walkthewalk.org 01483 741430
4 June	Crisis Square Mile Run, City of London The 3.5 mile Crisis Square Mile Run is a fun and simple way to make a true difference to the lives of homeless people throughout the UK.	Patrick Browne patrick.browne@crisis.org.uk 020 7426 3852
7 - 19 June	Spitalfields Summer Music Festival, East London Astounding live music experiences in East London through annual festivals and events, learning and participation.	Helen Bailey recruitment@spitalfieldsmusic.org.uk 020 7377 0287
4 - 12 July	Streatham Festival, Streatham Streatham Festival is organised by a group of volunteers, keen to make Streatham a lively and good place to live and work.	Anna Godsiff Streatham Festival Association agodsiff@hotmail.com 07973 711 173
13 July	Run for Moore, Blackheath A charity run for men to take part this summer to raise money for research into bowel cancer.	Becky Lomax register online at www.raceforlife.org/support-race-for-life/volunteer.aspx 0871 641 2272
13 July	Cancer Research Race for Life, Various locations Now in its 16th year, Cancer Research UK's Race for Life continues to be the most successful and largest women's only fundraising event across the UK. Race for Life is a fun day out and a heart warming experience for everyone involved.	Register online www.raceforlife.org/support-race-for-life/volunteer.aspx

Want to volunteer but not available for these dates? Don't worry, there are plenty more volunteering opportunities listed in our events calendar. Please visit **www.eventvolunteers.org.uk** for more information or speak to your local Personal Best adviser.

Send us your news

Got a story to tell, some pictures of a volunteering event, or suggestions about what you'd like to see in your next Personal Best newsletter?

For more information on Personal Best please go to **www.personalbestprogramme.co.uk**

Send your ideas to:

Adam Walker

Greater London Volunteering
Blackfriars Foundry
156 Blackfriars Road
London SE1 8EN

Or email: personalbest@lda.gov.uk