

connect+

Keeping you in touch with Shaw Trust July 2008

GETTING CREATIVE

With the Chorley
and South Ribble
Employment project



A DREAM COME TRUE

Katy Beschizza achieves
her childhood ambition

ANGLING FOR SUCCESS

Things are working out
for fisherman Tom Carroll

MORE CONTENT
FROM CLIENTS

July 2008

CONNECT, sharing Shaw Trust news and views with trainees, supporters and employees.

You can receive Connect in Braille, audio, large print or other formats if you would prefer.

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If you would like more information on any of Shaw Trust's projects or services from this issue please call 01225 716300 or visit www.shaw-trust.org.uk

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FROM THE EDITOR

Time for a change



Dear Readers,

Welcome to your new look Connect magazine. As always you'll find a mix of Shaw Trust news, your success stories and interesting articles.

We have also made some changes as a result of your suggestions and comments. We have changed the layout so that you can find your favourite sections easily.

There are lots of chances to have your say. In fact our new features 'Our Project' and 'Job Profile' are written by Shaw Trust clients.

We have kept one of your favourite sections, the wordsearch and really hope you'll enjoy this issue of Connect. We'd love to hear what you think, or your suggestions for future issues, so please get in touch.

You can write to me or use the 'Send It In' form.

Becky Gammon

Becky Gammon
Editor, Connect

CONTENTS



- 2 **About us**
 - Recently
 - Shaw Trust fact file
 - Happy shopping
 - 25 years of Shaw Trust

- 4 **Real life**
 - A dream come true for Katy Beschizza
 - Our project
 - A typical day at the Chorley and South Ribble Project

- 8 **Working out**
 - Angling for success
 - Top 10 tips for writing your CV
 - Job profile

- 10 **News and events**
 - Star Awards
 - London Marathon
 - Congratulations

- 13 **Your views**
 - Have your say and share your views

RECENTLY...

New Service

Shaw Trust has been chosen by the Government to provide a new service to help people to find jobs. It is called Pathways to Work. We provide this service for people claiming Incapacity Benefit in the **Manchester area, Norfolk, Hampshire, Isle of Wight, Oxford, Berkshire** and **Buckinghamshire**. Our Employment Advisers offer advice and practical help, including where to look for jobs, how to apply and where to find training.

Mental Health: The Last Workplace Taboo

Shaw Trust has been working on a project to raise awareness of mental ill health in the workplace. Research was carried out to find out what British employers felt they needed to be able to support employees with mental ill health. As part of the project Shaw Trust has published the research and has launched a free web resource to help people make a difference in their workplace. A copy of the research document can be downloaded from our website at www.shaw-trust.org.uk and the new web resource can be found at www.tacklementalhealth.org.uk

Top Employer

Shaw Trust has been named as one of the Top 100 Employers in Britain by the Guardian and research foundation CRF. Sitting in 57th place, Shaw Trust is the highest ranked charity in the top 100 list, finishing higher than other charities such as **Oxfam** and **Shelter**. We are higher in the rankings than we were last year and we are delighted to have made it onto the list, which also includes big companies such as **Cadbury Schweppes, John Lewis** and **GlaxoSmithKline**.

Top IT Employer

As well as being one of Britain's Top Employers, **Shaw Trust** has also been recognised as one of the Top Information Technology Employers in the UK. Other top employers on the list include **BP, Yell, IBM** and **The Carphone Warehouse Group**. To be ranked among these large organisations is a real achievement for Shaw Trust. We want to become an employer of choice for people working within the Trust and outside, so this award goes a long way to help achieve this.

SHAW TRUST FACT FILE

- **Shaw Trust** is a national charity, set up 25 years ago
- **Every year** we work with over 60,000 people
- **We work** with local authorities to deliver effective social care services
- **Shaw Trust** employs 1200+ people
- **We run** over 200 projects and services in the UK
- **We have** 36 high street charity shops
- **We provide** support to
 - prepare for work
 - find jobs
 - stay in work
 - live more independently
- **We help** businesses to
 - employ people with ill health or disabilities
 - manage mental ill health at work
 - make sure their services and information are accessible

Happy shopping

Our retail arm has opened four new shops in the past few months. The latest are in **Glastonbury**, **Tidworth** and **Yeovil**. This brings the total number of Shaw Trust shops to 36. We have updated our branches in **Didcot**, **Swindon**, **Bath** and **Malvern** too. You can find the full list on our website. If you have a shop in your area, why not pop in and see if you can snap up a bargain. On-line shoppers are also supporting us. Last summer we sold our first item via e-bay. We use the on-line auction to attract bidders for rare or collectors items donated.

You can find out more about Shaw Trust from our website www.shaw-trust.org.uk



25 Years of Shaw Trust

We're now coming to the end of our 25th anniversary year. We were set up in 1982 to help disabled and disadvantaged people find work and live more independently. We've marked our special year by:

- using a 25th logo
- sending our management team 'back to the floor' to work in offices and projects
- holding our regional and national STAR awards events
- holding Open Days and activities
- catching up with some of our earliest clients

In over a quarter of a century we have helped more than 160,000 people. We're looking forward to the next 25 years and supporting many more.

Supporting people
for **25** years

A dream come true for

Katy Beschizza. After studying animal care at Sparsholt College, Katy who has been profoundly deaf since she was six months old, found it difficult to find full time work in the industry she loved. Her passion was to work with animals, but it wasn't until she was referred to Shaw Trust from her local JobCentre in Basingstoke that she was able to achieve her ambition.

"I'd worked in kennels, stables and a cattery, but Shaw Trust asked me what I really wanted to do, and I said I dreamt of being a zoo keeper at Marwell, where I'd wanted to work since I was five years old."

Shaw Trust organised a six week training placement at the zoo for Katy and she has been there ever since. Katy was snapped up for a zoo keeping job as soon as there was a vacancy.

"I had tried to get work experience or a job with Marwell but had no luck. All I needed was the chance to show I could do the job," said Katy.

"...I dreamt of being a zoo keeper at Marwell, where I'd wanted to work since I was five years old."

Katy's success story was spotlighted at last year's STAR Awards on a special anniversary wall celebrating Shaw Trust's 25th anniversary. As one of the 160,000 people who have been supported over the last 25 years, Katy was delighted that her story was being told. It was another achievement in what was an extra special year for her.





“I was lucky to meet Princess Anne last year when she came to the zoo...”



As well as being busy working at the zoo looking after the animals, Katy also married Gerard last summer and has set up home where she is starting her own little zoo. Katy lives with two cats, Henri and Jazzy and two Leopard Geckos called Gremlin and Gizmo.

“When I was growing up, I had to work extra hard because of my deafness, but you can make your dream come true,” she says. “Shaw Trust really listens to what you want to do and helps you to achieve it. My message to anyone who is struggling to find work is: don’t be put off. It’s your life!”

There are over 250 species of animals at Marwell, which is set in 100 acres of Hampshire parkland and staffed by over 150 people. I work on the East Section, looking after lemurs, gibbons, macaques, tamarins, cranes, conures, ankoles and porcupines. I like animals and I don’t mind handling any animal, but my main interest is primates.

I was lucky to meet Princess Anne last year when she came to the zoo to open the new gibbon enclosure in my section.

I do the daily routine of feeding, cleaning and I help at the weekly vet’s visit. I also check on the animal’s health and travel to other zoos where I exchange animals for breeding. I am currently training in towing a trailer for their journeys.

I’ve recently spent the day at a mammal meeting and a rope splicing workshop! And I’ve also visited Twycross Zoo near Tamworth to work with the Langurs, so my job is quite varied.

“I love my job and the zoo has been very good and encouraged me,” says Katy who really does have her dream job.

The Chorley and South Ribble Employment project provides arts and crafts activities to support adults who have long term mental health problems. The project is based at Westfields Resource Centre in Leyland, Lancashire. The clients who attend gain skills and experience to get back into training and work.



“Everyone works together at the project to produce the furniture and art...”

Also based at the project is a successful business called Windmill Designs which produces made-to-measure garden furniture and art work made by the clients. Everyone works together at the project to produce the furniture and art right from the very first visits to the customers where designs are agreed, through the creative processes of making the furniture and art through to the delivery of the pieces.

The project works with lots of different types of customers including art galleries, local libraries and even Accrington Stanley Football Club. They are currently producing mosaics, woodcarvings, paintings and stained glass pieces.

The project is a great success and helped over 40 people last year. Here's what some of the clients have to say about the project:



Andrew

“I was in the Community Ward in Chorley when Windmill Designs was recommended to me. Windmill was used to get me back working and to give my week some structure. I do mosaics and woodcarving and I have been on a course for woodcarving and Health and Safety for the workshop.

“There is a group of us at Windmill Designs who work together on pieces of work. It is good working in a team, we all get along and enjoy the work. The work is all different and I enjoy the challenge.”

Lloret

“I've been attending Windmill Designs for a year and a half. I started doing one day a week and now I do two. I can nip tiles now, whereas at first I couldn't,

a typical day at the...

Chorley and South Ribble Project

9:30am

Clients start to arrive at the project. Everyone sits down together for a group discussion on what will happen during the day. Cath Moran, Lead Artist gives people jobs to do and tries to organise it so everyone gets jobs they enjoy doing.

9:45am

Work starts on the jobs booked in. Current jobs include large mosaic work with adults and children at a local library and woodcarvings at an art gallery. For the mosaics we have to cut up tiles in small pieces to stick together to create the designs. For the woodcarvings we use different types of tools to carve the wood to the customers' designs.

10:30am

Tea break.

10:45am

Work continues to help get the jobs finished in time for the customers. Sometimes the work can be quite tough and taxing because we have to prove ourselves as the best at what we do.

12 noon

Lunch break for one hour and time to socialise and chat to work colleagues.

1:00pm

Most of the time we continue with the work from the morning, but sometimes we go out and buy materials. We also go out to meet the customers who we will be working with or sometimes complete paperwork.

4:15pm

Everyone helps to tidy up the workshop before getting ready to go home.

4:30pm

Work at the project finishes for the day.



so it helps the others when we're doing mosaics. I've got more confidence which is benefiting me daily. I get a lot of help and support, not just from the group but also from the staff as well."

ANGLING FOR SUCCESS

Things are Working Out for... keen fisherman Tom Carroll.

Tom feared he'd never work again after ten years claiming benefits due to osteoarthritis and a mild stroke, but he has turned his love of angling into a coaching business helping young people turn their lives around.

Tom decided to contact Shaw Trust in 2005 when he was looking to get back to work and says it was one of the best decisions of his life. Tom started a course to train to be an angling coach whilst Shaw Trust helped him by finding funding for the equipment needed to set-up as a coach. Tom qualified to become a level 2 coaching instructor and launched his own business, which he called Fishing with Tom.

Tom runs his business for 16 hours a week, much of it working with young people aged between six and 17 years old, who may have been in trouble with the police.

Tom says: "They come to us and we teach them fishing, but they also learn how to say please and thank you, they shake hands and they don't swear. It's a huge learning curve for them."

"Tom decided to contact Shaw Trust in 2005 when he was looking to get back to work and says it was one of the best decisions of his life."

Tom says, the experience helps him deal with aspects of his own life and his motivation to do something for the young people is what makes his business a success.



Top 10 tips for writing your CV

A CV or Curriculum Vitae is a brief account of your work history and gives employers information about you and your suitability for a job. Here are 10 top tips to help you write your own CV:

- 1 Try to keep your CV under two pages long
- 2 Use good quality paper
- 3 Lay your CV out clearly and neatly
- 4 Clear typefaces like Arial are good and a typesize over 11pt will make it easy to read
- 5 It should be honest and factual
- 6 You could split your CV into sections like Personal Details, Skills and Career Summary, Key Achievements, Qualifications and Employment History
- 7 Your Employment History should start with your current or most recent job and work backwards
- 8 Achievements should be short – bullet-points are useful
- 9 Include details of any training you have done
- 10 Check for spelling mistakes and that it makes sense

JOB PROFILE

PETER CHAPMAN
General Assistant

■ **What is your job title?**

General Assistant

■ **Where do you work?**

Waitrose, Holloway,
London

■ **What do you do in your job?**

I collect trolleys and baskets, I escort customers to find what they need and I attend courses when needed

■ **What hours do you work?**

Monday 1-8:30pm, Friday 12-9:30pm
and Saturday 1-8:30pm

■ **What do you wear to work?**

Dark green trousers, light green shirt
and a green and white tie

■ **Who do you get to meet in your job?**

The general public

■ **What skills do you need to do this job?**

To be able to communicate with people.
To be able to steer large numbers
of trolleys back to the store

■ **What difference does having this job make to you?**

It enables me to buy CD's and DVD's
and enjoy Shaw Trust holidays

■ **What is the best thing about your job?**

To be able to use my Freedom Pass on the
bus and trains

■ **What is the worst thing about your job?**

Having to clear the backlog of things
when you return from breaks/holidays



STAR AWARDS

Every year Shaw Trust presents STAR Awards to recognise and celebrate the achievements of Shaw Trust clients, employers, partner organisations and staff.

Regional heats were held in Scotland, Manchester, Coventry, Swindon, London and County Durham.

The winners from each of these went into the national final in London. Entrepreneur, Duncan Bannatyne OBE, from TV's Dragon's Den presented awards to the national winners.

Among the winners were Emerald Gardens boss Tim McNally who never turns job-hunters away whatever their background, as he knows how it feels to be desperate to work. "This national award is a fantastic honour, but I couldn't have achieved it without the outstanding efforts of the guys who work for me," said Tim.

Determined Ashleigh James from South Shields is a Beauty and Holistic Therapist at the world famous St Andrews Kohler Waters Spa. When Ashleigh received her Shaw Trust Individual Achievement award she dedicated it to every Shaw Trust client in the audience.



"To win a STAR Award is a privilege... I feel revitalised and even more determined and motivated."

Shaw Trust employee Nik Brooks really earned his Member of Staff STAR Award. "To win a STAR Award is a privilege and it's typical of Shaw Trust to take time to publicly congratulate their clients, staff and supporters. I feel revitalised and even more determined and motivated."

Duncan Bannatyne met some of the winners and heard their stories, "I'm inspired by anyone who overcomes problems to succeed in life."

National Employer Nominees

- Sky Services, Scotland
- ESS Support Services Worldwide, North West and Yorkshire
- Wilkinsons, Central and Midlands
- Marks and Spencer, South West and Wales
- Barnardo's, London, South East and East Anglia
- Northern Rock, North East

Winner

ESS Support Services Worldwide

Local Employer Nominees

- Edinburgh Zoo, Scotland
- Labourline UK Ltd, North West and Yorkshire
- Peakhouse Foods Ltd, Central and Midlands
- Emerald Garden Land Designers, South West and Wales
- The National Maritime Museum, London, South East and East Anglia
- Nexus, North East

Winner

Emerald Garden Land Designers

Partner Organisation Nominees

- Business Able, Scotland
- Tameside Probation Service, North West and Yorkshire
- South Birmingham College, Central and Midlands
- PETA Ltd, South West and Wales
- Hackney Voluntary Action, London, South East and East Anglia
- Moving Upstream, North East

Winner

Moving Upstream



Workplace Mentor Nominees

- Margot Swanston, Scotland
- Tony Dunhill, North West and Yorkshire
- Susan Austin, Central and Midlands
- Cliff Goodall, South West and Wales
- Patrick Dowling, London, South East and East Anglia
- Jimmy Hall, North East

Winner

Patrick Dowling

Volunteer Nominees

- Mark McAuley, Scotland
- Daniel Mackay, North West and Yorkshire
- Pat Simmons, South West and Wales
- Ron Sutton, London, South East and East Anglia
- Bev Mather, North East

Winner

Mark McAuley

Member of Staff Nominees

- Henrietta Black, Scotland
- Steve Tole, North West and Yorkshire
- Anne Lynch, Central and Midlands
- Tracy Lewis, South West and Wales
- Nik Brooks, London, South East and East Anglia
- Karen Sturgess, London, South East and East Anglia

Winner

Nik Brooks

Individual Achievement Nominees

- Nujima Babar and George Clark, Scotland
- Anthony Carrington and Stephen Collins, North West and Yorkshire
- Wayne Jeremy, Gail Wood and Mark Bentley, Central and Midlands
- Tim Roberts and Catherine Williams, South West and Wales
- Dylan Evans, Peter Humphries and Rita Oliver, London, South East and East Anglia
- Ashleigh James, Steven Bates and Laurie Scott, North East

Winners

Dylan Evans, Ashleigh James, Wayne Jeremy, Tim Roberts and Gail Wood

SPECIAL RECOGNITION AWARD

Winners

Stephen Lloyd and In Memory of Pat Simmons

Please visit the STAR Awards 2008 pages at www.shaw-trust.org.uk to make your nominations for this year.

London Marathon

This year 24 dedicated people pulled on their running shoes to run the London Marathon for Shaw Trust.

Brendan O'Reilly from Alderholt ran the 26 mile race to raise funds for Shaw Trust. Brendan works for Hampshire NHS Trust. This was his first ever marathon and he hopes to raise over £1,200. I've always wanted to run in the London Marathon. My colleagues at work and friends have all pledged to support me. I'm determined to do my best for Shaw Trust."

Another runner was **Mahri Oakes** from Cardiff who was also running the marathon for the first time. Mahri is the wife of Cardiff City goalkeeper Michael Oakes. she has so far raised over £1,400 for Shaw Trust.



St Helen's Celebration of Achievement

More than 100 certificates and awards were presented to clients at the recent St Helen's Annual Celebration of Achievement event. Local MP Dave Watts and the Mayor of St Helen's joined in the celebrations, which were followed by the traditional disco and karaoke. Congratulations to everyone who received certificates and awards.

CONGRATULATIONS!

Congratulations to everyone who has achieved ten years of loyal service, including:

Matthew Ansell
Stephen Crichton
Caroline Fulton
Jamie Gale
Mark Harris
Jeremy Heaton
Andrew Lean
Andrew Lofting
James Madden

Steven Martin
Louise Mooney
Kevin Moss
Noheen Rahman
Hilary Strutt
Kishor Vaid
Hayley Walker
John Watts



"It's been hard work and a big commitment but I've really enjoyed the training and it's a huge achievement."

Mahri was grateful to players and coaches at Cardiff City Football Club who helped her with her training. "It's been hard work and a big commitment but I've really enjoyed the training and it's a huge achievement."

YOUR VIEWS

In each issue of **Connect** you'll have the chance to have your say and share your views with other readers.

We want **Connect** to feature things that you'll find interesting and useful. There's no better way to do this, than to ask you what you'd like to read about. So write in and let us know.

You may want to send in:

- answers to questions you find in **Connect**
- your views about work related subjects that are in the news
- hints and tips about work, interviews, training
- questions about Shaw Trust
- your experiences on work placement or projects
- a question that you hope other readers might be able to answer for you

In each issue, we'll use this page to print some of your letters and answers to your questions. So go ahead and send in Your Views.

We will include your first name and where you live if your letter is printed. You can use the Send It In page, or write a separate letter to the Editor. You will find the address on the inside cover.

This issue included:

Hints on Writing your CV

What would you like our Hints section to cover next issue? Send in your ideas.

Peter's Job Profile

Do you have an interesting job which would make a good Job Profile? If you don't mind having your picture in **Connect** and you can answer the ten job profile questions, get in touch.

We're looking forward to receiving your letters.

I was signed off work for 5 1/2 months with anxiety and depression... then a colleague recommended the Shaw Trust. I have not looked back - I can honestly say without their support and guidance I would not have coped as well as I have and my return to work would not have been so straightforward. They have helped me to identify my qualities and strengths and to build on them to become a stronger, more confident individual who can cope with the daily challenges of a demanding job.

Shaw Trust is a national charity that provides training and employment services to thousands of disabled and disadvantaged people each year.

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