

Referral Criteria

- Over 18 years of age
- Must be a Lambeth resident
- Receiving support from a GP, Community Mental Health Team or other mental health professional, around mental health problems, drug and alcohol misuse / recovery problems or other disadvantages including offending / repeat offending.

Personal Development

FST works with all workforce members on their own personal development. This includes:

- Personal Development Plan
- A work reference after 3 months of attendance
- Building / updating your CV
- Help with job searching, application process and interviewing preparation
- Job Club

Q How long does the training last?

A Anything between 3 and 12 months depending on what you need.

Contact us

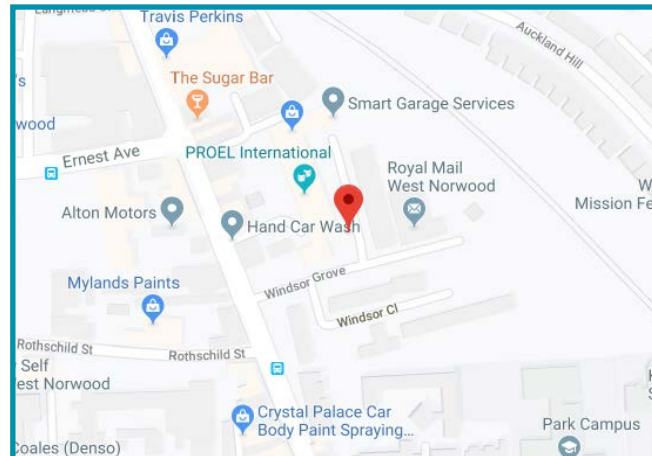
First Step Trust , Lambeth

Unit 9, The Windsor Centre,
Windsor Grove,
West Norwood,
London, SE27 9NT

Tel: 020 8761 0776

Web: www.firststeptrust.org.uk

If you're interested in joining our workforce team please contact us.
harriet.tawari@firststeptrust.org.uk



By bus: 2 / 68 / 432 / 468

By train: West Norwood Station



First Step Trust (FST) is a national charity providing real work and training opportunities for people excluded from ordinary working life because of mental health problems and other disadvantages.

positive action brings positive results www.firststeptrust.org.uk

First Step Trust. Company registration number: 3730562 VAT registration number: 6500 196 68
Registered in England and Wales. Charity number: 1077959
Unit 9, Kingside Business Park, Woolwich, London SE18 5BX



'On the job' training in a real working environment.



First Step Trust Lambeth

What's it like?

FST Lambeth offers work placements for Lambeth residents with mental health issues or other disadvantages. We help build up confidence and experience to get you back into work. We offer placements and training courses.

You do not need previous work experience to be a part of FST. Depending on which area you are working in, you could be:

- working with a trained mechanic to service a car
- preparing and serving food
- using power tools to trim a hedge or
- dealing with the project's petty cash



Q How does it work?

A Simply sign up with FST as a volunteer workforce.

What do we offer?

We offer work placements in a number of fields.

Abbevilles Restaurant: front of house | food preparation | catering | customer service

SMaRT garage services: motor vehicle mechanics | garage reception | parts ordering | customer service

SMaRT Futures: basic finance | admin | marketing and promotions | training and development

Gardening: commercial gardening | clinical waste | general maintenance

Training courses

Driving Ambition

10 week theory course that breaks down the highway code and encourages people to learn road safety in preparation for a DVLA Theory test and practical driving lessons.

Food Safety in Catering Level 2

This provides candidates with the basic knowledge of food safety within the catering industry. The course takes place over 7 weeks with an online exam at the end.

British Health and Safety Level 2

This qualification provides candidates with the basic knowledge and understanding of health and safety in the workplace.

OCR ICT Level 1

Accredited course that covers the very basics of IT.

12 Modules of Motor Mechanics

In house course that provides the basic knowledge of motor mechanics alongside health and safety within a garage environment. This course is both practical and classroom.

10 Steps into Employment

This is a 10 week course that is a combination of in-house courses as well as accredited courses and includes CV Writing, OCR ICT, Time management, Customer Service, Personal Presentation and Applying for Work (application forms / cover letters / job search).

What do workforce say?



I am finally getting the experience that I need.
Joanne



FST has encouraged me to achieve my goals.
Nathan



I am learning skills which will help me succeed in the future.
Lee