



personalbest

North West

“Realise your potential today”

*Current
Personal Best
Opportunities:*

**SEPTEMBER
2010 Courses:**

PB Courses in:
Blackburn, Bolton, Burnley,
Bury, Chorley, Copeland,
Crewe, Ellesmere Port,
Lancaster, Manchester,
Oldham, Rochdale,
Rossendale & Trafford,

*People interested in any
of these courses can
complete a sign-up sheet
today to ensure they
don't miss out!*

Personal Best North West is a **FREE** pre-employment programme utilising the inspiration of the opportunity to volunteer at the 2012 London Olympics, to engage and lift the aspirations of economically inactive people across the Region.

**REGISTER LEARNERS FOR
COURSES NOW**

ROCHDALE BOROUGH

Monday & Tuesday 9.30am-4pm

Starting: 27th September for 12 weeks

Venue:

The Falinge Community Hub,
21 Whitehall Street, Rochdale. OL12 0LN

PERSONAL BEST ADVISOR:

Farah Rehman: (01706) 926233

farah.rehman@link4life.org

*Please contact the Personal Best Advisor for more
information*

Who is eligible for Personal Best?

Personal Best welcomes participants from a wide variety of backgrounds, cultures and life experiences.

To be eligible for Personal Best in the North West learners must be:

Either: **16-19 years** Not in Education, Employment or Training

Or: **20+ Years** - unemployed or economically inactive

Learners must also:

- Not have a full level 2 qualification (no Level 2 NVQ and no more than 4 GCSEs) (*You can also access Personal Best if you have a Level 2 qualification but are unable to use it because of disability; the effects of domestic violence or you achieved it a long time ago and have not worked for a long time*).
- Not be on any other ESF funded programme of training (inc. e2e).
- Be legally resident in the UK and able to take up full time employment in an EU member state.
- Live in the North West.
- Be 18 or over by January 2012



European Union
European Social Fund
Investing In Jobs and skills

**Skills
Funding
Agency**

SkillsActive
Shaping Skills for the Future

Jobcentreplus

Part of the Department
for Work and Pensions

What are the benefits of Personal Best?

Personal Best is a really exciting opportunity to help learners progress forward in their skills, experience and confidence. Ultimately it aims to help individuals move towards further training and employment; raising their self esteem and self confidence.

Joining the programme will give graduates of Personal Best a **guaranteed** interview to volunteer at the **London 2012 Olympics** with a very real chance of success due to their experience from the programme.

LOCOG (London Organising Committee of the Olympic Games and Paralympic Games) have a target of 10% of the Olympic Games Time Volunteers coming from Personal Best graduates.

Personal Best will also give learners:

- The chance to achieve new skills
- A nationally recognised Level 1 qualification
- Advice & guidance on further learning and training
- Involvement in local sport and cultural activities
- Support with finding a volunteer placement
- An excellent way of meeting people and making friends
- A better chance of getting a job

The units in the Personal Best programme consist of:

- Becoming a Volunteer
- Volunteering and the Olympics
- Emergency and Basic Fire Awareness
- Public Safety Awareness
- Understanding Effective Customer Relations
- Understanding equality and diversity
- Introduction to Conflict Resolution in a Public Environment
- Developing Team and Interpersonal Skills
- Preparing for and Reflecting on a Volunteer Placement.
- **Plus 20 hours in a volunteer placement.**

Sport 4 Life are looking for groups & organisations to help:

- Make this opportunity as widely accessible as possible to those eligible
- Offer the use of community sports venues to host delivery of the programme
- Provide volunteer placements at local events

Over the next 22 months 40 programmes of the LI Award in Pre-event Volunteering (Personal Best) are planned across the Skills Funding Agency North West Region.

For further details about Personal Best visit:

www.personalbest2012nw.co.uk

Or Email (by clicking on the name):

[Jill Rothwell](#) or [Sarah Duff](#)

Or phone on: **0845 130 0849**

To unsubscribe to this newsletter please email [Sarah Duff](#)