

Employability Group Descriptors

Thriving Communities provide employability support to residents of South Ayrshire through a Stage 1-5 Skills Pipeline.

Undernoted details of our Positive Futures groups (Stage 1 - Stage 2), please refer to the timetable to see what groups are currently running.

Employability Basics

A series of sessions designed to equip participants with the essential skills to create a CV, complete a job application and prepare for an interview. This group acts as a stepping stone to more intensive workshops in each of these areas.

Gym Group

A 6-week gym programme to support clients to increase physical ability while boosting mental health and encouraging routine and structure.

Expressive Group

A creative space where young people can explore acting, storytelling and self-expression through discussion and sharing. Building confidence, teamwork and communications skills while encouraging individuality and emotional growth in a fun and supportive environment.

Walking Group

A group that promotes physical and mental wellbeing. Participants will learn to plan walks and complete routes while building peer relationships and social skills.

Men's Group

A group for men to come together to socialise and work on practical projects and hobbies. The group encourages conversation, shared experience and aims to improve connectedness and wellbeing.

Football Group

Provides a supportive and inclusive environment where clients can participate in fun football sessions, while enhancing their mental health, building peer relationships and developing new skills. The group goal is to support personal growth, career development and overall wellbeing through sport, with a focus on both physical and mental wellness.

Multisports

A fun engager group focusing on indoor and outdoor sports such as rounders, dodgeball, badminton and basketball.



Look out for new activities being added!



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Get Ready for Placement

The group explores the necessary steps to prepare for a work placement. Exploring themes such as ‘what makes a good employee’, daily routines and workplace goals. The aim of the course is to increase confidence and prepare participants to succeed within a work place environment.

Driving Theory / CSCS

This group supports participants to work towards their Driving Theory or CSCS test. This group is computer-based using multiple choice mock tests as well as interactive quizzes to support learning.

Hair and Nail Group

An opportunity for clients to learn hairdressing skills and techniques. Each session will include icebreakers such as confidence, reflection, conversation starters and portfolio building for future interviews. The course will highlight the importance of timekeeping, working with others and good customer service, as well as a good understanding of what to expect in future Hairdressing College Courses/Apprenticeships. There will be further opportunities during specific blocks to combine hairdressing while working towards a gaining a BIAB (Builder in a bottle) nail qualification.

Creative and Art Groups

An engager group for young people in a relaxed and fun environment with a focus on clay modelling and upcycling projects. Clients are encouraged to participate in planned activities while having the option of alternative activities such as mindful colouring, diamond art and neurographic art.

Gym and Healthy Eating

The first hour of the group focuses on improving physical fitness using various gym equipment followed by an hour session on healthy eating planning and preparation.

Cooking Group

A 6-week programme supporting clients through the essentials of meal planning and preparation. Encouraging the use of numeracy and organisational skills and time management. Participants will learn to prepare and cook meals from start to finish.

Health and Wellbeing

A 6-week programme supporting clients through the essentials of meal planning and preparation. Encouraging the use of numeracy and organisational skills and time management. Participants will learn to prepare and cook meals from start to finish.

How to find out more Information...





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Thriving Pathways

Participants will gain a better understanding of work place expectations, guidance on how to build their CV, job searching and how to enhance opportunities.

Online Digital Training

Participants will complete online training courses gaining qualifications in a number of subject areas in order to aid employment opportunities and enhance skills and knowledge.

Practical Working Group

A group that includes tasters sessions and employer visits to various employers within a range of vocational areas focused on practical work skills.

Personal Development / Employability Basics Group

The aim of the group is to provide clients with the tools and methods to make small steps to improving their lives, including moving towards employability goals. The 2nd part of the group focuses on improving basic employability skills including CV and application writing and interview skills.

Dynamic Youth Award

This group allows young people to record, recognise and accredit all kinds of achievements. Young people choose their own challenge and complete it. On completion, participants gain a qualification at SCQF Level 3.

Employability Award

The Award focuses on generic employability skills, to enable a successful move into the job market. Candidates will develop skills and attitudes which will be applicable across all areas of employment. On completion participants will gain a qualification at SCQF level 4

How to find out more
Information...

