

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 and courses (Stage 1 - Stage 2), please refer to the timetable to see what groups are currently running.

Quiet Art Group

A small engager group for young people who lack confidence in groups. Relaxed and calm environment where clients can try a range of arts and crafts including clay modelling, diamond art, water colour and canvas painting and flower making.

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.

Intro to Admin

This 6-week group introduces participants to the basic skills required for administrative roles. The course will cover key elements such as identifying parts of the computer and using it safely, file management, email skills (printing & scanning), Microsoft word & Excel, Telephone skills and practical tasks to engage participants and make them feel confident when using a computer.

Themed 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. Each week focuses on an area of historical or architectural interest.

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 participants 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.

Running Group

The group focuses on building stamina and fitness following a couch to 5k programme. It encourages improved physical and mental health through cardiovascular exercise.



Look out for new activities being added!



 Thriving Communities - Employability

 Thrivcom_empsac

 ThrivCom_EmpSAC

Get Ready for Work 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.

Interview skills

This 6 week course supports participants to develop their interview skills through a range of interactive theory and practical tasks. Participants will learn to identify what employers are looking for and how to perform effectively during interviews. The course aims to take the uncertainty out of interviews and boost confidence and ability.

Art and Photography

The group begins with a walk around the local area to gather inspiration. This varies week to week and can range from a beach walk to architecture, or a trip to nearby art exhibits such as Alloway Tunnel. Photographs are taken and used to inspire artwork using different materials such as paint, pastel, sketching techniques or collage. This group encourages clients to get out in nature, take in surroundings and return to discuss ideas whilst being creative.

Cooking Group

A 6-week programme supporting participants 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.

Tabletop Games Group

This course introduces players to the core principles of Dungeons & Dragons, the world's most influential tabletop role-playing game. Participants will learn how narrative design, character creation, probability, and cooperative problem-solving come together to form an immersive storytelling experience.

Positive Futures Adult Stage 2

A 6 week course which aims to understand participants existing skills and knowledge and develop them within the context of the current job market. A practical course focusing on employability skills which ends with a short work placements to allow clients to put learning into practice.

How to find out more Information...





Look out for new activities being added!



Thriving Communities - Employability



Thrivcom_empsac



ThrivCom_EmpSAC

Step Forward Fridays

A variety of activities to bring together a mixture of participants and encourage communication. Activities include walking, wellbeing focused activities, journaling, mind mapping and goal setting.

Life Skills

Participants will focus on practical every day life skills that will prepare them to move forward and equip them with the ability to travel independently. The group will focus on basics such as understanding bus timetables, group etiquette, time-management.

Digital College

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.

Future Skills 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.

Boardgame Group

The boardgame group is a relaxed environment that allows participants to play a range of boardgames and interactive quizzes. The group focuses on social interaction, team work and developing the soft skills needed to progress through the programme. The group also encourages peer support and provides an opportunity to build friendships and confidence in group situations.

Volunteering Group

Volunteering across South Ayrshire, supporting different charities and organisations within the community. Ideal for confidence building and experience. Participants will achieve the Saltire "The Approach" Award and gain a certificate which is recognised by employers after completing 10hours of volunteering!

How to find out more Information...

