



How can I get involved?

Contact FST Sheffield and we'll arrange for you to come along and meet us. We can then find out what you want to get out of the experience and what skills you already have.

FST Sheffield
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How to find us

By bus to London Road:
20, 20A, 25, 25A, 75, 76, 97, 98.
By bus to Boston Street: 22.
By car: parking meters on street.

First Step Trust

Positive action brings positive results

First Step Trust (FST) is a national charity providing real work and employment opportunities for people excluded from ordinary working life because of mental health problems and other disadvantages. 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. Registered office: 32-34 Hare Street, Woolwich, London SE18 6LZ.

First Step Trust

Positive action brings positive results

FST

Sheffield

'On the job' TRAINING and REAL work experience to bring out your POTENTIAL to take on the CHALLENGE of working life.

Take the first step towards:

- building up your confidence
- developing skills that employers want
- gaining qualifications
- getting a reference ... and finding a job.



"Working at FST has increased my CONFIDENCE and SELF-ESTEEM. Now I can COPE WITH PRESSURE and work in a busy environment."
Dave, Workforce member

NHS
Sheffield

Want to get back into work but haven't got enough experience?

First Step Trust (FST) provides a real workplace where people can build up their work experience, gain skills and qualifications and get support in finding a job.

If you have been out of work because of mental health or physical problems, drug and alcohol misuse or you have faced other barriers to work, we will support you to get ready for work.

What type of work can I do?

Join the workforce of FST Sheffield and you'll get 'on the job' training and work experience in food preparation, customer service and business administration.

We can also arrange external placements in other industries to broaden your experience. We'll support you, on a one-to-one basis, with CV writing and interview techniques, to help you move on to paid employment or further training.

What will I get out of First Step Trust?

- 'On the job' training.
- Develop skills that employers want.
- Gain industry-recognised qualifications in food preparation, customer service, computer skills, English, Maths and health and safety.
- Learn to cope with the pressures of work.
- Build up a work history.
- Get an employer's reference.
- Get support in finding paid employment.

You'll also ...

- become a respected member of our team.
- work alongside friendly colleagues who have experienced similar issues as you.

"I get a lot out of working here and I like being given so much RESPONSIBILITY. Being at FST has helped me realise that work is NOT SCARY and I can do anything given time."

Mandy, Workforce member

How long does the training last?

Anything between two and 12 months depending on what you need.

Will my benefits be affected?

No. Signing up for a training programme with FST will not affect your benefits.



Nervous about taking on too much?

You can build up the number of days you attend as you build up your confidence to take on more.