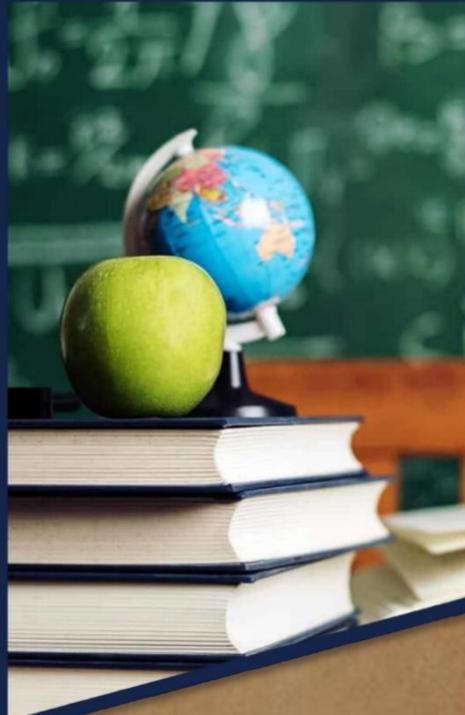




# STRIDE Newsletter



Find out more about classes,  
job vacancies, social activities  
and support available

[www.Usel.co.uk](http://www.Usel.co.uk)



Belfast City Council



Department for the Economy  
[www.economy.ni.gov.uk](http://www.economy.ni.gov.uk)



Department for Communities  
[www.communities.ni.gov.uk](http://www.communities.ni.gov.uk)



## Welcome Note

Welcome to the last Newsletter of May. [Training](#) for this week includes Goal Setting, Interview Skills and Building Good Relationships. Our '[Meet the Team](#)' feature is on Donna McGlade who keeps everyone right with regards quality and compliance. [Health and Wellbeing](#) is on National Smile Month! It details some of the things that a simple smile can do for our wellbeing, as well as some of things to do to take care of your grin. 😊 [Job Club](#) are focusing upon common mistakes that people make in interviews and how to avoid them.

The training for the [OCN Level 2 Award in Stewarding](#) is still available. Details included.

Enjoy!

**If you're having trouble engaging online because of broadband prices, the Department for Communities have announced a support package through the Adviser Discretion Fund for eligible jobseekers.**

**Available for six months, this support is aimed towards removing the restriction that not being online can have on searching for employment. The Fund can provide up to £1'500 over a 12 month period to help remove any barriers in the way of employment.**

**If this sounds like something that be helpful to you, contact your ESO for more information.**

**<https://www.communities-ni.gov.uk/news/communities-minister-hargey-tackles-digital-exclusion-through-provision-free-broadband>**

## Social Inclusion Activities

*All our Social Inclusion activities are free, and we can help you out with your travel costs. Let your ESO or EEO know if you would like to come to any of the activities - or contact Donna at [dmcglade@usel.co.uk](mailto:dmcglade@usel.co.uk)*

### Free Activities

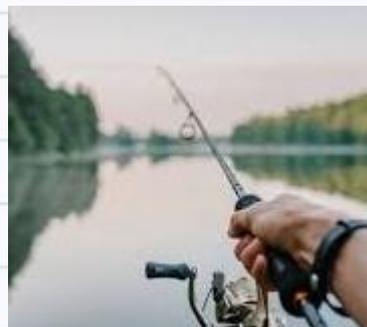
There are free activities planned in your town as part of our social inclusion programme. We would love to hear about any activities you would like to attend near you. If you have any ideas or would like to attend any of our activities, please get in touch with your Employment Support Officer or email myself at [dmcglade@usel.co.uk](mailto:dmcglade@usel.co.uk)

### Activities Coming to a Town Near You!

**Craigavon Ski Slopes**



**Fishing**



**Ulster Transport Museum**



**Indoor Mini Golf**



***“LIKE AND SHARE to spread the word  
Tell me now, have you not heard?  
STRIDE is the place to find new jobs  
We will help.....no sweat, no probs***

***If it's employment you are looking for  
Let us help, its not a chore  
We can work together to help you out  
Of that there is no fear or doubt***

***Our STRIDE team are always there  
To big you up and answer your prayer  
Of finding a job that you will love  
That will fit your life, like a glove***

***Give us a shout to hear more about STRIDE  
And we will fill you full of pride  
When you believe in yourself & your potential  
Being with STRIDE really is essential!”***

# FREE TRAINING

Are you interested in Free Training to help you qualify for paid work??



***OCN LEVEL 2 AWARD  
IN STEWARDING AT  
SPECTATOR EVENTS***

**CALL NOW: 07595216249**

**EMAIL: [Eileen.McGrinder@derrystرابane.com](mailto:Eileen.McGrinder@derrystرابane.com)**

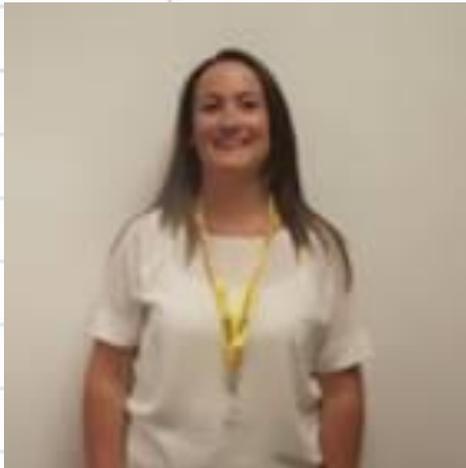
## Online Training Timetable

23/5/22	10.00 – 11.00		<p><b>Goal Setting</b></p> <p>Have you thought about what you want to be doing in five years' time?</p> <p>Are you clear about what your main objective at work is at the moment?</p> <p>Do you know what you want to have achieved by the end of today?</p> <p>If you want to succeed, you need to set goals.</p>	Helen
25/5/22		14.00 – 15.00	<p><b>Interview Skills</b></p> <p>In this session we will cover</p> <ul style="list-style-type: none"> <li>How to prepare for interviews</li> <li>Different types of interview</li> <li>Common questions asked at interview and how to answer</li> <li>How to use STAR technique to answer situational or behavioural type questions</li> </ul>	Susan
26/5/22	10.00 – 11.00		<p><b>Building good Relationships</b></p> <p>Who do you talk to the most? Yourself!</p> <p>This is why it is so important to talk kindly to yourself, building a good strong friendship with your mind is the most important relationship that you will ever do.</p> <p>In this course we will look at why that is and how we can turn our negative thinking into positive.</p>	Helen

# HELLO!



## MEET THE TEAM



Hi, I'm Donna McGlade and I am the Deputy Operations Manager for Quality and Compliance on the STRIDE programme. My job is to check that everything we say we will do on STRIDE is being done.

My day could vary from observing different meetings which take place with ESO's and participants, organising focus groups or taking part in activities for the Social Inclusion Programme like fishing! Carrying this work out helps us, as a team, understand what works well on STRIDE and if there is anything we could make improvements and gather ideas on how we can make things even better.

Our Social Inclusion Programme is for everyone on the STRIDE programme and it's very relaxed, we always have a good laugh and some fun. At the moment we are running a photography course and participant yoga using video call.

Previously, I travelled around to meet our participants and STRIDE team. Now things have changed, and I attend meetings using video. If you are ever asked if I can come along to an appointment by video call you will know who I am now 😊

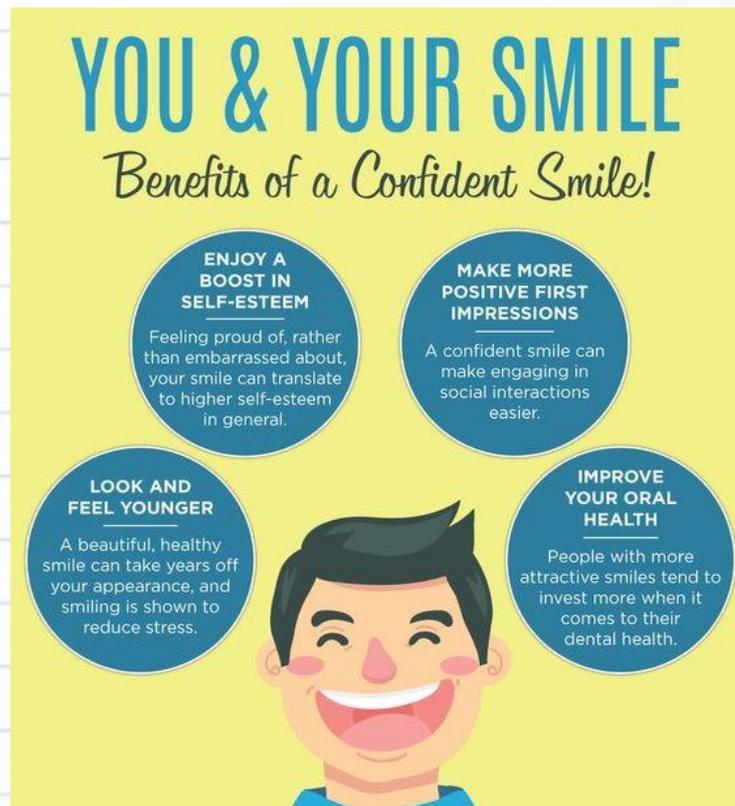
My favourite part of my job is getting to meet all of our participants and witness the progress made. This always brightens my day!

On a personal level I love eating out being with friends and most importantly travel. Lucky for me I got to Disneyland Paris two years ago and will be looking forward to my holidays this year after a long year of lockdown

***All our Social Inclusion activities are free, and we can help you out with your travel costs. Let your ESO or EEO know if you would like to come to any of the activities - or contact Donna at [dmcglade@usel.co.uk](mailto:dmcglade@usel.co.uk)***

## Health & Wellbeing – National Smile Month

National smile month started on May 16<sup>th</sup> and runs through into June. Smiling not only offers a mood boost but helps our bodies release cortisol and endorphins that provide numerous health benefits such as **lower blood sugar and blood pressure, reduced stress, boost immune systems, and release natural painkillers and serotonin.**



Smiling not only influences you, but countless studies have also shown that the very act of seeing another person smile triggers an automatic muscular response that produces the other person to smile at the same time.



Those who have good teeth have no problems is sharing their smiles which is why it is so important that we all take care of our teeth. Did you know that there is a name for when you are smiling with your teeth?

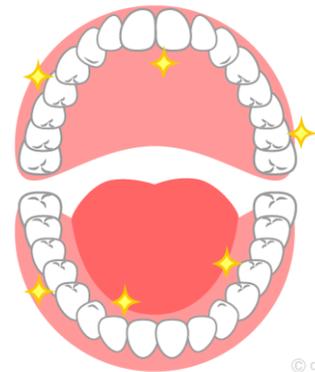
## Health & Wellbeing – National Smile Month



The full smile that uses the muscles around the mouth and eyes is known as a “**Duchenne smile**,” and the fake one is the “Pan Am smile,” named after the kind of smile you might greet someone with if it's part of your job to be friendly.

### Dental Care Tips: Top 8 Ways to Take Care of Your Teeth

1. Brush teeth twice daily
2. Use a fluoride toothpaste
3. Brush thoroughly
4. Limit acidic drinks
5. Floss daily
6. Only use your teeth to chew food
7. Protect your teeth from injury
8. Limit sugary food



© dak

### Smile



*Smile when your happy,  
Smile when your sad,  
Smile when your hurt,  
Smile when you feel bad  
Smile when your in love  
Smile at the dove  
Smile when you have a crush  
Before you smile make sure you Brush!!*

# Job Club – Interview Blunders

- **Arriving late or too early**  
It's very important to arrive at your interview on time or slightly early. Arriving on time shows the interviewer that you are punctual and value their time.
- **Inappropriate clothing**  
Always look professional for an interview, even if it is for a company with a casual dress code.
- **Not doing company research**  
Employers like to you to know about the company. It shows you have an interest in them.
- **Losing your focus**  
Make sure to listen to everything the interviewer says so you know which questions to ask. Remember a good night sleep before the interview to help you to remained focus throughout.
- **Unsure of CV**  
Being unsure about your CV can make it look like you have made up information.
- **Talking too much or too little**  
Learning to strike a balance between talking too much and talking too little can be a challenge. Taking part in practice interviews can really help to ensure that you give the right amount of information.
- **Speaking poorly of previous employers**  
This gives employers the wrong impression of you and makes them question what you'd say about them in similar circumstances.

# Job Club – Interview Blunders

- **Not preparing for common questions**

Preparation for an interview is crucial to arriving in a confident mood and feeling ready to tackle the interviewer's questions

- **Having no questions to ask**

As the interview draws to a close the employer will ask if you have any questions, you'd like to ask them. It's never a good idea to say no. Asking a couple of relevant questions shows you have an interest in the role.

- **Poor body language**

Make sure to keep regular eye contact throughout the interview and smile to show your enthusiasm about the job. First impressions are important at an interview.



The Job Club takes place using Microsoft Teams

Please contact y our ESO to join a job club

## Meet the EEO's

Maggie



Email: [mmccloskey@usel.co.uk](mailto:mmccloskey@usel.co.uk)

Phone: 07525 129 664

Danny



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Phone: 07866 103 906

Michelle



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Phone: 07384 816 634