

The Personal Best Programme is an enjoyable and flexible way for you to:

- learn better ways to help and deal with people
- get to know about safety and what to do in an emergency
- have an introduction to using a computer
- work as part of a team
- take part in volunteering in your local area
- increase your self confidence

You will be given lots of support during and after the programme. This can lead to:

- a Level 1 qualification*
- a better chance of getting a job
- more training
- the chance to become a London 2012 Volunteer

The Personal Best Programme is for people who are not in work or education, but would like to gain opportunities to volunteer in their community and at the same time improve their skills and chances of getting a job.

* Level 1 is an entry level qualification

Contact details:

Developing Learning Communities
Shadwell Centre, 455 The Highway
London E1W 3HP

Tel: 020 7364 5064 or 020 7364 5738

E-mail: Mandisha.smith@towerhamlets.gov.uk

Email: Jasmine.hossain@towerhamlets.gov.uk

(Please email both addresses)

personal**best**



Realise your potential today

Joining the Personal Best Programme is your opportunity to learn new skills, gain a qualification and get support looking for jobs.

If you successfully complete the programme you will get a guaranteed interview to become a London 2012 Volunteer.

Join up today and achieve your personal best.



MAYOR OF LONDON



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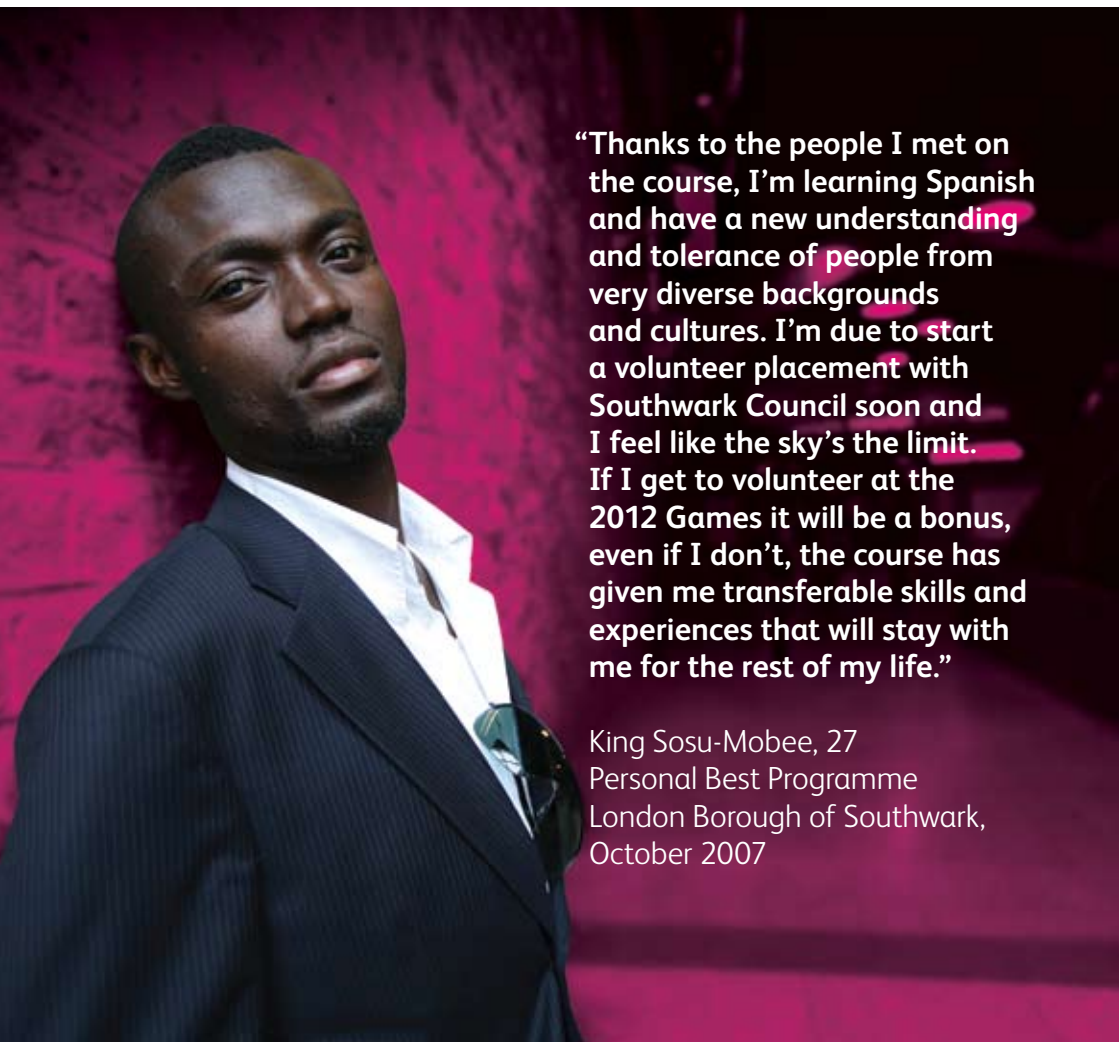


MAYOR OF LONDON

LONDON
DEVELOPMENT
AGENCY

Join the Personal Best Programme and achieve your goals

- the chance to gain new skills
- a guaranteed interview to become a London 2012 Volunteer
- achieve a nationally recognised qualification
- receive advice on further learning and training
- help with looking for jobs
- get involved in local sport and cultural activities
- a great way to meet new people, make new friends and get to know your city



“Thanks to the people I met on the course, I’m learning Spanish and have a new understanding and tolerance of people from very diverse backgrounds and cultures. I’m due to start a volunteer placement with Southwark Council soon and I feel like the sky’s the limit. If I get to volunteer at the 2012 Games it will be a bonus, even if I don’t, the course has given me transferable skills and experiences that will stay with me for the rest of my life.”

King Sosu-Mobee, 27
Personal Best Programme
London Borough of Southwark,
October 2007

Games-time volunteering – a real life experience!

“I love having fun! Volunteering at Games-time is that and so much more. When I had the chance to volunteer at the 2006 Winter Olympics in Turin I leapt at it and I wasn’t disappointed.

I worked for five weeks in the Olympic Family Transport Services Team providing general information on Games transport and helped to organise transport for arrivals, departures and special events for VIPs. I worked with people of all ages with different backgrounds and experiences and I learned a lot about other cultures. I also got to see some of the amazing sports competition which was a bonus.

Without realising it at the time I learned a lot in a really fun way and have since found a job working in transport. Volunteering at the Games was the best thing I’ve ever done and I would totally recommend Games-time volunteering to everyone as an experience of a life-time.”

Claudine Ratnayake, Volunteer, 2006 Winter Olympic Games, Turin



Claudine Ratnayake (far right)

