

Sun, April 18, 2021

Apex Scotland - Stage 1



What do we offer at Stage 1?

At Stage 1 you can come to us as part of your Activity Agreement to undertake the following activities:

Conservation and General Fitness Teams

This provides an opportunity to be part of a challenge team, undertaking outdoor conservation work, within the Inverness area. This will involve physical work. This intervention includes the achievement of the John Muir Award.

Heartstart

A half day emergency First Aid course which will give you skills in assessing an unconscious patient, performing CPR, dealing with choking, serious bleeding and dealing with a heart attack. You could achieve a first-aid certificate, affiliated to the British Heart Foundation.

ACE (Addressing Criminality & Employment)

An in depth employability course focusing on: Rehabilitation of Offenders Act 1972; Police Act 1997; Exclusions & exceptions Order 2003; Why Employers ask about criminal records; How to disclose to employers; How responsible employers behave when recruiting ex-offenders and Personal Disclosure letter.

This course gives all the information needed on how to deal with employers if you have a criminal record or a history of offending. We also include practical advice on applying for jobs and interview techniques.

Auricular Acupuncture

Auricular Acupuncture is a specialised treatment and support service, where acupuncture points on the outer ear are treated using either needles or magnets to aid detoxification and relaxation. It can help with deeper and better sleep, reduction of stress and irritation, improvement of appetite, anxiety, digestive issues, breathing and circulation, craving through substance misuse/binge drinking.

After treatment you can feel much calmer, thoroughly relaxed and focused. Acupuncture is almost painless, some people may feel a brief pinch when the needles go in, but the acupuncture specialist will show clients how to breathe deeply to minimize any pain sensation.

Positive Future Initial Assessment

This involves a personal interview, individual assessment, risk assessment, induction and a site visit to our office.

You could also undertake completion of Health and Safety basic procedures, completion of Initial Assessment paperwork, funding of criminal record check, if appropriate, and an introduction to the Employability Ladder. We will identify major barriers by using a scoring system called Positive Futures Employability Self-assessment wheel.

Who can apply?

Activity Agreements are available to young people who have left school and are unable or not ready to access more than 21 hours of post school learning or employment because of problems such as caring responsibilities, prolonged absence from school, disabilities or learning difficulties. You must be aged 19 or under (or under 20 if you have an additional support need).

What can you achieve?

We offer a variety of qualifications and awards as listed above.

Could I get a training allowance?

As part of an Activity Agreement you may be eligible for Education Maintenance Allowance (EMA). For further information and to check if you may be entitled to claim EMA visit: [Highland Council EMA](#)

Who do I contact to find out more?

In the first instance speak to the Activity Agreement Coordinators
Paul MacMillan (North) - Ross-shire, Caithness, Sutherland and Skye -
paul.macmillan@highland.gov.uk Tele: 01349 868278

Matthew MacIver (South) - Inverness, Nairn, Badenoch, Strathspey, Lochaber -
matthew.maciver@highland.gov.uk Telephone: 01349 868269

Or you can contact us directly on the details below.

Further Information and Contact Details

Street Address: Apex Scotland – Highland Unit, Unit 7, 23 Lotland Street, Inverness, IV1 1ST

Telephone: 01463 717033

Email: leila.oliver-mccormick@apexscotland.org.uk