Need Work Experience?

new·u

Swap
Borrow
Experience

If you are 18+ and unemployed, a work placement with New-U will help you gain new skills and experience in a safe and welcoming work environment

Learn new skills

You will gain a range of transferable skills including creating visual displays, numeracy skills and marketing

Build confidence

Develop customer service and social skills, building confidence and self-esteem

Grow your CV

We will help build up your CV and are happy to provide a reference for future job applications

What's involved

- Flexible support around your needs and goals
- Weekly 3 hour shift either 10am-1pm or 1:30 - 4:30pm
- 4-6 week placement
- Empathy and provision for mental health and SEN needs
- Follow up support with mentors

To find out more or download a referral form scan the QR code or visit www.new-ultd.co.uk

You can also visit us at: New-U, Level 2, Castle Quarter, Norwich, NR1 3DD or email hello@new-ultd.co.uk

SKILLS FOR LIFE
MULTIPLY

Norfolk County Council

About Us

New-U is a registered charity dedicated to supporting unemployed individuals into work, training, or education. Our pre-loved clothing shop in Norwich allows us to provide affordable, sustainable clothing for the community while offering a safe environment for work placements. As well as work placements we also provide:

- Mentoring
- Free smart clothing for interviews
- Monthly £1 Clothing Sale
- Upcycling workshops

A former work placement from City College Norwich Inclusive Learning programme said

"I really enjoyed my time working at New-U... It has made me feel more confident to progress in the future..... The whole experience has helped me to get out of my comfort zone and be more positive. I enjoyed working on the till, steaming, stocking the store and sorting through donations."

What will I be doing on my placement?

We offer support and experience in a number of areas from building confidence to practical training. Some key training and tasks you may be asked to do include:

- Customer service
- Till training
- Creating shop and window displays
- Pricing and refilling shop stock
- Supporting with social media
- Tidying and organising donations

On your first day, we will discuss your goals and interests and fit the role to your needs.

Who can take part in a placement?

Anyone aged 18+ who wants to build confidence or gain experience to help them move into employment, training, education. or volunteering

What happens after the placement?

At the end of your placement you will be offered a mentor to help you continue your journey or signposted to other services who can offer support.

Still unsure about a placement?

Taking the first step can be challenging. If you're not ready to submit a referral form, why not visit the shop and take a look around? If you feel comfortable, say hello to a team member, who will be happy to share more about what we do and answer any questions you might have.

To apply please complete a referral form and return to

hello@New-ultd.co.uk

Form can be downloaded from www.new-ultd.co.uk or collected from New-U, Level 2, 75 Castle Quarter, Norwich, NR1 3DD

Support for individuals with Special Educational Needs and Disabilities (SEND)

We will always try and support anyone interested in a placement however some areas of the shop are not wheelchair accessible and some work requires a level of physical dexterity. Please contact us or make sure you list any requirements on your referral form so we can assess your needs or sign post you to a more relevant position if we are unable to help.

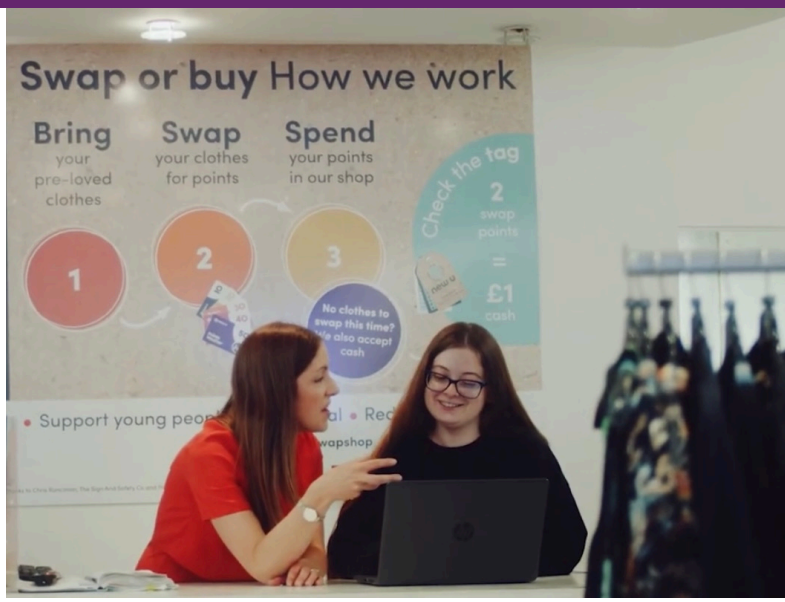
To ensure we can best accommodate your needs, please let us know about any specific requirements on your referral form. This information helps us to plan your time with us and ensure we meet any additional needs. If you have a support worker who accompanies you in day to day activities, they should come with you, please mention this in the form.

Comment from the mother of a former work placement:

He was one of the first work placements to come through New-u's scheme and it was so fantastic for his confidence. He is now the UK's first autistic medical librarian working at the Norwich Hospital. He is so much happier now and we credit New-U first giving him that first start.

Mentor Support

Following on from your work placement our mentor program can connect you with experienced volunteers who provide guidance and support to help you set and achieve your goals.



Whether you're looking for paid employment or just looking for direction, our mentors are here to help you succeed. Our mentors can offer support in a number of areas including:

- 1-2-1 coaching to support personal and professional development
- Help building your CV and applying for jobs
- Positive encouragement and practical support in setting goals, developing actions plans and overcoming barriers
- In person or online meetings to suit your needs
- Signposting to further training and support available

To apply please complete a referral form and return to

hello@New-ultd.co.uk

Form can be downloaded from www.new-ultd.co.uk or collected from New-U, Level 2, 75 Castle Quarter, Norwich, NR1 3DD

Other support available

Smart clothing scheme

At New-U we have a range of smart clothing, for men and women, which we are happy to provide free to anyone who needs it. Whether it's a job interview, wedding, funeral, or court appearance, whatever the occasion we're happy help.

Monthly £1 Jumble Sale

Our Jumble Sales are a great place for those with limited financial resources to find affordable clothing for the whole family. The £1 sale takes place on the last Saturday of each month, from Jan to Nov, between 10 am and 4 pm in our Honesty Library located in Castle Quarter – Level 2, near Boots at the top of the spiral staircase.

We also offer **free clothing to people facing significant financial hardship**. Referred individuals can select up to 5 clothing items from the Jumble Sales completely free of charge, no questions asked.

To make a referral for either scheme, simply **reach out to us at hello@new-ultd.co.uk.** These schemes are open to anyone who needs support not just those on work placements.

Smart clothing scheme – We require at least 48hrs notice to allow us to select suitable items. Please make sure you inlude name, size and a brief description of the outfit you are looking for.

Clothing for people in need – Up to 5 items of clothing can be chosen and collected from our monthly £1 sale. Please contact us at least 24hrs in advance with the name of the person who will be selecting the clothes. Clothes must be chosen and collected on the jumble day.

Upcycling Hub Activities

If you're looking for ways to build confidence, meet new people or start volunteering, Upcycling Hub is a great place to start. Taking place the second Tuesday of each month, it's a safe, pressure-free environment where you can:

- practice your social skills
- nurture your mental health and wellbeing
- gain practical skills
- relax and have fun