

Need Work Experience?

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



Learn new skills

You will gain a range of transferable skills such as team working, communication & goal setting



Build confidence

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



Grow your CV

We will help build up your CV and can act as a referee 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



With thanks to our funding partners:



www.new-ultd.co.uk

hello@new-ultd.co.uk

[@newupreloved](https://www.instagram.com/newupreloved)



Tel: 01603 927936

Level 2, Castle Quarter, Norwich

Registered Charity: 1186761

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. We also provide:

- 121 Mentoring
- Free smart clothing for interviews
- £1 Clothing Sales
- Free craft 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 employability 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. To ensure we can best accommodate your needs, please let us know about any specific adaptation requirements on your referral form so we can assess your needs or signpost you to alternative provision if we are unable to help.

The information you share with us helps us to plan your time with us to ensure we meet any additional needs. If you have a support worker who accompanies you in day to day activities they should attend the placement with you. Please mention this on 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 for giving him that first start."

Mentor Support

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

Whether you're looking for paid employment or just exploring your options, 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



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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 for a job interview, wedding, funeral, or court appearance, we're happy help. We require at least **48hrs notice** to allow us to select suitable items. Please make sure you include name, size(s) and a brief description of the outfit you are looking for.



£1 Pre-loved clothing Sale

Our sales is a great place for those with limited financial resources to find affordable clothing. The sale takes place on the last Saturday of every month, from Jan to Nov, 10am-4pm. Find us in our Honesty Library located in Castle Quarter – Level 2, near Boots at the top of the spiral staircase.

We also offer free clothing, including children's, to people facing significant financial hardship. Referred individuals can select up to 5 clothing items from our £1 Sales completely free of charge, no questions asked. 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 of the sale.

Craft & Connect

If you are looking for ways to meet new people and learn new crafting skills, our monthly Craft & Connect activity is a great place to start. Taking place on the 2nd Tuesday of each month in our Honesty Library, it's a safe relaxed space where you can:

- Practice your social skills
- Nurture your mental health & wellbeing
- Try new crafting techniques

All sessions are facilitated by a New-U staff member or volunteer. No booking required. Please see www.new-ultd.co.uk/whats-on for more information.



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