



**Bedford**<sup>TM</sup>

*Media Release*

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## **Help Bedford unearth new talent through training**

At just 23, Sammie McTeare is full of enthusiasm for the future - with two certificates in hand and a career in Youth Services firmly in her sight.

After a three year struggle with depression and anxiety, Sammie – a trained hairdresser – was unemployed and battling to cope with one of the toughest times in her life. It was at her lowest that Sammie was referred to Bedford's 'Abilities for All' programme – a moment which she describes as a "turning point in her life".

As a result of 'Abilities for All', Sammie is now one of nearly 200 South Australians currently unearthing their potential through a variety of community based training programmes that assist people with disability or disadvantage learn new skills and potentially find a new career path.

Sammie began studying Certificate I in Business at her local Taperoo Community Centre and has since gone from strength to strength, also completing Certificate II in Community Services.

Bedford is now hoping to help more people like Sammie and raise vital funds for this training through its Winter Appeal.

"My trainer, Trish, saw this switch flick on inside me and pushed me to go further," Sammie said.

"For the first time in my life somebody could see that deep inside me was a girl who was capable of so much more."

Sammie now works two days a week, volunteers at the community centre as a Group Support Worker assisting people with learning difficulties, and is studying Certificate IV Assessment & Training as well as Certificate IV Language, Literacy and Numeracy.

"I'm so excited about the future, and after years of feeling lost and uncertain, that's pretty special in itself," Sammie said.

"If it wasn't for this course, I don't know what I'd be doing today - to be honest it scares me to think about what my life might be like. To have a mentor like Trish and a programme that is designed for people like me is just amazing."

'Abilities for All' is the only course of its kind in the State.

Delivered in collaboration with the Department of Further Education, Employment, Science and Technology (DFEEST) and Community Centres SA, it provides participants with vital access to further education and training opportunities.

In addition to 'Abilities for All', Bedford also offers accredited courses specifically for youth including music, 'Automotive 101', driving lessons and 'Let's Cook' classes across metropolitan and regional areas.



# Bedford™

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Bedford Chief Executive Max Dyason said he hoped stories like Sammie's would inspire the public to support Bedford's Winter Appeal and enable its training and other support programmes to continue to thrive.

"There are so many people in the community just like Sammie who show great potential, but for a variety of reasons have fallen between the cracks of the mainstream education system," he said.

"'Abilities for All' and our youth training services are about recognising the diverse needs of people with disadvantage or disability - and we're proud to see it transforming lives.

"We hope Sammie's story can inspire the public to support our programmes - every little bit counts."

To donate to Bedford's Appeal call 1300 300 023 or visit [www.bedfordgroup.com.au](http://www.bedfordgroup.com.au)

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