



November opportunities for Adults 25+ in Plymouth!

Halloween has been and gone, and the nights have officially drawn in. With Christmas fast approaching, you may be looking ahead to the new year and a fresh start. One of the great things about living in Plymouth is that there are lots of opportunities for people to develop new skills, different training, and education options, and lots of ways to gain experience to find your dream job or career. Whether you are thinking about a new career, considering a lifestyle change, or need support more generally, there's lots of local support on offer.

Below are some of the latest opportunities – including some great events that you can attend for free! If anything catches your eye, simply get in touch by emailing skillslaunchpad@plymouth.gov.uk, or texting **07917 264736**.

Upcoming Events

Sector Drop-in Sessions

For anyone interested in the construction and built environment, or the health and care sectors, Skills Launchpad Plymouth hosts weekly sector drop-in sessions. Join our experienced sector co-ordinators for practical advice and guidance, and to discuss the latest skills, training, and job opportunities.

When: Tuesdays

Where: First floor of Barclays, city centre

Time: 10am to 3pm

University of Plymouth Open Day

Get a taste of university life and see the courses that are available to you. You will get to talk to lecturers, attend talks around student finance and explore the student village and campus.

When: Saturday 18 November

Where: Plymouth, PL4 8AA

Time: 9am to 3.30pm

Click [here](#) to register and attend.

Achievement Training Open Day

Achievement Training offers a wide range of flexible educational and vocational training courses to young people and adults. The team has a wealth of knowledge and experience in delivering training that supports real progression in employment.

They are holding an Open Day to showcase the range of courses that they have on offer. This will be a great chance to see what it is like study, with flexibility to suit you!

When: Thursday 23 November

Where: See below link to choose location

Time: 4pm to 6pm

Click [here](#) to find out more and book your place

Arts University Plymouth Undergraduate and Postgraduate Open Day

Come along to find out what it's like to study at the number one Arts University for student satisfaction! As well as being able to explore the campus, you will have the chance to view nearby affordable accommodation, speak with course leaders, and even hop on a bus and have a tour of the city! You will learn all about the BA Hons available courses and be able to ask any questions you have around Postgraduate offerings.

When: Saturday 25 November

Where: Tavistock Place, Plymouth, PL4 8AT

Time: 10am to 2pm

Click [here](#) to register and attend.

Plymouth Marjon University Open Day

Plymouth Marjon University was voted top university in England for student satisfaction in 2021, with 95% of students finding employment, or moving into further study within six months of graduating.

The Open Day will give prospective students the chance to discover what student life is really like. This will be the perfect opportunity for you to learn about available courses, meet lecturers, take a tour of the campus and chat with students about university life. You will also get to explore the facilities and accommodation.

When: Wednesday 29 November

Where: Derriford Road, Plymouth, PL6 8BH

To book your place click [here](#)

Access Creative College

Are you interested in the gaming industry? Or the music industry? Access Creative College have some great creative courses that can pave the way for working in the industry.

They have both open days and taster days to showcase the variety of courses that they have on offer. Click [here](#) for upcoming dates.

Access Pre-Employability Support

We work with some great organisations that support adults to prepare for work or changing careers, so if you would like some impartial careers advice and guidance, support with your CV, cover letters and/or interview prep, we can help.

National Careers Service

For help preparing for jobs, you may like to get started by booking a free appointment with the local National Careers Service team. Barbora supports the Skills Launchpad Plymouth team in providing face-to-face support for anyone 19+. She can help you to make decisions on learning, training, and work at ALL stages of your career and best of all... it's FREE!

The Prince's Trust

From a five-day employability course to 12-week team programmes, how to start your own business and more, if you are aged 25-30 and not in full-time training or employment, the Prince's Trust can help.

Latest opportunities include:

Get Into Work – The Prince's Trust is running a fantastic 'Get into work' for anyone aged 18-30 who is looking for work. During the programme you will obtain a work-related qualification, have industry talks and tours, gain confidence with interview skills and have a job interview with live vacancies. You will also receive up to six-month support from The Prince's Trust
To find out more, please click [here](#)

Get into I.T – This is a FREE online programme with Google.Org and Inco Academy. You will get to receive an industry recognised qualification. With time for self-led learning, and support and mentoring into Employment, this is a fantastic opportunity! To find out more, please call Mark on **07786381623**, or email mark.rhead@princes-trust.org.uk

Enterprise – Are you aged 25-30 with a business idea? Are you looking for some support with being self employed? This online course is perfect to help get you with writing a business plan, accessing start up loans, finance, tax, marketing, and sales. To find out more, please email plymouthenterprise@princes-trust.org.uk

Upskill through training or education

It's never too late to learn new skills. Whether your motivation is to get a job or start a hobby, Plymouth has lots of providers offering adult education - and the courses are quite often free. Courses range from business and coding to hair and beauty, animal care, sport and fitness, cooking, and more. Some can even help you to access university-level study.

Training delivered in person

To get started take a look at short courses with [Achievement Training](#), [City College Plymouth](#), [On Course South West](#), [WEA](#), and [South Devon College](#), as these are just a few of the providers delivering courses face-to-face throughout the year.

[Shekinah](#) can also help with short courses around wellbeing and employability related skills such as English, maths and using computers.

To find out more about their Learning Exchange Programmes, click [here](#). Alternatively, for a safe and friendly place to find out about jobs, courses, and benefits you can drop in and see the team at Bath Street every Friday, 12.30pm to 3.30pm

Skills Bootcamps are intensive nine-week skills accelerator courses, that will enable adults to build up specific sector skills and fast track to an interview with a local employer. On Course South West has Bootcamps focused on content related to Digital and Green careers [here](#) and City College Plymouth is offering a Bootcamp in Green Skills and Retrofit Bootcamp [here](#).

Training delivered online

Several of our partners also offer free online courses, so why not gain a new qualification or skill from the comfort of your own home?

Courses range from computer essentials, professional development, and digital design and marketing, to business admin, specialist care courses, and interview skills.

Get started with the links below:

- [National Careers Service online courses](#)
- [Clarion online courses](#)
- [On Course South West online courses](#)
- [SMART Skills – fully funded courses](#)

- [WEA adult learning courses](#)

Brush up on your English and maths

You may be fed up with being asked about whether you have your English and maths GCSEs, or a functional skill in numeracy and literacy, but the fact is, these skills matter and can really help you to get better jobs and earn more money in the long run. Here in Plymouth, there are several training providers who can help. Many build it into a full-time study programme or help you do it alongside an apprenticeship or traineeship, but you can also do your English and/or maths as a standalone course.

If it is maths, you need help with, you may have heard of the Multiply project. Across Plymouth through this funding, providers such as [The Focus Training Group](#), [Real Ideas](#), and [On Course South West](#) and others are delivering practical maths courses to make maths more fun.

Apply for jobs

There are many reasons why you might be looking for a new job at the moment, but the great news is that there are thousands of jobs available, right now, in Plymouth.

For advice on where to apply and things to consider, [click here](#).

Explore self-employment

Always dreamt of starting your own business? It can be both an exciting adventure and daunting, especially if you have additional barriers to overcome, such as disability or being long-term unemployed.

We have added lots of information and links to support you in setting up your own business in our **Resource Bank** [here](#) and we also suggest checking out the upcoming courses with [SMART Skills](#), the [National Careers Service](#), [On Course South West](#), the [Prince's Trust](#) and [City College Plymouth](#) that can help you with starting your own business.

Apply for apprenticeships

Apprenticeships are real jobs with training. They start all year round and are not just for school leavers! You learn, gain a nationally recognised qualification, and study from Level 2 right up to degree-level, depending on the role you are working towards.

If you are worried about the financial side of an Apprenticeship salary, you could be entitled to claim universal credit to top you up, so don't rule it out as an option.

In the latest edition of Plymouth's exclusive apprenticeship bulletin, there are hundreds of apprenticeship vacancies. Find out more [here](#)

Access mental health support or boost your confidence

Qwell

Qwell is a free digital mental health and wellbeing service that is now available to adults in Plymouth. Delivered by mental health provider Kooth, Qwell aims to help people manage their own emotional health and wellbeing, offering everyone aged 18 or over anonymous and confidential support.

This safe online space helps adults to access therapeutic activities, with a peer support community, self-help articles and forums and discussion boards moderated by qualified practitioners. Users can also keep an online journal and monitor their wellbeing via an interactive goal tracker. This will be accessible 24

hours a day, seven days a week. There is also a one-on-one live text chat and messaging counselling service with a team of qualified practitioners. See for yourself, [click here for Qwell](#).

Improving Lives Plymouth

This is a great support organisation offering various peer support groups including one to help people manage long term health conditions and one for people with learning disabilities to develop independence in a safe space. Find out more [here](#).

Routes to Grow

Loneliness can affect us all, at any time of our lives. We might live in a busy city or a rural location, on our own or with others and still feel isolated. Routeways has set up a drop-in service to help combat loneliness – a cuppa and some company and a chance to get involved with their lovely garden within Devonport Park. Explore Routes to Grow [here](#).

Andy's Man Club

Aiming to eliminate the stigma surrounding mental health, Andy's Man Club has created a judgment-free, confidential space where men can be open about the storms in their lives. For information on this free, weekly, peer support group for men, [click here](#).

Headspace

Headspace is a peer-led mental health support service that is hosted at a different location every night of the week. If you are looking for someone to have a coffee and a chat with, or a 1:1 with a volunteer who has lived experienced, you may like to check this out – [information here](#).

Devon Mind

Do you struggle with anxiety? If so, why not sign up to take part in a session to help with understanding anxiety and to learn tips and tools for managing anxiety with Devon Mind? Do you juggle raising a family and keeping up a home whilst suffering from depression? There is a range of short Zoom workshops on offer that can help you prioritise your mental health. [Click here](#) to see what's coming up.

Shekinah

If you are aged 18+ there is so much to get involved in with Shekinah. They can help with short courses around personal development, handling stress and anger, mentoring and coaching, mental health, sexual health, as well as more employability related skills such as English, maths and using computers.

To find out more about their Learning Exchange Programmes, [click here](#). Alternatively, for a safe and friendly place to find out about jobs, courses, and benefits you can drop in and see the team at Bath Street every Friday, 12.30pm to 3.30pm

Gifted Women

Women across the UK can be caught up in a cycle of addiction, homelessness, and crime, with a lack of opportunities and often a complex history of trauma and abuse at the foundation. Even when working hard to break the cycle, women can struggle to find work and support to reach their full potential.

Gifted Women works to help women break this cycle, recognising meaningful employment, training, and further education as key factors in lasting change.

Through weekly group work sessions, learn about all aspects of employability, from recruitment to resilience in the workplace and everything in between. With a significant focus on life skills, confidence building, exploring passions and ambitions and discovering the value you have to offer.

Get in touch to find out more about this programme.

Art, Craft and Laughter

Life can sometimes be overwhelming and having a space to be able to go, take timeout and breathe might just be what you need.

Art, craft, and laughter are offering mental health, wellbeing art and craft groups. Search 'Art, craft and laughter' on Facebook or Instagram.

For more information on accessing mental health support in Plymouth, [click here](#).

Volunteer

Volunteering is a fantastic way to test out different jobs to find out what you prefer, as well as helping you to gain experience and develop soft skills that are useful in all careers. You may also choose to volunteer to give back and share your skills and experience with others.

Plymouth has lots of great volunteering opportunities with organisations including: University Hospitals Plymouth NHS Trust, St John's Ambulance, Age UK Plymouth, Elder Tree Befriending, Trevi, Shekinah, The Box, Barnardos, Devon Mind, The Zone, Devon Wildlife Trust, Gables, Devon and Cornwall Police, Ocean Discovery Rangers, National Marine Aquarium, Clean Our Patch, Nature Plymouth, Citizens Advice Plymouth and Moor Trees.

You can also explore vacancies broadly by visiting [Volunteering | PLYMOUTH.GOV.UK](#) or <https://govolunteering.co.uk/>

Opportunities vary from helping people, animals, and children, to admin, retail, and customer Service. There are also environmental opportunities outdoors, or in nature/gardening, right through to media, history, and fundraising. What a great way to develop your skills and meet new people!!

Click [here](#) for more links via our resource bank.

Opportunities in Construction

The construction industry is booming. If you want to find out about the latest skills, training, education, apprenticeships and jobs available locally, your first stop should be the Construction and the Built Environment Drop-in. Based on the first floor of Barclays, Armada Way, the Job Shop is open to everyone. Just drop in on a Tuesday between 10am and 3pm.

You may also like to look at upcoming short courses and accreditations for new and experienced tradespeople with:

- [City College Plymouth](#)
- [Greenlight Training](#)
- [Focus Training](#)

New to construction?

Why not check out [Greenlight Training](#)'s two-week pre-employment courses? Both will give you a great opportunity to develop your skills and get a feel for what you enjoy.

Alternatively, the [Sherford Training Programme](#) can help you gain a week's onsite training and experience, and the chance to gain your CSCS card.

Check out [City College Plymouth's](#) Retrofit courses – Click [here](#)

Opportunities in health and care

There has never been a more important time for the health and social care sector, and there continues to be a shortage of workers, particularly in the home care sector. Whether you have a background in care or a feeling that you may be good at it, there are lots of ways to find out more.

- Drop into our Health and Social Care Job Shop, every Tuesday between 10am to 3pm in Barclays, Armada Way.
- Check out the Council's Home Care Assistant campaign [here](#) and register your interest for a call back.
- Explore the jobs and volunteering opportunities available with Livewell Southwest [here](#).
- It's also worth exploring the e-learning section above, as there are lots of free online courses you can do to develop skills for the health and social care sector.
- For more information on all things health and care, please [click here](#) for our most recent health and care opportunity mailer.

Find out more...

For information about any of our partner programmes, simply e-mail skillslaunchpad@plymouth.gov.uk, or visit <http://www.skillslaunchpadplym.co.uk> to sign up as a member and one of the team will contact you.