



November opportunities for 16 to 24-year-olds in Plymouth!

One of the great things about living in Plymouth is that there are lots of opportunities for young people to develop new skills, access different training and education options, and gain experience to find your dream job or career. Whether you have just finished education, or have been looking for the right next step for you, we want to help.

Read the 2023-24 edition of 'Which Way? Your Way!' helping young people to better understand their options post-16 - www.trainingprovider.com/which-way-your-way-devon/

Help yourself to localised information, advice and guidance through our Youth Hub Resource Bank here: www.skillslaunchpadplym.co.uk/youth-hub-resource-bank

Below we've pulled together the latest local opportunities here in one place – including some great events that you can attend for free. If anything catches your eye, get in touch by:

- Emailing skillslaunchpad@plymouth.gov.uk
- Texting our Youth Hub Coordinator, Rhianne on **07876 396982**

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: Frist floor of Barclays, city centre

Time: 10am to 3pm

Training and Apprenticeship Drop-in

Meet local training providers including Skills Group, Young Devon, and Focus Training to explore local apprenticeship vacancies and training programmes that can develop your confidence, boost your employability skills, enhance your CV, and help you take steps towards your dream job!

When: Wednesday 22 November

Where: Frist floor of Barclays, city centre

Time: 10am to 2pm

Higher education and further education events

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. They have provided apprenticeships since 2001, and have 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 the 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 has some great creative courses that can pave the way for working in the industry.

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

Access Pre-Employability Support

If you're looking to get a job, we work with some great organisations who can help you to prepare for work. Whether you would like some impartial careers advice and guidance, support with your CV, cover letters and/or interview prep, we can help.

CSW Group

If you are aged 16-19 and seeking opportunities for jobs, training, or education, the CSW team can help. The fantastic local team help with CV support, and impartial advice, and can point you in the right direction for all the support available to you. CSW Advisors join us at Skills Launchpad Plymouth every Thursday where you can take advantage of their one-to-one advice.

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!

Young Devon

The team at Young Devon can support you with 1:1 mentoring, or a 12-week employability course that will help you to develop team and leadership skills, earn qualifications, and make friends for life! They also reimburse you for any travel on public transport. These courses are a great stepping stone back into education, accessing higher level qualifications and employment. You will also have support with CV writing, mock interviews, and general career advice. They have two courses that they will be running in January. Independent Life Skills, Entry level 3 and Work Based Learning, level 1. These courses will be fantastic for building confidence, communication skills and team work. To find out more, click [here](#)

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 11-30 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 18-30 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 plymouthenterprisetem@princes-trust.org.uk

Team Programme – 'Team' is a twelve-week personal development programme for young people aged 16-25. Team aims to uncover hidden talents, develop teamwork and communication skills, and increase confidence, motivation, and skills. As part of the programme young people take on a community project of their choice, take part in an exciting and action-packed residential week and get two weeks' work experience in a field of their interest. There is also an opportunity to gain nationally recognised

qualifications. To find out more, please call Mark on **07786381623**, or email mark.rhead@princes-trust.org.uk

Achieve - These informal clubs can support young people aged 11-19 to develop the skills and confidence needed to progress into a positive future. Young people can have fun, try new activities, and learn the skills they need to help finish their education, go to college, or get a job. To find out more, please call Mark on **07786381623**, or email mark.rhead@princes-trust.org.uk

Fotonow

'Unlocked Youth' is Fotonow's youth programme aimed at supporting 13 to 21-year-olds to engage in media and participate in cultural opportunities. The youth creative media group is all about having fun while developing skills and knowledge in the world of creative media. This is a weekly group that meet every Tuesday at Fotonow HQ between 5pm and 7pm. To find out more, or contact Fotonow, please click [here](#)

Youth Hub SEND Employability Sessions

If you are a young person with special educational needs or a disability or are someone looking to develop your confidence and employability skills in a small supportive space, contact Rhianne to join the next employability group. The group meets every Wednesday over four weeks to explore CVs, interview tips and is centred around the goals of the individual.

Email skillslaunchpad@plymouth.gov.uk or text Rhianne on **07876 396982** to book.

Youth Hub Find Your Future Session

Every Thursday at Skills Launchpad Plymouth (on the first floor of Barclays) Rhianne has a clear diary between 12noon and 3pm to chat to care leavers looking for support. During this session there is no pressure to sign up to anything, it's just an initial conversation before deciding whether to move forward and develop a plan. You can come with a friend, your PA, or by yourself, but do give it a try.

Are you a young person with an Education Health Care Plan (EHCP)? Have you considered a Supported Internship?

A supported internship offers 16 to 24-year-olds with an EHCP the opportunity to work towards an accredited qualification(s) and take part in a work placement opportunity with the support from an expert job coach. This study programme can last between six months to a year, depending on the individual's progress and future.

Here in Plymouth, work is being done to grow the number of Supported Internships, and there are existing programmes available focused on jobs within Plymouth City Council, City College Plymouth, and the sport and leisure industry; and plans to develop more opportunities within the health and care sector.

To find out more and arrange a conversation about opportunities, [sign up as a member of Skills Launchpad Plymouth 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 / NHS Cadets, St John's Ambulance, Age UK Plymouth, Elder Tree Befriending, Trevi, Shekinah, The Box, Barnardo's, 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](https://govolunteering.co.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.

Apply for a traineeship in retail or hospitality

Have you ever thought that you'd like to try out a work environment before committing to a job or apprenticeship? There are retail and hospitality Traineeships available in Plymouth to help young people aged 19 to 24-year-olds gain skills and experience. In just six to eight weeks, you will gain experience that will help you move closer to figuring out your next steps – and they can often be extended if you are loving it.

Get in touch to find out how to get started.

Apply for apprenticeships

Apprenticeships are real jobs with training. They start all year round and are not just for school leavers!

Apprenticeships are a great way to earn while 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](#)

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.

Young Devon can also support those trying to start their own business. Not only can they help with initial business plans, but they can also support financially with grants. To find out how the funding works, or complete an application form, please click [here](#)

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.

Get into training or education

It's never too late to learn new skills. Whether you didn't quite get your C/4 grades in your English and/or maths at school, or if you want to take your existing qualifications to the next level, Plymouth has lots of providers offering education - and the courses are quite often free.

Courses range from business and coding to hair and beauty, animal care, sport and fitness, military preparation, cooking, and more. Many can even help you to access university-level study.

- Your choices at 16 – [click here](#)
- Your choices at 18 – [click here](#)

We work with a wide range of local training providers, and there's bound to be one very close to where you live, so get in touch if you'd like to discuss all the options available to you.

Training delivered online

A few 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](#)

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** or **CTSW'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.
- Aged 19+? Check out **City College Plymouth's** Green Skills and Retrofit Bootcamp – Click [here](#)

Get Hard Hat Ready with Kier and City College Plymouth

Like the idea of being part of the South West's booming construction industry?

Kier and City College Plymouth are running a five-week Hard Hat Ready programme.

The course will cover:

- Bricklaying
- Plastering
- Painting and Decorating
- Carpentry
- Plumbing
- Health and Safety
- CSCS card

These courses start monthly. If you would like to take advantage of this fantastic **FREE** programme, please click [here](#).

Opportunities in health and social 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 the sector, 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 Caring Plymouth opportunity mailer.

Access mental health support or boost your confidence

Kooth and Qwell

Kooth and Qwell are free digital mental health and wellbeing services that are available for free to people living in Plymouth.

Both aim to help people manage their own emotional health and wellbeing through anonymous and confidential support, Kooth supports anyone aged 11 -19 and Qwell is for everyone aged 18+.

These safe online spaces, help people 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, [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.

Devon Mind is also working in partnership with Argyle Community Trust to deliver a new six-week wellbeing course, [Mindful Movement](#).

When: Monday 30 October – Monday 4 December

Time: 2.30pm to 3.30pm

Where: Central Park Community Sports Hub

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

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](#).

Find out more ...

For information about any of our partner programmes, simply e-mail

skillslaunchpad@plymouth.gov.uk, or visit www.skillslaunchpadplym.co.uk to sign up as a member and one of the team will contact you.