



September opportunities for Adults 25+ in Plymouth!

Plymouth is a city of opportunity. Whether you are at a crossroads because you are facing redundancy, or transitioning from HM Armed Forces, you're thinking about returning to work after some time away, or even if you are considering training and education options and looking to gain experience to find your dream job or career, our goal is to help you access the 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.

You can also help yourself to localised information, advice and guidance through our Adult Hub Resource Bank here: www.skillslaunchpadplym.co.uk/adult-hub-resource-bank which includes specific support for Plymouth's veterans and the military community, those facing redundancy, career changers and adults aged 50+.

We have moved!

We are excited to share that we have moved into a fantastic new location and are now on the first floor of Cobourg House on Mayflower Street PL1 1QX. The Adult Hub will form part of a new 'one-stop shop' for skills and post-16 education services provided by Plymouth City Council. The four key services coming together under one roof are: On Course Southwest, Skills Launchpad Plymouth, Careers Plymouth and Connect to Work. To enable us to provide dedicated 1:1 support to young people, the Adult Hub will be available on a bookable appointment basis, so sign up as a member to book in.

Upcoming Events

Sector Drop-in Sessions

For anyone interested in Plymouth's growth sectors (the ones where there are lots of job opportunities), 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. As part of our relocation, we have updated our delivery of sector sessions, these will run as follows:

- Mondays are focused on childcare, health and social care
- Tuesdays are focused on construction and the built environment.
- Thursdays are focused on adults over the age of 25
- Fridays are focused on Hospitality retail and tourism.

Our dedicated Youth Hub will run Monday – Friday

Curious about the green economy? You should be! It affects multiple job sectors and is a big priority here in Plymouth. Explore the [Green Economy page here](#) to access the Green Horizons guide.

[Click here](#) to register for Skills Launchpad Plymouth

Further Education

Upcoming events

University of Plymouth, Undergraduate on Campus Day

This is a great opportunity to get a feel for studying as an undergraduate at the University of Plymouth. The day will consist of talks about life in Plymouth, finance advice on student loans and how to manage your money at university, subject talks, tours around the student village and drop-in sessions to see the amazing wave tank in the marine building, making it a packed day!

When: Saturday 27 September

Time: 9am to 3:30pm

Where: University of Plymouth, Plymouth, PL4 8AA

Click here to [register](#)

Arts University Plymouth – Undergraduate Open Day

Are you exploring studying courses at Arts University Plymouth? This open day will help you take a step closer to deciding if this university for you. The open day will show you the state-of-the-art facilities, talk to staff and tour student accommodation. You will even have a chance to hop on a bus and have a tour of the city.

When: Saturday 27 September

Time: 10am to 4pm

Where: Tavistock Place, Plymouth, PL4 8AT

Click here to [register](#)

Arts University Plymouth – Postgraduate Open Day

Looking for your next steps in progressing in your studies? This open day will help you take the next step in deciding if you align well with the university. The open day will showcase the state-of-the-art facilities available and give you a chance to talk to expert staff. You will even have a chance to hop on a bus and have a tour of the city.

When: Saturday 27 September

Time: 10am to 4pm

Where: Tavistock Place, Plymouth, PL4 8AT

Click here to [register](#)

Plymouth Marjon University

Come along and find out what it is like to study at Plymouth Marjon University. Talk to students and learn more about student life, from accommodation, social life and societies. Meet lecturers and learn more about the courses that are available. You will also receive a tour of the campus and information session regarding disability support, admissions and future careers.

When: Saturday 4 October

Time: 9:30am to 3pm

Where: Plymouth Marjon University, Derriford Road, Plymouth, PL6 8BH

Click here to [register](#)

Open University

Last year, the Open University (OU) soft launched Mumentum, an initiative designed to empower mothers looking to return to work and progress in their careers. The initiative provides resources and practical tips on balancing study with parenting and aims to challenge outdated perceptions of motherhood in the workplace. The return-to-work toolkit the OU have produced is designed to support parents navigating their return to work and businesses looking to improve their approach to reintegrating returners. All

training is free and covers things like how to have a conversation with to move back to the job market. Although for mum's the material is parent friendly and can be used for Dad's.

To find out more [click here](#)

Access Pre-Employability Support

We work with 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.

City College Plymouth

City College Plymouth is inviting aspiring public service professionals (aged 19+) to enrol on a *free* two-week pre-employment course designed to prepare individuals for rewarding careers in sectors such as the Police, Prison Service, and Ministry of Defence Civil Service.

Course Highlights:

- Personal and Social Development
- Conflict Management
- Mock Interviews
- Experienced Tutor Support

When: Weekdays

Timings: 9am – 4pm various each day (with breaks)

Location: City College Plymouth, Kings Road

[Click here to register:](#)

For more information, email adulthoodeducation@cityplym.ac.uk.

Salvation Army

Working alongside job seekers, the team at the Salvation Army work to understand the needs and goals of the individual to support with future steps and explore training opportunities to guide them into work. Participants benefit from 1:1 support and group workshops enabling them to use resources that best fit their needs.

[Click here](#) to find out more about the service and to get involved.

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 and Ian support the Skills Launchpad Plymouth team in providing face-to-face support for anyone 19+. They can help you to make decisions on learning, training, and work at ALL stages of your career and best of all... it's FREE!

Ranger Bootcamps with the National Marine Park

Over the next few months, the National Marine Park team is hosting fun outdoor sessions around sustainability and, environmental awareness. At Mount Edgcumbe and Mount Batten, these sessions will

feature activities such as building a firepit and toasting marshmallows, learning about citizen science, beach cleans and hands-on tasks. To find out more, email Jes at Jes.Hirons@plymouth.gov.uk

Gifted Women Employability Programme

The local team at Gifted Women are all about unlocking doors to employment for women overcoming multiple disadvantages and rebuilding their lives.

If you feel unable to access employment because of your life experiences and would like to get into work but aren't sure where to start, this charity is able to support with creating CVs, supportive work experience placements through their collaboration with employers in Plymouth and Tavistock.

To find out more email Emily at emily@giftedwomen.co.uk

Battling On Veterans (and family) Support

If you are a former member of HM Armed Forces, or a family member of someone who served, Battling On can provide 1:1 outreach support to help with individual needs, identifying support needed, and help to set and achieve personal goals.

The Battling On provision includes farm-based activity with animals including Al pacas and Rastafarian donkeys to support with mental health and social isolations on Thursdays and Fridays, but the team also offer a variety of other activities including cooking, art, gardening, quizzes and the chance to engage with others in a safe community space.

To find out more, connect with Sarah by emailing, sarah@battling_on.com

Digital Natives with Real Ideas

Real Ideas is offering a fantastic chance for anyone aged 18+ and living in Plymouth to gain digital skills - for FREE! As part of their Devonport Futures Real Pathways offer, Digital Natives supports the exploration of digital skills, content creation, digital essentials and exploring progression and employment opportunities.

Hosted at Market Hall on Duke Street in Devonport, the Digital Natives Programme is a collection of sessions, which will be fun and boost your employability. Being set at Market Hall, the home of Real Ideas' immersive 3D dome, it also includes an introduction to 360 filmmaking and VR!

Key details:

Who? Anyone aged 18+ living in Plymouth (PL1 - PL9)

What? Six days of digital skills sessions spread over two days a week for three weeks

Cost? FREE! *This programme is funded by the UK Government through the UK Shared Prosperity Fund*

How? Email yes@realideas.org or [register your interest here](#)

Explore Different Cultures with the Turing Scheme

Local training provider On Course South West has secured funding to carry out placements and projects abroad for eligible students aged 19+ between now and 31 August 2025. Trips away will include Italy, Iceland, Sweden and more with an aim to enrich learning taking place through On Course South West courses and improve participants personal and social skills, applying learning in a different cultural context.

Want to find out more and check eligibility details? [Click here.](#)

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 several 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 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](#), [Skilltec Training](#) 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 including opportunities to work through anger and stress issues, and employability related skills such as English, maths and using computers, as well as mentoring and carpentry. Find out more about their Learning Exchange Programmes, [here](#).

Skills Bootcamps are intensive nine-week skills accelerator courses, which will enable adults to build up specific sector skills and fast track to an interview with a local employer. They are currently delivered locally by [City College Plymouth](#), [On Course South West](#), [BIT Training](#) and [Devon County Council](#), and [Building Growth South West](#). Or if you are looking to engage online, [The Skills Network](#) offers opportunities.

Skills Bootcamps cover specialisms including cyber security, project management, digital marketing, early years education, welding, green skills and retrofit and more.

The King's Trust *(formerly named The Prince's Trust)*

From 'Get Into' and 'Get Started' programmes to help you explore job opportunities in particular sectors, to support to start your own business and more, [if you are aged up to 30](#) and not in full-time training or employment, the King's Trust can help.

Get Started with Animal Care

Course dates: Monday 8 to Friday 15 October

Eligibility: Aged 16-30, not in full-time education or employment.

Click here to [register](#)

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:

- [Achievement Training online courses](#)
- [City College Plymouth online courses](#)
- [Clarion online courses](#)

- [National Careers Service online courses](#)
- [On Course South West online courses](#)
- [Skilltec Training online 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 overall. 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. [Argyle Community Trust](#) is offering a great programme for parents based in Ivybridge including an hour of learning through play for the little ones whilst parents learn.

Apply for jobs

There are many reasons why you might be looking for a new job, 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

Have you 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 the [National Careers Service](#), [On Course South West](#), [the King'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

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 end 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? Take a look at the [upcoming courses and workshops here](#).

You could also join a monthly support group. [Take a look here](#) at the different groups you can attend or click here for [wellbeing activities](#).

Shekinah

The team at Shekinah 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. For a safe and friendly place to find out about jobs, courses, and benefits you can drop in and see the team at Stonehouse Creek, PL1 3SF every Friday, 12.30-3.30pm

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](#).

Theatre Royal, Our Space

This programme works with adults with lived experience of homelessness, mental health issues, substance misuse, reoffending, or those who feel socially isolated to provide free, regular and meaningful activity that contributes to recovery and rehabilitation.

With taster sessions, community residencies, prison and probation focused groups, and a specific armed forces Our Space offering creative opportunities and weekly workshops for service personnel, veterans and long-term wounded, injured and sick individuals, this is a great programme for individuals looking to build connections.

Interested in finding out more? Email ourspace@theatreroyal.com

Volunteer

Volunteering is a fantastic way to try 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, 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.

Plymouth City Council also has a big push on Good Neighbour Support Volunteers right now - [details here](#).

Have you ever considered becoming a mentor to a young person? The My Future mentoring programme with YMCA Plymouth could be a great opportunity for you – and support your own development whether you are currently employed or not. Email sarah.newberry@ymcaplymouth.org.uk to find out more.



You can also explore vacancies broadly by visiting [Volunteering | PLYMOUTH.GOV.UK](https://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 fantastic way to develop your skills and meet new people?!

As part of Plymouth's Volunteering Passport, which is recognised by many organisations hosting volunteers across the city, on the last Friday of every month, On Course South West provides a day of emerging course delivery to help volunteers achieve a digital badge acknowledging training that supports their volunteering. You can also click [here](#) for more links about volunteering 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 Building Plymouth's **Construction, and the Built Environment**. Available on a Tuesday and located in Cobourg House, this session is open to anyone, [sign up here](#) to book a 1:1 appointment.

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](#)
- [Skills Group](#)

New to construction?

- Complete the [Sherford Skills CSCS Onsite Experience](#) course to get up-to-date with construction health and safety, gain your Construction Skills Certification Scheme (CSCS) card which includes the LI Award in Health and Safety in a Construction Environment and CITB health and safety touch screen test, and take part in occupational hands-on training.
- Why not check out [Greenlight Training](#) or [CTSW's](#) two-week pre-employment courses? Both will give you the opportunity to develop your skills and get a feel for what you enjoy.
- 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](#).

For more information on the latest opportunities in the construction and built environment sector, [check out the Building Plymouth landing page 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 care or a feeling that you may be good at it, there are lots of ways to find out more.

- Take a look at the 'Work in Care' campaign page for opportunities [here.](#)
- Explore the jobs and volunteering opportunities available with Livewell South West [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 social care, check out [the Caring Plymouth landing page here.](#)

Come in and meet our [Caring Plymouth](#) team on a Monday 10am – 4pm to explore your next steps into a career in Health and Social. Located in Cobourg House, this session is open to anyone, [sign up here](#) to book a 1:1 appointment.

Upcoming events with Caring Plymouth

Plymouth's Health and Social Care Careers Showcase

When: Friday 10 October

Time: 10am to 4pm

Where: Duke of Cornwall Hotel

Register [here](#)



The poster for the 'Health and Social Care Careers Showcase' features the 'Caring Plymouth' logo at the top left. The title 'Health and Social Care Careers Showcase' is prominently displayed. Below the title, the event details are listed: 'Friday 10 October, 10am to 4pm' and 'Duke of Cornwall Hotel'. A central text block invites attendees to meet over 20 recruiting employers, including University Hospitals Plymouth NHS Trust, Livewell Southwest, and adult social care providers, to learn how they can make a difference in their local community. To the right of the text is a collage of images showing various healthcare professionals in their roles. At the bottom, logos for 'One Devon', 'jobcentre plus', and 'PLYMOUTH City Council' are visible.

Opportunities in tourism, hospitality, retail and leisure

The visitor economy is one of Plymouth's largest sectors, contributing over £300 million to the city's economy. Such a large sector presents many opportunities for work, training and volunteering. Whether you are great with people or are proud of your city and want to share that feeling, there are lots of ways to get involved and find out more.

- Explore work opportunities through [Caterer.com](#), [Leisure Jobs](#) or [Retail Choice](#).
- Explore the volunteering opportunities available with The Box [here.](#)
- Look at [Visit Plymouth](#) to get an idea of the sort of businesses and careers you could get involved with.
- City College Plymouth provide plenty of learning opportunities for development in the sector, whether you're a school leaver or an adult learner (aged 19+):
 - [Hospitality & Catering](#)
 - [Adult Skills Guide](#)
- [On Course South West](#) offers a wealth of courses to explore across tourism, hospitality and retail:
 - [Tourism](#) (including a [Live Events Skills Bootcamp](#))

- [Hospitality](#)
- [Retail](#)

Come in and meet our [Welcoming Plymouth](#) team on a Friday 10am – 3pm to explore your next steps into a career in Health and Social. Located in Cobourg House, this session is open to anyone, [sign up here](#) to book a 1:1 appointment.

Skills Support for Higher Education

Connecting local higher education students connect with local opportunities for skills, training, education, careers and jobs. Located in Cobourg House [sign up here](#) to book a 1:1 appointment.

Working closely with

- University of Plymouth
- Arts University Plymouth
- Marjon University
- City College Plymouth

There are lots of great opportunities right on your doorstep, book an appointment with our Skills and Workforce Coordinator to find out more.

Skills support for Plymouth's armed forces community

We are working to connect the armed forces community with opportunities for skills, training, education, careers and jobs. Now open to bookable appointments every Thursday from 10am to 3pm in Cobourg House. [sign up here](#) to book a 1:1 appointment.

Whether you are:

- transitioning from HM services and planning the next steps towards a career in Plymouth
- a working-age veteran seeking employment in the city or retraining
- a military spouse, partner or young person seeking new opportunities.

You can talk to us about training and apprenticeships, further education and university, where to look and apply for jobs and volunteering, and connecting with local support services.

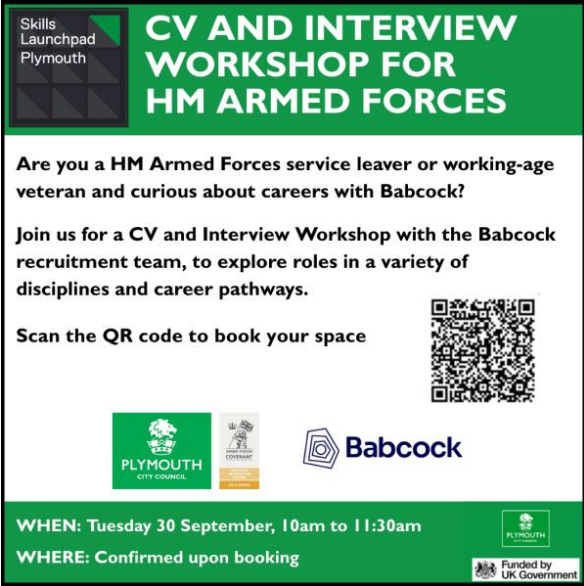
Check out our free online resources here - <https://www.skillslaunchpadplym.co.uk/armedforces>

Upcoming events

CV and Interview Workshop for HM Armed Forces

Skills Launchpad Plymouth, in collaboration with Babcock, is hosting a CV and Interview Workshop designed to support your transition into civilian employment. This session will provide valuable insights into roles across various disciplines and offer tailored advice from Babcock's recruitment team.

When: Tuesday, 30 September
Time: 10:00am – 11:30am
Location: Confirmed upon booking
[Click here to register](#)



The poster is for a 'CV AND INTERVIEW WORKSHOP FOR HM ARMED FORCES'. It features a green header with the title in white. Below the header, the text asks if the reader is a HM Armed Forces service leaver or working-age veteran and curious about careers with Babcock. It invites them to join a CV and Interview Workshop with the Babcock recruitment team to explore roles and career pathways. A QR code is provided for booking. The bottom section, on a green background, states the event is on Tuesday 30 September from 10am to 11:30am, confirmed upon booking. Logos for Skills Launchpad Plymouth, Plymouth City Council, and Babcock are shown. A small logo at the bottom right indicates funding by the UK Government.

CV AND INTERVIEW WORKSHOP FOR HM ARMED FORCES

Are you a HM Armed Forces service leaver or working-age veteran and curious about careers with Babcock?

Join us for a CV and Interview Workshop with the Babcock recruitment team, to explore roles in a variety of disciplines and career pathways.

Scan the QR code to book your space

WHEN: Tuesday 30 September, 10am to 11:30am
WHERE: Confirmed upon booking

Logos: Skills Launchpad Plymouth, PLYMOUTH CITY COUNCIL, Babcock, Plymouth City Council, Funded by UK Government

Launchpad Live

Join us for the South West's largest careers and education fair to explore career pathways, apprenticeships and training opportunities. Meet employers, universities and skills providers to gain valuable advice for next steps in Plymouth.

This event is tailored to young people looking at their next options in Plymouth, so whether you are a parent, grandparent or guardian of a young person within an armed forces family or cadet. This event is for you!

When: Thursday 25 September
Time: 3.30pm to 5.30pm
Where: Plymouth Life Centre
[Click here for more information](#)

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.