



March 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. We want to help you make the best choices.

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 or sending a WhatsApp message to 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: First floor of Barclays, city centre

Time: 10am to 3pm

Early Careers Fair

Building Plymouth and the Plymouth Manufacturers' Group (PMG) have joined forces to showcase the breadth of careers and exciting new entrant opportunities available in, and around Plymouth for 2024 and 2025 starts. This event is FREE, and a fantastic chance to talk with some of Plymouth's leading employers and training providers. No need to book, just turn up.

When: Saturday 9 March

Where: Home Park Stadium, Plymouth, PL2 3DQ

Time: 10am to 2pm

University of Plymouth – Online talks

Trying to find the right course for you and learn about student life can sometimes be tricky. The University of Plymouth's outreach team has several electronic resources and online talks that you can dip into at a time to suit you.

The talks cover a wide range of topics giving an insight into Higher Education, including finance, student budgeting and choosing a course. To find out more, click [here](#)

Babcock Apprenticeship Information Evening with City College Plymouth

Babcock and City College Plymouth are hosting their first joint Apprenticeship Information Evening. The event will cover all things apprenticeships, including talks and tours, with exhibitors available to advise you on how you can earn while you learn. You will also be able to speak with current Babcock apprentices and staff members, engage with the Early Careers team to explore your career options, and receive guidance on the application process.

When: Thursday 14 March

Where: City College Plymouth, Kings Road, PL1 5 QG

Time: 5.30pm, 6.10pm or 6.50pm

To find out more and book a slot, please click [here](#)

Young Carers Action Day

Improving Lives Plymouth is bringing together local organisations to showcase education, employment and volunteering opportunities to young and young adult carers to ensure these wonderful humans have access to support to plan for their own futures as well as those they are caring for.

When: Saturday 16 March

Where: 156 Mannamead Road, PL3 5QL

Time: 11am to 3pm

Access Creative College Taster Day

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

If you would like to find out more, they have a Taster Day to showcase their post 16 creative courses.

You will get to take part in a specific subject session, with exclusive access to industry standard technology.

You will also get to meet like-minded creative people!

When: Tuesday 19 March

Time: 6pm to 8pm

Click [here](#) to register

Greenlight Safety and Training Apprenticeship Open Day

Ever thought about working in construction? Like the idea of earning while you are learning? Greenlight Safety and Training are holding an Open Day where you will get to see live demonstrations of a number of trades – and get the opportunity to have a go yourself. All PPE will be ready and waiting for you and the Greenlight team will be on hand to answer any questions you have about what they do, how they can support you with an apprenticeship and what the next steps are.

When: Saturday 23 March

Where: Huxley Close, Newnham Industrial Estate, PL7 4JN

Time: 10am to 1pm

Click [here](#) to register

Arts University Plymouth Open Day – Undergraduate and Postgraduate

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 degree courses available and ask any questions you have around Postgraduate options.

When: Saturday 23 March

Where: Tavistock Place, Plymouth, PL4 8AT

Time: 10am to 2pm

Click [here](#) to register

Health and Social Care Jobs and Training Drop-in

Interested in working in Health and Social Care? Not quite sure where to start? Everyone is welcome at this small and informal event, where you can speak to our experienced coordinators and training providers about opportunities within the industry.

When: Tuesday 26 March

Where: Frist floor of Barclays, city centre

Time: 11am to 2pm

Electrical Apprentice Open Evening with The Focus Training Group

The Focus Training Group are hosting an Open Evening for anyone that is thinking about or is interested in becoming an electrical apprentice. It is a great chance to meet with qualified assessors, tour the training centre, and take part in hands-on electrical lectures in their workshop. You will get to find out about the future of electrical and what it involves.

When: Tuesday 26 March

Where: Mowden Road, Plymouth, PL6 8LH

Time: 4.30pm to 5.30pm, or 5.30pm to 6.30pm

If you would like to attend, please email [here](#)

Training and Apprenticeship Drop-in

If you're interested in exploring training and apprenticeship opportunities in Plymouth, this monthly event is for you! Join our Youth Hub Coordinators and local training providers to explore the latest opportunities – including live apprenticeship vacancies.

When: Wednesday 27 March

Where: First floor of Barclays, city centre

Time: 10am to 2pm

Honicknowle Pop-up

If you live in or near Honicknowle, why not drop in and speak to chat to our Youth Hub Coordinator Abi about all things skills, training, and jobs at Honicknowle Youth Centre. She will be available with Citizens Advice (who can support with debt advice, applying for benefits, housing support, and everything in between), every first Wednesday of the month.

When: Wednesday 3 April

Where: Honicknowle Youth Centre

Time: 1pm to 3pm

Careers Showcase in Health and Social Care

Making Plymouth a great place to grow up and grow old means supporting individuals to live independently, safely, and well. Come along to this event hosted by Caring Plymouth to meet with over 20 recruiting employers including University Hospitals Plymouth NHS Trust, Livewell Southwest and adult social care providers to find out how you can make a real difference in your local community.

Whether you are interested in gaining skills or accessing training and education to join or progress within the sector, all experience levels and welcome and training providers will be available to discuss your options.

When: Friday 19 April

Where: Duke of Cornwall Hotel, PL1 3LG

Time: 10am to 4pm

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.

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:

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 plymouthenterpriseteam@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 5 and 7pm. To find out more, or contact Fotonow, please click [here](#)

Your Future

Your Future is a five-week programme designed specifically to support young people back in to employment, education or training. It is a bespoke, structured package of employability, interpersonal and

thinking skills training designed to help learners to develop a positive mindset. All of this is delivered using practical experiential activity.

This programme is a chance to develop teamwork and independent living skills in environments designed to support and challenge your expectations. One to one support for all participants is provided to guide you to the next step in your future journey and each group will receive three weeks of training and two residential with coaching and mentoring.

Next start date will be in April 2024. To find out more, please click [here](#).

Gifted Women Employability Programme

The local team at Gifted Women are all about unlocking doors to employment for women (aged 18+) 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

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 SEND 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 12 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](#) 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?!

If you are aged 19+, as part of Plymouth's Volunteering Passport, which is recognised by numerous organisations hosting volunteers across the city, you can also access On Course South West's last Friday of every month day of emerging course delivery. This helps volunteers achieve a digital badge acknowledging training that supports their volunteering. If you'd like to find out more, email Lisa at lisa.grant@plymouth.gov.uk

Click [here](#) for more links about volunteering 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, 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 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.

If you are aged 19+ and already enrolled on a maths course but struggling with a specific part of the course, you can drop into On Course South West at Hyde Park House on Mutley Plain for Maths Monday to discuss any skills support you need help with.

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.

If you are aged 19+ you may also be interested in exploring **Skills Bootcamps!**

Skills Bootcamps are intensive skills accelerator courses that take place over six to ten weeks and enable participants 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](#) and [BIT Training](#). Or if you are looking to engage online, [The Skills Network](#) offers opportunities.

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

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:

- [City College Plymouth online courses](#)
- [Clarion online courses](#)
- [National Careers Service 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 in Barclays, Armada Way, the Job Shop is open to anyone, 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](#)
- [Skills Group](#)

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.
- 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, please [click here](#) for the most recent Building Plymouth mailer.

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.

- Drop into **Caring Plymouth's Health and Social Care Job Shop**, every **Tuesday** between **10am and 3pm** in Barclays, Armada Way.
- 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, please [click here](#) for our most recent health and social care 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.

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, 12.30-3.30pm

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](#).

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](#).

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](#).

Feel Good Friday

Seek support and guidance from trusted individuals, organisations, and professionals. Engage and find out about activities that promote a healthy lifestyle, relaxation, and self-care.

Feel Good Friday will be taking place on Friday 22 March, 10am to 6pm at The Plot 80 – 84 Union Street.

KARST

In partnership with Outlands, KARST presents a weekend of experimental music and performance in Plymouth. It is an opportunity to experience talking, dancing, singing and socialising.

For more information on how to book, click [here](#).

Theatre Royal, Our Space

This programme works with people aged 18+ 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 a number of individuals looking to build connections.

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

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.