



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+.

Don't forget to check out our [latest opening hours here](#).

Upcoming Events

Sector Drop-in Sessions / Events

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.

- Mondays are focused on childcare, health and social care, hospitality, retail, and tourism.
- Tuesdays are focused on construction and the built environment and the green economy.

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.

Training Provider Open Events

During September you won't see training providers such as Achievement Training, City College Plymouth, CTSW, DBS, Focus Training, GHQ, Greenlight Training, Ixion Beauty, On Course South West, or Plymouth's three universities advertising open events, however, this is just a little reminder that if you were interested in joining a full or part-time programme, there is still time.

Most providers will offer a 1:1 tour or the chance to speak with someone about opportunities to start during September. Need support with this? Drop us an email at skillslaunchpad@plymouth.gov.uk and we'll be happy to connect you.

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.

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!

Argyle Community Trust's Career Works Programme

Aged 19+ and looking for support back into education or employment? Working with businesses across the city, this short programme with Argyle Community Trust will help you work towards nationally recognised qualifications, and help with CV writing, job seeking, interview techniques and application support tailored to your needs.

As part of the programme, you will complete mental health and wellbeing modules and take part in work experience placements to help you to feel more confident when you connect with opportunities after the programme. On completion of the programme, you will still be able to access 1:1 support to help you with your next steps.

Interested? The programme starts on Thursday 5 September and will run at HQ 237 Union Street, (next to Lidl). Contact lewis.wadey@pafc.co.uk or call or text **07908 611003** to sign up.

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

Shekinah, Your Hour

Every day between 2.30pm and 3.30pm from Stonehouse Creek, PL1 3SF, Shekinah offers a drop-in information advice and guidance session. This is a chance to find out about the various pre-employability, training and mental health and wellbeing support on offer.

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.

University-level courses 2024

The Clearing window is still open for a few more weeks. This means that if you meet the entry requirements, you can still apply to one of Plymouth's four Higher Education providers. We've provided links to each of the providers Clearing pages below so you can find out more about what's on offer.

- Arts University Plymouth – [click here](#)
- City College Plymouth – [click here](#)
- Plymouth Marjon University – [click here](#)
- University of Plymouth – [click here](#)

Don't forget, if you need any advice navigating your next steps, including university-level study, simply email skillslaunchpad@plymouth.gov.uk and one of the team will be happy to help talk things through with you.

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](#). 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

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:

- [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.

If you are 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.

Shekinah also supports with maths and English skills on a Friday at Stonehouse Creek, PL1 3SF, between 9.30am and 1.30pm as part of a group session at various levels.

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 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 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 liz.bell@ymcaplymouth.org.uk to find out more.



You can also explore vacancies broadly by visiting [Volunteering | PLYMOUTH.GOV.UK](https://www.volunteeringplymouth.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!</p></div>

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 Drop in**. Based in Barclays, Armada Way, this session is open to anyone, just drop in on a **Tuesday** between **10am-2pm**.

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 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.

- Drop into **Caring Plymouth's Health and Social Care Job Shop**, every **Monday** between **10am and 2pm** in Barclays, Armada Way.
- 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](#).

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.

- Drop into **Welcoming Plymouth's Job Shop**, every **Monday** between **10am and 2pm** in Barclays, Armada Way
- 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](#)

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.