



# May opportunities for 16 to 24-year-olds in Plymouth!

Looking for opportunities to develop new skills, access training or education, and gain experience to find your dream job or career? We can help. Every month we compile the latest opportunities across the city, so take a look though and if anything catches your eye, please get in touch with our Youth Hub Coordinator Rhianne, or if you're not yet connected, [sign up as a member here](#) for a call back.

Don't forget you can help yourself to localised information, advice and guidance through our Youth Hub Resource Bank [here](#) and check out the latest opening hours [here](#).

## Upcoming Events

### Sector Sessions at the Youth Hub

Our Youth Hub Coordinator Rhianne is hosting themed sector sessions every Wednesday from Skills Launchpad Plymouth on the first floor of Barclays Bank in the city centre. These sessions aim to help Youth Hub members (and 16 to 24-year-old opportunity seekers), connect with great opportunities in Plymouth's most in-demand sectors.

#### May dates:

- Hospitality, Retail and Tourism Drop-in, Wednesday 7 May, 10am to 2pm
- Health and Social Care Drop-in, Wednesday 14 May, 10am to 2pm
- Construction Drop-in, Wednesday 21 May, 10am to 2pm
- Training and Apprenticeship Drop-in, Wednesday 28 May, 10am to 2pm

### Access to Higher Education Open Evening - On Course South West and Plymouth Marjon University

Dreaming of university? Unlock your potential with an Access to Higher Education Diploma. On Course South West, in partnership with Plymouth Marjon University, offers flexible & supportive courses, designed to help you succeed.

**When:** Thursday 8 May

**Time:** 4.30 to 7pm

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

[Click here](#) to register

### City College Plymouth Open Day

This May Open Day is designed to give you a taste of what you can expect from City College life. Whether you're aged 16 or 60, City College is open to anyone who is committed to acquiring new skills for employment, higher education or even just for you.

**When:** Saturday 10 May

**Time:** 10am to 1pm

**Where:** Kings Road, PL1 5QG

[Click here](#) to register

### Greenlight's Apprenticeship Open Day

This event is perfect for anyone looking to pick up tools and try one of the many trades on offer in the construction sector. With live demonstrations and all the relevant PPE (safety equipment) ready and waiting, this is a great opportunity to speak to trainers about your next steps and explore the apprenticeship pathways available.

**When:** Saturday 10 May

**Time:** 10am to 1pm

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

[Click here](#) to register

### **Learning at Work Week Drop-in Sessions at On Course South West**

The theme for Learning at Work Week 2025 is 'Get connected'. It's all about addressing any potential barriers to learning, so if you are aged 19+ and thinking about learning something new or getting back into learning, this event could be a helpful first start to find out about the support available.

**When:** Monday 12 to Friday 18 May

**Time:** 5pm to 6.30pm

**Where:** Hyde Park House, Mutley, PL4 6LF

### **Army Careers Drop-in Session**

Looking for a career full of challenge and adventure that you won't find anywhere else? Whether you're changing careers, studying Public Service, from a military family, or just curious about the 100+ roles in the British Army, this drop-in is for you.

**When:** Tuesday 20 May

**Time:** 10am to 12.30pm

**Where:** First floor of Barclays Bank, PL1 1LA

### **Discovery College Open Day**

Aged 16-19? Come along to Discovery College's open day to tour the facilities, meet the staff team and get an overview of college life. It's a great opportunity to find out more about your subject interest area, including business, childcare, health and social care, public services, sport, travel and tourism.

If you are aged 16-24 with an EHCP (educational health care plan), this is also a great chance to find out about Supported Internships in sport or hospitality.

**When:** Thursday 22 May

**Time:** 4pm to 6pm

**Where:** YMCA, Honicknowle Lane, PL5 3NG

[Click here](#) to register

### **Arts University Plymouth - Campus Tour Drop-in Event**

Explore the campus and state-of-the-art facilities.

**When:** Friday 23 May

**Time:** 12noon to 4pm

**Where:** Tavistock Place, Plymouth, PL4 8AT

[Click here](#) to register

### **Duchy College Stoke Climsland Taster Day**

If you are a year 10 or 11 student, taster days are your chance to get a taste of what college is really like. You will meet expert teaching staff, get hands-on with real course activities and try out the equipment, plus meet other potential students so there are familiar faces when you enrol.

**When:** Tuesday 27 May

**Time:** 9am - 3pm

**Where:** Stoke Climsland, Callington, PL17 8PB

[Click here](#) to register

### Training and Apprenticeship Drop-in

Looking to explore opportunities in Plymouth? Join the Youth Hub team and local training providers at this monthly event to discuss your next steps. This month will include representatives from Achievement Training, City College Plymouth, Focus Training, On Course South West and Skills Group.

**When:** Wednesday 28 May

**Time:** 10am to 2pm

**Where:** first floor of Barclays Bank in the city centre

### Skills Group Apprenticeship Open Day

The perfect opportunity to see if an apprenticeship is the right option for you. Explore apprenticeships in construction, automotive, childcare and education, hairdressing and business.

**When:** Friday 30 May

**Time:** 10am - 2pm

**Where:** Western Wood Way Plymouth PL7 5BG (construction and automotive) and 8-9 Derrys Cross Plymouth PL1 2SG (childcare and education, hairdressing, business)

[Click here](#) to register

### Arts University Plymouth - Open Day – pre-degree and foundation diploma

This is an opportunity to explore the campus, visit nearby affordable student accommodation and speak with academics and course leaders about studying at the South West's University of the Year (WUSCAS 2024).

**When:** Saturday 31 May

**Time:** 11.30am to 2pm

**Where:** Palace Court Buckwell Street, Plymouth, PL1 2DA (pre-degree) and Tavistock Place, Plymouth, PL4 8AT (foundation diplomas)

[Click here](#) to register

### 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.

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

**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 and resources.

## Access Pre-Employability Support

If you are looking to get a job, we work with some great organisations that 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.

### On Course South West

#### Get Work Ready – CV and Interview Course

Ready to take the next step in your career? This FREE Get Work Ready - CV and Interviews course provides the tools and confidence you need to succeed in the job market.

**When:** Friday 6 June

**Time:** 9am to 11am

**Where:** Central Library

[Click here](#) to register

### Employability through Football – Train as a referee for FREE

If you're 14-18 years old and you live and breathe football, why not take the love for the game to the next level and qualify as a referee over the summer holidays. Perfect for CV boosting, skill building and kick starting your career!

**Application deadline:** Friday 23 May

[Click here](#) to register

### My Future Mentoring Programme

YMCA Plymouth is expanding their mentoring programme let Youth Hub members have a TRY:

**T** - talk about mentoring – what is it? How could it help YOU?

**R** – relationship building – find the right person for YOU

**Y** – your choice – what do YOU want from the experience

You'll be matched with a mentor with similar interests to you and they can help you with finding a job, education, learning new skills, building confidence, writing a CV, managing money - anything you need help with. You and your mentor will meet in a public space at least once a month for about an hour to have a chat.

Want to find out more? Speak to one of the Youth Hub Coordinators, or email Sarah

[sarah.newberry@ymcaplymouth.org.uk](mailto:sarah.newberry@ymcaplymouth.org.uk).

### The King'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 11-30 and not in full-time training or employment, the King's Trust can help.

### Get Started with Animal Care

**Taster day:** Wednesday 14 May

**Course dates:** Monday 19 to Friday 23 May

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

### Get Started with Music

**Taster day:** Wednesday 4 June

**Course dates:** Monday 9 to Friday 13 June

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

### **Teams Programme – run by City College Plymouth**

This 12-week programme is focused on developing confidence, team building skills, involves a residential, fun activities, a community project and a two-week work placement and support with next steps.

The next start date is Monday 15 September.

Interested? [Click here](#) to find out more and apply.

Want to find out more about any of the King's Trust opportunities? Email [Hollie.mcderra@kings-trust.org.uk](mailto:Hollie.mcderra@kings-trust.org.uk) or drop into Skills Launchpad Plymouth on a Wednesday to speak to her in person.

### **Young Devon**

The Young Devon 'Change Academy' delivers a range of skills, courses and qualifications, teaching young people skills for life, to help them thrive in their futures.

#### **[Independent Life Skills](#)** –Thursdays and Fridays.

This course is all about building confidence in next steps and is designed to support young people back into education, develop life skills and help you live independently. Working in small groups you will gain an entry level 3 qualification covering topics such as getting about safely, assertiveness and basic cooking, as well as a small volunteering project and some English and maths.

#### **[Work Based Learning](#)** – Monday to Wednesday.

This is a level 1 course that provides the option of achieving up to a Level 2 in maths and English functional skills qualifications (Level 2 is equal to a GCSE in these subjects). Over 12-weeks you will gain skills for employability, focusing on CV writing, interview skills and employment rights.

**Where:** Young Devon, Mutley Plain, Plymouth

**When:** Upcoming start dates

**Time:** 10am to 3pm

To find out more, or book your place, please call **01626 356720**, or email [thechangeacademy@youngdevon.org](mailto:thechangeacademy@youngdevon.org)

### **Fotonow**

'Unlocked Youth' is Fotonow's youth programme aimed at supporting 13 to 18-year-olds to engage in media and take part 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 Mondays between 4.30pm and 6.30pm. To find out more, or contact Fotonow, 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](mailto:emily@giftedwomen.co.uk)

### **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!**

## Explore Green Careers

### The Rock Pool Project – BioBlitz Challenge

Be part of this exciting marine conservation initiative at the stunning Plymouth coastline. The Big Rock Pool Challenge is a fun, competitive rock-pooling event where participants race against time to discover and identify local marine species. As part of our community-driven project, you'll help gather valuable data supporting UK marine biodiversity conservation.

**Where:** Mount Batten Beach, PL9 9SJ

**When:** Saturday 17 May

**Time:** 1.45pm - 4.15pm

### Wild Connections 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. The next session is Friday 30 May. To find out more, email Jes at

[Jes.Hirons@plymouth.gov.uk](mailto:Jes.Hirons@plymouth.gov.uk)

### Forest Rising – Green Skills Programme

Forest Rising is a programme for the next generation of leaders, empowering and upskilling young people to be part of the actions. Get hands on conservation experience, while learning how to design and deliver tree planting projects and getting an insight into Plymouth's Green industry.

Six workshops are scheduled at Poole Farm between Thursday 24 July and Thursday 28 August.

Find out more and [register 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](#).

## 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 hospitality with support through Discovery College, and plans underway to develop more opportunities with the Your Futures team at On Course South West.

To find out more and arrange a conversation about opportunities, [sign up as a member of Skills Launchpad Plymouth here.](#)

If you have special educational needs or disabilities, you may also be interested in the Monday sessions at Poole Farm.

## What's on at Poole Farm?

### **SEND support**

Each week, between 1pm and 3pm, neurodiverse young people are invited to come and learn new skills, challenge themselves and make new friends. It can also help you to gain experience that will empower you to go out into the world of employment and apply knowledge gained from the farm.

On Mondays those attending can learn all about animal husbandry, DIY, gardening and so much more –as well as working towards a digital badge which can be used to enhance your CV.

If you are interested in joining this group, please email [SENDyouthwork@plymouth.gov.uk](mailto:SENDyouthwork@plymouth.gov.uk) for more info and for a request for service form – or contact the Youth Hub team and they can support you with this.

## SEEDS (Send Exploring and Enhancing Digital Skills)

Did you know that every Wednesday at Efford library between 2pm and 4pm there is a free group that offers sessions around digital and photography skills sessions for those with SEND or those looking to develop their confidence? You don't need to have a formal ECHP to attend, but you do need to be currently seeking opportunities for training or employment and aged 16 to 24-years-old.

Want to find out more? Contact Rachel at [sendyouthwork@plymouth.gov.uk](mailto:sendyouthwork@plymouth.gov.uk)

## 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 film making and VR!

### **Key details:**

**When? Starting** Wednesday 11 June

**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

**How?** Email [yes@realideas.org](mailto:yes@realideas.org) or [register your interest 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 Citizens Advice



Plymouth, Shekinah, University Hospitals Plymouth NHS Trust / NHS Cadets, St John's Ambulance, Age UK Plymouth, Elder Tree Befriending, Trevi, Plymouth City Council, 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, 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 brilliant way to develop your skills and meet new people?!

For anyone aged 18+, Plymouth City Council has a big push on Good Neighbour Support Volunteers right now - [details here](#).

If you are aged 19+, as part of Plymouth's Volunteering Passport, which is recognised by many 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, [click here](#).

## 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 a possibility.

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

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.

## Brush up on your English and Maths



You may be bored of being asked 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. [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.

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](#)

You may also like to read the 2023-24 edition of 'Which Way? Your Way!' which is focused on helping young people better understand their options for education and training post-16 – check it out [here](#).

### Skills Bootcamps

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](#), [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, project management, digital marketing, early years education, welding, green skills and retrofit, live events and more. Don't miss out.

#### 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:

- [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](#)

## 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 2pm**.

You may 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 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, [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.
- 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](#)

## Access mental health support or boost your confidence

### Green Ecotherapy Group Sessions

If you consider yourself to be living with mild to moderate emotional and mental wellbeing issues, why not try some nature-based therapy?

Poole Farm is working in partnership with Livewell Southwest to offer young people up to the age of 18 (or 25 if living with SEND) six sessions over six weeks where you will immerse yourself in nature, meet new people and learn techniques such as grounding, mindfulness and nature connectedness.

**When:** Mondays 10am-12pm or Tuesdays 2-4pm and 5.30pm-7.30pm

**Where:** Poole Farm

**Booking/request more information:** [click here](#)

### Kooth

Kooth is a free digital mental health and wellbeing services that is available for free to people living in Plymouth, designed to help anyone aged 11-19 manage their own emotional health and wellbeing through anonymous and confidential support.

This safe online space helps 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 keep track of 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? 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**

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 Stonehouse Creek, PL1 3SF 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 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](#).

### **The Mix**

The Mix is a digital charity based in the UK. Their primary goal is to offer essential supporting for under 25s, addressing 'the embarrassing issues' and issues dear to the hearts of the young people who use its service - from exam stress to sex. With a chat option, crisis messenger service and links to apps and tools, check it out for yourself - [click here](#).

### **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 is for 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.

Interested in finding out more? Email [ourspace@theatreroyal.com](mailto:ourspace@theatreroyal.com)

### **Find out more ...**

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