



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

Plymouth is a city of opportunity and this summer there are lots of opportunities you could be looking at to develop new skills, access different training and education options, and gain experience to find your dream job or career – and we want to help you to make the best choices for YOU!

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

- Emailing [skillslaunchpad@plymouth.gov.uk](mailto:skillslaunchpad@plymouth.gov.uk)
- Texting or sending a WhatsApp message to our Youth Hub Coordinator, Rhianne on **07876 396982**

If you live in or near Honicknowle, Efford or Stonehouse and are looking for support, our Coordinator Abi can also support you from a community space. Message Abi on **078660 01016**

Don't forget you can help yourself to localised information, advice and guidance through our Youth Hub Resource Bank here: [www.skillslaunchpadplym.co.uk/youth-hub-resource-bank](http://www.skillslaunchpadplym.co.uk/youth-hub-resource-bank) and check out the [latest opening hours here](#).

## Upcoming Events

### Caring Jobs for Care Leavers – information session

If you are a care leaver, this monthly Caring Plymouth information session is a fantastic opportunity for you to find out about the great paid opportunities in the health and social care sector.

Join Jack from Caring Plymouth, as well as colleagues from the Job Centre, and our Youth Hub team to explore Livewell Southwest's care leaver opportunities and more.

No need to book, just drop in on the first Wednesday of the month.

**When:** Wednesday 3 July

**Where:** First floor, Barclays Plymouth

**Time:** 1pm to 2pm

### Greenlight Apprenticeship Open Day

If you've ever wondered what it's like to pick up tools and try a trade in the construction sector, then this is the perfect event for you!

Come along to experience live demonstrations from different trades, meet the Trainers who can offer advice and guidance and answer any questions you may have.

Thinking about an apprenticeship? This event offers an opportunity to find out how apprenticeships work and what your next steps can be. There will also be free parking and refreshments available.

**Skills Launchpad Plymouth YOUTH HUB**

## CARING JOBS FOR CARE LEAVERS

**Do you like to care for others and help people?**

**If you do, there are fantastic paid opportunities for care leavers here in Plymouth that could help you to launch your career in health and social care!**

**Find out more at our monthly information session**  
in partnership with:

**WHEN: FIRST WEDNESDAY OF THE MONTH, 1PM TO 2PM**  
**WHERE: FIRST FLOOR, BARCLAYS PLYMOUTH**

**When:** Saturday 6 July

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

**Time:** 10am to 1pm

### **Diagnostic radiography and healthcare science careers event**

The PenRAD Imaging Network is teaming up with Peninsula Pathology Network and the South West Imaging Training Academy to host a careers event offering the perfect opportunity for young people (key stage 4 & 5 students) and their families to discover the diverse and exciting opportunities provided by a career in diagnostics.

There will be workshops on different diagnostics and stands from the University of Exeter, University of Plymouth and Society and College of Radiographers (SCoR). Places are limited, so anyone interested should sign up to attend either the morning or the afternoon session in advance:

- Morning session, 9am to 12.30pm: [click here](#)
- Afternoon session, 1pm to 4.30pm: [click here](#)

**When:** Saturday 6 July

**Where:** South West Imaging Training Academy in Plymouth

**Time:** session times and booking above

### **The Big Splash**

We are excited to be hosting the Big Splash STEAM event this July, and are inviting young people aged 16 to 18-years-old (or up to 24 with an EHCP) to join us to explore the exciting world of the blue and green economy.

Why come along:

- to experience hands-on STEAM activities designed to stimulate interest and understanding.
- to see exciting pool demonstrations showcasing real-world applications of STEAM.
- to gain insights into potential career paths and the importance of STEAM for sustainable development.
- because it will be fun!

**When:** Wednesday 10 July

**Where:** Tinside Lido, Plymouth Hoe

**Time:** 1pm (you will have 90mins to take part in activities with ten local employers)

**Booking:** [click here](#)

### **Discovery College Transition Day / Open Day**

If you have already applied for a Post-16 course at Discovery College or if you are still considering your options for September, this event is a great chance to get key course information, meet the tutors, take part in course-based activities and get prepared for September.

Courses available include business, childcare, health and social care, public services, sport, travel and tourism and Supported Internships in sport or hospitality.

**When:** Thursday 11 July

**Where:** Discovery College part of YMCA, Honicknowle Lane, PL5 3NG

**Time:** 9.30am to 12.30pm

**Book your place:** [click here](#)

### Poole Farm Youth Hub Taster

This community farm offers a range of amazing activities for those interested in taking part in health and wellbeing, or education, or conservation opportunities and the Youth Hub team wants to support more young people to access the space.

**When:** Friday 12 July

**Where:** Poole Farm, PL6 8TR

**Time:** 10am to 12noon

Interested? Text or call Rhianne on **07876 396982** or email [skillslaunchpad@plymouth.gov.uk](mailto:skillslaunchpad@plymouth.gov.uk) so we can monitor numbers and support with travel arrangements (the nearest bus stop is along Keswick Crescent).

### Mentoring Drop-in Session

Mentoring means to work with an industry professional to boost your skills, employability and knowledge. YMCA Plymouth is expanding their mentoring programme and want you to 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

Want to find out more? Come along to meet the team and learn how a mentoring can help you.

**When:** Thursday 18 July

**Where:** Skills Launchpad Plymouth, first floor of Barclays, city centre

**Time:** 11.30am to 3pm

### 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.
- **Friday 19 July's** event covers all sectors in one go! Details below:

Skills Launchpad Plymouth

## SUMMER SECTOR SESSIONS

**Looking for training or employment opportunities in Plymouth?**  
Meet with recruiting employers and training providers from Plymouth's growth sectors:

- Health and Social Care
- Construction and the Built Environment
- Hospitality, Retail and Tourism

in partnership with:

**BUILDING PLYMOUTH** .CO.UK

**Caring Plymouth**

**WELCOMING PLYMOUTH**

**WHEN: FRIDAY 19 JULY, 10AM TO 2PM**  
**WHERE: PLACE DE BREST, OUTSIDE BARCLAYS**

**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.

### **Furgo Academy Open Day**

Are you interested in finding out more about how the largest Geo-data company in the world trains its personnel?

This open day is a fantastic opportunity for graduates, education leavers and/or the local military community (including those serving in /transitioning from HM Armed Forces) to tour the state-of-the-art facility and see the offshore industry technology including Remotely Operated (underwater) Vehicles, innovative Remote Operations facility controlling our Unmanned Surface Vessels, and more.

**When:** Wednesday 24 and 25 July

**Where:** Furgo Academy Training Centre

**Time:** 10am to 4pm

**Booking is essential:** email [d.walley@fugro.com](mailto:d.walley@fugro.com)

### **Themed Training and Apprenticeship Drop-ins**

Our monthly Training and Apprenticeship Drop-ins run all year round, but this summer, are offering themed weekly events with a different focus to help you explore your next steps.

Come along if you want to meet with local training providers to find out more about the local opportunities on your doorstep that will help you work towards a job or dream career.

First up is the Creative Industries Takeover:

**When:** Wednesday 31 July

**Where:** Skills Launchpad Plymouth, first floor of Barclays

**Time:** 10am to 2pm

# CREATIVE INDUSTRIES TAKEOVER

Join us to explore  
local training and  
apprenticeship  
opportunities ...

**WEDNESDAY 31 JULY  
10AM TO 2PM**

**Skills Launchpad Plymouth,  
first floor Barclays, city centre**

To see what other themed events we have scheduled, and the other support we have available for education leavers this summer, [click here](#).

### **City College Plymouth Open Day**

Want to improve your job prospects? Start on a new career path? Or, even just develop different skills? Whether you're aiming for the all-new A Level-equivalent T Levels, top-notch degree-level programs, hands-on vocational courses, or the path of Apprenticeships we offer, the College has stepping stone courses to take you towards your dream future.

The August 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. With full and part-time study options available, we've made sure our courses fit around you – not the other way around.

The Apprenticeships team will also be available to talk you through their latest vacancies, and the Careers team will be on hand to help guide you through the process if you have no idea what it is that you want to do.

**When:** Friday 23 August

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

**Time:** 10am to 1pm

**Booking:** [click here](#)

### **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](#)

## **Access Pre-Employability Support**

If you are 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.

### **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

Want to find out more? Come to our Mentoring Drop-in on Thursday 18 July at Skills Launchpad Plymouth, speak to one of the Youth Hub Coordinators, or email Liz [liz.bell@ymcaplymouth.org.uk](mailto:liz.bell@ymcaplymouth.org.uk).

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

### Latest opportunities include:

**Get Into Retail with M&S** – if you aren't currently in employment or training, and are feeling ready to gain skills and knowledge about the retail industry, this is a brilliant chance to boost your confidence, enhance your CV and learn about:

- stock control
- customer service
- teamwork
- communication.

**Taster Day:** Thursday 20 June

**Programme dates:** 1 July - 25 July

**Application deadline:** Monday 17 July

**Find out more and apply:** email [Hollie.mcderra@princes-trust.org.uk](mailto:Hollie.mcderra@princes-trust.org.uk)

**Enterprise** - Are you aged 18-30 with a business idea? Are you looking for some support with being self-employed? This online course is perfect to help get you with writing a business plan, accessing start up loans, finance, tax, marketing, and sales.

Upcoming Plymouth course dates:

- Tuesday 23 and Wednesday 24 July 2024
- Delivered online
- Open to anyone aged 18 to 30-years-old
- [Click here](#) for more details and to apply

### Fotonow

'Unlocked Youth' is Fotonow's youth programme aimed at supporting 13 to 21-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 Tuesday at Fotonow HQ between 5 and 7pm. 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 Norman 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!**

### 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](mailto: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 and Abi have a clear diary between 12noon and 2pm to chat to care leavers looking for support. During this session there is no pressure to sign up to anything, it's just a first conversation before deciding whether to move forward and develop a plan. You can come with a friend, your PA, or by yourself, but do try it.

### **Your Future**

Your Future is a five-week programme designed specifically to support young people who either have an EHCP (Education Health Care Plan), SEND (Special Educational Needs and Disabilities) or other barriers to learning, to build their confidence and exploring their aspirations towards employment, education or training.

This is a fantastic opportunity to develop a positive mindset and improve upon interpersonal and thinking skills.

### **Aged 16 to 18-years-old?**

There's a Your Future programme running from Monday 29 July to Friday 9 August just for you.

Spaces are limited so email [yourfuture@oncoursessouthwest.co.uk](mailto:yourfuture@oncoursessouthwest.co.uk) to secure your place or speak to the Youth Hub team for support to access this opportunity.

### **Aged 19 to 25-years-old?**

The programme offers coaching and mentoring to develop confidence, boost employability skills and enhance social skills. The young people will embark on two residentials, which offer an opportunity to experience city life, by visiting museums, restaurants and going shopping! In addition, a range of exciting activities are offered throughout the programme, which can include wellbeing experiences, water-based activities, archery, and cooking.

The summer programme started last week, but it's not too early to register your interest or find out more ahead of the September start. To find out more, please click [here](#).

## **Creative Industry Placement Opportunity**

ReBels Young Company Creative Team applications for 2024/25 are now open.

ReBels Young Company is a project designed to be a springboard for emerging artists, allowing them to take on the challenge of creating a touring show without the financial barriers typically associated with touring. This project will develop a cohort of early-career artists aged 18-25 and provide them with a paid opportunity to produce a show suitable for touring. Participants are offered mentorship, support, and paid work to enable them to produce their first show from scratch. Mentorship is provided throughout the process by established creatives in the Plymouth arts scene, we will also provide bespoke 1:1 mentorship which reflects your needs as the programme progresses.

Rebels Young Company holds significant importance, especially given the limited opportunities available in the South West. Nationally, the arts are underfunded, making it challenging for young creatives to secure paid opportunities. We believe young people deserve paid work, as they represent some of the most important and exciting voices in our community and future.

To find out more visit Barbican Theatre's [Jobs and Opportunities page 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 within the health and care sector.

Right now, Discovery College have 16 live Supported Internship vacancies. There are six available in health in leisure (great if you like sport too) and ten in hospitality and retail, both linked with local employers.

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.

## SEND sessions at Poole Farm

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.

## SEND sessions with Foto Now

Did you know there's a new Creative Media Youth Session being hosted for young people aged 14 to 22-years-old with special educational needs and disabilities? And you don't need an EHCP (educational health care plan to attend)

**When:** Thursdays from 6 June onwards

**Where:** City College Plymouth, PL1 5QG

**Time:** 6.30pm to 8.30pm

**Find out more and book:** [click here](#)



## Volunteer

**Volunteering** is a fantastic way to test out different jobs to find out what you prefer, as well as helping you to gain experience and develop soft skills that are useful in all careers. You may also choose to volunteer to give back and share your skills and experience with others.

Plymouth has lots of great volunteering opportunities with organisations including University Hospitals Plymouth NHS Trust / NHS Cadets, St John's Ambulance, Age UK Plymouth, Elder Tree Befriending, Trevi, Shekinah, The Box, Barnardo's, Devon Mind, The Zone, Devon Wildlife Trust, Gables, Devon and Cornwall Police, Ocean Discovery Rangers, National Marine Aquarium, Clean Our Patch, Nature Plymouth, Citizens Advice Plymouth and Moor Trees.



You can also explore vacancies broadly by visiting [Volunteering | PLYMOUTH.GOV.UK](https://govolunteering.co.uk/) or <https://govolunteering.co.uk/>

Opportunities vary from helping people, animals, and children, to admin, retail, and customer Service. There are also environmental opportunities outdoors, or in nature/gardening, right through to media, history, and fundraising. What a brilliant 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 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

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.

The Prince's Trust have helped more than 90,000 young people start their own business – and you could be next. Mentoring and financial support is included as standard.

Upcoming Plymouth course dates:

- Tuesday 23 and Wednesday 24 July 2024
- Delivered online
- Open to anyone aged 18 to 30-years-old

## 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](#)

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 - [www.trainingprovider.com/which-way-your-way-devon/](http://www.trainingprovider.com/which-way-your-way-devon/)

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 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 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 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](#)

## 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 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 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](#).

For 18 to 30-year-olds the Devon Mind team is also hosting **Monday Meetups at the Annex**.

**Where:** Mannamead Wellbeing Hub

**When:** Monday 24 June, 5.30-7pm.

Come along for a chat, connection, games and cake. There will also be music and relaxing activities to get involved with. To find out more, email [meetup@devonmind.com](mailto:meetup@devonmind.com).

### **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 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.

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.