



# January opportunities for Adults 25+ in Plymouth!

With the festive period over, the new year is the perfect time to make some changes, plan your future, or just think about a fresh start! One of the great things about living in Plymouth is that there are lots of opportunities for people to develop new skills, different training, and education options, and lots of ways to gain experience to find your dream job or career. Whether you are thinking about a new career, considering a lifestyle change, or need support more generally, there's lots of 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](mailto:skillslaunchpad@plymouth.gov.uk), or texting **07866 001016**.

## 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

### Construction Jobs and Training Drop-in

Building Plymouth are holding a Construction Jobs and Training Drop-in where they will be joined by local employers Plym Bricklaying and Greenlight Safety and Training. This will be a fantastic opportunity to learn more about the sector itself and find out about current vacancies in the area. You will also be able to meet our Building Plymouth Coordinators James and Morven. They will be able to support you with any questions that you may have about the industry, training opportunities and how you can become part of the construction and built environment!

**When:** Tuesday 9 January

**Where:** First floor of Barclays, city centre

**Time:** 11am to 2pm

### Adult Skills Open Evening with City College Plymouth

Are you looking to launch your career, change your career, or just learn something new? City College Plymouth are on hand to help with their Adult Skills Open Evening.

**When:** Wednesday 10 January

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

**Time:** 6-8pm

Learning as an adult can feel like a daunting process. That's why City College Plymouth have organised this specific adult learning event, where you will be able to chat with staff in a small and informal setting. You will be able to find out about the wide range of courses that they have on offer, including part time options. You will also be able to talk to impartial careers advisors and student support teams.

Register for the event [here](#)

### **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 BA Hons available courses and also be able to ask any questions you have around Postgraduate opportunities.

**When:** Saturday 13 January

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

**Time:** 10am to 2pm

Click [here](#) to register and attend.

Can't make the Open Day? Don't panic. Arts University Plymouth offer pre-recorded Open Day talks that you can stream at a convenient time for you. Click [here](#) to find out more.

## **Access Pre-Employability Support**

We work with some 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 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!

### **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 25-30 and not in full-time training or employment, the Prince's Trust can help.

### **Latest opportunities include:**

**Get Into Work** – Plymouth's Princes Trust team are running a fantastic "Get into work" programme for anyone aged 25-30 who is looking for work. During the programme you will obtain a work-related qualification, have Industry talks and tours, gain confidence with interview skills and have a job interview with live vacancies. You will also receive up to six-month support from The Princes Trust

To find out more, please click [here](#)

**Enterprise** - Are you aged 25-30 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

[plymouthenterprise@princes-trust.org.uk](mailto:plymouthenterprise@princes-trust.org.uk)

## **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 lots of 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 more. Some can even help you to access university-level study.

### **Training delivered in person**

To get started take a look at short courses with [Achievement Training](#), [City College Plymouth](#), [On Course South West](#), [Ixion Holdings](#), [GHQ](#), [WEA](#), 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 and employability related skills such as English, maths and using computers. To find out more about their Learning Exchange Programmes, click [here](#).

**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](#) and [On Course South West](#).

### 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](#)
- [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 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.

## 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.

## 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 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](#).

### 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? 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](#).

### **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](#).

## **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, St John's Ambulance, Age UK Plymouth, Elder Tree Befriending, Trevi, Shekinah, The Box, Barnardos, 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?!

Click [here](#) for more links 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, 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](#)

### 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.

Alternatively, the [Sherford Training Programme](#) can help you gain a week's onsite training and experience, and the chance to gain your CSCS card.

Check out [City College Plymouth's](#) Retrofit courses – 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 the Caring Plymouth Health and Social Care Job Shop, every Tuesday between 10am and 3pm in Barclays, Armada Way.
- Check out the Council's Home Care Assistant campaign [here](#) and register your interest for a call back.
- 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 the most recent Caring Plymouth mailer.

## 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 <http://www.skillslaunchpadplym.co.uk> to sign up as a member and one of the team will contact you.