



# SPIED

## NEWSLETTER



SPIED

June 2024

**OPPORTUNITIES BULLETIN**

**EMPLOYMENT, EDUCATION AND TRAINING  
FOR 16-18 YEAR OLDS**

Web: [www.youthsupportteam.co.uk](http://www.youthsupportteam.co.uk)

Email: [opportunitysupport@prospects.co.uk](mailto:opportunitysupport@prospects.co.uk)

Facebook: [@YSTSpiedOpps](https://www.facebook.com/YSTSpiedOpps)

Instagram: [OpportunityYST](https://www.instagram.com/OpportunityYST)

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# SCHOOL 6<sup>TH</sup> FORM AND COLLEGE COURSES

**Are you in the process of choosing your next steps after leaving school?**

It's advisable to check the **entry criteria of the course** that you would like to apply for before contacting a sixth form or college - but you may wish to talk through your specific situation with them even if you haven't yet achieved the grades.

## **School Sixth Forms:**

If you are interested in finding out whether a sixth form will take you then contact them directly.

You can find contact details for all sixth forms on the school's website.

Or you can view the **Gloucestershire County Council's Sixth Form and Post 16 Guidance** [here](#)

## **Further Education and Sixth Form Colleges:**



### **SGS College**

More info [here](#) - you can call SGS College on **01453 763424**



### **Gloucestershire College**

More info [here](#) - you can call Gloscol on **0345 155 2020**



### **Hartpury College**

More info [here](#) - you can call Hartpury College on **01452 702244**



### **Cirencester College**

More info [here](#) - you can call Cirencester College on **01285 640994**

## **Other Post 16 Options:**

- **Forest Sports Education**  
More info [here](#) - or email [jordan.fishwick@vluk.org](mailto:jordan.fishwick@vluk.org)
- **Stagedoor Learning (Performing Arts)**  
More info [here](#) - or email [jenny@stagedoorlearning.org.uk](mailto:jenny@stagedoorlearning.org.uk)
- **Cheltenham Town Football Club Academy**  
More info [here](#) - or call **01242 254444**



## **What's Next?**

Your essential guide to choosing education and career options 2024.

For more info please click [here](http://tinyurl.com/28dpuade)  
<http://tinyurl.com/28dpuade>

# TRAINING / STUDY PROGRAMMES

**Training opportunities for 16-18-year-olds who are not attending school, college, or in an Apprenticeship.** If you are interested in any of the options below then, please contact the training provider directly or contact us at the Youth Support Team for more support.

## Bridge Training Study Programme

LOCATION: Gloucester

### Level 1 & 2 Vocational training courses in:

- **Hairdressing** (Level 1&2)
- **Beauty** (Level 1&2)
- **Photography** (Level 1&2)
- **Health and Social Care** (Level 1-3)
- **Art & Design** (Level 2)
- **Maths and English**
- **Travel and Tourism** (Level 1)
- **ESOL**



**WHERE:** GLOUCESTER

**WHEN:** 2-3 DAYS PER WEEK (flexible start dates - varied length of training according to study programme)

**CONTACT:** 01452 411112 (Emma Feeney)  
[emmafeeney@bridgetrainingltd.co.uk](mailto:emmafeeney@bridgetrainingltd.co.uk)

## Prospect Training Study Programme

LOCATION: Gloucester



@ProspectsTS

- **Work Experience Study Programme:** to improve your confidence and skills. Including Progression qualification with lessons in Career Planning, job applications and apprenticeships.
- **Maths and English Study Programme:** offering GCSE and Functional Skills level Maths and English, also offers above Progression Qualification specified.
- **ESOL Course:** Learning (reading, writing, speaking, listening and communication) of English.
- **Skills for Work classes** on areas such as Applying for a Job, CV writing and Preparing for an Interview
- **Skills for Life** classes to support your wider communication, confidence, and personal skills.
- **Wellbeing** - Mental Health & Stress Awareness courses including **illuminat8**.(High Needs Programme)
- Delivery of the **Level 1 Resilience & Grit Qualification** within your bespoke induction.
- **Ongoing mentoring** and support towards progression where possible



**WHERE:** GLOUCESTER

**WHEN:** 2-2.5 DAYS PER WEEK + work experience, (start dates vary - varied length of training according to study programme)

**CONTACT:** (Jane Trehearne/ Paul Tyler)  
01452 300255 / 01452 332996  
[enquiries@prospect-training.org.uk](mailto:enquiries@prospect-training.org.uk)

## MPCT- Motivational Preparation College

(Study Programmes)

LOCATION: Gloucester



Programme Includes:

- **Physical exercise and personal development**
- Building **Team working/Communication Skills**
- **Maths and English/NVQ Level 2 in Preparation for Military Service/NVQ Level 3 in Uniformed Public Services**
- Preparation for going into the Military or other employment.
- Enrolment Days **EVERY FRIDAY** by appointment:  
<https://mpct.co.uk/location/gloucester/>
- Any support please email: [help@learningcurvegroup.co.uk](mailto:help@learningcurvegroup.co.uk)

**WHERE:** Gloucester and virtually  
**WHEN: Enrolment Day - Fridays;**  
Length of course - depends on the individual / 4 days per week  
**CONTACT:** 0330 111 3939 or go to  
[help@learningcurvegroup.co.uk](mailto:help@learningcurvegroup.co.uk)

## The Music Works



### Music Social - Gloucester (1<sup>st</sup> Session FREE - then £3 per session)

- **Music social** ages 16-25 is designed to support those who are looking to progress further with their skills and take steps towards building **a career within the music industry.**
- Every Monday at Gloucester (6pm-8pm) [Term Time Only]

**WHERE:** Gloucester  
**WHEN:** (Music Social Club - every Monday; Kings Square Wednesdays)  
**CONTACT:** 01452 923 950 or email  
[info@themusicworks.org.uk](mailto:info@themusicworks.org.uk)

## Commercial Foundation - No Limits Programme - Training/Re-engagement

LOCATION: Cheltenham

Supports 16-25-year-olds within Gloucestershire who have faced barriers gaining employment or further education. We do this through our #NoLimits programme over 12 weeks.



- Provide a **real working environment** to help gain **transferable skills for your CV.**
- Bespoke **mentoring support** and **career guidance.**
- Support with **job searching and applications** etc.
- Help you gain routine and structure.
- Create various work experience opportunities with a variety of businesses including our own company 'Commercial Group'.

**WHERE:** Cheltenham  
**WHEN:** 4 days per week - 12 weeks  
**CONTACT:** Kareta on 01242 894 252 /0776377279 or email  
[Kareta.bradbury@commercialfoundation.co.uk](mailto:Kareta.bradbury@commercialfoundation.co.uk)  
Contact Website Page:  
<http://tinyurl.com/yyxx7zv9>

Dates for the next programme: **September 2024**

## Youth Support Team Opportunities

**WHERE:** Various (Gloucestershire)  
**WHEN:** Dependent on location  
**CONTACT:** Opportunity Support Team:  
[opportunitessupport@prospects.co.uk](mailto:opportunitessupport@prospects.co.uk)  
T: 01452 415707

### In Person Support for Young People (16-18) that are not in education, work or training

Support from the NEET Team can include:

- Helping you to think about **careers and jobs** that you might be interested in
- Helping you to find out what **opportunities are available in your area**. These could be jobs, training, work experience, volunteering, or further education.
- Helping you to **produce a good CV** and support with **applying for jobs**.
- Help you **prepare for interviews**.

If you don't feel ready to do anything at this time, we can help you look at small steps that may help you to plan for the future.

The NEET Team can also help you to get other support if you need it. Within YST we have workers who offer support with mental and physical health and substance misuse. We can also refer you to other agencies if this is best for you.

Your CRO will discuss with you how you would like to meet. This could be in one of our offices, in a café or community venue or at your home. We can also **offer virtual meetings (e.g., WhatsApp) or telephone appointments**.



## Skills Accelerator - Gloucestershire College

An intensive 8-week course to give you essential skills to help you find work or an apprenticeship. Gain the skills to set your CV apart from others and meet industry experts and motivational speakers.

- Gain a **Level 1 Award in Progression**, with units on **Preparing for a Recruitment Interview and Equality & Diversity**
- Brush-up on your **English and Maths**
- Prepare for a meaningful **work placement**.

## Spear Training

The Spear Programme is a free pre-employment programme focusing on getting 16- to 24-year-olds ready for work through coaching. It's a **four-week course**, followed by six months of follow on support as you step into work or education. Our aim isn't for you to just get a job, but to thrive in a job! We do this through:

- **Group and 1-1 sessions**
- A real focus on **mindsets, confidence, motivation, communication skills, networking, professionalism** etc.
- **Mock interviews with real employers**
- **CV and job application support**
- **Networking opportunities**

## Prince's Trust Team Programme

A 12-week personal development course called the Prince's Trust Team Programme for ages 16-25.

The course will:

- Enhance young people's **confidence, increase motivation**, improve their ability to work within a team and create further education and employment possibilities for the near future.
- Gain a nationally recognised qualification.

For more information about the programme visit the [Youngglos](#) or [PrincesTrust](#) websites

## Gloucestershire Gateway Trust

Spark into Sport Personal Development Programme

- Pathway into Sports Industry including upcoming roles at Blackbridge Community Sports Centre with our new **Sports Leadership course, launching in June**. Working with ages 14+ Earn a L1 qualification in Sports Leadership.
- 4 weeks Sports Industry Programme with **Personal and Professional Development Opportunities**
- Location: Gloucester Boat House, David Hook Way, GL2 5LL (10am-2pm for 4 weeks).

### **Sports Turf Maintenance Personal Development Programme.**

- Start date: in August: at Tuffley Rovers AFC - learning skills required to maintain and develop a sports pitch. Tuesdays 10:30-14:30. Level 1 Sports Turf Maintenance qualification.
- For more information and to enrol on the course, contact Jim on [jim@blackbridge.org.uk](mailto:jim@blackbridge.org.uk) | 07923 445327.



**WHERE:** Gloucester  
**WHEN:** 3<sup>rd</sup> October 2024  
**APPLY:** Through Gloucester College  
Website: <http://tinyurl.com/4ddb3w8y>



**WHERE:** Cheltenham  
**WHEN:** 2<sup>nd</sup> July or September 2024  
**CONTACT:** Spear Team (Chris Wagstaff) on 01452 01242 808780/07546 738985 or email [hello@spearcheltenham.org.uk](mailto:hello@spearcheltenham.org.uk)



**WHERE:** Gloucester  
**WHEN:** 5<sup>th</sup> August, 6<sup>th</sup> September, 2024  
**CONTACT:** Rachael Bennett on 01452 501008 or email [Rachael.Bennett@youngglos.org.uk](mailto:Rachael.Bennett@youngglos.org.uk)



**WHERE:** Gloucester Boat House (10am-2pm for 4 Weeks)  
**WHEN:** June and August 2024  
**CONTACT:** Jim on 07923 445327 or email [jim@blackbridge.org.uk](mailto:jim@blackbridge.org.uk)



# SHORT COURSES

## Prince's Trust courses:

Various online courses available at Prince's Trust – please see list below for opportunities available:

**Achieve (11-19)** - Achieve is a **personal development programme**, which offers a practical approach to learning, and supporting you to fulfil your potential Programme length is flexible.

**Explore (16-25)** - 5-week personal development programme which offers youngpeople group activities and one-to-one support to help **build confidence, get motivated, meet new people, and identify and achieve their goals.**

**Enterprise (18-30)** - Do you have a business idea? Our 4-day Enterprise course will give you sector-specific insight on **business planning, marketing, sales, budgeting and tax.** Once you have completed the course, you will have access to **1-to-1 business mentoring, specialist workshops, grants and funding opportunities** to help you turn your business idea into reality!

WHEN: Various start dates

**Team Programme (16-25) - Want to boost your confidence?** If you're unemployed and between 16 and 25, you can meet new people, gain new skills and train on our Team programme. Our 12-week personal development programme, running throughout the year, will help you to meet new people, gain practical skills and experience and secure qualifications.

WHEN: **5<sup>th</sup> August, 6<sup>th</sup> September, 2024**

**CONTACT:** Princes Trust on 0800 842842; Alternatively you can speak to us online by clicking our [LIVE CHAT](#). <http://tinyurl.com/4vp5knn8>

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## Creative Wellbeing Course



### Creative Wellbeing Break @Home with Creative Sustainability

The sessions will be weekly via Zoom and open to any young people experiencing barriers, e.g. NEET, anxiety, mental health issues, disability, health conditions etc. Weekly on Mondays 1pm-2:30pm.

It is completely **FREE** so you only must register by contacting [helen@cscic.org](mailto:helen@cscic.org) or calling **07742 653819**.

**3<sup>rd</sup> Space Youth Programme** provides a vibrant, inclusive, safe, supported space for young people 16 to 25 It aims to respond to the needs of all young people to **help build confidence and skills with multiple opportunities** to access resources, connections, support, advocacy, and representation, towards better mental, emotional, and physical health and wellbeing. To find out more contact us on [hello@cscic.org](mailto:hello@cscic.org) or ring **07869267242**

**Access Bike** is a **community bike workshop** and youth space for young people 13 to 25 to come together to **build, repair and up-cycle old bikes.** Provides free access to our workshop space, bike-stands, tools, and mechanic support. To find out more contact us on [hello@cscic.org](mailto:hello@cscic.org) or ring **07869267242**



# VIRTUAL RESOURCES AND ONLINE LEARNING

## **Harvard University - FREE**

A range of **online training programmes** all available for immediate start, with course ranging all from different time lengths (1 weeks to 12 or more weeks). If interested, please use link below to access all courses available. Visit <https://pll.harvard.edu/catalog/free>

## **Open University - FREE**

Online courses available for immediate start with all levels, ranging from introductory to advance level qualifications. Course from the 'Open University' can include **science, creative arts, languages, education and business**, with the option to explore many more. If interested, please use the link below to access courses available. Visit - <https://www.open.edu/openlearn/free-courses/full-catalogue>

## **Home and Learn - FREE**

Provides free online computer course available for immediate start at any time. Courses can range from beginner to advance with courses offering android to **Microsoft training programmes and web design**. If interested, please use link below to access all courses available. <https://www.homeandlearn.co.uk/>

## **Reed - FREE**

Provides a wide range of free online courses, ranging from **interview and CV writing techniques to employment and training courses** in subjected areas of interest. These courses are available for immediate start with subject to space available due to popular demands.

If interested, please use link below to access all courses available: <https://www.reed.co.uk/courses/free>

## **Barclays Life Skills - FREE**

Barclays Life Skills is a free employability programme that supports people throughout the UK to develop the **confidence, skills and knowledge** they need to succeed in the workplace.

Use their interactive tools and explore tips to discover how your interests and skills can help you find your path to success. As well as develop your **interview, enterprise and employability skills** to help prepare for your next steps. <https://barclayslifeskills.com/>

## **Online Pathway to Care Course - FREE**

Pathway to Care is for anyone interested in working in UK social care. You don't need any previous care experience or qualifications to take this course. To build your knowledge of caregiving and what you can expect from a **career in care**, to help you find your first role in UK social care services.

This course is for complete beginners and is designed to be taken before any other care qualifications, including the **Level 1 Care Certificate**. Pathway to Care is **entirely online** and made up of 11 modules, Chapters include **videos, tips and guidance from industry experts**. Self-assessment questions help test your knowledge at the end of each chapter. Course can be found here: <https://www.florence.co.uk/care-professionals/florence-academy/pathway-to-care>

# WORK EXPERIENCE & VOLUNTEERING

## **Go Volunteer Glos**

Linking people aged 16 to local opportunities from all the districts - Gloucester, Cheltenham, the Cotswolds, Forest of Dean, Stroud and Tewkesbury: <https://www.govolunteerglos.org/>

**Other organisations to regularly check for volunteer opportunities:**  
[Gloucester NHS](#) | [Gloucestershire Wildlife trust](#) | [SkillZone Gloucester Volunteering](#) | | [Gloucestershire Constabulary](#)

## **Ask Us**

### **Specialist team to support with work experience**

The team can provide an industry specific list of **companies to approach with your CV**, with a named contact for each.

This is a FREE service using their subscription to the FAME UK and Ireland database.

**Contact:** 01452 426991 or email [ask@gloucestershire.gov.uk](mailto:ask@gloucestershire.gov.uk)

## **British Army - Work experience**

FREE Work experience, with a difference, for 14-18-year-olds - [here](http://tinyurl.com/4f82ac9z)

**Where:** 4 day residential

**When:** Rolling programme

**Contact:** 0345 600 8080 ask for Outreach Team, or email: [rg-nrcoutreachadmin@mod.gov.uk](mailto:rg-nrcoutreachadmin@mod.gov.uk)

## **Forest Voluntary Action Forum**

As the volunteer centre for the Forest of Dean, FVAF help recruit and manage volunteers You can also visit FVAF Mon-Fri - 9:00am-1:00pm Check out their **FREE volunteering directory** [here](#)

**Contact:** 01594 822073 or email [contact@fvaf.org.uk](mailto:contact@fvaf.org.uk)

## **NHS Gloucestershire Hospitals**

Apprenticeship opportunities, work experience opportunities, Careers Q&As & Workshop sessions.

Visit [www.gloshospitals.nhs.uk/work-us](http://www.gloshospitals.nhs.uk/work-us) to find out more about work experience opportunities or apprenticeship routes.

**Contact:** (Apprenticeships and Careers Team) on 0300 422 5176 or email: [gln-tr.apprenticeships@nhs.net](mailto:gln-tr.apprenticeships@nhs.net)

**NHS Cadets** is a free 2 hour per week Programme created by St John Ambulance in partnership with the NHS. It's designed to provide you with the **opportunity to explore roles** in healthcare and prepare for volunteering.

of 2-hour weekly sessions.

over 36 weeks. Email: [nhscadets@sj.org.uk](mailto:nhscadets@sj.org.uk)

Sign Up: <https://tinyurl.com/468bfuxs>



# APPRENTICESHIPS

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An apprenticeship is a day-to-day job where you learn, gain **experience/qualifications, and earn a salary**. You are an employee with a contract of employment and are entitled to holiday leave and other benefits that an employer might offer you. While **working you will complete a part time studying for a qualification** linked to the job that you are doing, either in the workplace, or at a local college or specialist training provider.

**There are many Apprenticeship Vacancies in Gloucestershire. Please see links below to access opportunities.**

## 5 Ways to find an Apprenticeship:

**1 - Apply via the official government website, you can create a login and profile and start searching:**

<https://www.gov.uk/apply-apprenticeship> or <https://www.apprenticeships.gov.uk/>

**2 - Search for apprenticeship vacancies via job-sites:**

[www.indeed.co.uk](http://www.indeed.co.uk) - [www.monster.co.uk](http://www.monster.co.uk) - [www.glosjobs.co.uk](http://www.glosjobs.co.uk) - (and many more!)

**3 - Apply direct to training providers that offer-apprenticeships:**

[www.gloscol.ac.uk](http://www.gloscol.ac.uk) - [www.cirencester.ac.uk](http://www.cirencester.ac.uk) - [www.sgscol.ac.uk](http://www.sgscol.ac.uk)

**4 - Visit-other-apprenticeship-based sites:**

[www.theswac.org.uk](http://www.theswac.org.uk) - [www.getmyfirstjob.co.uk](http://www.getmyfirstjob.co.uk) - <https://careerfinder.ucas.com/>  
- <https://www.ratemyapprenticeship.co.uk/>

**5 - Speak to an employer directly about them taking you on as an apprentice.** If they say yes, then speak to a training provider about making this an official apprenticeship!  
If you are already employed, your employer can start the process-by-visiting:

<https://help.employersupport.apprenticeships.gov.uk/hc/en-gb>

## Some key facts about apprenticeships:

- An apprenticeship will take a minimum of one year to complete. Many people will then go on to an apprenticeship at the next level of study, or into a job with the employer.

- **Apprenticeships have entry criteria just like full time courses, so you may need certain grades in Maths and English** before being able to start (See Traineeships Page)

- Minimum wage for an apprenticeship **up to 17 is £6.40 per hour; (£8.60 per hour - 18-20-year-olds)** some employers will pay more than this and the average apprenticeship wage is around £200 per week.



## Apprenticeship Helpline

You can also call 08000 150 600 or email [helpdesk@manage-apprenticeships.service.gov.uk](mailto:helpdesk@manage-apprenticeships.service.gov.uk).

# J O B S

Below you will find some helpful information including recommended websites to search for jobs locally and nationally.

We also have lots of information on our Facebook and Instagram page: **@YSTSpiedOpps** - including events around Gloucestershire, training providers and their courses, apprenticeship **opportunities and careers advice and tips**.

If you would like any support in applying for jobs or would like further information, please email us at **opportunitiesupport@prospects.co.uk** or send us a message on Facebook or Instagram and a member of our team will get in touch with you as soon as possible.

## Where to search for jobs:

Look at the following websites to help with your job search.

- **Indeed:** <https://uk.indeed.com/>
- **Gloucester College:** <https://www.gloscol.ac.uk/>
- **Jobsite:** <https://www.jobsite.co.uk/>
- **NHS Jobs:** <https://www.jobs.nhs.uk/candidate>
- **Monster Jobs:** <https://www.monster.co.uk/>
- **Gov.uk/find a job:** <https://www.gov.uk/find-a-job>
- **Jobs go Public:** <https://www.jobsgopublic.com/>

These websites will let you look for jobs based on location, so you can choose how far you would like to travel. There are **a huge range of roles on each website** and some jobs may not be advertised on more than one, so it may be useful to check them all.



**Proud to Care**  
Gloucestershire

**CONTACT:** 01452 426452 or email  
[ptc@gloucestershire.gov.uk](mailto:ptc@gloucestershire.gov.uk)

Proud to care are piloting a locality focused recruitment campaign. They will be collaborating with care provider in Gloucestershire to promote the sector and advertise local jobs.



## Job Centre Plus

Job Centre Plus are offering even more support to help young people back into work.

To find out more visit:  
<https://jobhelp.campaign.gov.uk/>

# JOB CLUBS

Below you will find some helpful information regarding local and regular job clubs within Gloucestershire.

If you would like any further help or support in applying for jobs in addition to the job clubs below, please email us at [opportunitiesupport@prospects.co.uk](mailto:opportunitiesupport@prospects.co.uk)

## JOB CLUBS IN GLOUCESTERSHIRE

Look at the following websites to help with your job search.

### Gloucester

- **Gloucestershire Employment and Skills Job Club** (Tuesdays from 10am-1pm) at Gloucestershire County Council, 4<sup>th</sup> Floor, 4-6 Commercial Road, Gloucester, GL1 2EA

### Cheltenham

- **Cheltenham Borough Homes Job Clubs (2 locations)**  
Oakley Community Resource Centre, Clyde Crescent, Cheltenham, GL52 5QJ (Every Tuesday - 10am-12)
- **Hester's Way Community Resource Centre;** Cassin Drive, Cheltenham, GL51 7SU (Every Wednesday 10am-12)
- **CONTACT:** [hannah.shipley@cbh.org](mailto:hannah.shipley@cbh.org) or call/text Hannah on 07818587133
- JULY-AUGUST 2024 TIMETABLE  
<https://www.cbh.org/services/help-support/employment-support-and-advice/skills-hub-timetable/>

### Cirencester

- **Churn Project** offers 1 to 1 Support (appointment only) to help people find work for 18+ individuals. To book an appointment email: [jenny.slater@thechurn.org.uk](mailto:jenny.slater@thechurn.org.uk)

### Dursley (near Stroud)

- **GL11 Hub (GL11 5JS) Wednesdays (1-3pm)** Job Searching, CV and Cover Letter confidence: to book in, or to find out more, on 01453 703608 or email: [jocole@gl11.org.uk](mailto:jocole@gl11.org.uk)  
<https://www.gl11.org.uk/support-for-you>



GLOUCESTERSHIRE  
EMPLOYMENT  
AND SKILLS HUB



yg  
young gloucestershire



CBH



THE  
CHURN  
PROJECT  
Support in your community



GL11  
community  
hub



# WELLBEING SUPPORT

## **Young Minds Gloucestershire (YMM).**

UK's leading charity fighting for **children and young people's mental health**. A charity that **supports children and young people** and provides young people and families resources should they need them.

<https://www.youngminds.org.uk/about-us/>

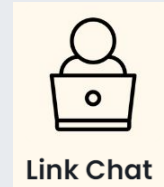


## **Young Gloucestershire Link Chat**

Young Gloucestershire Link Chat for 16 to 25 years old.

Link Chat matches you with a Youth Worker who will give you **regular face-to-face, telephone or online appointment(s) each week**. Together you can discuss anything from **personal goals to wellbeing advice**.

Email: [getinvolved@youngglos.org.uk](mailto:getinvolved@youngglos.org.uk)



## **On Your Mind Glos** (Mental Health Support Finder)

NHS Gloucestershire programme for **children and young people to anonymous online support network/ support finder**, for recommendations for the correct help a young person may need. For more information, please visit the link below to find out more. <https://www.onyourmindglos.nhs.uk/>



## **Shout** - For mental health immediate support

Shout is **the UK's first and only free, confidential, 24/7 text messaging support** service for anyone who is struggling to cope.

Text based only - <https://giveusashout.org/>



**Art Shape Course**- For ages 16+ who are not in work, education, or training. **6-week Art Wellbeing course, at the Phoenix Centre in Gloucester, GL4 6DX. On Fridays from 5<sup>th</sup> July to 9<sup>th</sup> Aug (12 - 2:30pm)**

Book your place: email [Donna@artshape.co.uk](mailto:Donna@artshape.co.uk). Or contact on [01452 863855](tel:01452863855)



## **TiC Interact**

If you're struggling with difficult thoughts and feelings, **inTER-ACT** can help you to learn new ways of managing them. InTER-ACT is for individuals **aged 9-25 across Gloucestershire**.

Book you FREE place here: <https://www.ticplus.org.uk/interact/>



## **FOR PARENTS/CARERS IN GLOUCESTERSHIRE**

### **TIC+ Parent and Carer Support**

If your child is aged 0-25 and, **drop in to our free, anonymous, confidential helpline** during our open hours and talk to one of our trained parent support advisers. There also Web Chat options and In Person Support.

**Call 0800 652 5675 4<sup>th</sup> June-9<sup>th</sup> July 2024**

**If you feel like you would benefit from this support: [BOOK HERE](#)**

### **The Door**

Offers **confidential support, advice, and guidance**. We also offer mentoring services depending on circumstances.

<https://thedor.org.uk/>



# ONLINE SUPPORT

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## Online Services

- **NHS** - Free fitness **videos from the NHS, helping with physical and mental wellbeing:**  
<https://www.nhs.uk/conditions/nhs-fitness-studio/wake-up-workout/>
- **World Jungle** - Online Classes in **Pilates, yoga, mindfulness, African drumming and seated & relaxation yoga**  
<https://www.worldjungle.org.uk/online-classes>
- **NHS Better Health** - '**Boosts of energy**' Home based strength a cardio workouts  
<https://www.nhs.uk/better-health/get-active/home-workout-video>
- **Qwell** - a free safe and anonymous well-being support for adults across Gloucestershire **offering online messaging, booked and drop-in chats with added community support.**  
Please use link to find out more: <https://www.qwell.io/>
- **Winstons Wish** - They provide **bereavement support both in person and online** please use the following link to **access (Live Chat/ Text Feature on website).**  
<https://www.winstonswish.org/>





# 1:1 SUPPORT WITH EDUCATION, EMPLOYMENT, AND TRAINING

## Gloucestershire Employment & Skills Hub + Outreach Programme

The **Employment & Skills Hub** has a range of services designed to help residents of Gloucestershire make career choices and supporting them into employment, **including young people who are NEET**, those with disabilities health conditions, Care Leavers and more. **Specialist 1:1 support helps by identifying the individual's aspirations and working towards achieving that through the promotion of independence.**

For more information visit their website [here](#) or contact Sam Henson (Manager) at [Sam.Henson@gloucestershire.gov.uk](mailto:Sam.Henson@gloucestershire.gov.uk) or 07743 471932 or 01452 425 776. You can find more information on these websites:

[Employment and skills hub | Gloucestershire County Council Forwards](#) | [Forwards \(forwardsgloucestershire.co.uk\)](http://forwardsgloucestershire.co.uk)

**The National Careers Service** website is useful in helping you decide what you would like to do and how to get there. There are lots of job profiles to explore as well as tools to help you consider what might suit you best. The National Careers Service **provides high quality, free and impartial careers advice, information, and guidance.**

The service is available to anyone **aged 13+ no matter what stage of the careers journey you're at.**

Contact via webchat online at [www.nationalcareersservice.direct.gov.uk](http://www.nationalcareersservice.direct.gov.uk) or call 0800 100900 for advice over the phone.

**Adviza** is a registered charity that inspires and **supports young people and adults to progress in learning and work.**

They aim to raise people's aspirations, motivate them to achieve their full potential and support them when they must make key decisions about their future. The work they do can **help transform lives** and you never forget it.

If you think you could benefit from help and support, please complete the form [here](#) or ring the team on **0118 402 7050**.

## The-Door

**FOR YOUNG PEOPLE:** Study Sessions in Stonehouse; The Pod Youth Centre, Oldends Lane, Stonehouse, GL10 2DG

Get internet access and support drop-in.

Visit <https://thedor.org.uk/> or call the door on **01453 756745**

**THE DOOR WELLBEING LANDLINE:** 01453703350 (5-7pm)

**WELLBEING CHAT ONLINE:** [thedor.org.uk/chat](http://thedor.org.uk/chat)  
5pm-7pm / Monday - Friday



# FURTHER RESOURCES

**Prince's Trust - CV Top Tips:** This resource contains video interviews with colleagues from Major Players, a creative, digital and technology recruitment agency, with top tips on how to write a killer CV and stand out from the crowd when applying for jobs.

There is also lots of useful advice on how to structure, organise and check your CV.

**Prince's Trust 'Talk to us' programme:** Get careers guidance / advice and talk to Youth Support Advisors from the Prince's Trust Team anytime from 9:00am to 6:00pm Monday to Friday!

Visit the link for further details: <https://bit.ly/3peniHS>



Prince's Trust

**START  
SOMETHING**

**Parent and Carers' Pack :** This resource is a self-directed learning and development guide made for parents and carers to help children , search, and apply for Apprenticeships.

There is a lot of useful **information about apprenticeships** as well as activities to explore, whether an **apprenticeship is right for the young person** and which type of apprenticeship might be beneficial.

Visit the Link for further detail: [RESOURCE PACK LINK HERE](#)



**World Skills UK:** This website contains lots of useful advice and guidance on different career paths. Link: [Worldskillsuk](http://Worldskillsuk)

There are two useful toolkits on this website under '**Career Resources**', which allow young people to watch demonstration videos of real-life workers showing the skills they have developed in each workplace and gain further advice on **personal development and employability skills**.



**If you have any questions about anything in Spied, please get in touch!**

Email: [opportunitiesupport@prospects.co.uk](mailto:opportunitiesupport@prospects.co.uk)

Facebook: [@YSTSpiedOpps](#) Web: [www.youthsupportteam.co.uk](http://www.youthsupportteam.co.uk)