



# April 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? The Skills Launchpad Youth Hub can help. Every month we put together the latest opportunities across the city - look through and if anything catches your eye, please get in touch with one of our Youth Hub Co-ordinators Katie or Helen. 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 Plymouth-based information, advice and guidance through our Youth Hub Resource Bank [here](#) and check out the latest opening hours [here](#).

## Weekly delivery at Skills Launchpad Plymouth

For anyone interested in Plymouth's growth sectors (the ones where there are lots of job opportunities), Skills Launchpad Plymouth hosts sector sessions. Join our experienced sector co-ordinators for practical advice and guidance, and to discuss the latest skills, training, and job opportunities.

### THIS WEEK

at Cobourg House, Mayflower Street

<b>MONDAY</b>	
<b>TUESDAY</b>	
<b>WEDNESDAY</b>	
<b>THURSDAY</b>	<b>CONNECT TO WORK</b> Funded by UK Government
<b>FRIDAY</b>	



**CONNECT TO WORK**  
Funded by UK Government



#### **Mondays:**

**Caring Plymouth** – sector focus on health, social care and childcare

#### **Tuesdays:**

**Youth Hub** – support for 16- to 24-year-olds (appointment only)  
**Building Plymouth** – sector focus on construction and the built environment

#### **Wednesdays:**

**Youth Hub** – support for 16- to 24-year-olds (appointment only)

#### **Thursdays:**

**Connect to work** - Supported employment programme for people facing additional barriers to getting into work

#### **Fridays:**

**Welcoming Plymouth** – sector focus on tourism, hospitality and retail

## Upcoming Events

### SEND Forum

Youth Ascends invites you to join them once a term for activity based fun and discussions, to meet others, share stories, and help make a difference.

It is open for young people aged 8 to 25-years-old.

**Sessions are 5pm to 6.30pm on the following dates:**

Thursday 19 March

Thursday 14 May

Thursday 9 July

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

For more information and to get involved please email: [participation.youth@plymouth.gov.uk](mailto:participation.youth@plymouth.gov.uk) or call **01752 308900**

### Where's Your Head At? – Creative Competition for Young People

A free creative competition is now open for children and young people aged 0–25 across Devon, Cornwall, Somerset and Dorset. The Box and Arts University Plymouth are inviting young artists to submit original work inspired by the theme “*art and emotion.*”

Selected entries will be showcased at The Box this summer, with the chance to win prizes including £150 to spend in The Box Shop and a place in a special exhibition running alongside the Government Art Collection.

You can submit artwork in any medium—drawing, painting, photography, digital art, film and more. Entries created using AI image generators won't be accepted. **Entries close 5pm, Sunday 3 May 2026.**

To find out how to take part and submit your work, visit their website [here](#).

### Undergraduate on-campus open day – University of Plymouth

The University of Plymouth is hosting its annual on-campus undergraduate Open Day on **Saturday 25 April**.

Explore the campus, experience life in Plymouth, and discover the course that's right for you. Throughout the day you can:

- Meet future lecturers and academic staff
- Attend a finance talk to learn about student loans and managing money at university
- Join subject-specific sessions to understand how your course is taught
- Drop into interactive activities, including seeing the impressive wave tank in the Marine Building
- Get tailored application advice, including support for non-standard qualifications

To find out more and register your place, click [here](#).

## Foundation Diploma Open Day – Arts University

**When:** Saturday 25 April, 10am to 2pm

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

Join Arts University Plymouth for their Foundation Diploma Open Day and discover what studying there is really like.

Explore the campus, tour nearby affordable student accommodation, and speak directly with academics and course leaders. During your visit, you'll have the chance to chat with their friendly team, learn more about the Foundation Diploma, ask questions about student life, and get guidance on choosing the right creative pathway for you.

Find out more about the Open Day [here](#).

## Undergraduate Open Day – Arts University

**When:** Saturday 25 April, 10am to 2pm

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

Join Arts University Plymouth for their Undergraduate Open Day and discover what studying there is really like.

During your visit, you'll have the chance to meet their friendly team, explore everything you need to know about their BA (Hons) courses, ask questions about student life, and get personalised support to help you choose the right creative pathway for your future.

Find out more about the Open Day [here](#).

## Pre-degree (Post-16) Open Day – Arts University

**When:** Saturday 25 April, 11am to 1.30pm

**Where:** Palace Court, Buckwell Street, Plymouth, Devon, PL1 2DA

Their Pre-Degree Open Day provides you with the chance to explore alternative options to Post-16 Study at Arts University Plymouth.

Explore our state-of-the-art facilities, speak to our course leaders and talk through any questions you might have with our knowledgeable staff. We have representatives from Student Finance, Admissions, Student Support and the Student's Union on hand throughout your visit.

Find out more about the Open Day [here](#).

## **Apprenticeships Open Evening – City College Plymouth**

**When:** Wednesday 22 April, 4.30pm to 6.30pm

**Where:** City College Plymouth, Kings Road Centre, Plymouth, Devon, United Kingdom

Whether you're finishing school, considering a change in direction, or wanting to develop new skills, an Apprenticeship could be the perfect next step.

Join City College Plymouth for their Apprenticeship Open Evening, where you can take a guided tour of the College, meet expert lecturers, and get clear, honest answers about how Apprenticeships work and what opportunities are available.

This event is a great chance to explore apprenticeship pathways, understand the benefits, and find out how they can help you build a strong future.

## **Skills Group Open days**

Skills Group have a range of open days taking place this April, all happening on **Friday 10 April from 10am to 2pm.**

If you're a school leaver or exploring your next steps, these events are a great chance to discover your career options and learn more about education and apprenticeship pathways.

### **Open Days on offer:**

- Construction Open Day
- Childcare and Education Apprenticeship Open Day
- Hairdressing Apprenticeship Open Day
- Business Apprenticeship Open Day

### **What to expect:**

- Meet industry experts and ask any questions you have
- Explore a wide range of apprenticeship opportunities
- Get hands-on and try practical activities in your chosen trade
- Learn about the application process and how to get started
- Receive personalised advice on future careers and further training

Come along and discover how Skills Group can help you take your first steps towards a successful future!

**Where:** Skills Group, Western Wood Way, Plymouth, PL7 5BG

## **Open Event at The Plymouth Engineering Skills Centre**

**When:** Saturday 25 April, 10am to 12pm

**Where:** The Plymouth Engineering Skills Centre, Unit 24, 43 Sisna Park Road, Plymouth PL6 7AE

Cornwall College are hosting their Open Event this April — your chance to discover everything they have to offer. Explore their courses and apprenticeships, tour the campus, and meet the amazing team who will support you throughout your studies. This event is the perfect first step towards finding the right college course or apprenticeship for your future.

You'll be able to chat with expert tutors, see their fantastic facilities, and get a feel for the career paths you could follow. Their friendly teams will be on hand to answer any questions, ensuring you leave with all the information you need about studying at Cornwall College

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## Wednesday Youth Hub drop-in sessions

For anyone aged 16 to 24, these sessions offer the chance to meet local training providers and connect with our friendly Youth Hub team to explore career pathways and the support available to help you move forward.

**When:** Wednesdays

**Time:** 10am to 3pm

**Where:** Skills Launchpad Plymouth, First floor Cobourg House, Mayflower Street

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## 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.

### 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. Ian supports the Skills Launchpad Plymouth team in providing face-to-face support for anyone 18+. They can help you to make decisions on career pathways, learning, training, and work at ALL stages of your career and best of all... it's **FREE!** They also offer support with CVs, cover letters, job applications, interviews, and self-employment. Book your appointment by contacting the Youth Hub team on [skillslaunchpad@plymouth.gov.uk](mailto:skillslaunchpad@plymouth.gov.uk).

### On Course South West

Get job-ready with 'Work Ready', a tailored suite of courses for adult learners covering everything from CV writing, interview skills and customer-service qualifications, through to life-skills like budgeting and confidence-building. Some courses will only be available to those aged 19+ - explore the full range of courses and take the next step today. [Click here](#) to find out more and register.

### The King's Trust

From running 'Get Into' and 'Get Started' programmes to help you explore job opportunities in particular sectors, to supporting you 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...

### The King's Trust: Team 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. Interested?

[Click here](#) to find out more and apply – the next programme starts in April.

## **King's Trust: Get started with film and photography**

The King's Trust is running a free *Get Started with Film and Photography* course, where you can try hands-on activities, start building a portfolio, and even screen your work to an audience—all with support from inspiring industry experts. You'll work alongside a group of like-minded people, discover your strengths, take on new challenges, and build your confidence. The course also includes one-to-one support to help you plan your next steps, plus up to three months of follow-up support to help you achieve your goals.

**Location:** Plymouth

**Course sessions:** 20 to 24 April

**Ages:** 16 to 30-year-olds

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

## **My Future Mentoring Programme**

YMCA Plymouth is expanding their mentoring programme to 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).

## **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 free for 16- to 25-year-olds and 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 course is free for 16- to 25-year-olds and is a Level 1 course that offers the option of achieving up to a Level 2 in English and Maths Functional Skills qualifications (Level 2 is equivalent 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:** Enquire for 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)

### **Eat That Frog**

A fully funded, Plymouth based, six-week programme for 16-to 18-year-olds, LE@P is perfect for you if you want to build confidence, learn new skills and take steps towards employment or further training.

Across the six-weeks, the LE@P programme will focus on the following specialised support areas:

- work and careers
- health
- money and budgeting
- digital skills.

For more information, e-mail [info@eatthatfrog.ac.uk](mailto:info@eatthatfrog.ac.uk).

### **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 Monday 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)

## **Explore Green Careers**

**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.

### **Tinside Cove: Coastal Clean**

This monthly gathering open to anyone who wants to help care for the beautiful Tinside area with a clean-up led by Plymouth Sound National Marine Park Rangers and volunteers. Whether you're a seasoned volunteer or just dipping your toes into community action, there's a spot for you. Volunteering not only helps keep the area clean and welcoming, but it also boosts your wellbeing—think blue mind, that calming, connected feeling we get from being near the sea. Come and help make shore a healthy place to live for all creatures whether human or marine and learn about some of the biggest threats facing the marine environment from pollution and plastic. We will provide tea, coffee and biscuits after!

**Where:** Tinside Cove, PL1 3DE

**When:** Wednesday 1 April and Wednesday 6 May

**Time:** 2pm to 4pm

Book a space [here](#)

### **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 find 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 9XH

**When:** Saturday 21 March

**Time:** 12.15pm

## **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 2026. 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 and take part in a work placement 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 has been done to grow the number of Supported Internships – there are now these programmes available:

- [City College Plymouth](#) - focused on jobs within Plymouth City Council
- [Discovery College](#) - sport & leisure industry; hospitality; and green spaces
- [Eat That Frog](#)
- [Greenlight Safety and Training](#) – construction
- [Your Future team at On Course South West](#) - business & administration; customer service; health & social care; digital, creative & design; green skills; education & early Years

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.

## **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 EHCP 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)

## 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 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 [GoVolunteering](#)

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](#).

### Millfield's Inspired

Millfield's Inspired is a charity that supports children in primary schools through programmes such as **Widening Horizons**, which works with Year 5 students from nine primary schools in Stonehouse, helping them get out of the classroom and experience real work environments.

**Inspire Me** provides in-class experiences for primary school children, offering sector-specific activities to broaden their understanding of different types of work. The Trust supports **16-24-year-olds** into the health and social care and childcare sectors. If anyone is looking for experience or would like to volunteer, please email [keelyburch@millfieldsinspired.com](mailto:keelyburch@millfieldsinspired.com)

## 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.

Check out our latest **Apprenticeship Bulletin** [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.

### Enterprise Programme – The King's Trust

Aged 18 to 30 and have a business idea you're passionate about? The King's Trust's free Enterprise programme is here to help you turn that idea into a reality. With expert-led workshops, one-to-one support, and opportunities to apply for funding, they provide the tools you need to create a strong business plan and launch a successful business. [Click here](#)

## Brush up on your English and Maths

You might be tired of hearing about English and maths qualifications, but here's the truth: they really do make a difference. Having GCSEs or Level 2 Functional Skills can open doors to better jobs and higher pay. In Plymouth, there are plenty of training providers ready to help. You can study English and maths as part of a full-time course, alongside an apprenticeship or traineeship, or as a standalone option if you're 19+.

Other ways to learn:

- Anyone aged 16+ can complete qualifications online from home (please note: there is a cost attached).
- Many employability courses include English and maths, so you can work towards them while building other skills.

Benefits of improving your English and maths:

- more job opportunities
- better chances of promotion
- increased confidence in work and life
- higher earning potential.

Ready to boost your skills? Ask us how to get started today!

## Get into training or education

It's never too late to learn new skills. 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 2025-26 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](#).

### On Course Southwest

The Plymouth Learning Hub has officially launched, offering support to some of the city's hardest-to-reach residents through a range of free courses covering digital skills, employability, and mental health and wellbeing. The Hub can also tailor courses to meet the needs of specific groups or cohorts, ensuring flexible and accessible support. To find out more, please email: [samantha.welsford@plymouth.gov.uk](mailto:samantha.welsford@plymouth.gov.uk)

### Skills Bootcamps

If you are aged 19+ you may also be interested in exploring Skills Bootcamps!

The Skills Bootcamps are fully funded for learners and are part of the Government's Lifetime Skills Guarantee, helping everyone gain skills for life. They are designed to help teach and strengthen skills for anyone who wants to increase their business activity, upskill in their current role, or gain vital skills to secure a new position.

#### Find out more:

- for digital productivity and AI in education, green protection of natural resources, or live events, [click here](#)
- for digital marketing, leadership and management, or the future of construction [click here](#)
- for welding, EV charging and infrastructure, solar and renewables, coaching and mentoring in healthcare, [click here](#)
- for IT, project management, and cyber skills, [click here](#).

### Online learning and personal development

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:

- [National Careers Service online courses](#)
- [On Course South West online courses](#)
- [FutureLearn](#)
- [Open University](#)
- [Learn My Way](#)
- [Barclays Life Skills](#)
- [Clarion 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**, just drop in on a **Tuesday** between **10am and 3pm**.

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?

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.

### 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 3pm**.
- Look at the 'Work in Care' campaign page for opportunities [here](#).
- Explore the jobs and volunteering opportunities available with Livewell Southwest [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 **Friday** between **10am and 3pm**.
- 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](#) offer a wealth of courses including online customer service Level 2 [course](#).

## 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 to 12noon or Tuesdays 2pm to 4pm and 5.30pm to 7.30pm

**Where:** Poole Farm

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

### Kooth

Kooth is a free digital mental health and wellbeing service 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](#).

### 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](#).

### **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, 12.30pm to 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 this mental health support in Plymouth, 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 choice, 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.