November / December 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 our Youth Hub Co-ordinators Katie or Sandra. Or if you're not yet connected, **sign up as a member here**.

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

PLEASE NOTE: Our face-to-face delivery service will be closed over the Christmas period from the end of the day on **Friday 11 December 2026** and will reopen on **Wednesday 6 January 2027.**

During this time, you can continue to access local information, resources and support through our website here.

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.



Mondays:
Caring Plymouth – sector focus on health, social care and childcare
Youth Hub – support for 16- to 24-year-olds (appointment only)

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

Wednesdays:
Welcoming Plymouth – sector focus on tourism, hospitality and retail
Youth Hub – support for 16- to 24-year-olds (appointment only)

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

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

Upcoming Events

University of Plymouth – Postgraduate on-campus open evening – Wednesday 4 November

🎓 Considering postgraduate study at the University of Plymouth? Join their on-campus open evening this November to explore postgraduate courses, learn more about student life and discover where further study could take your career. You'll also have the opportunity to chat with lecturers and current students and get answers to any questions you might have.

Throughout the day, you can:

- Attend a variety of talks and drop-ins highlighting the range of postgraduate opportunities
- Meet lecturers and current students
- Tour campus facilities and teaching spaces
- Get advice on applications and student finance

🗓️ Wednesday 4 November
⏰ 4pm to 7pm
📍 University of Plymouth, PL4 8AA

Click here for more information and to register your attendance

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Training and apprenticeship drop-in session - Thursday 5 November

Are you aged 16 to 24 and leaving education or thinking about your next steps in training or work? Come along to our Training and Apprenticeship Drop-in Session and get the support you need.

You'll have the opportunity to chat with local providers, including Achievement Training, City College Plymouth, FotoNow, and On Course South West as well as our Youth Hub team.

🗓️ Thursday 5 November
⏰ 10am to 12noon
📍 First floor, Cobourg House, Mayflower Street

Click here for more information

Building Plymouth and Classic Builders drop-in session – Tuesday 10 November

Looking to start a career in construction or explore opportunities in the industry? Join Building Plymouth's upcoming drop-in session and meet representatives from Classic Builders, one of the South West's leading construction companies.

Whether you're leaving education, considering a career change, returning to work or simply interested in construction, this is a great opportunity to find out about apprenticeships, training and career pathways, while gaining valuable industry insight.

🗓️ Tuesday 10 November
⏰ 10am to 1pm
📍 First Floor, Cobourg House, Mayflower Street, PL1 1QX

No need to book, just drop in.

City College Plymouth – open day – Saturday 14 November

City College Plymouth is one of the region's leading further education providers, offering a wide range of vocational courses, apprenticeships, adult learning and career-focused training. Their open days are ideal for prospective students of all ages, whether you're finishing school, thinking about retraining, or exploring new career opportunities.

What to expect:

- Information sessions and one-to-one advice on courses and entry requirements
- Tours of the campus and vocational facilities
- Support on funding, applications and career pathways
- Opportunities to meet employers and explore apprenticeships

🗓️ Saturday 14 November
⏰ 10am to 1pm
📍 City College Plymouth, Kings Road Centre, Plymouth, Devon PL1 5QG

Click here for more information and to register your attendance

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University of Plymouth – Undergraduate on-campus open day – Saturday 14 November

Thinking about studying at the University of Plymouth? Attend their undergraduate on-campus Open Day this November and discover more about the courses on offer, student life, and future career opportunities. You'll have the chance to speak with lecturers and current students, gather course information, and get answers to any questions you may have.

Throughout the day, you can:

- Attend subject talks and explore your course options
- Meet lecturers and current students
- Tour campus facilities and teaching spaces
- Visit accommodation and the student village
- Get advice on applications and student finance

🗓️ Saturday 14 November
⏰ 9am to 3.30pm
📍 University of Plymouth, PL4 8AA

Click here for more information and to register your attendance

Arts University Plymouth – open day – Saturday 14 November

If you're exploring creative-focused higher education, Arts University Plymouth offers excellent opportunities to visit campus, explore its specialist facilities, and speak directly with lecturers, current students and admissions staff. These events are ideal for students considering undergraduate, postgraduate or foundation diploma study in arts, design, media and related fields.

Join the admissions team on the on-campus open day and explore the state-of-the-art facilities, talk to expert staff and tour local affordable accommodation.

🗓️ Saturday 14 November
⏰ 10am to 3pm
📍 Arts University Plymouth, Tavistock Place, Plymouth, PL4 8AT

Click here for more information and to register your attendance

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Building Plymouth and Balfour Beatty drop-in session – Tuesday 17 November

Ever wondered who helps bring major infrastructure projects to life? Join Balfour Beatty to explore the exciting careers behind some of the UK's biggest construction projects. From engineering and project management to site-based roles and apprenticeships, discover the wide range of opportunities available and learn what it takes to be part of a team delivering projects that shape communities.

🗓️ Tuesday 17 November
⏰ 10am to 1pm
📍 First Floor, Cobourg House, Mayflower Street

No need to book, just drop in.

Achievement Training – open day – Thursday 19 November

Join Achievement Training for their Autumn Open Day.

This is the perfect opportunity to explore everything Achievement Training has to offer. Whether you're a school leaver looking to take the next step in your education or someone seeking a new career opportunity, their Open Day is designed with you in mind.

- Meet the tutors
- Explore our facilities
- Learn more about our courses and career pathways

🗓️ Thursday 19 November
⏰ 4pm to 6pm
📍 Norwich Union House, 2 St Andrews Cross, PL1 1DN or Pinpoint, Union Street, PL1 2SU dependant on what courses you are interested in viewing

Click here for more information and to register your attendance

Building Plymouth and Devon Contractors drop-in session – Tuesday 24 November

Explore the opportunities available in construction with Devon Contractors. Learn about a variety of trade and site-based roles, gain an insight into different career pathways and discover how apprenticeships can help you get started in the industry.

This is a great opportunity to hear directly from experienced professionals, ask questions and find out what employers are looking for in the next generation of construction talent.

🗓️ Tuesday 24 November
⏰ 10am to 1pm
📍 First Floor, Cobourg House, Mayflower Street

No need to book, just drop in.

Plymouth Marjon University – open day – Wednesday 25 November

Plymouth Marjon University is a welcoming, student-focused university offering a range of undergraduate and postgraduate courses. Their open day is a great opportunity to explore the campus, meet staff and students, and find out more about studying at Marjon.

What to expect:

- Subject-specific talks and Q&A sessions with lecturers
- Insight into student life, clubs and societies
- Advice on admissions, support services and career pathways
- Campus and accommodation tours

🗓️ Wednesday 25 November
⏰ 9am to 3pm
📍 Plymouth Marjon University, Derriford Road, Derriford, Plymouth PL6 8BH

Click here for more information

Greenlight Safety and Training – Bricklaying, Groundworks and Plastering open day – Friday 27 November

Could an apprenticeship in construction be the right path for you? Greenlight's Bricklaying, Groundworks and Plastering Open Day is a great opportunity to learn about careers in construction, meet the training team and explore the facilities.

Whether you're considering your post-16 options or a change in direction, you'll be able to find out about apprenticeship vacancies, training programmes, entry requirements and progression opportunities, while discovering what employers look for in future construction professionals.

🗓️ Friday 27 November
⏰ 10am to 1pm
📍 Unit C-E, Huxley Close, Plympton, PL7 4JN

Click here for book your place

Access Creative College – open day – Saturday 28 November

Access Creative College is hosting an open day this November, offering the perfect opportunity to explore student life, discover its courses and get inspired early in your application journey.

Take a tour of their industry-standard facilities, meet current students and tutors, explore their creative courses, and find out everything you need to take your next step. Whether you're passionate about music, media, gaming or performance, this is your chance to imagine your future at Access Creative College.

🗓️ Saturday 28 November
📍 6 Elizabeth Court, Higher Lane, Plymouth, PL1 2AN

✏️ Find out more and register **here**.

Building Plymouth, Tungsten West and Clarion Futures drop-in session – Tuesday 1 December

Meet representatives from Tungsten West and Clarion Futures to explore career opportunities within the mining and minerals sector. Learn more about the wide range of skilled roles available at the Hemerdon Mine, from operational and technical positions to support functions, and gain valuable insight into the industry.

You'll also be able to access tailored support with CV writing, interview preparation, training opportunities and employment pathways, helping you build the skills, confidence and connections needed to take the next step in your career.

🗓️ Tuesday 1 December
⏰ 10am to 1pm
📍 First Floor, Cobourg House, Mayflower Street

View Tungsten West's website **here** and Clarion Futures website **here**.

Training and apprenticeship drop-in session - Thursday 3 December

Are you 16 to 24 and looking at your options for training, apprenticeships or work? Come along to our Training and Apprenticeship Drop-in Session to discover opportunities and get advice on your next steps.

Meet local providers including Achievement Training, City College Plymouth, Focus Training, FotoNow and On Course South West, as well as our Youth Hub team, and find out what support is available to help you move forward.

🗓️ Thursday 3 December
⏰ 10am to 12noon
📍 First floor, Cobourg House, Mayflower Street

Building Plymouth, and Skills Group drop-in session – Tuesday 8 December

Discover training, apprenticeships and career pathways in the construction industry with **Skills Group**. Explore the range of opportunities available, from gaining essential trade skills and industry qualifications to progressing into apprenticeships and employment.

The team will be on hand to provide expert advice on training options, career progression and routes into the sector, as well as support to help you build your confidence, develop your skills and take the next step towards a successful career in construction.

🗓️ Tuesday 8 December
⏰ 10am to 1pm
📍 First Floor, Cobourg House, Mayflower Street

View their website **here.**

Training and apprenticeship drop-in session - Thursday 7 January

🚀 Ready to explore your next step?

If you're aged 16 to 24 and considering an apprenticeship, training course, or your options after education, our Training and Apprenticeship Drop-in is the perfect place to start.

Meet local training providers, discover apprenticeships and courses available in Plymouth, and get support to help you make informed decisions about your future.

🗓️ Thursday 7 December
🕙 10am to 12noon
📍 First Floor, Cobourg House, Mayflower Street

No booking needed, just drop in and start exploring your future.

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. They support 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. Contact a member of the team on **0800 072 0288 or visit their website here**

On Course South West

Get job-ready with the Plymouth Learning Hub, a tailored programme of courses for adult learners covering everything from CV writing, interview skills and customer service qualifications to essential life skills such as budgeting and confidence building. Some courses are available exclusively to those aged 19+, so explore the full range of opportunities and take the next step towards your goals 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 16 to 30 and not in full-time training or employment, the King's Trust can help. **Click here** to explore their upcoming courses.

King's Trust: Team Programme

Are you looking to boost your confidence, develop new skills and improve your future employment prospects? Delivered by City College Plymouth, the King's Trust Team Programme is a free 12-week course designed to help young people gain valuable experience, build confidence, and prepare for employment, education or training.

Throughout the programme, you'll take part in a range of activities designed to help you develop new skills, challenge yourself and make a positive impact. You will:

- Develop your confidence, communication and teamwork skills
- Take part in a community project that makes a positive difference to your local area
- Enjoy an action-packed residential trip
- Gain two weeks of work experience in an area that interests you
- Improve your CV writing and interview skills
- Develop your English and maths skills
- Achieve a recognised qualification
- Meet new people, try new experiences and create lasting memories

You'll also receive dedicated support throughout the programme to help you build the confidence and skills needed to take your next step towards employment, training or further education.

To join the programme, you must:

- Be aged 16 to 25
- Not be in full-time employment

The course is completely free to attend and will not affect any benefits you receive.

Course details:

- Duration: 12 weeks
- Course Type: Full-time
- Study Pattern: Various days and times

Upcoming start dates:

The next available programme start dates are:

- 2 November 2026
- 18 January 2027
- 1 March 2027

To find out more about the programme and how to register, click **here**.

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.**

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**.

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**

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: Tuesday 3 November and Tuesday 1 December
Time: 12noon to 2pm
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: Firestone Bay, Admiralty Rd, Stonehouse, Plymouth PL1 3RS
When: Sunday 8 November (9.45am start) and Sunday 13 December (1pm start)

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 2027. Trips away could 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, check eligibility details and see how you can get involved? **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 (Contact **Info@oncoursesouthwest.co.uk** for more information)

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 ECHP to attend, but you do need to be currently seeking opportunities for training or employment and aged 16- to 24-years-old.

Want to find out more? Contact Rachel at **sendyouthwork@plymouth.gov.uk**

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're aged 19+, On Course South West offers monthly volunteering opportunities that you can get involved in. This short course will equip you with the knowledge and skills needed to kickstart your volunteering journey, while helping you gain valuable experience, build confidence, and enhance your CV. 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 to 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**

Central Park volunteering

Looking for a way to get outdoors, meet new people and make a difference in your local community?

The Green Communities Project is running a series of volunteering sessions in Central Park this autumn, offering opportunities to care for one of Plymouth's most loved green spaces. From hedgerow aftercare and flower bed maintenance to orchard pruning, there's something for everyone to get involved in.

Click here to find out more and learn how to take part.

Apply for apprenticeships

Apprenticeships are real jobs with training, offering a fantastic opportunity to gain valuable skills while working. They start throughout the year and are open to people of all ages – not just school leavers!

They're a great way to earn while you learn, achieve a nationally recognised qualification, and progress from Level 2 right up to degree-level, depending on your chosen career path.

If you're concerned about the financial side, it's worth knowing that you may be eligible for additional support such as Universal Credit, so an apprenticeship may be more accessible than you think.

In the latest edition of Plymouth's exclusive apprenticeship bulletin, you'll find hundreds of current apprenticeship vacancies across a wide range of industries.

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** to read more

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**

Devon and Cornwall Training Providers Network

You may also like to read the 2026-27 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**.

The Devon and Cornwall Training Providers Network have also introduced an apprenticeship vacancy map to help people find apprenticeships, learn more about the role and even apply – check it out **here.**

They have also created an easy-to-follow infographic explaining the new Youth Guarantee. The Government has pledged to support young people into work or further training through the Youth Guarantee.

The initiative is aimed at 16 to 24-year-olds who are not in employment, education or training (NEET), and forms part of the Government's commitment to ensuring young people can access further learning opportunities, employment support, jobs and apprenticeships.

The Youth Guarantee brings together new and existing support to help ensure that all young people aged 16 to 24 are earning and learning.

To read more, click **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**

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**

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!

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**.

Take a 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 and retail

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 **Wednesday** 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 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**

Find out more …

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