






What's next after Year 11?

Hampshire Futures careers team have an amazing programme of activities to help you over the summer. Whether that be making a late application to college, applying for an apprenticeship, or improving your employability skills for part time work. We are here to help!

Alongside the activities over summer, this newsletter seeks to provide you with helpful links and suggestions on applications, as well as caring for your mental health and other opportunities to get involved in.

Monday	Tuesday	Wednesday	Thursday	Friday
TED-Ed interactive careers videos	Our careers team are available via chat, email or phone	Careers resource activities	Our careers team are available via chat, email or phone	Live career events & wellbeing activities
				

Useful resources during the pandemic

- Latest Government guidance on [COVID-19](#)
- [Government Roadmap](#) to cautiously easing lockdown
- Guidance from the [NHS](#)
- [Face masks](#) are still compulsory in stores.
- Guidance for those seeking [Benefits](#)
- [Food Banks](#) provide for those in need. Here you can find one closest to you.

Schedule

The events will run Monday June 7 – Friday August 13 with a GCSE results service and our final live career event.

For more information on each activity and a weekly roadmap [click here](#).



Taking Care of Mental Health

It's important to look after your mental health. Below are some resources, apps and suggestions to help manage it. **Click each image** to find helpful tutorials, apps and websites aimed at self-care and fun distractions. **Please note, we are not responsible for content from 3rd parties and would recommend all apps are checked by a responsible adult and young people are supervised during use.**

Flying Start Hampshire

Please also visit [Flying Start Hampshire](#) where you will find further information and resources under the tab; 'Looking after your health & wellbeing'.

Help Lines

For help when struggling with Domestic Abuse: [The Hampton Trust](#)

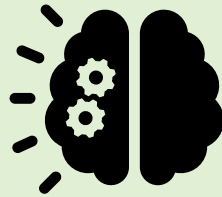
For someone to talk to when you need it most: [Samaritans](#)

Support for the LGBT+ community: [Galop](#)

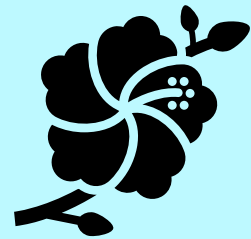
Mental Health support for Black people in the UK: [Young Minds](#)



Play games with
friends



Try Mindfulness
exercises



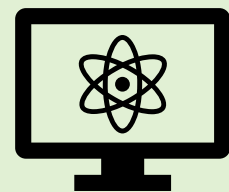
Spend time outside
in nature



Virtually explore museums
and historic sites



Explore the stars in a
Planetarium



Learn something
new

Apprenticeship Search Sites

The following sites help you find the ideal apprenticeship for you.

- All vacancies listed below were sourced from [Find an Apprenticeship](#), where you can find others in your area.
- To look for courses you may be interested in check out, [Apprenticeships](#)
- [Amazing Apprenticeships](#) is a new site with advice and vacancy listings.

CVs, application forms, interviews and help to find apprenticeships or part time jobs

We have live events, career activities and interactive videos to help you. [Click here](#) for further information.

The Hampshire Careers Partnership have also developed a booklet; [Your Future, Your Options](#) which includes information on drafting a CV, completing an application form, activities to help you identify your personal skills & qualities and advice to help you prepare for an interview.

Even if you are not looking for an apprenticeship, this would be helpful when looking for a part time job.

Eastleigh

[Baby Room Nursery Apprentice](#) at Little Acorns

- As an apprentice you'll assist in caring for young children in a nursery, whilst receiving full training.
- **Closing date:** 24 June 21

[Digital Marketing Administrator Apprentice](#) at Medatech Uk Limited

- A great opportunity to begin a career in the digital marketing sector. Working alongside a team you will learn multiple aspects of the industry.
- **Closing date:** 30 June 21

Fareham

[Early Years Educator Apprentice](#) at Little Munchkins

- A great opportunity for someone who enjoys working with young children and would like to begin a career in child care.
- **Closing date:** 30 June 21

[IT Workshop Engineer Apprentice](#) at Taylor Made Computer Solutions

- As an apprenticeship you will do a variety of tasks whilst learning from a skilled team.
- **Closing date:** 25 June 21

Gosport

[Science Technician Apprenticeship](#) at Brune Park Community School

- As an apprentice you will learn how to responsibly handle various bits of equipment and assist the teacher around the classroom.

- **Closing date:** 19 June 21

[Business Administration Apprenticeship](#) at fm Education

- You will learn all aspects of Business Administration in a busy office environment, to elevate your skills and experience.

- **Closing date:** 19 June 21

Havant

[Software Engineering Apprenticeship](#) at Lockheed Martin Uk Limited

- As an apprentice, you will assist the Team Leader and the wider team with day-to-day administrative tasks

- **Closing date:** 06 July 21

[Apprentice Dental Nurse](#) at Genix Healthcare Ltd

- As an apprentice dental nurse you will assist the dentist with all clinical aspects within the surgery.

- **Closing date:** 05 July 21

New Forest

[Optical Assistant Apprenticeship](#) at Specsavers

- Assist a friendly team in caring for customers in arranging appointments and helping deliver quality eye care.

- **Closing date:** 14 June 21

[Commis Chef Apprenticeship](#) at The Upham Pub Company Limited

- Working with a skilled team you will learn how to prepare quality food and help out in multiple roles around the kitchen.

- **Closing date:** 21 June 21

Schools Reopening

As colleges and schools have successfully reopened and the end of the academic year draws near, now is a good time to consider applying for college in September. If you're worried about returning to college, [Young Minds](#) have a wealth of information on managing mental health during COVID.

Help with applying to college

We have lots of information & resources to help you with you completing a college application including live events & resources. [Click here](#) for more information.

Eastleigh

Barton Peveril College: [Courses](#), [Open Events](#)

Eastleigh College: [Courses](#), [Open Events](#)

Peter Symonds: [Courses](#), [Application Process](#)

Fareham, Gosport, and Havant

Fareham College: [College Information](#), [Online Open Event](#)

Havant and South Downs College: [College Information](#), [Courses](#)

Highbury College: [College Information](#), [Virtual Open Event](#)

Itchen Sixth Form College: [Courses](#), [Open Day](#)

St Vincent College: [Courses](#), [Open Evenings](#)

Portsmouth College: [Courses](#), [Open Evenings](#)

It's not too late to apply to some colleges!

Some colleges and sixth forms are still accepting applications to start a course in September. If you have not yet applied and would like to, please check out the college website (details below) and complete an application form. If you are not able to apply online contact the college as they may have a paper version you can complete.

Even if the deadline has passed for the college you would like to attend, contact them and ask if they would consider a late application. It can help to explain why you applying late.

New Forest

Brockenhurst College: [Courses](#), [Open Event](#)

Bournemouth & Poole College: [Courses](#), [Virtual Open Event](#)

Richard Taunton: [Courses](#), [Open Events](#)

Totton College: [Courses](#), [Open Day](#)

Wiltshire College, Salisbury: [Courses](#), [Virtual Open Events](#)

Chichester College: [Courses](#), [Open Events](#)



Extra Opportunities

As well as college, apprenticeships, jobs and online learning, there are many other organisations and courses available that may be of interest to you.

Recommended Programmes

[Traineeship Plus](#) can prepare young people for their future careers, helping them to move into further education, get ready for the world of work.

[Supported Internship](#) aims to prepare individuals for the world of work, and support them into their first paid employment.

Other Organisations

Through [Duke of Edinburgh](#) young people gain essential skills and attributes for work and life, enhancing CVs, uni and job applications.

[NCS](#) aims to give you a clearer idea of what you want from your future.

[Prince's Trust](#) provides multiple opportunities for young people wanting to gain experience and life skills.

[Wessex Dance Academy](#) offers the chance to gain experience as a dancer and performer with a cohort of other young people.

Military Preparation College

Hampshire is fortunate to have three Military Preparation Colleges (MPC), one based in Southampton, Aldershot and Portsmouth.

The unique focus on active learning at MPC inspires students to achieve their best. 50% of every day is spent learning outdoors or participating in physical training.

Through their active curriculum, MPC helps 16-19-year-olds develop their fitness, gain self-confidence and essential employability skills to prepare them for employment.

For more information and how to apply visit their website: [Military Preparation College](#)