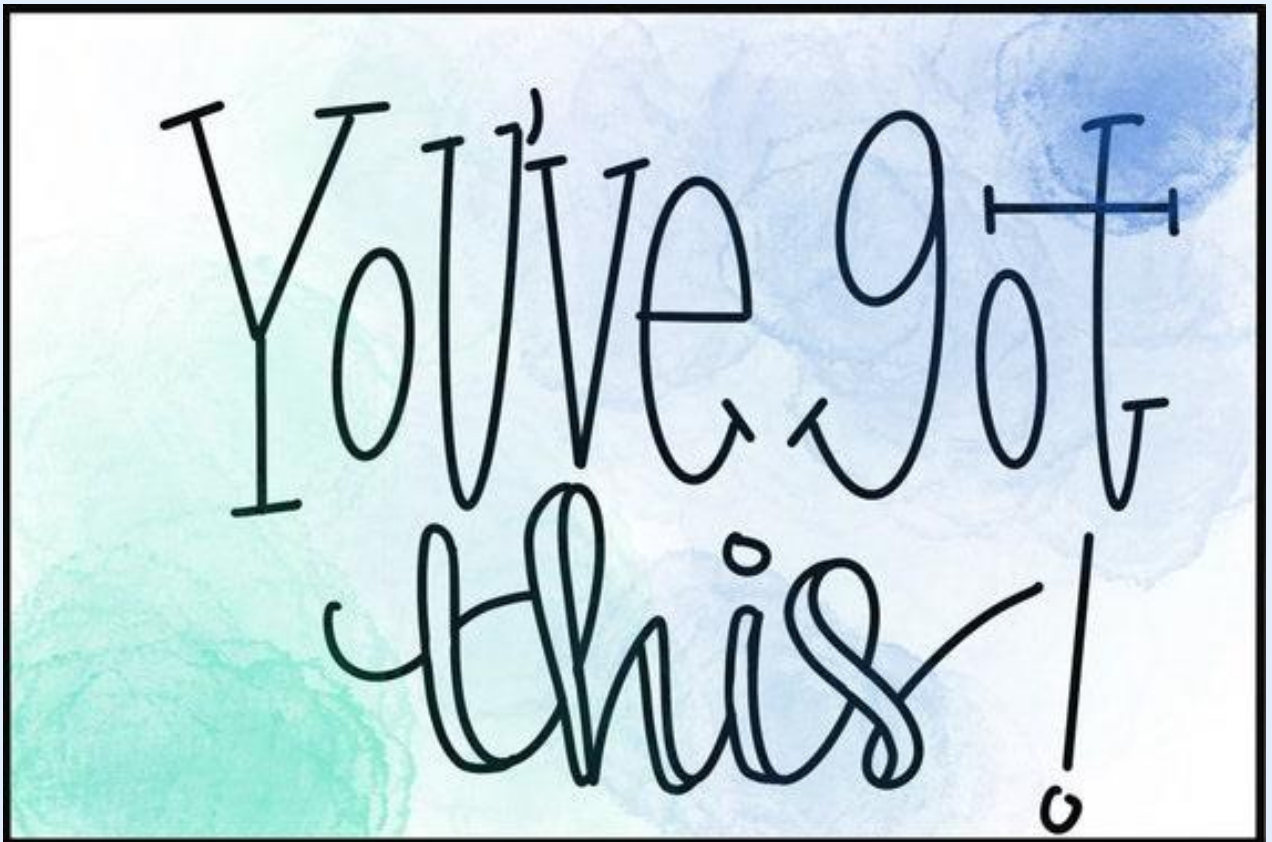




**GOOD LUCK TO
OUR STUDENTS STARTING
THEIR EXAMS THIS WEEK....**



STAY IN TOUCH!!

Why practice mindfulness?

- Understand that stress is a natural response to a challenge
- Pay attention to your thoughts and emotions with kindness
- Transform your anxiety into actions you can take to meet the challenge



mind

[FIND OUT MORE ABOUT MINDFULNESS](#)

YOUNG MINDS

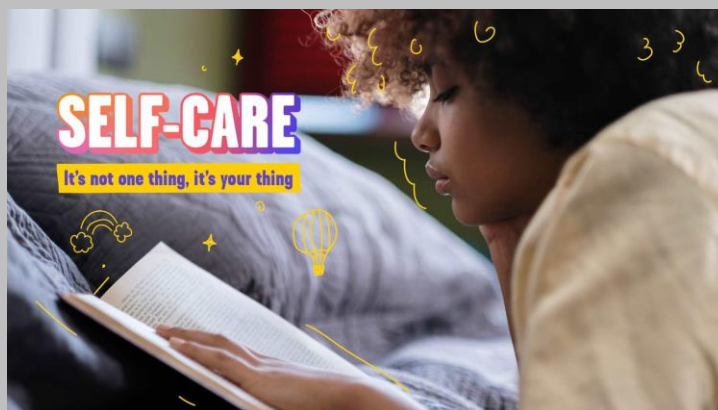
fighting for young people's mental health

It is normal to feel a bit worried about exams, especially if you're under pressure from school or family. Exam stress can cause you to feel [anxious](#) or [depressed](#), and this might affect your [sleeping](#) or [eating habits](#).

Be kind to yourself

Think about all the things you have achieved so far. It can be helpful to write a list of all the things you like about yourself, and the things other people value about you too.

If people around you - like your parents or family - are putting pressure on you, it can help to tell them what you feel able to achieve, and let them know that your expectations are different to theirs. You could also talk to a teacher you trust about the pressure you are under at home.



**A GUIDE FOR YOUNG PEOPLE
DEALING WITH EXAM STRESS**

Top 10 Revision Tips



Rise and shine

Starting your revision by 9am will help you get into a routine that you can stick to.

Breakfast

Having breakfast before revising is vital as it helps you to concentrate for longer.

Log off

Switch off all devices, a five minute peek at Facebook turns into an hour so easily. Use internet time as a reward on a break.



Past papers

Past exam papers are a perfect way to get used to exam pressure. Time yourself and use past papers to improve your confidence.

Get colourful

Keep your notes organised and bright. Use different fonts, pens and diagrams. Colour coding your areas also helps.

Stick to the plan

Make a revision timetable, it will help you prioritise your areas. Plan for different ways of learning (mind maps, essays, fact cards)



Take breaks

Take a short break (5-10 minutes) after every half hour - It's important to get away from your work area. Adding breaks into your timetable is vital.

Teach

If you are confident with a subject, teach it to your friends and they can do the same for you.

No last minute revision

Cramming 10 minutes before an exam doesn't work, planning your time and working hard does!



Breathe!

You'll be great!

7 Ways to **STOP** Panic Taking Over During an Exam

by @inner_drive | www.innerdrive.co.uk



- 1. TAKE SOME DEEP BREATHS**
This will help clear your head and give you time to think.
- 2. RE-READ THE QUESTION**
This will help ensure you don't misread the question and avoid making sloppy mistakes.
- 3. THINK BACK TO YOUR REVISION**
Have you answered similar questions previously during your revision?
- 4. WHAT WOULD YOUR TEACHER SAY?**
What advice would your teacher give you to help you right now?
- 5. SOMETHING IS BETTER THAN NOTHING**
Better to guess the answer than leave it blank. If you don't write anything down you are guaranteed to get zero marks.
- 6. STICK TO YOUR EXAM STRATEGY**
If you have a bad first question, stick to your pre-planned strategy and don't let the bad start affect your performance on the next question.
- 7. DON'T PUT TOO MUCH PRESSURE ON YOURSELF**
Work your hardest and do your best. Some stress is good but becoming too stressed doesn't help you think clearly under pressure.

D A T E S

FOR YOUR DIARY

EXTERNAL EXAMS COMMENCE
MONDAY 16th MAY 2022

A LEVEL RESULTS DAY
THURSDAY 18th AUGUST 2022



GCSE RESULTS DAY
THURSDAY 25th AUGUST 2022



THE BIGGEST ONLINE UNIVERSITY EVENT OF THE YEAR!

NATIONAL UNIVERSITY WEEK 2022

23RD - 27TH MAY

LIVE

Join our **ONLINE EVENT**, jam-packed with **INFORMATION, LIVE SESSIONS & Q&A'S** for **EVERYTHING YOU NEED TO KNOW** about **GOING TO UNI...**

Whether you're considering *moving away from home, keeping your study local* or you're *not sure if university is the right path for you...*

#NUW22 is the perfect opportunity to ask *universities and students directly* about everything from *student life, meeting new people, campus, courses & career prospects*

REGISTER HERE

to receive session alerts, access to competitions and be a part of the **UK'S BIGGEST UNIVERSITY EVENT!**

Proud to work alongside:



Universities
UK



Department
for Education



University
of Dundee

PROSPECTS



UNIVERSITY OF
PLYMOUTH



UA
92

UNIVERSITY
ACADEMY 92
MANCHESTER





NEW OPPORTUNITY!!

Highways and Construction Work Experience Week - 4 to 8 July 2022

Do you have an interest in construction? Would you like to hear more about the careers and opportunities within the industry?

This is your opportunity to listening to experts in this field. We're hosting a week of face-to-face and virtual work experience sessions across the UK for young people like you to become involved and find out what working in construction is really like?

Come and join us 4 to 8 July 2022 where you can ask questions, and speak to industry experts who can offer you advice and guidance on how to start your construction career.

To register your interest, [please complete this registration form](#).

Please note that there is no guarantee that every individual/organisation will receive a space.

REGISTER BY END OF MAY 2022

REGISTER HERE



FESTIVAL OF APPRENTICESHIPS

Sponsored By:



Apprenticeship Careers Roadshow

Millennium Point Birmingham

Friday 8th JUL 2022

www.FestivalOfApprenticeships.com

Looking to start your career in an industry or profession?
Leaving school or graduating from college but unsure what
all your options are?

Want a job where you can continue learning and gain
qualifications at the same time?

Interested in finding out more about apprenticeship
opportunities with some of the UK's biggest companies in
your area?

Or are you an organisation looking to tap into future
talent...?

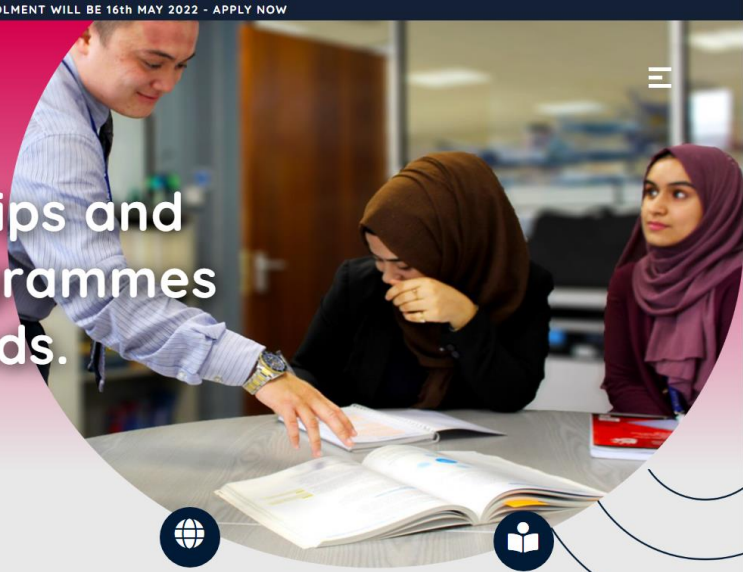
Then the Festival of Apprenticeships is for YOU!

REGISTER HERE





Providing Apprenticeships and specialist Training Programmes across the West Midlands.



Apprenticeships



Academy



Online Courses



Training


APPRENTICESHIPS ONLINE COURSES TRAINING

APPLY NOW

Welcome to Success at School!

Success at School is the place for young people to explore careers, get the lowdown on top employers, and search for the latest jobs, courses and advice.

Get career smart and [Register today!](#)



Career Zones

Explore different careers, how to get there and what to study



Employers

Find out about top employers, what it's like to work for them and what they have to offer you



Universities

Explore life on campus and get updates on the latest courses, events and open days

News Go >


Covid-19: Sponsored Gatsby Subject Guides Free...

To help you prepare for the start of National Career Week on 1st March, we're giving you free access to our sponsored Gatsby...

A quarter of survey respondents say their school...


GCSEs and A-levels were cancelled this year due to Covid-19 and replaced with Centre Assessment Grades, with schools and...

Advice Go >




Supporting your child through their GCSEs

Is your child sitting their GCSEs this summer? Wondering what you can do...



Why do an apprenticeship?

Apprenticeships are increasingly becoming a popular option for young people...



How to become a train driver

Train drivers do an important job, helping us travel around and get to where...

Forums Go >

maxillofacial surgeon

Hi, Did my question go through?

What should i do for my GCSE's?

Hi. I was just wondering which GCSE subjects i should pursue for the job of maxillofacial surgeon, (I would prefer to become...

FIND OUT MORE HERE

EXCITING OPPORTUNITIES FOR STUDENTS!

NEW OPPORTUNITY!!

Join us!
The Culture Collective



Are you...

- ~ interested in art, culture & community?
- ~ looking for a safe space to share ideas?
- ~ wanting to make positive change in your area?

We're welcoming new members!

WELCOME SESSION
16th May, 5.30 - 7.30pm
@ The GAP, B12 9AH

Want to get involved or find out more?

Read more below
or visit www.thegapartsproject.co.uk/theculturecollective

YOUTH THEATRE

the GAP

BE PART OF A NEW AND
EXCITING PIECE OF DRAMA THAT
IS SET IN BALSALL HEATH
ABOUT A YOUNG BOY WHO
GETS EXCLUDED FROM
SCHOOL

WEEKLY SESSIONS
TUESDAYS 5.30 - 7.30PM
STARTING 10TH MAY
AGES 14 - 18

SIGN UP BY FOLLOWING THE GOOGLE FORM LINK IN THE EMAIL
(TAKES LESS THAN A MINUTE)

USING DRAMA AS A MEANS OF EXPLORING OUR WORLD AND CREATIVELY IMAGINING NEW POSSIBILITIES



FREE Lifeguard Course

Are you, or someone you know, looking for a rewarding career, or part-time job teaching children to swim and helping save lives?

We are running a nationally recognised Swimming Teachers Association (STA) entry level 'Award Course'.

We are looking for patient, fun, friendly, outgoing individuals who have a passion to help children become more confident and safe in water.

This qualification will enable you to teach Stages 1-4 on our More Swimming Academy programme, with job opportunities across Birmingham Community Leisure Trust at Beeches, Erdington, Fox Hollies, Ladywood, Stechford and Wyndley Leisure Centres.

No teaching experience is necessary, but you must be able to comfortably swim at least 25m unaided.

Course Dates and Venue

We are hosting multiple courses throughout the year across the North and South of the city.

Please contact the Aquatics and Dry Course Manager at Erdington, Charlie.

100% attendance is required for any course.



This qualification will be fully funded by us (normally £300). All you need to pay is the cost of your STA membership which is just £49. Applicants need to be 16 on the day of the assessment. A DBS will be undertaken on completion of this course.

For any enquiries or to book your space email Charlie.Moore@serco.com

Who knows, it maybe you getting a thank you from the Olympic swimmers of the future!

NEW OPPORTUNITY!!

BRIGHT FUTURES ARE MADE AT BELL

Bell Group are the UK's largest commercial painting, decorating and building maintenance contractor, covering every square mile of Britain.

With over **1000 qualified**, we recognise the value apprentices bring to our business and we are **committed to employing 500 more over the next 5 years**. We are recruiting now for a range of trade apprenticeship positions.

There is no better time to apply for an apprenticeship with us than now!



- Earn while you learn
- Gain independence & confidence
- Develop your skills & experience
- Benefit from Mentor support
- Achieve a nationally recognised qualification
- Progress within Bell

Find out more about us by visiting www.bellgroup.co.uk

To apply for an apprenticeship and attend a local recruitment event, email your details to:

J.cordier@bellgroup.co.uk

WORK EXPERIENCE

How to find a placement

Do you know the type of work experience you would like to do?

YES

If yes, follow these steps...

Do you know anyone who works in the area of work you are interested in?
(This could be Family members, or Friends of the Family, neighbours or Friends' parents etc.)

If yes, ask them if the organisation they work for could offer you a work experience placement.

If successful go to **Step 5**.
If unsuccessful go to **Step 2**.

NO

If no, follow these steps...

Let your Head of Year know ASAP so that we can organise a workshop for you in the Library where we can discuss ideas.

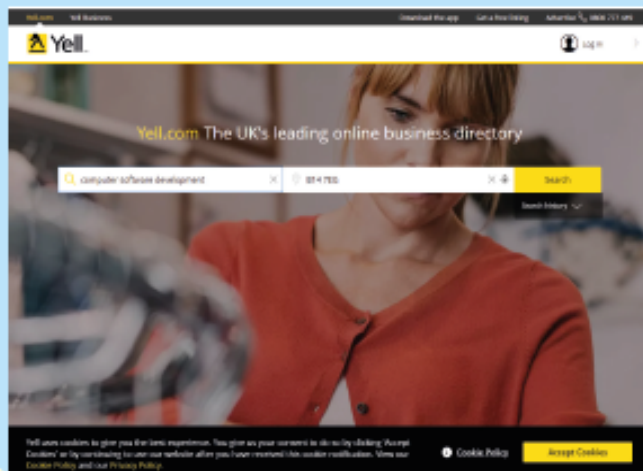
You can also start to gather ideas by going onto www.unifrog.org and completing the Work Environment profile quiz.

When you have decided what type of work experience you want to do go to **Step 2**.

2

Go onto www.yell.co.uk

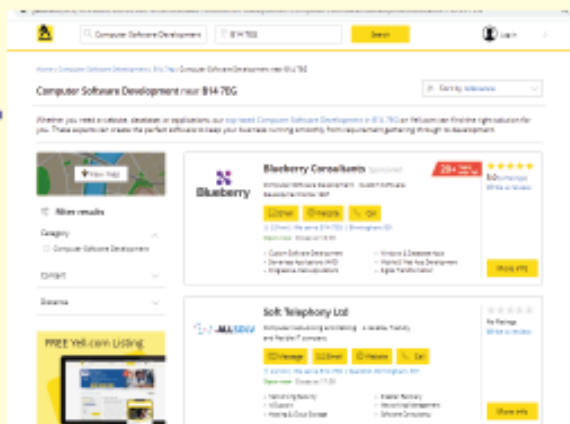
Insert the area you are interested in e.g. computer software and YOUR postcode – then hit search.



3

Use the Contact Details provided

Use the contact details provided on this list to either call or e-mail the company to ask them if they can offer you a placement. (You may need to go onto the company's website to find their e-mail or phone number).



4

Call them

This is the most direct way of getting hold of someone at the company. When you call, you should:

- Ask to speak to someone about work experience
- Tell them your name, what school you go to and when the work experience dates are (4th July-8th July 2022)
- Tell them that you have a real interest in this kind of work and would be grateful for an opportunity to get some insight into it by doing some work experience with them.
- Be prepared to give them your e-mail address or phone number for them to contact you on.



5

Complete the Work Experience Form

Complete the Work Experience Form outlining where you're going (with your parents/carers signature) and hand it in to Mrs Newton in the Library. Once the Health and Safety checks have been done on your placement, it can go ahead.



Email them

This is not as quick and not as effective as phone call because an e-mail can be ignored more easily, but if you really can't bring yourself to make a call, send them an e-mail which should include:

- Who you are
- What kind of role you're looking for
- Your overall career goals (and why this position would help)
 - Your skills (or previous experience, if you have any)
 - Why you'd be suitable for the role



WORK EXPERIENCE

PLEASE ENSURE YOU HAVE RETURNED YOUR WORK EXPERIENCE
MEDICAL CONSENT FORM.

ONCE YOU HAVE SECURED A PLACEMENT YOU ALSO NEED TO
COMPLETE AND RETURN A PLACEMENT CONFIRMATION FORM.

SEE MRS NEWTON IN THE LIBRARY IF YOU HAVE ANY QUERIES.

WORK EXPERIENCE FORMS

SAVE THE DATES...

YR 10 WORK EXPERIENCE WEEK
4th – 8th JULY 2022

YR 12 WORK EXPERIENCE WEEK
11th – 15th JULY 2022

WHERE CAN I GET MORE HELP & ADVICE?

SPEAK TO A MEMBER OF THE CAREERS TEAM, YOUR
FORM TUTORS OR HOY.

CAREERS TEAM

Who are we and what do we do?



Ms Darby

Student Services – Post 16/Careers Leader

Responsible for the delivery of Bishop Challoner's careers programme.

e.darby@bishopchalloner.bham.sch.uk



Mrs Colgan

Careers Advisor

Provides impartial information, advice and guidance in order to help students make decisions about their future.

e.colgan@bishopchalloner.bham.sch.uk



Mrs Newton

Sixth Form & Careers Support/ Work Experience Co-ordinator

Supports Careers and Sixth Form events, masterclass programme and produces the opportunities bulletin. Responsible for co-ordinating Year 10 & Year 12 Work Experience.

b.newton@bishopchalloner.bham.sch.uk

**SPEAKERS FOR SCHOOLS
VIRTUAL WORK EXPERIENCE**

UK's top provider of high quality Virtual Work Experience

**WORK EXPERIENCE
OPPORTUNITIES**



**SPEAKERS
for schools
EXPERIENCE**

YOUNG PEOPLE



WHY DO WORK EXPERIENCE?

Before you make decisions about your future, you need to know about the opportunities that are out there.

The Speakers for Schools Experience platform connects you with leading employers from your area who can give you a taste of life in their industry, teach your valuable professional skills and show you how to get where you want to go.

REGISTER HERE

It's time to take control of your future

Meet Springpod - the careers platform where you can experience the world of work & university before applying.

[Get Started](#)

[Learn More](#)

WORK EXPERIENCE OPPORTUNITIES

Connect with world-leading organisations



AIRBUS

AstraZeneca 



Deloitte. 

Everything you need
to rewrite your future

From work experience with top organisations to degree tasters with leading universities, your Springpod profile unlocks it all. Discover opportunities to gain valuable experience, secure a place on the course of your dreams or get hired straight out of school.

Springpod 

[Sign In](#)

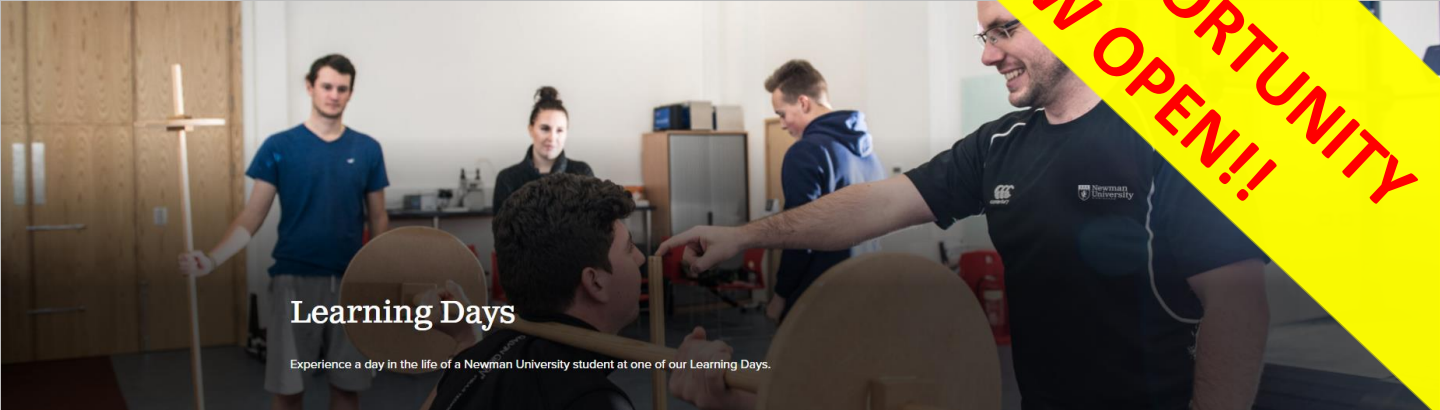
Let's get started

STUDENT SIGN UP



**Newman
University**
BIRMINGHAM

**NEW OPPORTUNITY
NOW OPEN!!**



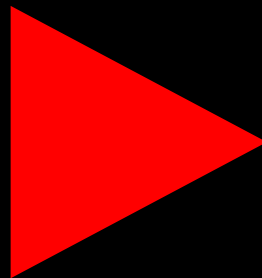
Learning Days

Experience a day in the life of a Newman University student at one of our Learning Days.

Newman University is delighted to once again offer a fortnight of Learning Days this June for Years 12 and 13 students (aged 16-18) from across the region.

Learning Days are open to students interested in studying one of the subjects that Newman University offers. Our events are free and part of our work with the educational community in the West Midlands. They are intended to give students an opportunity to sample university life while supporting their current studies and opening up a wide-range of subjects as realistic options for their undergraduate studies and future careers.

****PLEASE SEE MRS NEWTON IF YOU WOULD LIKE
TO BOOK ONTO A LEARNING DAY.****





NHS Virtual Work Experience Birmingham Community Healthcare Trust

**Birmingham
Community Healthcare**
NHS Foundation Trust

WHAT IS VIRTUAL WORK EXPERIENCE AND HOW CAN I APPLY?

Virtual Work Experience (VWEX) is an online work experience placement offered by an employer to give you the opportunity to experience the world of work remotely without having to travel to the employer's office or base. You can browse and apply for our opportunities through our portal by registering below.

To view these opportunity links and apply, you must have already migrated to our new portal and signed into your new account.

[> REGISTER NOW](#)

Birmingham Community Healthcare Trust provide high quality community and specialist services within Birmingham and the West Midlands. We deliver over 100 clinical services, out in peoples homes and in over 200 hospitals, health centres and clinics. We provide services for adults, children, people with learning disabilities, those with rehabilitation needs and also dental services. Find out more about the work of our trust and how you can become part of this dedicated team of professionals who deliver vital healthcare services and provision in YOUR community.

Discovery
Workshop

12th May 2022

Midwifery and nursing

Teachers can book for their groups to join this overview of midwifery and community nursing.



2:00-3:30pm

Insight
Session

9th June 2022

Non clinical roles

Find out how estates and management oversee over 200 community hubs.



10:00am - 1:00pm

Insight
Session

29th June 2022

Physiotherapy

Explore roles in physiotherapy and rehabilitating the local community.



10:00am - 1:00pm

Virtual
Placement

5th - 7th July 2022

Community, Clinical and Physio

Join the trust for a 3 day overview of community, clinical roles and physiotherapy, and take part in project work.



10:00am - 3:00pm daily

Insight
Session

13th July 2022

Dental Health

Explore roles in dentistry and hear from new starters and newly qualified dental nurses.



10:00am - 1:00pm

Virtual
Placement

18th - 20th July 2022

Community, Clinical and Physio

Join the trust for a 3 day overview of community, clinical roles and physiotherapy, and take part in project work.



10:00am - 3:00pm daily

uptree

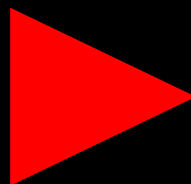
**WORK EXPERIENCE
OPPORTUNITIES**

Uptree is hosting over 30 work experience events this term alone! With a wide variety of companies hosting in person and online events - you're sure to find something that interests you.

UPTREE NEWSLETTER

WORK EXPERIENCE

REGISTER HERE





YEARS
9 - 13

OPPORTUNITIES
BENEFIT

WORK EXPERIENCE
OPPORTUNITIES

LEARN SOMETHING NEW!

Why study a free course on OpenLearn?

Our courses have been proven to increase confidence and develop the skills needed to enter Higher Education and succeed with learning. You can choose an **OpenLearn** course from a wide range of subjects. Some are based on Open University course materials. Others are written specifically for **OpenLearn**.

The OpenLearn logo is displayed in white text on a dark blue rectangular background.A light blue, rounded square button with the text "REGISTER NOW" in red, tilted slightly to the right.

What are the advantages?

- **OpenLearn free courses are available immediately**
- Our courses do not have a start and end date. You can start right away or at a time that suits you.
- **You can work through at your own pace**
- You can spend as long as you like on an **OpenLearn** course, plus, if you sign up you can track your progress and work towards a **statement of participation**.
- **There are around 1000 courses to choose from**
- The courses always focus on a specific area of learning. Some focus on important and fascinating academic subjects, whilst others help you develop skills needed for study or work.
- **You can try out what's on offer from The Open University**
- If you're interested in taking an Open University course but are not sure what to study or if distance learning is right for you, then **OpenLearn** lets you get a feel for what's on offer.



YEAR
12

OPPORTUNITIES
B...

WORK EXPERIENCE
OPPORTUNITIES



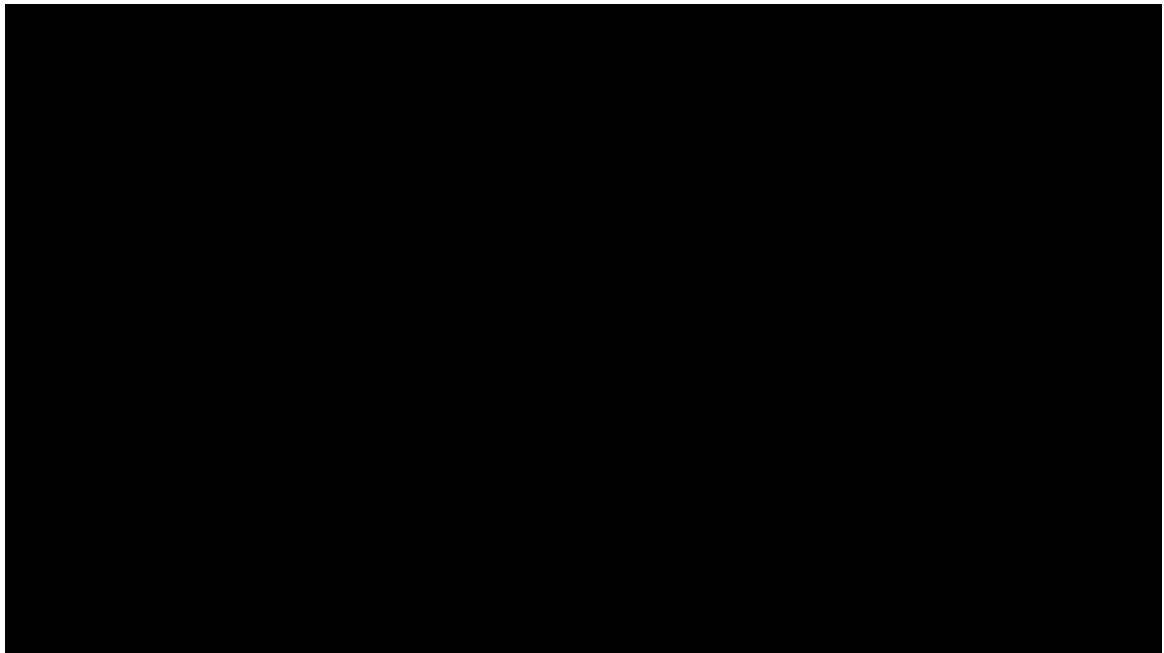
MSC Medical Schools Council



Royal College of
General Practitioners

Observe GP

Observe GP is an alternative to work experience for aspiring medics aged 16 and over, who are living in the UK. It is a free interactive video platform providing insights into the role of a GP and the wider primary care team.



Observe GP is supported by the Medical Schools Council as a suitable element of relevant experience to help prepare an application to medical school.

FOR MORE INFORMATION



OPPORTUNITIES
BUSINESS

WORK EXPERIENCE
OPPORTUNITIES

YOUNG PROFESSIONALS

The Young Professionals App

Everything you need to find an apprenticeship or work experience scheme, all in one place.

One Simple Platform

One brilliant app that will allow you to unleash your career potential. Search for your ideal job, employer and key location quickly and easily

Kick Start Your Career

View hundreds of job opportunities from leading employers who will help you turn your first job into a rewarding career

Personal Profile

Create your own profile to showcase you to potential employers! Take your video, upload your skills and get yourself discovered!



Targeted Notifications

Receive notifications about all of the jobs that match your choices and your job match profile

Keeping up to Date

Pick your favorite employers and follow them to grab the best opportunities as soon as they are listed. Connect directly with the key decision makers and fast track your interview process

You are in control!

Post out relevant content, videos and images to your fans and help you grow a good professional profile to kick start your early career!



OpenLearn

**WORK EXPERIENCE
OPPORTUNITIES**

Free course **Caring in hospitals**

Free statement of participation on completion

You can start this course right now without signing-up.

Click on any of the course content sections below to start at any point in this course.

If you want to be able to track your progress, earn a free Statement of Participation, and access all course quizzes and activities, [sign-up](#).

FOR MORE INFORMATION

Work Experience

Year 11 & Year 12

DO
MORE.

WORK EXPERIENCE
OPPORTUNITIES



student ladder

steps to success

There are a number of organisations who provide an insight into their business for GCSE and A level students. **Work experience** can range from 1 day to 2 weeks and is a great opportunity for students to get exposure to these organisations. It will help in future applications.

Who offers work experience for school students?

There are a large number of companies offering **work experience** days and weeks to 16-18 year olds. There is strong representation from the finance industry and investment banks such as Credit Suisse, from professional services firms such as Ernst & Young, from legal firms such as Pinsent Masons and Old Square Chambers and from media companies such as The Guardian.

Please click on the links below to access details of each work placement.

Information on: [WRITING YOUR CV AND COVERING LETTER](#)

Information on: [HOW TO EXCEL IN INTERVIEWS](#)

For more details and how to apply:

<https://www.studentladder.co.uk/work-experience/>



ALLIED HEALTHCARE MENTOR

The Only LIVE NHS Healthcare Careers Virtual Work Experience In The
UK **Run By Healthcare Professionals!**

Let us help you to take your first steps into the world of healthcare careers. It is live, giving you the chance to interact with healthcare professionals, but from the comfort and safety of your own home. Join thousands of other students who are exploring healthcare careers with the help of our LIVE simulated high fidelity work experience programme!

FIND OUT MORE HERE

Completely Unique Experience

Follow multiple patients over a 6-month period, as they go from their initial injury to recovery. It is amazing how many different healthcare professionals are involved in a patient's care. This incredible opportunity showcases a variety of professionals in one day. It gives students a chance to see them in action in various settings from the ward to the community. It is also a fantastic opportunity to see them work together in a multidisciplinary team.

During the work experience day, students will follow 2 patients from their initial presentation to recovery. Students will observe the healthcare professionals as they interact with the patients and also each other. Students will have an opportunity to ask questions and gain knowledge through teaching. This will help students to make an informed career decision as well as learn about how healthcare professionals work together as part of a multidisciplinary team. Each work experience day is completely different and students will be able to build on their knowledge of NHS careers as they see different patient cases and their healthcare professionals work in a variety of settings, such as hospital and community. For this reason we recommend that students attend one work experience a month for 6 months to not only gain a deeper knowledge of multidisciplinary teams in general but also their chosen careers.

Allied Healthcare Mentor are committed to ensuring that students still have the opportunity to gain valuable insight into healthcare careers, even in these difficult times.



MEDICAL WORK EXPERIENCE!

WORK EXPERIENCE OPPORTUNITIES

We are excited to announce that the largest free national work experience programme for your aspiring medical, dental and veterinary students has returned. This was developed last year in partnership with Birmingham Universities Hospitals Trust and it is free for students from 10-13 or S3-S6 year groups to participate in. We took a small break from the virtual work experience programme in November to convert the LIVE teaching into E-learning courses that students can now complete in their own time. Students have 1 month to complete each session, and once they have completed the programme they will receive a certificate from Medic Mentor and UHB as evidence of their participation. Medical Schools are accepting virtual work experience as an alternative to in-person work experience in light of the pandemic and reduced access to placements.

Participation in the virtual work experience will also provide students (and their parents) with several opportunities to speak to doctors, dentists and vets continuously throughout the academic year. They will be able to do this on Tuesday evenings and most weekends, for free. They can also call the Mentor Helpline number 01530 417 299 from 10am-5pm Mon-Fri if they would like to advice on careers or applying to medical, dental, vet school. Mostly this number is manned by Doctors. Medic Mentor is a non-profit social enterprise and all of our proceeds are reinvested in supporting students to make informed career decisions.

Registering for these programmes could not be easier, all they need to do is complete the free online application form for:

Medicine: <https://medicmentor.co.uk/university-hospitals-birmingham-trust-virtual-work-experience/>

Dentistry: <https://medicmentor.co.uk/dental-live-virtual-work-experience/>

Veterinary: <https://medicmentor.co.uk/veterinary-virtual-live-work-experience/>

WHAT IS
MEDIC
MENTOR?



Birmingham
City Council

**WORK EXPERIENCE
OPPORTUNITIES**

VOLUNTEERING & WORK EXPERIENCE IN PARKS

Volunteering is a great way to take an active role in caring for and improving your local park. You can volunteer on an ongoing basis, or just join us for a few hours.

Thousands of people volunteer in Birmingham's parks each year. There are lots of opportunities to get involved, for people of all ages, abilities. In most cases you don't need prior experience, and training and equipment is provided.

If you're at school, college or university, you can also apply to complete a work placement with us.

FIND OUT ABOUT VOLUNTEERING

**FIND OUT ABOUT WORK
PLACEMENTS**



Information on careers you may not have thought about!

Subscribe to our magazine!

SIGN UP

Latest updates



Make the Future Yours! is full of information and advice to help you choose the right career. With articles, case studies and tips, we look at apprenticeships, part-time study, life skills and much more.

Follow us on Instagram!



The magazine aims to be an informative, impartial resource for anyone looking for inspiration or advice on future career and work-related choices. We don't aim to provide encyclopaedic or highly specialist content on every topic; however, we do want to illustrate the range of what is possible and signpost you to further sources of information and guidance, who can provide that specialist advice.

Flip through our magazine [here!](#)

ARCHIVE OF MAKE YOUR FUTURE YOURS!



Apprenticeships, Jobs, Reviews & Careers Advice For School & College Leavers

RateMyApprenticeship.co.uk is the UK's leading job resource for young people seeking apprenticeships.

🗳️ 703

Live jobs available

🏆 Top Employers

Based on reviews from students

☆ 34,206

Reviews to help you decide

A FANTASTIC ONLINE RESOURCE PACKED WITH
APPRENTICESHIP INFORMATION FOR YOUNG PEOPLE
AND PARENTS

[FIND JOBS](#)

[BROWSE REVIEWS](#)

[SEARCH EMPLOYERS](#)

[TOP EMPLOYERS](#)

[CAREERS OPTIONS](#)

[INDUSTRY GUIDES](#)

[**Sign up to RateMyApprenticeship**](#)

NHS

NHS apprenticeships

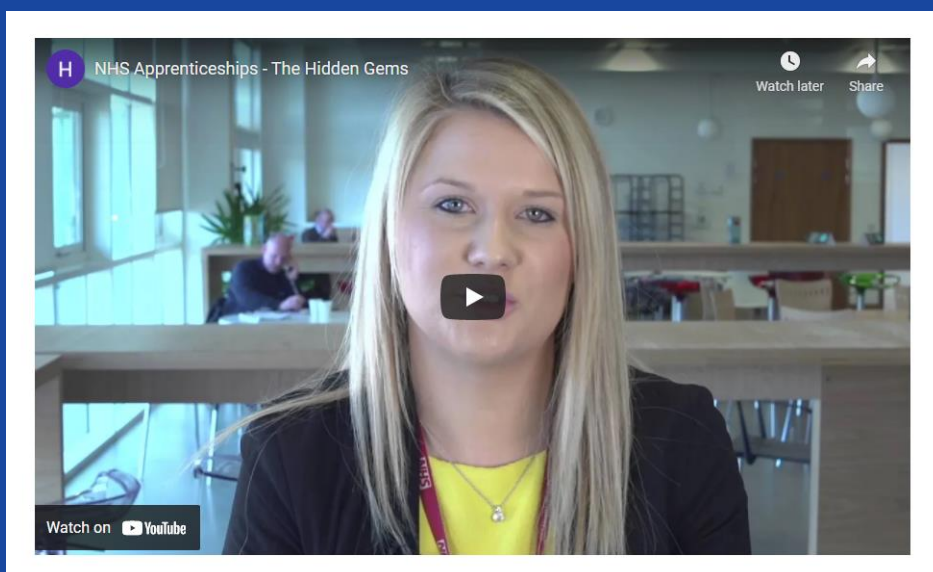
Earn, learn and make a difference with an NHS apprenticeship. Our apprenticeships offer routes into many of the more than 350 NHS careers through a mix of on-the-job training and classroom learning.

What you need to know about NHS apprenticeships

- if you are aged 16 to 18 or 19+ and in your first year of an apprenticeship, the minimum you should receive is £4.30 an hour (the National Minimum Wage for apprentices)
- many NHS employers will pay you more than the minimum wage
- they take between one and five years to complete
- anyone over the age of 16 can do one
- you're likely to spend four days on work placement and one day or at a training centre or college
- you'll develop your skills, including English and maths
- you'll gain a competence qualification (based on what you can do in the workplace) and a knowledge qualification, or a qualification combining both

[FIND OUT MORE](#)

Meet our apprentices





Apprenticeships

Our apprenticeship programmes

We offer apprenticeships right across our business. Whether you're looking hands-on or office-based work, there's something for you.

Our apprenticeships range from 1 to 4 years, and the qualifications you'll get range from level 3 (equal to an A-level), to level 6 (equal to a degree).

We have schemes for everyone. We want to hear from you, no matter what your journey has been like up until this point.

Your ambition is our future, and we can't wait to see you grow.

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Apprenticeships out and about

Network engineering, Water production, and Waste treatment.

OPERATIONAL APPRENTICESHIPS



Apprenticeships in the office

Human resources, Technology, Finance, and Project management.

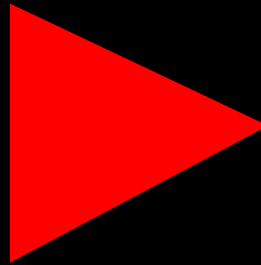
OFFICE-BASED APPRENTICESHIPS

[MORE INFO AND TO APPLY](#)



Police Officer Recruitment

APPLICATIONS CLOSED
CAN STILL REGISTER YOUR INTEREST



Our officers play a vital role in ensuring that the communities of the West Midlands are kept safe. It isn't easy but it is rewarding and can be a career like no other. We want people to join us who have a range of life experiences and backgrounds; it is vital that we represent all of the communities that we serve.

Policing uses plenty of **everyday skills**, from being able to reassure someone who has been a victim of crime to just being that friendly face that encourages a vulnerable person to open up and talk. Our training equips officers for the specialist skills they need to do the job, but it's the **human touch** – kindness, humour, friendliness and empathy – that people remember.

FOR MORE INFORMATION

EY Foundation

APPLICATIONS STILL OPEN

The EY Foundation Programmes are exclusively for young people who are aged 16 and above, and have been recently eligible for free school meals, a college bursary or Education Maintenance Allowance (EMA). We also have a specific programme designed for young people with experience in care.

Which programme is right for me?

If you wish to apply directly yourself, then **Smart Futures** is for you.

The **Our Future** and **Beyond Your Limits** programmes run on a referral system from a teacher, a social worker or other youth worker. Share the programme pages with them to see if they can support you to take part in either of these programmes.

If you are unsure and have any questions, please email us at enquiries@eyfoundation.ey.com and our friendly team can help!



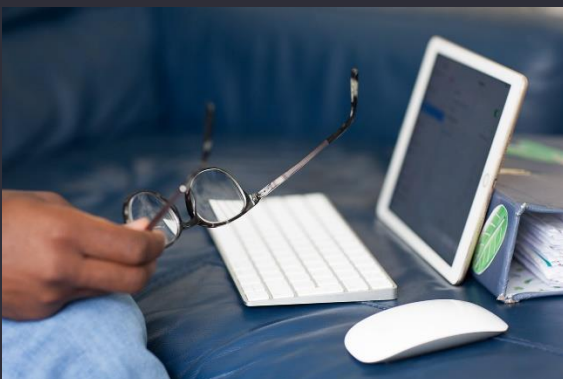
Smart Futures

If you are in Year 12 (or S5 in Scotland) and have been recently eligible for free school meals, a college bursary or Education Maintenance Allowance (EMA) then you will be eligible to apply



Our Future

If you are aged 16-19 in full-time education, may have struggled with school in the past and have five or less GCSE's, this programme could be suitable for you. To apply you must also have been recently eligible for free school meals, a college bursary



Beyond Your Limits

If you are a care-experienced young person aged 16-20 and in full or part-time education, this programme may be suitable for you.



inspired

YEAR OF GIVING 2021-2022

**MAKE A
DIFFERENCE
MAKE YOUR
MARK**

FIND OUT MORE

Why volunteer?

Volunteering helps you make a difference to something you care about and learn new talents too. There are loads of ways to volunteer; whether you've got an hour or a week, are into music or sport, whatever's your thing, volunteering lets you make your mark.

[Find out more](#)

Volunteering Tips

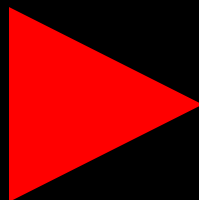
If you're keen to volunteer but looking for a bit more practical advice on how to get involved (and perhaps some inspiration too), then you're in the right place. We've gathered all of the top tips on how to volunteer here, just for you.

[Get the top tips](#)

Volunteer Centres

Volunteer Centres can offer you additional support finding volunteer roles in your local area. To see if there is a Volunteer Centre near you, visit the NCVO website.

[Find a Volunteer](#)





NCVO champions the voluntary sector and volunteering because they're essential for a better society. We do this by connecting, representing and supporting voluntary organisations.

Volunteering can make a real difference to your own life and the lives of those around you. There are loads of ways to get involved and plenty of organisations that can help you find your dream role.

So how do you go about finding the right volunteering role for you? Here are three steps to follow:

1. Think about what interests or excites you.

This could be something you enjoyed doing before, or something completely new.

2. Think about what time or skills you can give.

With so many opportunities to choose from, it's a great idea to narrow down the choices by deciding what you're willing to give.

3. Get researching!

NCVO doesn't hold a list of roles, there are simply too many. But you can:

1. go to your local volunteer centre
2. search the internet
3. ask friends what they do
4. or check out one of the online opportunity finders below.



BIRMINGHAM CAREERS SERVICE

Contact us



Birmingham Careers Service is a free and friendly support service providing careers information, advice and guidance to young people aged 16 to 19 who are not in education, employment or training (NEET). If a young person has a learning difficulty and/or disability then we can help them until they are 25.

Marketplace

**Visit Birmingham Careers Service Marketplace
and check into the following rooms:**

- Room 1 - College & 6th Form
- Room 2 - Training Provider Room
- Room 3 - Opportunities for me
- Room 4 - Careers Library
- Room 5 – SEND Information
- Room 6 – Personal Development
- Room 7 – Activities

Careers in Music .com

★ Start Here

What are you most interested in?

SINGING	SONGWRITING
MUSIC PRODUCTION	THE MUSIC BUSINESS
PLAYING AN INSTRUMENT	OTHER

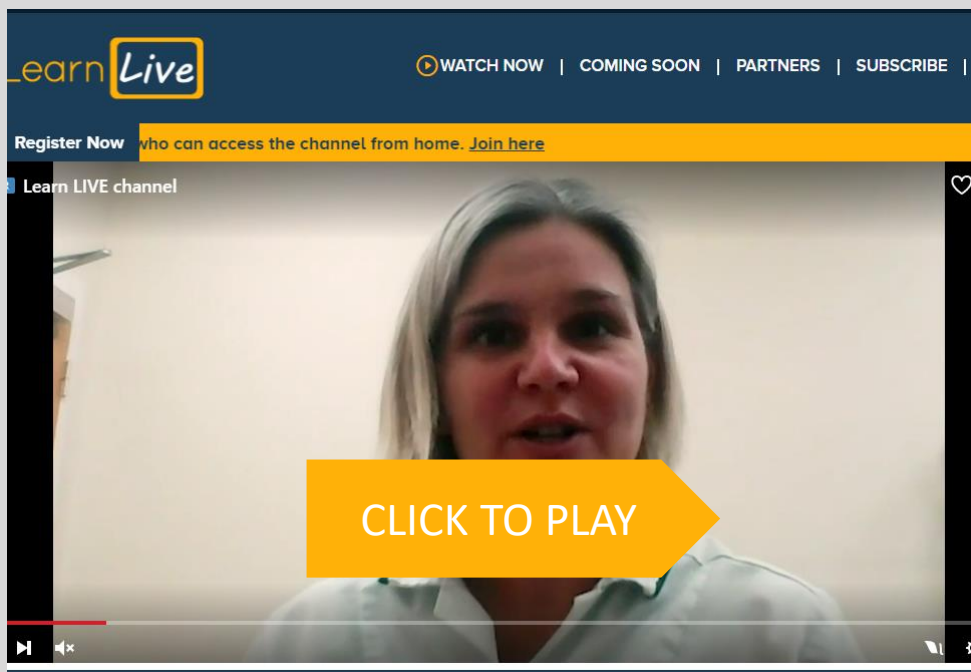


FIND OUT MORE HERE



Learn

Learn Live seeks to inspire the next generation through engaging and interactive live broadcasts direct into the classroom. Learn Live have worked successfully with companies like The BBC, Balfour Beatty, Gatwick Airport, National Apprenticeship Service, Lancashire LEP, Network Rail, IBM, Health Education England and The NHS since 2015 to deliver careers advice, recruitment opportunities and health awareness broadcasts into schools and colleges across the UK.



FOR MORE INFORMATION
& TO JOIN