

you don't have to be the best

you just have to try your best







WE ALL REVISE DIFFERENTLY SO FIND A WAY THAT SUITS YOU.

Revision tips

- Start early. Starting your revision early means you can spread it out and avoid last-minute panic. ...
 - Find out the exam format. ...
- •Find a revision method that works for you. ...
 - Test yourself. ...
 - •Teach someone else. ...
 - Space out your revision and take breaks. ...
 - Look after yourself.

2023

Summer Exam GCSE and GCE provisional timetables

GCE EXAMINATION
TIMETABLE

GCSE EXAMINATION
TIMETABLE



EXAM TIPS





Make a revision timetable

Help set up your time management. Write down how many exams you have and on which days you have them. Then adjust your study accordingly. You may want to give some exams more time than others, so find a balance that works.





Think positively

Remind yourself on how you overcame previous set backs. This will help you deal with future challenges and help build a mental resilience. View the exam as an opportunity or as a challenge.







Don't compare yourself with others

Remember, everyone's different and everyone studies differently. Focus on yourself and not on others as this will stress you out. Instead, focus on what you can control.





2

Get enough sleep and drink enough water

Being well hydrated is essential for your brain to work at it's best so make sure you drink plenty of water throughout your studies and on exam day.

Use sleep to your advantage and plan ahead.

Don't over use caffeinated drinks in an effort to stay awake!







Take regular breaks

If you were training for a marathon, you wouldn't try to run for 24 hours a day. Likewise, studies have shown for long-term retention of knowledge, taking regular breaks really helps.

Everyone's different, so develop a study routine that works for you and don't feel guilty about being out in the sunshine instead of hunched over textbooks!

BC Wellbeing Newsletter

Easter Edition

EASTER NEWSLETTER

Easter is the most important event in the Christian calendar, a celebration of Jesus' resurrection; commemorating His sacrifice that we may have a chance of eternal life.

To those students preparing for exams in the summer term, remember, it is natural to feel concern about something that matters but we also have some advice about how to go about your preparation, without being overcome with anxiety.

The Well-being team wishes everyone a very Happy Easter!

Welcome

To the Insight into the Clinical work experience of Birmingham and Solihull Mental Health Trust (BSMHFT). We hope you will enjoy and interact throughout the day. The aim of today is to give you as much information about four specialties within the NHS to equip you with the tools to make informed decisions about your future.

This programme has been designed to offer you an overview of the following NHS careers: Nursing, Pharmacy, Psychology and Allied Health Professionals. All of which offer a fulfilling career combining knowledge and communication skills helping you to build upon your existing skills and encourage you to engage with professionals of all levels.

We have speakers who will talk through what a typical day looks like within their department, then the opportunity to ask plentiful questions to the speakers. This is an amazing opportunity for you to get up close and personal with professionals who can answer your important questions about a career in their department.



SEE PA 15

ADDICATION FOR PARTY



Clinical Insights 10- 14 July 2023

Inspiring Futures

2023 Clinical Insights Schedule

What is an Allied Health Professional (AHP)?
AHPs are made up of 14 distinct occupations. AHPs are Dietitians, Occupational Therapists, Physiotherapists, and Speech and Language Therapists. There are also support staff who work with AHPs. They are a vital and integral part of delivering services, such as Health instructors, Therapy Assistants or Activity Workers. AHPs apply their expertise to assess, diagnose, treat and rehabilitate people. They may provide advice, rehabilitation, treatment, diagnostics or health improvement interventions that will develop, restore or maintain physical, sensory, psychological, cognitive and social functions.

Pharmacy – Provide medicines to our patients. Support professionals and patients optimise the safe and appropriate use of medicines to improve health

Nursing – Build therapeutic and effective relationships with patients and service users who access mental health services. We work in collaboration with their relatives and carers to ensure holistic care delivery.

Psychologist—A clinical psychologist or counselling psychologist uses psychological theory and research in therapeutic work to help service users with a range of difficult life issues (e.g., bereavement, relationship difficulties, sexual abuse, trauma, etc.) and mental health conditions (e.g., anxiety, depression, obsessive—compulsive disorders, eating disorders, psychosis, etc.)

	Morning 10.00 am—12.30pm		Afternoon 1pm—3pm
July -Lower Conservatory	Welcome & Introductions Health & Safety (Jade Batchelor) Ice Breaker; Tree of Life (Kelly Buffham and Emma McLeod) What is the tree of life?	Lower Conservatory	What is Pharmacy? Q&A? Specialist areas? (Nigel Barnes)
July -Lower Conservatory	What is Psychology? Q&A? Specialist areas? (Dr Newman Leung)	Lower Conservatory	What are the types of Nursing? Q&A? Specialist Areas? (Kiera Huckerby)
Lower conservatory	Interview Techniques Training How to secure an interview What does the interviewer want? (James Hart)	Lower Conservatory	Interview Techniques Training How to answer questions successfully Practice interview skills (James Hart)
July- Lower Conservatory	Recovery College What is the recovery college? Talk from service user (Anne Glover)	Lower Conservatory	What is an Allied Health Professional? Q&A? (Nicholas Lansbury)
Lower	'University Day' UCAS process and an overview of health and social care courses (Marc Alner from BCU)	Lower	Evaluation, certificate and photos (Jade Batchelor) End of Day

Bsmhft.workexperience@nhs.net

Location | Uffculme Centre | 53 Queensbridge Road | Moseley | Birmingham | B13 8QY

Welcome

To the Insight into the Non-Clinical work experience. Birmingham and Solihull Mental Health Trust (BSMHFT). We hope you will enjoy and interact throughout the day. The aim of today is to give you as much information about 4 specialties within the NHS to equip you with the tools to make informed decisions about your future.

This programme has been designed to offer you an overview of the following NHS careers: Finance, Informatics, Information Technology and Human Resources. All of which offer a fulfilling career combing knowledge and communication skills helping you to build upon your existing skills and encourage you to engage with professionals of all levels.

We have speakers who will talk through what a typical day looks like within their department, then the opportunity to ask plentiful questions to the speakers. This is an amazing opportunity for you to get up close and personal with professionals who can answer your important questions about a career in their department.



Non-Clinical Insights 3-7



2023 Finance, Informatics, Information Technology & Human Resources

Inspiring Futures

2023 Non Clinical Insights Programme Schedule

Human Resources – Department responsible for managing the employee lifecycle from recruitment to retirement and covering everything in between – including training, benefits, discipline, and payroll.

Healthcare Informatics – is an area of healthcare responsible for developing and improving methods for acquiring, storing, organising, and analysing data that supports the delivery of patient care.

Finance — Our aim is to provide the trust with high quality and robust financial information, to support the Trust and its managers in meeting their financial targets and to ensure managers are equipped to comply with financial requirements and processes.

Information & Communication Technology – Responsible for all internal and external electronic communication networks, including wide area and local area networks that link systems in healthcare organisations.

	Morning 10.00 am—12.30pm		Afternoon 1pm—3pm
Monday 3rd July Lower Conservatory	Welcome & Introductions Health & Safety Ice Breaker; Tree of Life What Is the tree of life? Q&A? (Carl Harris)	Lower Conservatory	What is the recovery college? & lived experience (Ann Glover)
Tuesday 4th July Lower Conservatory	What is Informatics? Q&A? Specialist areas? (lain Waring)	Lower Conservatory	What is Finance? Q&A? Specialist areas? (Jasmine Martin)
Wednesday 5th July Lower Conservatory	What is Human Resources? Q&A? Specialist areas? (Hayley Brown)	Lower Conservatory	What is Information Communication & Technology? Q&A? Specialist Areas? (Bel Welsh)
Thursday 6th July Cadbury	Interview Techniques Training How to secure an interview What does the interviewer want? (James Hart)	Cadbury	Interview Techniques Training How to answer questions successfully Practice Interview skills (James Hart)
Friday 7th July South and City College-Digbeth	South and City College Digbeth campus Insight into the courses available (Anshu Williams)	South and City College-Digbeth	Evaluation, certificate and photos (Jade Batchelor) End of Day

BSMHFT.workexperience@NHS.net

Location | Uffculme Centre | 53 Queensbridge Road | Moseley | Birmingham | B13 8QY



IT'S ONLY 15 WEEKS UNTIL OUR WORK EXPERIENCE WEEKS COMMENCE!!

THE BULLETIN HAS LOTS OF GREAT INFORMATION AND SUGGESTIONS ON HOW TO FIND A PLACEMENT.

CHECK OUT THE POSTERS ON PAGES

10 & 11 FOR SOME USEFUL TIPS ON
HOW TO FIND A PLACEMENT.



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 OR YOU CAN EMAIL b.newton@bishopchalloner.bham.sch.uk

WORK EXPERIENCE FORMS

SAVE THE DATES...

YR 10 WORK EXPERIENCE WEEK

3rd - th JULY 2023

YR 12 WORK EXPERIENCE WEEK 10th – 14th JULY 2023

WORK EXPERIENCE How to find a placement

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

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.

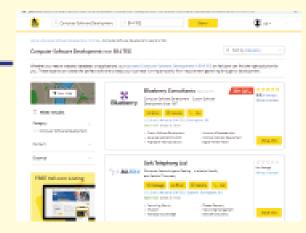
When you have decided what type of work experience you want to do go to Step 2.

Go onto www.yell.co.uk

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

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).



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.





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

(3rd July 2023 - 7th July 2023)

- 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
- Be prepared to give them your e-mail address or phone number for them to contact you on.

Emal them

This is not as guick 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 How to find a placement

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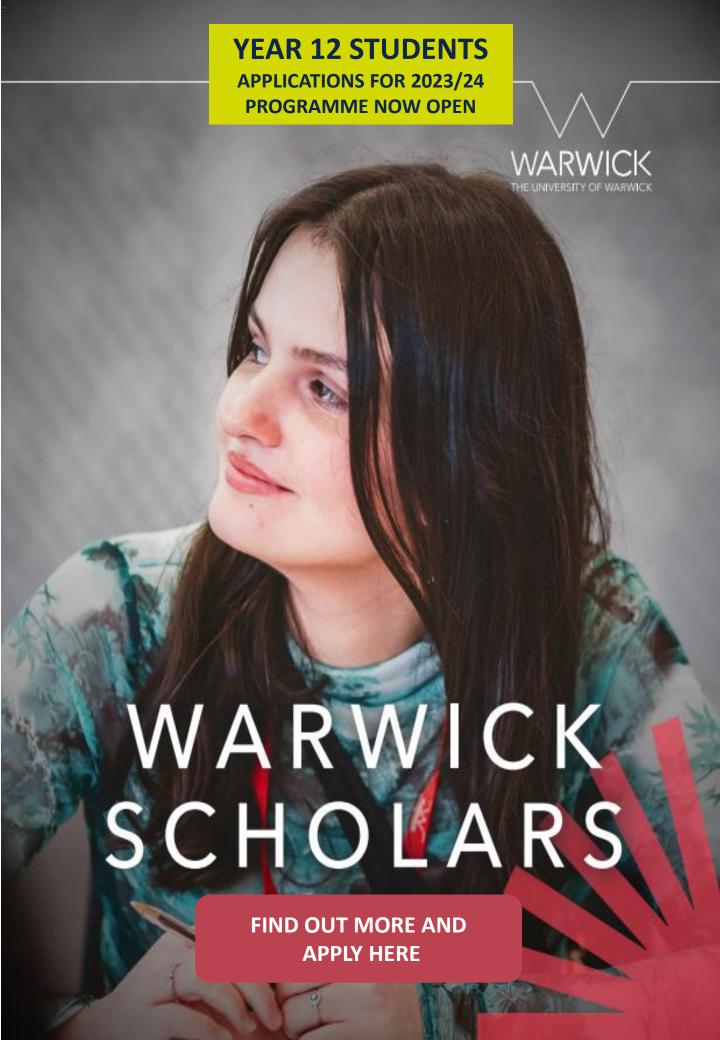
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 - Your skills (or previous expenence, if you have any)
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UNIVERSITY MASTERCLASSES ARE A GREAT WAY TO FIND OUT MORE ABOUT DEGREE SUBJECTS AND UNIVERSITY LIFE.

MORE INFORMATION ON UNIVERSITY
MASTERCLASSES AND SUBJECT TASTER SESSIONS
CAN BE FOUND ON THE NEXT FEW PAGES.

PLEASE SEE MRS NEWTON IN THE LIBRARY IF YOU WOULD LIKE TO BOOK A PLACE.

UNIVERSITY MASTERCLASSES, EXPLORE DAYS AND SUBJECT ACTIVITIES

(BOOKING NOW OPEN – SEE MRS NEWTON FOR MORE DETAILS)

For more information click on the images below.

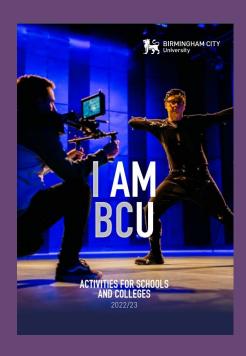






BCU RESOURCE HUB FIND OUT MORE HERE

We have created a range of resources for you to help you explore the world of Higher Education.









Discovery Days

We will be offering a range of subject specific on campus Discovery Days during the academic year.

We will be offering a range of subject specific on campus Discovery Days during the academic year. We look forward to seeing you at our events.

Below are our Discovery Days for the 2022/23 academic year. These are broken down by our faculty areas.

Find out more about our events - HERE





GRESHAM

COLLEGE



Are you looking for resources that complement and yet go beyond the school curriculum? Expert sources to help you stand out from the crowd at sixth form and university interview?

Gresham lectures are a great resource for both teachers and students because they provide stretch, challenge and support for the GCSE, A Level and International Baccalaureate (IB) curriculum.

As a student, attending Gresham lectures in person or watching online can deepen your knowledge and develop new ideas, concepts and perspectives that can be used and referenced in exams, coursework (including EPQs), and at university interviews,

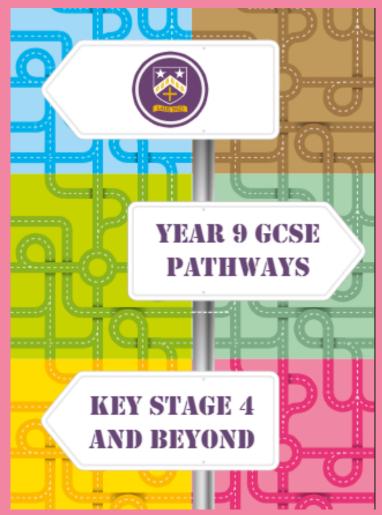
FIND OUT MORE HERE



THE NEXT STEP...

OUR YEAR 9 STUDENTS
WILL SOON BE CHOOSING
THE SUBJECTS AND
QUALIFICATIONS THEY
WILL STUDY DURING
YEARS 10 & 11.

YOU CAN FIND OUT MORE ABOUT THIS PROCESS IN THE PATHWAYS HANDBOOK HERE



BBC Bitesize

GCSE Options: Everything you need to know about choosing your GCSE subjects

Wondering which GCSEs you should take? Watch our quick guide to help you decide!



DATES

FOR YOUR DIARY

A LEVEL RESULTS DAY THURSDAY 17th AUGUST 2023

GCSE RESULTS DAY
THURSDAY 24th
AUGUST 2023



BISHOP CHALLONER UPCOMING EVENTS



TOEPIENCO

Work Experience and Academic Placements

Each year Birmingham Museums offers a range of opportunities for work experience and academic placements.

Work Experience

Our work experience programme is open to anyone 15 years or over who is not currently in employment. Each placement is 3-5 days long and is a great chance to develop your skills and knowledge and get a general awareness of the working world.

We have a variety of placements available (see below). Due to an increasingly high level of demand we are unable to offer work experience opportunities outside of our advertised placements. To apply for any of the placements simply visit our jobs website and complete an <u>online application form</u> before the closing date. (Please check the placement dates in your application carefully).

Thinktank - Visitor Services Team

Work experience placements at Thinktank in the Visitor Services Team are ideal for anyone who is interested in gaining experience of working life within a busy science museum. These placements run from 9.15am-3.30pm on weekdays.

FOR MORE INFORMATION
AND DATES



Young People

Educators

Parents / Guardian

WORK ET DEPIENCE



Find a career you'll love

Want to get a head start in life? Click 'Get Started' to find out which types of careers a likely to suit you, or scroll down to discover amazing work experience, inspirational talks, a other great resources.

How can we help you?

We believe every young person should have the opportunity to s potential, including you. If you attend a UK state secondary school or college, click on the tiles below to explore our latest work experience opportunities or browse our library of inspirational talks.







Who benefits? You do!

We know it can be hard to get ahead or even imagine yourself in certain careers. By giving you the chance to explore what's out there and decide for yourself what suits you best, we can help you take control of your own future. Learn about a wider range of career options Get in front of big-name businesses wherever you live Boost your skills and confidence Get evidence for your CV or personal statement Find careers that really suit you Get free support to help you reach your potential

REGISTER HERE

OVER 1000 FREE COURSES AVAILABLE!

FREE COURSES WITH OPEN LEARN

Why study a free course on OpenLearn?

Our courses have been proven 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 Open University on course materials. Others are written specifically for **OpenLearn**.



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.



Free course Caring in hospitals

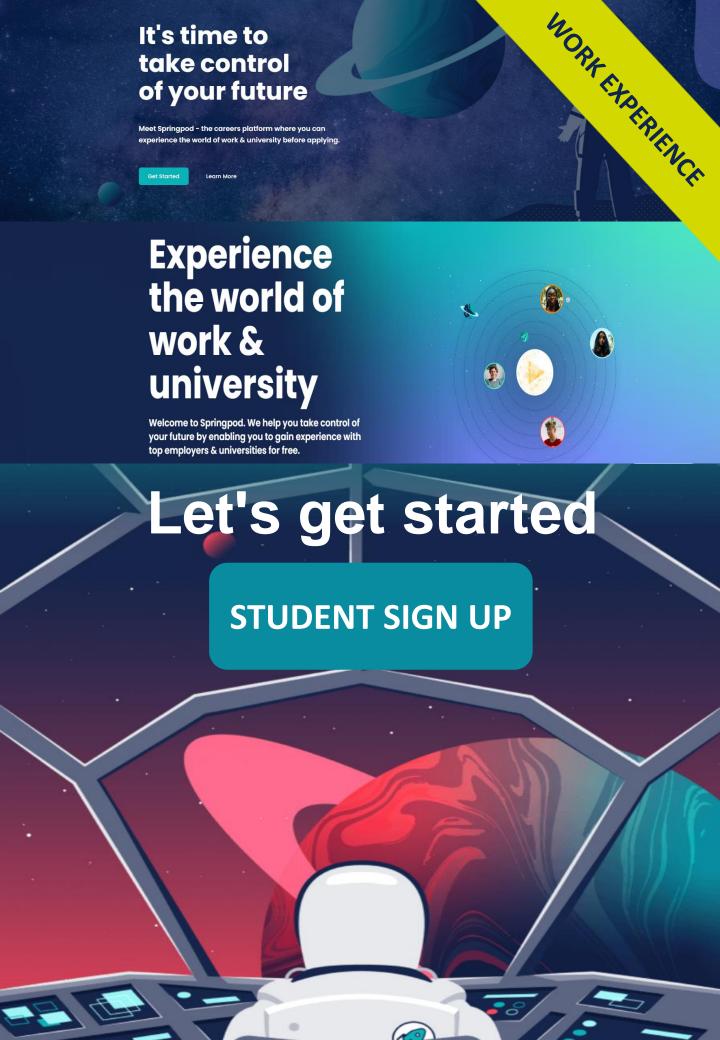
Free statement of participation on completion

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





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



BIRMINGHAM CAREERS HUB PROVIDES A WIDE RANGE OF INFORMATION ON CAREERS RESOURCES AND EVENTS —

CHECK OUT THE LINKS BELOW.

WEEKLY BULLETIN

WORK EXPERIENCE OPPORTUNITIES

APPRENTICESHIPS



WORK EXPERIENCE

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

6--

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



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

APPRENTICES

Browse apprenticeships before you apply

Apprenticeships



Use this search to browse which apprenticeships are available based on your interest and location.

Select an interest	
Select interest	~
Enter your postcode	
SEARCH	

BECOME AN APPRENTICE CREATE AN ACCOUNT HERE

<u>'Find an apprenticeship</u>' is an online government service which allows you to search, save and apply for apprenticeship opportunities.

The service is used by thousands of employers to advertise their current apprenticeship opportunities, making it easier for you to find the right apprenticeship for you.

Find an apprenticeship

ADDRENTICESHIPS

COV.UK

Find an apprenticeship Find an apprenticeship in England. You can apply for apprenticeships in Scotland, Northern Ireland and Wales.

SEARCH

Nation Report Services In Services Serv

Helping you take the next step

FIND OUT MORE HERE

We provide careers information, advice and guidance. We can help you to make decisions on learning, training and work at all stages in your career.



NOW OF
Police Officer Recru

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 vitality important 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



NHS apprenticeships

APPRENTICES HIPS

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



Lean Liverships

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



Not going to Uni? Explore your options!

Not going to uni?

So you're not 100% sure on whether you want to go to university! It's certainly not the only option open to school/A-Level leavers!

On of the main drivers in making such a critical decision is whether or not you know what type of work you want to do – and possibly for the rest of your life! If you want to be a doctor or a dentist, you're pretty limited to the university route! If you aren't 100% sure yet (and you won't be alone here) then it's a great idea to spend some time to explore your options.

There are several places you can get advice including the <u>National Careers Service</u>. One thing is for sure, you don't need a degree to be successful!

FIND OUT MORE HERE

Careers Music .com

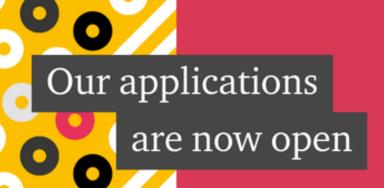
ADDRENTICES HIPS





FIND OUT MORE HERE





Apply today pwc.co.uk/schools





Explore. Inspire. Reimagine.

VIEW ALL OPPORTUNITIES



School and College Leaver Jobs

Apply to our school and college leaver jobs



School and College Leaver Events

Search and book onto an event to meet us



NGTU is the #1 website for school and college leavers. Search thousands of jobs, opportunities and apprenticeships in UK and find your perfect fit!

READY TO START YOUR FUTURE CAREER? CREATE A PROFILE HERE





University? We can help.

Find courses, read honest reviews, get expert advice.

SEARCH



Open day top tips: what to do (and what not to do)



LOCAL COLLEGE AND SIXTH FORM OPEN DAYS

2023

CLICK ON THE LINK
BELOW TO ACCESS
INFORMATION ON
UPCOMING OPEN
DAYS.

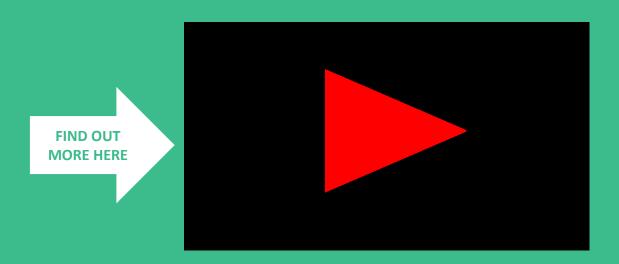
FIND OUT MORE INFORMATION
AND DATES HERE

unifrog

ALL our students have access to **unifrog**

Here they can access a wealth of information about apprenticeships, university and college courses, careers advice, work experience information, CV and personal statement tools and much more....

They can access at home 24/7 and it's a great starting point for their career exploration and planning.



UniTasterDays

How can UniTasterDays help with your university decisions?



UniTasterDays is a directory of university events for school groups and individual students



SEARCH FOR UNIVERSITY EVENTS, BROWSE ON DEMAND WEBINARS, ACCESS RESOURCES AND MUCH MORE

FIND OUT
MORE HERE

Let open days open your mind to what a university or college has to offer...

UCAS

Get talking!

No one knows a university better than its students. so take the opportunity to talk to them during campus tours and accommodation visits.

Plan your day

Decide in advance which talks you want to go to so you don't miss the topics you're interested in.

Make notes

There's a lot to take in so it'll help when you come to comparing different universities and colleges afterwards.

Ask questions (lots of them!)

Make a list of what you want to know before you set off and check you've got all the answers before heading home.

Keep in touch

Take an email address for someone you can contact after your visit in case you think of more questions you'd like to ask.

For open day dates go to

www.ucas.com/open -days-dates.

opendays.com

university + college open days

Opendays.com is a web site providing students with university and college open day information.

The most comprehensive open days web site in the UK. Easily accessible listings of all university and college open days throughout the UK.



DETAILS PROVIDED

Open day dates, booking information, travel details, monthly calendars and mini prospectuses for over 300 universities and colleges in England, Scotland, Wales and Northern Ireland.

EASY TO USE

It is easy to find the information you seek either through a comprehensive search facility or browsing the open day calendar.

ONLINE BOOKING

You can also save details of open days/ institutions that interest you and use our 'Online Booking System' to book your place at an open day!

ADVICE SECTION

Higher Education opportunities, What To Do At Open Days, UCAS Forms and Gap Years.

Remember our website opendays.com and tell your friends about the service.

