



**Elevate – helping you towards a Brighter Future.
Career guidance and support for young people.**

As a Reading young person, you can access Elevate careers. We can offer free careers advice and support i.e. training, employment, an apprenticeship or general help regarding your career options.

Due to the current Coronavirus situation; Elevate careers team are unable to work from Reading library but still available to offer you support and careers advice virtually i.e. email and telephone. Please contact elevate@brighterfuturesforchildren.org or you can call/text 07929 178133.

Please see below our “Online Learning information leaflet” which covers 6 different sections. We are regularly updating this leaflet - please let me know if you would like me to send over the latest information.

We are here to help & support you!

Online Learning Courses, Information & Vacancies leaflet:

- 1. Free Online Learning courses**
- 2. Vacancies, Employability skills & Apprenticeships**
- 3. FREE Online Education resources & Education related information**
- 4. Findcourses.co.uk, Online activities & Career quizzes**
- 5. Wellbeing and Mental Health resources**
- 6. One Reading Community Hub Support, grants & Volunteer information**

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Please note these links have been sourced in good faith via the Elevate service

1. Free Online Learning courses:

BT – various courses available:

- https://www.bt.com/skillsfortomorrow/?s_cid=con_ppc_maxus_vidSP4_T1&vendorid=SP4&gclid=EA1aIQobChMI4Mj238aF6AIVi7TtCh2ZfgAIEAAYAiAAEglaxPD_BwE
- **Future Learn**
<https://www.futurelearn.com/courses>
- **Open University**
<https://www.open.edu/openlearn/free-courses>
- **Reed – 46 free courses available**
<https://www.reed.co.uk/courses/free>
- **Alison- over 10000 free courses available**
<https://alison.com/courses>
- **Vision2Learn**
<https://www.vision2learn.net/courses>
- **John Academy – (800 courses but some costs involved)**
Wide Range of Online Certified Courses at an Affordable Price.
<https://www.johnacademy.co.uk/>

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2. Vacancies, Employability skills & Apprenticeships:

Please note re Supermarkets - most 18+ due to health situation:

BBC link from 26 March - <https://www.bbc.co.uk/news/business-52040539>



Tesco said last week it is bringing in up to 20,000 new colleagues to work in its stores for at least the next twelve weeks. You can apply [here](#).

Asda said it wanted to recruit more than 5,000 temporary staff from the pool of workers whose jobs have been impacted by the virus. [Here is the application site](#).



Aldi announced it was looking to fill 5,000 new temporary posts and take on 4,000 permanent new workers for jobs in all its stores and distribution centres. Details can be found [here](#).



Morrisons said it would be recruiting about 2,500 pickers and drivers, plus 1,000 staff in its distribution centres. It's accepting applications [here](#).



Lidl said it would create about 2,500 temporary jobs across its 800 stores in the UK. The jobs site is [here](#).



Sainsburys:

<https://sainsburys.jobs/search-apply/?origin=51.4260269,-0.8509764999999999&maxdist=9&location=rg14hj>

<https://www.staffline.co.uk/jobs/morrisons>

Waitrose - <https://www.jlpjobs.com/covid-19-update/>



- **Current apprenticeships who are recruiting:**

Virgin Media in Reading - <https://careers.virginmedia.com/early-careers/apprentices/>

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National apprenticeship website – <https://www.gov.uk/apply-apprenticeship>

Institute for apprenticeships (frameworks and lots of useful advice):
<https://www.instituteforapprenticeships.org/>

Target Careers: <https://targetcareers.co.uk/> help for school leavers

Amazing apprenticeships: <https://amazingapprenticeships.com/>

Rate My Apprenticeship – huge range of school leaver opportunities:
[Ratemyapprenticeship.co.uk](https://ratemyapprenticeship.co.uk)

- **Other vacancies:**

1,500 jobs at Lloyds Pharmacy

The chemist chain needs 1,500 temporary and permanent roles filling over the coming days. Vacancies include dispensers, pharmacists, delivery drivers and warehouse staff across its 1,400 branches.

For information on the roles and to apply, click [here](#).

500 jobs at Virgin Media

The phone and internet company is creating 500 new UK contact centre jobs to help keep customers connected during the coronavirus pandemic.

People can apply [here](#).

Hundreds of jobs at Community Integrated Care

The social care charity has hundreds of new vacancies across the country.

It says: "We are currently recruiting for hundreds of support worker roles across England and Scotland to help support vulnerable people with their daily routines."

Candidates can register their interest [here](#).

- **Employability resources**

LinkedIn - How to build a LinkedIn profile:

[You.tube.com/watch?v=tZ7Seg_CzA&feature=youtu.be](https://www.youtube.com/watch?v=tZ7Seg_CzA&feature=youtu.be)

<https://www.youthemployment.org.uk/using-linkedin/>

CV's & Covering letters: Help to get a job:

National careers service - <https://nationalcareers.service.gov.uk/get-a-job>

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Find a job that's right for you with our advice on where to search, how to apply, CVs and interviews.

[How to find job vacancies](#) - Where to look for vacancies from recruitment agencies to social media sites.

[Find a job by networking](#) - Discover jobs through people you know.

[How to write a CV](#) - Check our CV advice on what to include and how to make it stand out.

[How to write a cover letter](#) - Learn more about cover letters, why they're important and how to use them.

[How to fill in an application form](#) - Completing paper and online application forms.

[Interview advice](#) - Different types of interviews and how to do well in them.

[How to answer common interview questions](#) - How to answer interview questions confidently and make a good impression.

Job hunting: Youth Employment

<https://www.youthemployment.org.uk/coronavirus-what-i-learned-from-job-hunting-in-a-pandemic/>

How Are Job Interviews Working Right Now?

In the industries which are still hiring, it might be looking very different to how it looked two or three months ago. Remote interviews are now they're becoming more and more normal. A remote interview may take place by phone or, more likely, by video link.

So How Do You Ace A Remote Interview? [See our full tips for remote interviews here.](#)

- Dress as you normally would for a job interview – no sweatpants or pyjamas!
- Sit in a quiet spot and make sure you don't get disturb.
- Pick a place with good lighting and a strong internet connection.
- Test your technology beforehand and make sure the room around you is tidy (or that you're sitting against a neutral backdrop such as a plain coloured wall.)
- Be yourself. Smile, sit up straight and use positive body-language
- Be enthusiastic and refer directly back to the job description and person specification – just as you would for a face-to-face interview.

Good luck! It's a difficult time but if you persevere, believe in yourself and put your best foot forward when applying.

3. FREE Online Education resources & Education related information:

A non-exhaustive list that might help those affected by school closures due to coronavirus, compiled by home educators.
Feel free to share.

Khan Academy

<https://www.khanacademy.org>

Especially good for maths and computing for all ages but other subjects at Secondary level. Note this uses the U.S. grade system but it's mostly common material.

BBC Learning

<http://www.bbc.co.uk/learning/coursesearch/>

This site is old and no longer updated and yet there's so much still available, from language learning to BBC Bitesize for revision. No TV licence required except for content on BBC iPlayer.

Futurelearn

<https://www.futurelearn.com>

Free to access 100s of courses, only pay to upgrade if you need a certificate in your name (own account from age 14+ but younger learners can use a parent account).

Seneca

<https://www.senecalearning.com>

For those revising at GCSE or A level. Tons of free revision content. Paid access to higher level material.

Openlearn

<https://www.open.edu/openlearn/>

Free taster courses aimed at those considering Open University but everyone can access it. Adult level, but some e.g. nature and environment courses could well be of interest to young people.

Blockly

<https://blockly.games>

Learn computer programming skills - fun and free.

Scratch

<https://scratch.mit.edu/explore/projects/games/>

Creative computer programming

Ted Ed

<https://ed.ted.com>

All sorts of engaging educational videos

Crash Course

<https://thecrashcourse.com>

You Tube videos on many subjects

iDEA Awards

<https://idea.org.uk>

Digital enterprise award scheme you can complete online.

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[Code.org](https://www.code.org)

Free website with coding courses for children of all ages and levels

Education related information:

- Please find below useful information on the Covid-19 with guidance information for schools and other educational settings includes information GCSE's/A level cancellations.

<https://www.gov.uk/government/collections/coronavirus-covid-19-guidance-for-schools-and-other-educational-settings>

<https://www.gov.uk/government/publications/coronavirus-covid-19-cancellation-of-gcse-as-and-a-levels-in-2020/coronavirus-covid-19-cancellation-of-gcse-as-and-a-levels-in-2020>

- DfE reveals how it will provide grades for A-level and GCSE students this summer

The government has confirmed it will use teacher assessments to provide calculated grades for students this year.

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- YouTube video of Friday's webinar - Uni Entry 2020

<https://www.youtube.com/watch?v=YNWmhcc1qA>

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4 Findcourses.co.uk, Online activities & Career quizzes



How is COVID-19 impacting learning?

We want to help everyone find the right course for them: but **we understand that what's right might be very different today than it was three weeks ago.**

That's why we asked for your help: **and you answered.**

➔ [View the report results](#)

➔ [Add your voice to our survey](#)

➔ [Go to our COVID-19 Hub](#)

One of the most challenging aspects of the COVID-19 crisis is uncertainty. So in our small way, we would like to start by helping you see how other learners are feeling right now.

If you're learning now to make your future brighter after COVID-19, **you're not alone.** If you're struggling to find focus for learning during this time, **you're not alone either.**

Our survey showed that 29% of you aren't sure what your next step should be: and that's OK. There's a lot we don't know. But we're going to do everything we can to **inspire** you, to **motivate** you and to **help** you.

Online activities:

British Sign course - might be good for young people at home

<https://www.british-sign.co.uk/coronavirus-crisis/>

Duolingo

<https://www.duolingo.com>

Learn languages for free. Web or app.

Quizzes: General Careers Quizzes

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Buzz Test – iCOULD website - <https://icould.com/buzz/> - Approx 10 mins

Future Finder – <https://futurefinder.yourlife.org.uk/>

SACU – Spartan Test - https://sacu-student.com/?page_id=2850 – Image based

16 Personalities - <https://www.16personalities.com/>

Specific Career Quizzes

Future Morph – Careers quiz linking to careers in Maths and Science -

<http://www.futuremorph.org/16plus/play/game-what-might-you-be/>

Future Morph – Careers values quiz linking to careers in Maths and Science -

<http://www.futuremorph.org/16plus/play/values-game-who-are-you/>

Step Into The NHS – Explore which career in the NHS might suit you best -

<https://www.stepintothensh.nhs.uk/careers/take-the-test>

NHS Careers Questionnaire (more detailed) - <https://www.healthcareers.nhs.uk/career-planning/career-tools/tool>

Go Construct – Career Explorer Website – Find out which area of construction you might consider -

<https://www.goconstruct.org/learn-about-construction/find-the-role-for-you/career-explorer/>

Explore University Degree Courses

Bestcourse4me - <http://www.bestcourse4me.com/>

Which University? - <https://university.which.co.uk/a-level-explorer>

All About Careers - <https://www.allaboutcareers.com/careers-advice/choosing-a-university/what-degree-should-i-do>

All About School Leavers – Careers Test - <https://www.allaboutschoolleavers.co.uk/career-test>

UK Course Finder - UK Course Finder - UK degree course search <https://www.ukcoursefinder.com/>

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5. Welling being and Mental Health resources:

- **Student Minds** – UK’s student mental health charity: <https://www.studentminds.org.uk/>

Resources and looking after your mental health:

<https://www.studentminds.org.uk/lookingafteryourmentalwellbeing.html>

- **NHS help and support if feeling anxious or panicky:**

Anxiety is a feeling of unease, worry or fear. Everyone feels anxious at some point in their life, but for some people it can be an ongoing problem.

Check out the NHS site for useful advice:

<https://www.nhs.uk/conditions/stress-anxiety-depression/understanding-panic/#help-for-anxiety-and-panic>

Help for anxiety and panic - there are effective treatments available for anxiety and panic disorders, so do talk to your GP if you think you may benefit from them. You could also consider using an online mental health service, such as FearFighter

<http://ccbtmain.cbtprogram.com/products/fearfighter/>

You may be able to get this free on the NHS – contact the service directly to find out.

- Try a book or online course - the National Institute for Health and Care Excellence (NICE) only recommends trying treatments based on the principles of cognitive behavioural therapy (CBT).
- CBT is a type of psychological treatment that can help you understand your condition better and how your problems, thoughts, feelings and behaviour affect each other. The aim of CBT-based treatments is to help you learn ways to manage your anxiety by modifying negative or unhelpful thoughts and behaviour.
- Exercise regularly - may help you combat stress and release tension. It also encourages your brain to release serotonin, which can improve your mood.
- Learn to relax - You may find relaxation and breathing exercises helpful. Beware of excessive use of social media and limit your online use.
- Avoid smoking and drinking – can make anxiety worse. Only drinking alcohol in moderation or stopping smoking may help to reduce your anxiety.

Examples of online support groups you may find useful include: Anxiety UK / Mind / Rethink Mental Illness

- **Advice about Teen Anxiety from “Relate – the relationship people”.**

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<https://www.relate.org.uk/relationship-help/help-family-life-and-parenting/parenting-teenagers/mental-health/teen-anxiety>

Anxiety is the most common mental health concern for children and young adults.

What you can do:

- ☐ Set a routine - Establish a routine by setting specific times for meals, homework, quiet time, and bedtime.
- ☐ Encourage independence
- ☐ Take risks - Experiments such as making a phone call, asking a question to a shop assistant etc.
- ☐ Build your self-confidence – you are amazing!
- ☐ Find out about Family Counselling
- ☐ Contact your local Relate Centre to find out what services are available near you.

- **Counselling advice an top tips to help support:**

Counselling advice from Young minds – help for parents:

https://youngminds.org.uk/find-help/for-parents/tips-on-supporting-your-child/parents-guide-to-support-counselling-services/?gclid=EAAlQobChMIyZeTmK6j2QIVBbftCh0UngtmEAAYBCAAEgI8ZPD_BwE

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6. One Reading Community Hub Reading Community Hub Support, grants & Volunteer information

The One Reading Community Hub is a partnership between Reading Borough Council, Reading Voluntary Action and Reading's wide and varied voluntary and community sector.

The public is being urged to **only contact** the Hub if they have urgent welfare needs which a family member or trusted friend cannot help them with. This is so that resources can be directed to the people that need it most at this challenging time. All offers of help and support are welcome from individuals, businesses and other organisations. The Hub cannot provide health advice and will direct customers to NHS 111.

Reading Borough Council News Release

One Reading Community Hub Support and Volunteer Line 0808 1894325

Do you need extra help during the Coronavirus outbreak - or do you want to offer a helping hand?

A new Community Hub has been created for Reading Borough Council residents needing additional support during the outbreak for those wanting to volunteer their time or services, and for businesses who have the resources to help support the community.

If you, or someone you know is in need of extra support:

Fill in our [online coronavirus support form](#)

or call, 0808 1894325 (freephone) from 10am to 5pm Monday to Friday.

If you, or your business wish to volunteer:

Fill in the [Team Reading: Coronavirus response volunteers form](#)

Groups can register online with [Reading Neighbourhood Network](#)

or call, 0808 1894325 (freephone) from 10am to 5pm Monday to Friday.

Check website for updates: <https://www.reading.gov.uk/coronavirussupport>

- **Reading.gov.uk – Family Information Service (FIS)**

<https://www.reading.gov.uk/article/9126/Family-Information-Service>

- **Bounce Back 4 Kids (BBK4)** – a programme that Alana House/PACT deliver for children and young people who have been victims of or witnessed domestic abuse. Are adapting their services and have established a weekly newsletter plus a private BB4K Facebook group.

Please contact FIS for more information - <https://www.reading.gov.uk/article/9126/Family-Information-Service>

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- FIS have added a new filter 'Coronavirus Status' option 'open', 'closed' and 'on-line' each record ticked will also have a label on the search list, which will make it easy to access service information.

Examples of how partners are adapting their services include the following:

Alana House - Starting Wednesday 8th of April 2020 they will be holding virtual Drop In session. It will start at 11.30am until 12.30pm. This will run every week on Wednesdays, Thursdays and Fridays at the same time each day.

- **Grants available from the Fashion & Textile Children's Trust**

Please information about the [Fashion & Textile Children's Trust \(FTCT\)](#), a charity working to provide support to families who are financially affected by Covid-19.

The FTCT provides grants for essential items, for children (0-18yrs) of parents working in related sectors. For example, if the parent or carer works / has previously worked in a high street fashion retailer, fashion clothing company, a supermarket that sells clothing, carpet store, knitwear, footwear, bridalwear, dry cleaners and many other related roles. A grant from FTCT can pay for essential items that children need. (Grants are considered regardless of whether the parent / carer has been furloughed).

For more information, please visit their website: <https://www.ftct.org.uk/support-for-families-affected-by-coronavirus>

Volunteering:

Reading voluntary Action group: <https://rvaforms.wufoo.com/forms/zecqa871u9blv3/>

NHS volunteers - (18+)roles include calling people your home to check they are OK and two other roles using transport (can apply if you have a bike)

<https://www.goodsamapp.org/NHsvolunteerresponders>

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