

As this week is #MentalHealthAwareness week we are including some tips and resources on helping you with your mental health during this difficult time. On top of this the Careers Newsletter is packed full of interesting and useful resources to support your careers education this week.

## 18<sup>th</sup>-21<sup>st</sup> May: Mental Health Awareness Week

This week is Mental Health Awareness Week, which is always an important theme to highlight, and even more so in the current circumstances. Mental Health Awareness Week is organised by the **Mental Health Foundation**, who work to prevent mental health problems. They drive change towards a mentally healthy society for all, and support communities, families and individuals to live mentally healthier lives, with a particular focus on those at greatest risk. This year's theme is **#Kindness**.

- Be aware that Mental Health is as important as Physical Health. If you are concerned that you are developing a mental health problem you should seek the advice and support of your GP as a matter of priority. If you are in distress and need immediate help and are unable to see a GP, you should visit your local A&E. If you would like advice about looking after your mental health during the Coronavirus outbreak visit this page. Here are details on services and organisations that offer help and support directly to people with mental health problems:  
<https://www.mentalhealth.org.uk/your-mental-health/getting-help>
- A lot has been written about Mental Health during the lock down. This interesting article in the **New Scientist** focusses on whether virtual therapy can help us cope with the coronavirus lockdown. Read it online here: <https://www.newscientist.com/article/2241614-can-virtual-therapy-help-us-cope-with-the-coronavirus-lockdown/>
- **Amazing Apprenticeships** are joining in with **Mental Health Awareness Week** and have drawn up the 50 Amazing Apprenticeship Support Activities (<https://amazingapprenticeships.us11.list-manage.com/track/click?u=9f89f859eb0be9d437b1414c3&id=2a4216aef4&e=0777ea69e4>) guide contains a wealth of community-submitted activities to keep remote-working apprentices and colleagues engaged, happy and healthy. As lockdown continues and coincides with Mental Health Awareness Week (18-24 May), this resource can provide practical ideas for supporting the mental wellbeing of your colleagues.
- **Gen. Healthy Minds** offer a motivational Monday video as well as Online Masterclasses to help develop the wellbeing of students. Take a look here: <https://vimeo.com/418618460> (Monday Motivation) <https://www.genhealthyminds.co.uk/> (Online Masterclasses)
- For more advice and information on your mental health during lockdown, visit **Mind's** website for tips and advice: <https://www.mind.org.uk/information-support/coronavirus/coronavirus-and-your-wellbeing/>



## Year 12 Destinations Information

Around this time Year 12 students would have been invited to a 'Destinations Day' in college. As this cannot happen at the moment, Steph Mitchell and Nicola Gibson have compiled some important information for all Year 12 students and their parents, that has been sent through by email and can also be found on the UTC Reading website:

<https://www.utcreading.co.uk/page/?title=Careers+Newsletters&pid=257>

If you have any questions after having read through the information please contact Steph ([stephanie.Mitchell@utcreading.org.uk](mailto:stephanie.Mitchell@utcreading.org.uk)) or Nicola ([nicola.Gibson@utcreading.org.uk](mailto:nicola.Gibson@utcreading.org.uk)).

## 20<sup>th</sup> May: National Skills Days

The organisers of National Careers Week are launching #NationalSkillsDays on 20<sup>th</sup> May, designed to be great fun, whilst building confidence and an important connection for everyone at this time. It's a great chance for everyone to show they have skills – wherever they are. The idea is that you choose a skill (creative, sporting, tech or other), show your skills with a 20 second video then post your video with the #MySkills tag to @NCWSkillsDays on Twitter/Instagram/TikTok. It would be great for as many people to get involved as possible. We look forward to seeing all the Skills your teachers, students and parents have! See you out there on the 20th May! <https://nationalcareersweek.com/national-skills-days/>

## 21<sup>st</sup> May: Industry Insights – Thames Water (Engineering and Apprenticeships)

After the successful inaugural ALET Industry Insights talk with IT professionals and Graduates from Thames Water on 4<sup>th</sup> May, we are delighted to invite them back, this time with Apprentices and Engineers taking the floor! **Katherine Whatley** has completed a ICA and Electrical Apprenticeship at Thames Water and is now **ICA Technician**. **Deena McKinney** is **Senior Education Advisor** in the Education Team at Thames Water. They shall be joined and moderated by **Liz Banks, Education Manager**.

For more information and to register for the link to the livestream online event visit:

<https://www.eventbrite.co.uk/e/industry-insights-thames-water-engineering-and-apprenticeships-tickets-105591025600>

## 21<sup>st</sup> May, 4pm: Oxford Brookes Preparing for Uni Webinar

This webinar will provide students with the most up to date information on what they can expect from the remainder of this year's application cycle, including information on calculated grades and how Oxford Brookes will be considering these, as well as what we know about clearing. We hope this will support students in making their final decisions before the UCAS deadline.

For more information and to register visit:

[https://register.gotowebinar.com/register/6560522407025364236?dm\\_i=BBQ,6VE5T,1U6JPO,RKX2X,1](https://register.gotowebinar.com/register/6560522407025364236?dm_i=BBQ,6VE5T,1U6JPO,RKX2X,1)



