

## Help and Advice for Young People

### Information for 16 to 25 year olds

#### Mental Wellbeing

##### Maintaining positive wellbeing

<https://www.mind.org.uk/workplace/mental-health-at-work/taking-care-of-yourself/five-ways-to-wellbeing/>

The Five Ways to Wellbeing is a framework that can help you to think about the different ways that you can support your emotional wellbeing.

##### Lancashire Mind

<https://www.mind.org.uk/information-support/for-children-and-young-people/useful-contacts/>

We all have mental health - 1 in 4 of us will experience poor mental health. We're here to help you understand and look after your mental health and wellbeing.

##### Young Minds

<https://youngminds.org.uk/>

Young Minds provides helpful guidance for young people who may be experiencing anxiety relating to Coronavirus

#### Housing, Social, & Sexuality

##### Key

<https://www.keycharity.org.uk/>

Provide flexible, tailored support for an individuals' needs:

- Local drop in services for people who are homeless requiring immediate help
- Family mediation service for families who are struggling to get along
- Counselling service for people who are having a tough time
- Housing training to help people live on their own
- Mentoring and training to build confidence and improve job prospects
- Emotional, Health and Wellbeing support for young people and families, supporting positive changes for the whole family

- Critical Tenancy Support, supporting Progress tenants who are finding it difficult to maintain their tenancies.

## SLEAP

<https://www.sleap.co.uk/en/>

Works with 16-25 year olds in South Ribble, Chorley and Preston to prevent homelessness and other issues and problems associated with it. SLEAP works in partnership with young people to support them in a way that builds up their strengths and responds to identified needs.

## Drug & Alcohol Support

<https://inspirenorthlancs.org.uk/>

Provide all aspects of drug and alcohol treatment, including open access, structured treatment and referral to tier 4 rehabilitation. To promote recovery from addiction and dependence and support people to make positive changes to their lives.

## LGBT+

[https://lancslgbt.org.uk/event/pout-young-peoples-group-in-leyland/?instance\\_id=25912](https://lancslgbt.org.uk/event/pout-young-peoples-group-in-leyland/?instance_id=25912)

POUT is a group for young people in the Chorley and South Ribble areas who identify as lesbian, gay, bisexual, trans or are questioning their sexuality or gender identity. The group meets most Wednesday evenings at a venue in Leyland.

## Someone to Talk to

<https://www.samaritans.org/>

Get in touch about anything that's troubling you, no matter how large or small the issue feels. We're here to listen, no judgement, no pressure, and help you work through what's on your mind. We'll never tell you what to do.

## Employment skills

### National Careers Service

<https://nationalcareers.service.gov.uk/>

The National Careers Service can help you with your career, learning and training choices. Find out more about the different ways we can support you.

### Lancashire Adult Learning

<https://www.lal.ac.uk/>

Offer a wide range of courses and learning opportunities to suit every need or ability from leisure courses to family learning, numeracy and literacy to employability skills, delivered on line or from over 120 venues across Lancashire.

### Invest in Youth

<https://selnet-uk.com/invest-in-youth/>

Supports young people who are aged 15–24 and who are not in employment, education or training (NEET). Includes young people at risk of becoming NEET'

Participants benefit from the intensive support of a Key Worker. The Key Worker guides and supports each participant to achieve milestones and overcome their different barriers. By developing skills and interests, the project helps participants to be more ready for education, training or work.

### Barclays Life Skills

<https://barclayslifeskills.com/young-people/>

Barclays Life Skills is a free to use platform with a variety of interactive tool to support young people and their parents develop their skills for work.

## EMPLOYMENT

### JobHelp

<https://jobhelp.campaign.gov.uk/>

Looking for work? jobhelp is a good place to start. Despite the disruption caused by the coronavirus outbreak, there are still jobs out there to apply to. We're here to help you get started.

You can also find hints and tips on applying for jobs if you haven't done so for a while.

### Find A Job

<https://findajob.dwp.gov.uk/>

Find full or part-time jobs in England, Scotland and Wales. Use the 'Find a job' service to search and apply for jobs.

## Education & Training

### Apprentice Factory

[www.apprenticefactory.com](http://www.apprenticefactory.com)

 @apprenticefactory

 @AppfactorySR



The South Ribble Borough Council Apprentice Factory is an impartial advice and support service supporting local businesses to find the best solutions for skills and workforce development needs, including SMEs, who do not have a dedicated in-house HR function. The Apprentice Factory staff will provide specialist support to employers, residents and young people planning their future careers by providing a comprehensive and complete range of skills interventions in a one-stop-shop. The Apprentice Factory staff will provide advice and guidance relating to organisational development strategies and skills implementation plans including information about local training provision, recruitment support and a social media presence dedicated to promoting local apprenticeship opportunities, skills and training.

### Runshaw College

<https://www.runshaw.ac.uk/>



# Working in Partnership

At Runshaw College you can study full time or part time courses. Runshaw offers a huge range of courses in higher and further education

## Preston's College

<https://www.preston.ac.uk/>

Preston's College take great pride in supporting all learners to achieve the qualifications and outcomes they need, alongside the technical skills, knowledge and experience that employers and universities are looking for.

## UCAS Virtual Tours

<https://www.ucas.com/undergraduate/what-and-where-study/open-days-and-events/virtual-tours>

A list of virtual tours and videos from universities and colleges, so you can see what it's like on the campus and what facilities are available.