

WHERE CAN I FIND OUT ABOUT ... ?

Whether its jobs, apprenticeships, courses, activities or advice about housing, benefits or money issues; start your search with our top 6 websites.

1.) The Source

Dedicated website for young people in Suffolk. Information, advice and sources of support on apprenticeships, choices at 14-18, emotional wellbeing, safety, leisure, exam tips and so much more! Don't forget to check out the CV Builder tool and our tips for writing a personal statement.

Visit www.thesource.me.uk

2.) icanbea... careers in Suffolk and Norfolk

Helping you take a step in the right direction on the pathway to your future career –

Watch. Read. Like. Follow. Connect. Apply. Visit www.icanbea.org.uk

3.) Suffolk's Local Offer

Have a look at Suffolk's Local Offer to find a range of local services that support children and young people with SEND (Special Educational Needs and Disabilities), including information about schools and colleges, traineeships, apprenticeships, social care and health services in your area.

Visit www.suffolklocaloffer.org.uk Information for young people, visit www.thesource.me.uk/extra

4.) Emotional health and wellbeing support

Get help and support for emotional wellbeing issues. Including anxiety, low mood, eating disorders, self-harm stress and self-care. Try the What's Up 30 day challenge.

Visit www.thesource.me.uk/wellbeing

5.) Apprenticeships

Search and apply for apprenticeships, see what type of apprenticeships are available and the levels of courses you can take. Visit www.gov.uk/apply-apprenticeship

Visit **Apprenticeships Suffolk** to find out about local opportunities and 1:1 support. Download the Yojo app so you can search and apply for vacancies on the go! Visit www.apprenticeshipssuffolk.org

6.) Suffolk InfoLink

Explore leisure activities, clubs, youth groups and events across Suffolk.

Visit www.infolink.suffolk.gov.uk

Help and support in Suffolk

Get specialist information and advice on staying in education, employment & training up to the age of 19 (or up to 25 if you have additional needs) from Children and Young People's

Visit www.thesource.me.uk/support

Looking for something more specific?

Learning

- www.thesource.me.uk/future - revision tips, apprenticeships, training providers and support
- www.nec.ac.uk - search for home study GCSE and A level courses
- www.ucas.com - for university and college applications
- www.prospects.ac.uk - jobs and courses for graduates
- www.open.ac.uk - Open University offering distance learning courses

Work

- www.thesource.me.uk/future - browse jobs, careers, industries and next steps, create a CV
- www.nationalcareers.service.gov.uk - careers advice and information
- www.careersbox.co.uk - jobs and careers video library
- www.icanbea.org.uk - connecting you with careers in Suffolk and Norfolk
- www.icould.com/buzz - take the Buzz Quiz to see what careers you might be suited to
- www.princes-trust.org.uk - enterprise and training opportunities
- www.vinspired.com - 16 - 25 volunteering opportunities in England
- www.bunac.org/uk - working holidays and volunteer projects
- www.notgoingtouni.co.uk - other options instead of going to university
- www.volunteersuffolk.org.uk - find volunteering opportunities across Suffolk

Health


- www.thesource.me.uk/wellbeing - help and advice with your emotional health and wellbeing
- www.thesource.me.uk/body - help and advice relating to your physical body
- www.thesource.me.uk/whatsup - 30 feel good challenges to help you look after your wellbeing
- www.youngminds.org.uk - coping with stress or find help with mental health
- www.healthysuffolk.org.uk - sexual health services in Suffolk
- www.tht.org.uk/sexual-health/young-people/young-and-free - NHS free and confidential chlamydia screening with Terrence Higgins Trust
- www.healthforteens.org – advice around health, relationships, lifestyle, feelings
- www.turning-point.co.uk - local support around drug and alcohol issues
- www.beateatingdisorders.org.uk - support on beating eating disorders
- www.talktofrank.com - confidential drugs information and advice
- www.gamcare.org.uk - dealing with gambling
- www.childline.org.uk - support and advice on bullying, health, and a range of issues
- www.themix.org.uk - essential support for under 25s on all manner of things

My housing


- england.shelter.org.uk - housing and homelessness charity
- www.gov.uk - finance support to continue in learning
- www.themix.org.uk - help and support for under 25s
- www.thesource.me.uk - tips on renting privately; information if you think you may become homeless

Got a question?

We hope you have found this list useful and if you have any questions email: thesource@suffolk.gov.uk

 Thesourcewebsite

 @sourcesuffolk

 @E_hub