

Sometimes, we can change our minds about what we want to do.
This little leaflet is here to help you explore options, get careers advice and find support.

Useful Links – Just click the boxes!



**PRINCES TRUST
TEAM PROGRAMMES**

A 12-week programme for young people who are not currently in employment, education or training. Build confidence and valuable skills, contribute to your local community and gain work experience.

Check out inspiresuffolk.org.uk/courses/princes-trust-team-programme/ or contact nextsteps@inspiresuffolk.org.uk for more information.

The next Prince's Trust Team programmes which include 16-18 year olds will begin in September 2024.

LOCAL JOB FAIRS

Job fairs are a chance to meet local employers and see what opportunities are out there.

If you are a job seeker who is 18+, you may be eligible for Universal Credit, check out: gov.uk/universal-credit/how-to-claim.

WHAT

WHEN

WHERE

Diss Jobs Fair	12/03/2024, 10am–1pm	The Corn Hall, IP22 4LB
Ipswich Jobs Fair	13/03/2024, 10am–1pm	Ipswich Town Hall, Cornhill, IP1 1DH
Newmarket Jobs, Skills & Wellbeing Fair	19/03/2024, 10am–12.30pm	Newmarket Memorial Hall, CB8 8JP
Cleaning/Facilities Mini Jobs Fair	20/03/2024, 10am–1pm	Ipswich Jobcentre, Silent Street, IP1 1TF

There is support available across the county, see below to find some organisations who can help:

The blue boxes around the map are links – just click for more information!

The Together Project with *the MIX*

Stowmarket | Mid Suffolk

- Supporting you into education, employment or training.
- Offers one-to-one coaching, skills workshops as well as one-off sessions.

Youth Employment Service with *INSPIRE*

Ipswich and East Suffolk

- One-to-one coaching to develop your skills and confidence.
- Help finding opportunities which suit your interests.
- Support with applications, writing a CV and getting ready for interviews.

The Spear programme will soon launch in Ipswich - offering four week courses to help boost your confidence, develop CVs and applications, and get into work or education. Contact Robin.aldeia@spearipswich.org, 07405100961 or follow www.joinspear.org for more details.

Youth Support team members Katie and Jacob are at Phoenix Family Hub (Tudor Road, Sudbury, CO10 1NP) every other Wednesday 10am—1pm (13th March next).

Get advice and guidance on your options if you are not employed or in education, or you are thinking of leaving your course. Call Jacob on 07526203856 for more information.

Support with *Skills Academy*

Ipswich

- Preparing you for your future by offering vocational training, practical learning, careers guidance, wellbeing support and apprenticeship pathways.

Useful links to youth projects around Suffolk – just click the boxes!

- 4YP | Ipswich
- The Junction | Lowestoft
- Level Two | Felixstowe
- Out Loud Music | Ipswich

- Youth Have Options | Haverhill
- CYDS | Leiston
- The Porch Project | Hadleigh
- Just 42 | Woodbridge