

Opportunities to **FLOURISH!**



MONDAY 14TH
- FRIDAY 18TH
OCTOBER
2019!



Waltham Forest

Flourish

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Choosing your next steps can feel very daunting...

In Waltham Forest we recognise that a successful life involves more than 'getting a job'. We want all young people to be **Safe, Well** (mentally, emotionally and physically), **Resilient, Independent** and able to give something back to those who may be more vulnerable.

Continuing the award-winning success of last year's Big Youth Conversation, this year's survey - created and led by young people - spoke to 7 to 25 year olds about what it's like to grow up in Waltham Forest and what changes you want to see.

Opportunities to Flourish week, and the information in this booklet, reflects the advice and support you told us you wanted. It aims to help you choose your path, feel confident in your choices and provide you with support to get you where you want to go.

Got more ideas for how the council could support you to flourish?

We would love to hear from you!

Email the taskforce:

lifechances@walthamforest.gov.uk

Opportunities to Flourish Fair

Join us for the opportunity to speak to employers and providers about life in the workplace and find opportunities to match your interests from the apprenticeships, traineeships, voluntary opportunities and jobs on offer.

Open to young people all aged 14-24

Tuesday 15th October 2019

1.30pm-5.00pm

**Walthamstow Assembly Hall, Town Hall, Forest Rd,
Walthamstow E17 4JF**

Opportunities to Flourish Fair

Experience Higher Education

Waltham Forest is pleased to welcome AccessHE, St Peter's College, Oxford University, The Courtauld Institute of Art, Ravensbourne University, and the University of East London to the borough for an afternoon of activities showcasing some of the fantastic opportunities Higher Education has to offer.

You will be able to take part in engaging subject taster sessions, with Higher Education experts on hand to de-mystify some of the perceived barriers of going to university.

Invitation only

Thursday 17th October 2019

2.00pm-5.00pm

**Walthamstow Assembly Hall, Town Hall, Forest Rd,
Walthamstow E17 4JF**

**Experience
Higher
Education**

Face Front Inclusive Theatre present 'It's My Move'

It's My Move – Join Warren, Finley, Melody & Ade and their families as they start to plan their move into the big wide world and find opportunities and explore their options.

Face Front creates professional, original and groundbreaking Inclusive Theatre with a company of disabled and non-disabled artists.

Performances and workshops are carefully crafted to be accessible to all.

Invitation only

**Monday 14th October 2019
Whitefields Academy**

It's My
Move

T-Ability Sports for All

Waltham Forest Council & Snooker for Health & Friendship are working together to run table, floor & wheelchair activities for all ages & all impairments (physical, sensory, intellectual).

Activities will include: YMCA Disability Gym, Snooker/Pool Competition, Boxing (including for SEND girls with female boxing coach), Smart Squash & Sound Ball Games for those with visual impairment.

Open to all with a disability, SEND teachers, families and carers. All vulnerable young people must be accompanied at all times.

**Places must be booked in advance:
020 8503 2665**

**Friday 18th October 2019,
10.00-11.00am, 11.00-12.00pm or 12.00-13.00pm
YMCA Walthamstow, Forest Road**

**T-Ability
Sports for All**

More events and training

Thinking of a Traineeship?

A traineeship is a programme of activities with a work experience placement and maths and English support (if you need it) that gets you ready for college, an apprenticeship or work. A traineeship can last up to 6 months.

findapprenticeship.service.gov.uk/traineeshipsearch

Apprenticeships

All apprenticeships for young people in England can be found on one website (with a few exceptions):

findapprenticeship.service.gov.uk/apprenticeshipsearch

National Citizen Service

The NCS is a life-changing programme open to all teenagers aged 15-17 to discover who they are and what they can do. It's your chance to explore, be inspired and find your passion.

Over 500,000 young people have already taken part – will you be next?

Find out more at NCSyes.co.uk

Need advice on what path to take?

The National Careers Service provide information and advice to young people aged over 13 on jobs, careers and training. You can call them on 0800 100 900 Monday to Sunday, 8am to 10pm or can arrange for a National Careers Service adviser to call you for free.

nationalcareersservice.direct.gov.uk

Lets talk Money

As part of the Big Youth Conversation, we heard from lots of you that you wanted advice on life skills like how to manage your money, so we're running a workshop!

For students in Waltham Forest (Aged 18-22). There is limited space available so book your place now to avoid disappointment!

Tuesday 15th October 5-6pm
at Waltham Forest Town Hall,
Innovation Lab

lifechances@walthamforest.gov.uk

Financial support to reach your goals

The Council offers some financial assistance to university and college students living in Waltham Forest.

To find out more about the grants and the eligibility criteria, head over to our website:

walthamforest.gov.uk/content/education-trust-funds

More events and training

CV Workshop

Need help with your CV? Age 25 or under? Visit Waltham Forest College with a copy of your CV for a FREE drop in CV writing Session.

Wednesday 16th October, 3-5pm

Email Gary to find out more
gary.lambertsnaith@waltham.ac.uk

Keeping Healthy

Flourishing is also about making sure you are healthy, confident and resilient in everything you do.

Come along to our confidential drop ins on Sexual Health and STI testing in the following locations across the borough:

Tuesday 15th October 3-5pm
Waltham Forest Town Hall,
Walthamstow

-
Wednesday 16th October 3-5pm
Pastures Youth Centre, Leytonstone

-
Thursday 17th October 3-5pm
Wyemead Children's Centre,
Chingford

Need someone to talk to?

Kooth is a free support service providing young people aged 11-18 years in Waltham Forest with a safe and secure way of accessing support for their emotional health and well-being needs.

From the Kooth website (www.kooth.com) you can read articles written by young people, get support from the Kooth community, or chat with one of our professional team of qualified counsellors.

www.kooth.com

Become a Feel Good Ambassador!

In Year 8 or 9? Become a Feel Good Ambassador and be trained on active Minds, school programmes and the community work. You will then work with young Feel Good Ambassadors in year 7 to identify a project that can connect local communities through sport and/or physical activities.

Training will take place on
Monday 14th October 2019 at
Waltham Forest Feel Good Centre

Invitation Only – speak to your school to find out more



CHATBOT!

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BIG CREATIVE
EDUCATION
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TRAINING

SOFTWARE

KRISTIYAN

Route to Work: Turn your hobby into a Job

Kristiyan studied gaming at Big Creative Education and started work experience with Waltham Forest Council to develop an Anti-Social Behaviour chatbot.

He's now been offered a full time internship with the Council for 6 weeks to build a prototype. He's getting full training from Amazon Web Services in the use of python and is building the bot with our Lex software. After that he is off to study gaming at university!

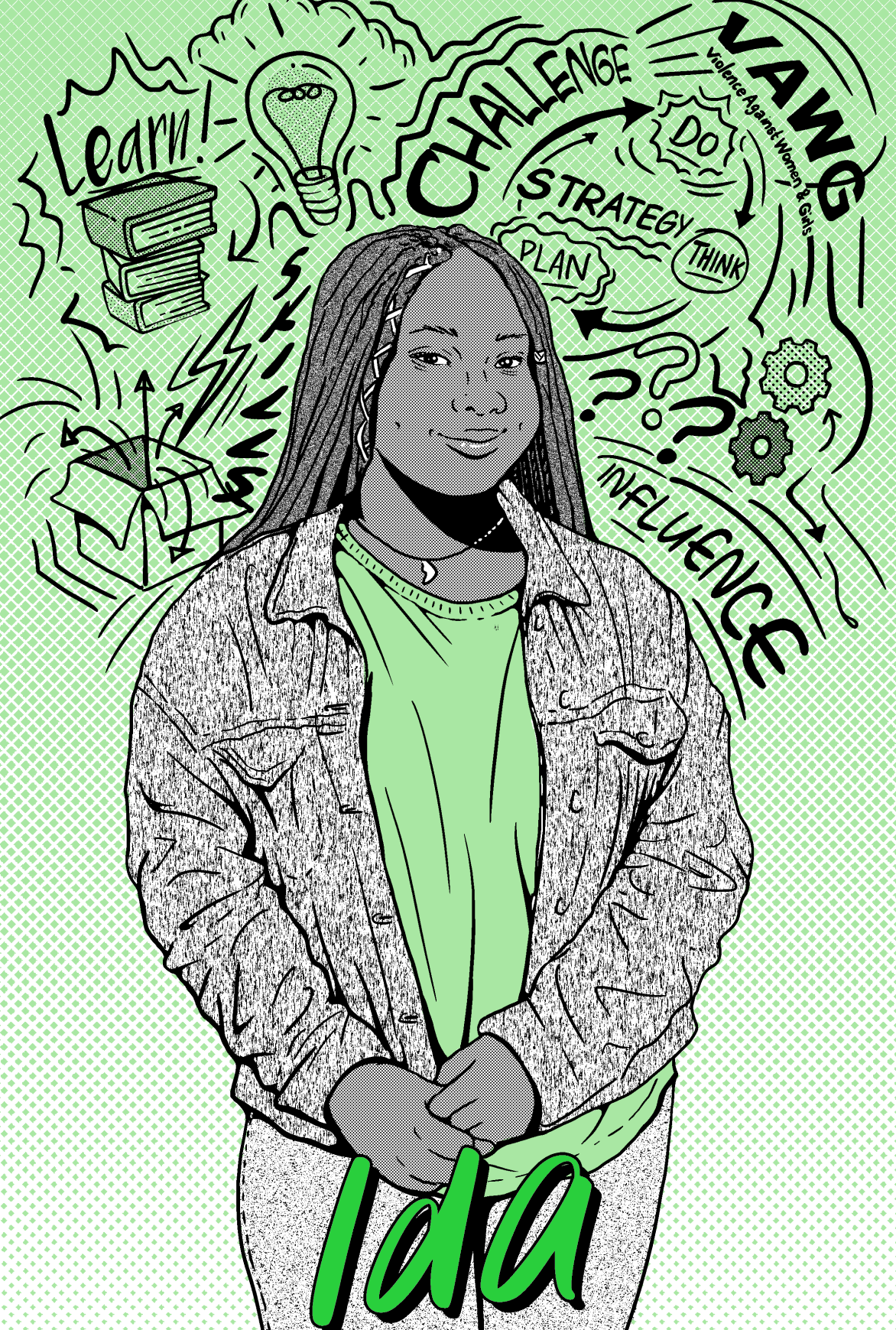
Here are Kristiyan's **top 3 tips** on getting into work:

- 1. Work hard**
- 2. Make as many connections as you can, at every opportunity**
- 3. Take the opportunity for work experience - its a great chance to see whether you like something (or not!)**

Find the right Post 16 course for you

UCAS Progress lets you search for post 16 courses offered by schools & colleges across London.

ucasprogress.com/search



VAWG
Violence Against Women & Girls

CHALLENGE

Learn!

DO
STRATEGY
THINK
PLAN

INFLUENCE

Ida

Gaining experience

Ida undertook work experience in the council this summer in the council's Policy Team and this is what she said about the experience:

"I loved it! It was a great opportunity for me. During my work experience I got to do a wide range of things from reading and giving my opinions on strategies, attending senior meetings, and I even got to spend an hour with the Leader of the Council.

"During my time at the council, I learnt loads of different skills, like how to talk to senior staff, how to be professional and they made sure I understood what was going on and let me give my opinion on what was happening."

Be part of the change

We know that 62% of you feel that work experience is the most important thing to achieve your future goals and aspirations but that finding opportunities can sometimes be difficult. We want to do something about this by creating a new online database of opportunities to help young people in Waltham Forest.

Want to help us make it happen?

**Join our user testing on
Thursday 17th October, 5-7pm
Waltham Forest Town Hall**

**Book your place now to avoid disappointment!
lifechances@walthamforest.gov.uk**



Express Yourself!

STRENGTH

Ability

PASSION

CRAFTY PERSON

Kobi

Achieving your dreams: Starting your own business

Kobi, a former student of Connaught School for Girls, studied architecture for 3 years at university, and graduated knowing she wanted to use her creativity. That's when she set up **KAEB (standing for Keepsake; Aspiration; Elegance; Blessed)** - a unisex clothing brand.

Within 3 months she created samples, showed these in over 8 countries, and has many more plans but where did she find her confidence to set out on her own?

Kobi says it was school that allowed her to create strong, confident foundations and the strong culture that allowed her to express herself knowing that the staff believed in her ability.

Do you see your future in the creative Industry?

Waltham forest council is offering a unique opportunity that will help you build the experience, skills and networks that are vital to navigating and influencing the creative industries.

Are you 16-25 years old?

**Do you live, work or study in the borough of Waltham Forest?
Keen to make your mark in the world of creativity and culture?**

If so, you could learn alongside some of the cultural industry's top movers and shakers!

Find out more about how to apply and attend a drop in session by heading to the London Borough of Culture Website
wfculture.co.uk

**Find out what else is going on
this week by visiting:
walthamforest.gov.uk/oppstoflourishweek19**



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