



Welcome to our first Newsletter!

At Island Futures, we're doing our best to continue to support you during these uncertain times. As you're probably aware, we can no longer meet face to face, but we can maintain contact through email, phone calls, and video chats.

Some of you may have recently been referred to us. We hope you find your time with us beneficial and we can help you towards your next steps. If you have any questions or queries, and don't have a progression coach yet, feel free to use the contact details below.

For those of you who would like our support, but have opted to wait until lock down lifts so we can meet face to face, you can contact us any time if you would like to change your mind. If you would like to receive monthly phone calls to check how you're doing, please get in touch with our team via the contact details below.

[Island Futures Careers Information Service](#) has a wealth of helpful resources, particularly beneficial during the pandemic.

Useful resources during the pandemic

Whilst the Isle of Wight Council is seeking to serve the community as best it can, here are some other resources that may help you during this time.

- Advice and aid from [Isle of Wight Council](#) during the pandemic
- Government guidance on [COVID-19](#)
- Guidance from the [NHS](#)
- Advice and help for those who are [Self Employed](#)
- Guidance for those seeking [Benefits](#)
- Advice for [Employees](#)
- For help handling Mental Health check out [MIND](#)



[Mental Health](#)



[Studying from Home](#)



[Colleges and Open Days](#)



[Job Vacancies](#)



[Apprenticeships](#)



[Other opportunities](#)



[CV and Interview
Advice](#)



Taking Care of Mental Health

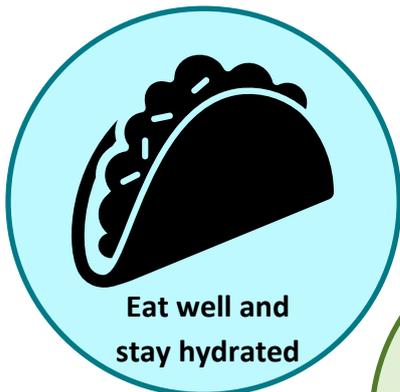
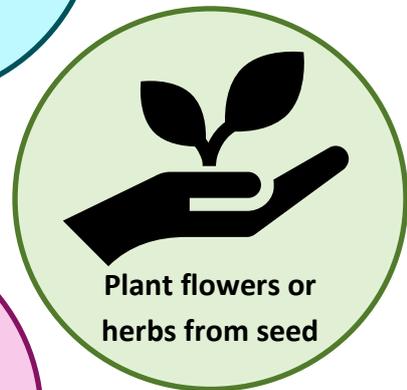
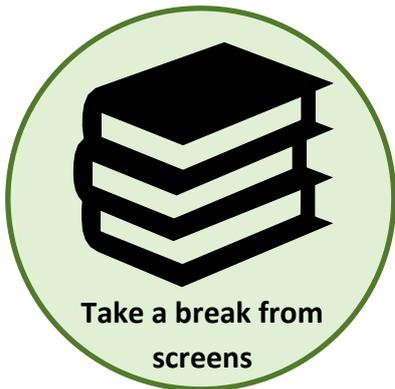
During the pandemic and lockdown, it's important to look after your mental health. Everyone has different ways of coping, below are some suggestions from our team, that they've found helpful.

Help Lines

If you are struggling, don't be afraid to ask for help. We will always do our best to support you, but if we don't seem like the right people, reach out to family and friends or consider using one of the links below.

For help when struggling with Domestic Abuse: [Wight Dash](#)
For help managing mental health: [Rethink Mental Illness](#)

For someone to talk to when you need it most: [Samaritans](#)





An Uncertain Future

- As we all face uncertainty, thinking about the future can be daunting. No-one knows when we can return to work, school or resume our social lives. If you find yourself looking for something to do, or are out of work, school or an apprenticeship, the following pages aim to provide you with some options.

[Island Futures](#) Careers Advice for Students in response to COVID-19

Listen and Learn Online

- [Learn @ Home](#) provides a wide variety of resources for all ages and areas of interests. Watch and learn something new online with others.
- [BBC Bitesize](#) also has a lot of courses and opportunities for all ages learning from home. It also offers suggestions on how to cope with lockdown and stay in touch with loved ones.

Exam Results and Reopening Dates

If you are currently attending college and would like more information about your exams and results during COVID-19, check out the links below.

- Government Guidance on [GCSE and A Level exams](#)
- For further information from the Government about how [GCSEs and A Levels will be rewarded](#)
- Guidance on the potential [reopening of schools and colleges](#)
- [Protective measures](#) in education and childcare settings

Online Courses and Learning Opportunities

- If you're interested in finding something new to study and college doesn't feel right for you, check out the [Open University](#)
- [Island Futures Careers Information Service](#) lists all courses and training opportunities.
- Island Futures also links to [other useful websites](#) where you can find other courses and opportunities that may be of interest.
- Unlock your potential with [POA Learning](#)
- [Think with Google](#) hosts nine online course to help you elevate your digital marketing and leadership skills.

Hone your Work and Life skills

- Check out [Barclays Life Skills](#) to develop your abilities, and reflect on your skills, interests and personality traits to further hone your skills.
- On [The Skills Toolkit](#) you can choose from a selection of high quality courses to help you boost your skills.



Isle of Wight College

Whilst colleges remain physically closed, many are still accepting applications for the next academic year and are hosting virtual open days.

Don't miss the [Isle of Wight College](#) Virtual Open Day on 23rd June 10am-6:30pm

New Forest

[Brockenhurst College](#): Open Day currently postponed

[Bournemouth & Poole College](#): Virtual Open Day 11th June

[Richard Taunton](#): Open Evening 1st July

Fareham, Gosport and Havant

[Fareham College](#): Virtual Open Day 6th May

[Havant and South Downs College](#): Open Evening 2nd July

[Highbury College](#): Virtual Open Event 3rd June

[Itchen College](#): Open Evening postponed

[Portsmouth College](#): Open Evenings in October

Eastleigh

[Barton Peveril College](#): Open Evening 7th July

[Eastleigh College](#): Virtual Open Day 8th June

[Peter Symonds](#): Open days in July



Job Vacancies

Job Vacancies

In this edition of the newsletter, we've included some job-hunting websites, in case you're interested in looking for one. We are hoping to expand this section in future editions to include potential jobs you may be interested in. We would also welcome your feedback on what types of jobs you would like to see.

Job hunting Websites

- [Isle of Wight Jobs](#)
- [IWCP Jobs](#)
- [Gov.uk](#)
- [Indeed](#)
- [Jobsite](#)
- [Monster](#)
- [Reed](#)



Apprenticeship Search Sites and Tips

The following links all contain valuable information regarding finding the ideal apprenticeship for you.

- [COVID-19 Advice](#) for Apprenticeships
- We offer advice on finding the right role for you at [Island Futures Careers Information Service](#)
- To look for courses you may be interested in check out, [Apprenticeships](#)
- [Amazing Apprenticeships](#) is a new site with advice and vacancy listings
- Apprenticeships at the [Isle of Wight Council](#)

Southampton

[EY Assurance Apprentice](#) with Ernst & Young LLP:

- Gain real work experience in the business world, take advantage of new tech and build the skills you need to propel your career.
- **Closing date:** 30/06/20

[Hairdressing Apprentice](#) at Arcana:

- Work and train within a high-end salon on this apprenticeship, which will teach you up to date hair styling and treatments.
- **Closing date:** 20/06/20

[Apprentice Pharmacy Services Assistant](#) at

Vantage Pharmacy:

- Apprentice needed for dispensing and supplying medicines and medicinal products.
- **Closing date:** 20/06/20

Isle of Wight

Cowes

[Apprentice Progress Monitor](#) at Cowes Enterprise College

[Apprentice Teaching Assistant](#) at Cowes Enterprise College

[Business Administration](#) at Home Instead

Ryde, Shanklin & Newport

[Travel Consultant Apprenticeship](#) opportunities at Hays Travel

Ryde

[Apprenticeships in Energy](#) at SSE PLC

Freshwater

[Software Engineering Apprentice](#) at Rapanui

For more information on local apprenticeships and training:

- [HTP Apprenticeship College](#)
- [CECAMM](#)
- [UKSA](#)
- [Smart Training](#)
- [MPCT](#)





Portsmouth

[IT Technician Apprentice](#) with Easy Networks Ltd:

- You will provide first line (helpdesk) technical support to external customers, assisting them with hardware and software problems via phone, email or on-site.
- **Closing date:** 31/08/2020

[Apprentice Nursery Childcare Assistant](#) with Canoe Lake Nursery:

- Ideal for someone who enjoys spending time with very young children and is willing to learn all job duties and train to gain childcare qualifications.
- **Closing date:** 30/06/2020

[Apprentice Production Chef](#) with the Royal Navy Club:

- Opportunity for a keen chef to join a busy kitchen team and learn a trade alongside working to gain a Level 2 Production Chef qualification
- **Closing date:** 26/06/2020

Other

Winchester

[Apprentice Motor Service Advisor](#) with Winchester Motor Co Ltd:

- Help deliver a customer service experience that will delight customers and encourage their continued loyalty.
- **Closing date:** 30/06/2020

Lymington

[Engineering Apprentice \(Mechanical\)](#) with Engineering & Developments Ltd:

- Manual milling and turning, progressing to CNC programming and operation for machining.
- **Closing date:** 30/06/2020

Extra Opportunities

If you can't find what you're looking for from any of the sources listed above, have a look at some of these additional courses. They range from educational opportunities to gaining a new experience and qualification. However, be aware some of them may not be running, due to the pandemic.

Other Organisations

- [Community Action Isle of Wight](#) delivers a range of new training opportunities including online courses.
- The [Prince's trust](#) provides multiple opportunities for young people wanting to gain experience and life skills.
- From cooking to gardening to quizzes - there is a whole range of indoor [island activities](#) to get involved in during lockdown.
- [Quay Arts @ Home](#): Get your daily dose of culture direct to home, with online exhibitions, theatre, live music and more.
- [The Isle of Wight Coronavirus Community Database](#) is looking for volunteers and aims to connect those in need, with those who can help provide deliveries of supplies or emotional support.

Courses

- [POA Learning](#) offers multiple courses that could be beneficial during this time.
- IBM and Hampshire County Council come together to create the [Ignite Scheme](#), which seeks to provide a four-week placement for young people to develop their transferable skills. Contact the details below if interested.
- The [Isle of Wight College](#) offers a range of online learning you can complete anywhere, anytime.



CV Advice

When applying for any job or apprenticeship, a good CV is essential. Not only should it display a record of your qualifications, previous work history and achievements, it should also represent you as a person.

Every job-hunting site listed on the previous page includes a careers advice area. We've also included some additional sites and five top tips that may also help. Don't forget, you can always ask your progression coach for help.

Interview Advice

If your application is successful, you're likely to be offered and interview. An interview gives you the chance to show the company why they should hire you, beyond what's written on your CV.

Interviews can be daunting, but hopefully through the links we've provided and our list of top tips, you can feel at ease and prepared. As always, your progression coach is there to help you, and would happily talk through any ideas or uncertainties you may have.

5 Top Tips for Writing your CV

1. Tailor your CV for each job you apply for
2. Keep it concise, no more than two pages
3. Use professional language
4. Make sure it's presentable and easy to read
5. Proof-read to check for spelling mistakes

5 Top Tips for Preparing for an Interview

1. Carefully read through the job description
2. Research the company
3. Prepare answers to commonly asked questions
4. Think of any questions you would like to ask
5. Dress Smartly

Additional Links

Many sources listed here have a wealth of information and guidance on both CVs and interviews. Whilst we've directed you to specific resources, consider exploring what else each site has to offer.

- **Prospects** offers a generous collection of advice on [CV writing](#) and [interview preparation](#)
- We particularly recommend [How to write a CV](#) and [How to prepare for an interview](#)
- **The Guardian Jobs** also hosts a wide variety of articles to help you [apply for jobs](#), [write CVs](#) and [prepare for interviews](#).
- We recommend [Get your personality to shine in your CV](#) and [Where to start researching for an interview](#)

Careers Advice from Job-Hunting sites

- [Indeed's Career Guide](#)
- [Jobsite Career Development](#)
- [Monster Career Advice](#)
- [Reed Career Advice](#)
- [Total Jobs Career Advice](#)