



Careers Information

Please note that some work experience and other opportunities have a cost attached.

SUPPORT

While we would like to inform students about all relevant careers opportunities we receive, we cannot comment on the quality or cost-effectiveness of these opportunities.

Please do the research.

Miss Kadem: Head of Careers.



APPRENTICESHIPS
which one works for you?



Careers Information, Advice and Guidance

Careers Interview request. Ms Kadem, Head of Careers & Work Related Learning.



Why would I want a Careers Interview?

I'm not sure which career path to follow...
Do I stay on at Sixth Form...
What subjects should I take...
What College is best for me...
I have an Apprenticeship opportunity, I need more advice...
I need more help with my application forms...
CV and Cover Letter support...
Higher Education, what's best for me...
University support...
Individual Careers Guidance...

If you are a student at Shenfield High School then you are entitled to a Careers Interview whenever you feel you need one. Request your Careers Interview through your form tutor, with a staff member in the Careers Office C53

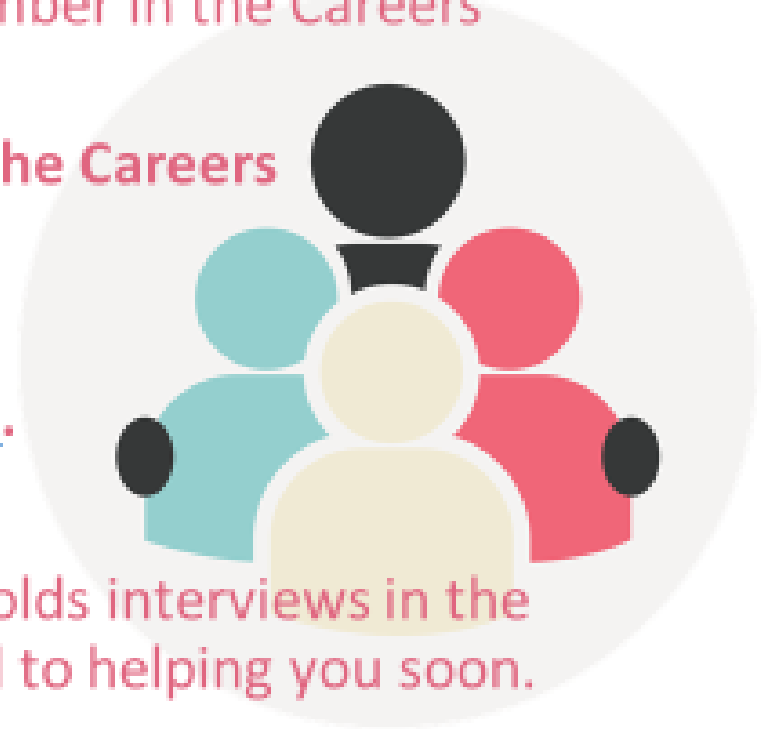
or during school closure, email the **Careers Administrator**

Mrs Utton on:

l.utton@Shenfield.essex.sch.uk

Emma is our very approachable

Impartial Careers Advisor that holds interviews in the Library Office. She looks forward to helping you soon.



Please find a 6min support video, explaining how to get the most out of your careers appointment, should it be of interest.

<https://youtu.be/ONKDYTVJrcY>

Explore your education and training choices

Whether you know where you're heading or not, knowing about the different routes open to you is a great place to start.



- **‘Get the Jump’** brings together all education and training choices for **young people** to help them decide their next step when they reach 16 and 18. It signposts to new simplified information about all their options on the National Careers Service website.

<https://nationalcareers.service.gov.uk/explore-your-education-and-training-choices>

CONTENT

Slides 5-14 Careers Opportunities

Slides 15-18 Apprenticeship info

Slides 20+ College Open days &
Further Ed offers

MAKE YOUR MARKET BRENTWOOD

Under 30?

Come trade with us!

**Apply to be a trader at the first
ever Make Your Market event!**



To apply and for more information
scan the QR code or visit:
www.thedesigncabin.community/brentwood

Saturday 18th March 2023 10AM - 3PM

The Baytree Shopping Centre
Brentwood, CM14 4BX

A local platform for under 30-year-
olds to showcase their businesses or
performing talents.

Proudly
supported
by:



A new youth market is coming to Brentwood on Saturday, 18 March! Young entrepreneurs aged 21 and under can book a FREE stall at Make Your Market Brentwood at The Baytree Centre. This is a new initiative aimed at supporting and promoting teen traders who are on the start of their business journey. At a similar event in Rochford, there are young stallholders selling items such as jewellery, tee shirts, crocheted animals, candles, greeting cards and baked goods.

All stallholders under 18 must be accompanied by an adult.

To find out more, visit <https://www.thedesigncabin.community/brentwood>

There are also spaces for stallholders aged between 22-30 for only £20.

Thanks for helping to spread the word, we'd really like to spotlight our talented teens. If you would like printed posters or flyers, please let me know the quantities you need.

Laurie Edmonds | Corporate Manager – Economic Development | Brentwood Borough Council
07788 727846 | www.brentwood.gov.uk | laurie.edmonds@brentwood.gov.uk



Calling All Junior Chefs!

New City College Redbridge's Hospitality & Catering Department invite you take part in an exciting competition.

Join us as junior chefs on **Saturday 25 March**, where you will be given a mystery box of ingredients to create lunch for you and a guest.

NCC's professional chefs, at our award winning Rouge Restaurant, will mentor you throughout the morning and help you create a show stopping masterpiece.

Their favourite dish of the day will then be awarded with an exciting prize!

Places are limited and will be offered on a first come first served basis, so don't delay- register your interest today!

[https://www.ncclond
on.ac.uk/event/myst
ery-box-cooking-
challenge?mc_cid=0
733734533&mc_eid=0
acf852c69](https://www.ncclond
on.ac.uk/event/myst
ery-box-cooking-
challenge?mc_cid=0
733734533&mc_eid=0
acf852c69)

Free Career Webinars For Ages 12-18

Law | Medicine | Finance



To celebrate the UK's National Careers Week, we shall be running a series of free webinars this month for ages 12-18. Your students will have the opportunity to learn from professionals from the worlds of Medicine, Finance and Law, and ask them questions in a live online, interactive environment.

Medicine: 14th March

Law: 21st March

Finance: 28th March

The sessions will take place at 18:00 UK time, but recordings will

Have you got students who are looking to apply to Medical School?

We recognise that the application process is long and at times complicated. To help guide students we have produced a free PDF that guides students on everything including:

- The application process and timeline
- How to get Work Experience
- Personal Statement writing
- Choosing a Medical School
- Admissions Tests (BMAT & UCAT)
- The Interview

Please find the PDF attached. Alternatively it can be downloaded at <https://medschoolmmi.com/wp-content/uploads/2023/01/Medical-School-Admissions-Guide.pdf>

We hope you will find it useful. If you have any questions feel free to contact us via email at medschoolmmicourse@gmail.com

Kind regards

The Med School MMI Team



Medical School Application Guide

Your guide to the medical school application process.

(<https://glohea.org>) The Global Health Leaders Conference at Johns Hopkins University our 2023 virtual summer program

On behalf of our Directors of The Global Health Leaders Conference at Johns Hopkins University, I would like to invite the students of Shenfield High School who are interested in global health and medicine to apply for our 2023 virtual summer program.

Our international conference is a Johns Hopkins University student and faculty-led program open to students in grades 9-12. Through our conference, students from around the world learn about issues in global health, public health, and medicine through world-class lectures from leaders in these fields, develop connections with like-minded exceptional students, and share their own work and ideas on global health-related topics at the international scale. Featured speakers at our conference have included leading global health researchers, renowned professors, physicians, policy developers, and Nobel Prize winners. In short, the purpose of our program is to reach passionate students of all backgrounds from around the world and develop the next generation of leaders in global health, public health, and medicine.

Virtual conference programming will be held throughout the summer of 2023. The conference consists of a series of multiple virtual events on multiple days throughout June-August 2023. If an admitted student cannot attend parts of the programming live, there will be asynchronous options for students to watch the content they miss. The conference registration fee for admitted students is 99 USD; if the fee places a significant financial burden on a student's family, financial assistance is available as we do not want the fee to be a barrier for any deserving student. There are also no application fees.

The conference application is available on our website (<https://glohea.org>) and will be accepted until March 31st, 2023. Each year, admission into our program is competitive, so we highly encourage your students to apply at their earliest convenience.

Please do not hesitate to email our team at ghlcjhu@glohea.org or visit our website if you would like any clarification or have any questions. We hope your interested students will take advantage of this opportunity, and our admissions committee looks forward to reviewing their applications!

Best Regards,
Het Patel
Director of Admissions and Outreach
The Global Health Leaders Conference
Johns Hopkins University
<https://glohea.org>



Free Accountancy Summer School

12th & 13th July
9:30am - 3:30pm
5th Floor Halford House, Coval Lane,
Chelmsford CM1 1TD

Year 10 and upwards

What you'll cover:

- Introduction to Accountancy
- Routes into Accountancy
- What does an Accountant do (with practical tasks)
- CV and interview preparation
- Employer forum (Q&A)

Scan here to register your place



There are new dates for your students for career and work experience days taking place online over the next couple of months. If you could let your students know who are aged 14-18, students can register to join the online days through the website.

The schedule is as follows:

Dentistry Career Day - Saturday 18th March 2023
Medicine Career Day - Sunday 26th March 2023
Midwifery Career Day - Saturday 1st April 2023
Psychology Career Day - Saturday 8th April 2023
Business Career Day - Saturday 15th April 2023
Architect Career Day - Saturday 22nd April 2023
Vet Career Day - Saturday 29th April 2023
Law Career Day - Saturday 6th May 2023
Computer Science Career Day - Saturday 20th May 2023
Performing Arts Career Day - Saturday 27th May 2023

Students can visit www.careerdays.co.uk to join a session in their field of interest and will receive a certificate at the end of the day confirming their work experience.

As always, thanks for making your students aware and it would be great if your students aged 14-18 could join in.

Best Wishes
Anna O'Byrne

The CareerDays Team
15 Queen Square
Leeds, West Yorkshire,
LS2 8AJ
UNITED KINGDOM

E: info@careerdays.co.uk
W: www.careerdays.co.uk



Not just a degree : we launch new designers

At Prof. Jimmy Choo's new Academy we are actively seeking to find the best new designers and support them through our degree and incubation programmes. Where else helps you to establish your brand, design and make your collection, and then launch you as a professional designer.

BA (Hons) Fashion: Design & Accessories On our degree programme you will be immersed in our startup design incubator where we will professionally develop you as a design entrepreneur so you graduate as a professional designer with a business alongside your qualification. Don't just build a career; build a legacy and claim your place in fashion history.



BA (Hons) Fashion: Design, Branding and Entrepreneurship

On our degree programme you will be immersed in our startup design incubator where we will professionally develop you as a design entrepreneur so you graduate as a professional designer with a business alongside your qualification. Don't just build a career; build a legacy and claim your place in fashion history.



Have you ever
considered a
fulfilling career
in health or
care?

Are you aged
between 14 -19
and live or study
in Essex?

If you would like to find out about career opportunities available to you in the health & care sector, then take part in our free programmes.



www.ourpeopleyourfuture.co.uk



What is the Health and Care Academy?

The Health and Care Academy offers you the opportunity to explore the various roles in health and care. We hold online sessions, where you'll meet a range of professionals, ask them questions and gain an understanding of the work they do.

In addition, we provide master classes to gain life skills to help you on your journey, such as first aid, communication or application and interview guidance.

Following the academy you will be given the opportunity to attend a free virtual work experience programme, to extend your knowledge further.



For more information visit:

www.ourpeopleyourfuture.co.uk

Or contact us at:

academy@ourpeopleyourfuture.co.uk



Mid and South Essex
Integrated Care
System



North East Essex
Health & Wellbeing Alliance



Considering a Career in the NHS?

If you are 16+ or know someone that has **the passion** in gaining work experience. But is unsure which career pathway to take. Why not take the Step into the NHS test: <https://www.stepintothenhhs.nhs.uk/careers/take-the-test>

Visit the NHS work experience website, then complete an "Expression of Interest form."
<https://www.bhrhospitals.nhs.uk/work-experience>

If you would like more information about work experience within the BHRUT Trust, please contact: bhrut.work.experience@nhs.net





APPRENTICESHIPS
which one works for you?

Apprenticeship Information Evening

Colchester Campus, CO3 3LL

Thursday 25th May 2023, 5pm - 7pm

At this event you'll have the opportunity to talk directly with employers, current apprentices and our expert trainers and assessors to find out more about the apprenticeship pathways and how being an apprentice can benefit you.

If you would like to find out more and see some case studies from current apprenticeship students, please visit the link below to our apprenticeship page on our website:

[Apprenticeships | Apprenticeship Training - Colchester Institute](https://www.colchester.ac.uk/apprenticeships/?f24_pid=77d4bfd6-dd7c-4b30-b677-41e3a3b00f7d&utm_campaign=2023%2003%2001%20-%20Schools%20Update%20-%20119&utm_source=force24&utm_medium=email&utm_content=textlink#events)



https://www.colchester.ac.uk/apprenticeships/?f24_pid=77d4bfd6-dd7c-4b30-b677-41e3a3b00f7d&utm_campaign=2023%2003%2001%20-%20Schools%20Update%20-%20119&utm_source=force24&utm_medium=email&utm_content=textlink#events

Get the Most from An Apprenticeship

Central Training Group are experts in providing apprenticeships for our learners and employers.

We are committed to matching students with the right employers, to ensure you get the most out of any apprenticeship.

We are Ofsted Grade 2 rated and committed to delivering the best in class education and training practices.

Build an outstanding career learning path with training, whether you're a school leaver, or want to learn more in your place of work.

Apprenticeships are the most fulfilling and inspiring way to learn and grow. We're creating the next generation of leaders.

I look forward to hearing from you soon.

Kind regards

Faith Dolphin

Marketing, Recruitment & Compliance Officer

Central Training Group (inc Central Hairdressing Academy)

Working Hours | Monday – Wednesday | 8.45am – 5.30pm

112-114 London Road, Southend-on-Sea, Essex, SS1 1PQ

Tel: 0800 783 2901 Ext 212

Mob: 07919 047334



Click here

<http://careers.shenfieldlearning.com/apprenticeship-information.html>

[Apprenticeship Information - SHS Careers Area \(shenfieldlearning.com\)](#)

**for your
Apprenticeship
Guide
'Ignite your potential
And discover
Apprenticeships.**

Parents' and Carers' Pack

The latest edition of the Parents' & Carers' Pack is now available [here](#), packed full of interesting articles about The Talking Futures Programme, an apprentice insight, the benefits of doing a traineeship and so much more.



[Resources for parents and guardians \(apprenticeships.gov.uk\)](https://www.apprenticeships.gov.uk/influencers/resources-for-parents)

<https://www.apprenticeships.gov.uk/influencers/resources-for-parents>

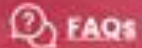


[Home](#) [Guidance](#) [Apprenticeship Choices](#) [Success Stories](#) [Employers & Providers](#) [Vacancies](#) [Blog](#) [Store](#)

HERE TO HELP YOU IN YOUR JOURNEY TOWARD A NEW CAREER:

Welcome to The Apprenticeship Guide online!

Pre-order the 2023 printed apprenticeship guide



FAQs

View commonly asked
apprenticeship questions



Guidance

Guidance for each step of
your journey



Vacancies

Apprenticeship vacancies
being added daily!

Dive Right in, **Start** Your **Apprenticeship** Search Now

By favourite subject



By interests / skills



By industry sector



By potential salary



College Information



College & Sixth Form Open Events 2022-2023

Check individual websites as to whether these events are 'physical' or 'virtual'

You may also need to register your attendance online in advance

Chelmsford College

www.chelmsford.ac.uk

Monday 10th October 2022 – 6.00pm to 8.30pm
Monday 14th November 2022 – 6.00pm to 8.30pm
Monday 6th February 2023 – 6.00pm to 8.30pm
Monday 19th June 2023 – 6.00pm to 8.30pm

USP College

www.uspcollege.ac.uk

Seevic Campus - Benfleet

Thursday 13th October 2022 – 6.30pm to 8.00pm
Thursday 17th November 2022 – 6.30pm to 8.00pm
Tuesday 21st February 2023 – 5.00pm to 7.00pm

Palmer's Campus - Grays

Thursday 20th October 2022 – 6.30pm to 8.00pm
Thursday 1st December 2022 – 6.30pm to 8.00pm
Tuesday 28th February 2023 – 5.00pm to 7.00pm

Writtle University College

www.writtle.ac.uk

Saturday 15th October 2022 – 10.00am to 3.00pm
Saturday 14th January 2023 – 10.00am to 3.00pm
Saturday 4th March 2023 – 10.00am to 3.00pm
Saturday 6th May 2023 – 10.00am to 3.00pm
Saturday 17th June 2023 – 10.00am to 3.00pm

South Essex College

www.southessex.ac.uk

Southend Campus

Thursday 6th October 2022 – 5.00pm to 8.00pm
Wednesday 16th November 2022 – 5.00pm to 8.00pm
Tuesday 14th March 2023 – 5.00pm to 8.00pm

Stephenson Road, Southend

Thursday 24th November 2022 – 5.00pm to 8.00pm
Tuesday 31st January 2023 – 5.00pm to 8.00pm

Thurrock Campus

Tuesday 11th October 2022 – 5.00pm to 8.00pm
Thursday 19th January 2023 – 5.00pm to 8.00pm

Centre for Digital Technologies, The Icon, Basildon

Thursday 3rd November 2022 – 5.00pm to 8.00pm
Wednesday 8th November 2023 – 5.00pm to 8.00pm

Luckyn Lane, Basildon (formerly Procat)

Tuesday 8th November 2022 – 5.00pm to 8.00pm
Wednesday 1st March 2023 – 5.00pm to 8.00pm

Stansted Airport College

www.stanstedairportcollege.ac.uk

Saturday 15th October 2022 – 10.00am to 2.00pm
Wednesday 11th January 2023 – 5.00pm to 8.00pm
Thursday 20th April 2023 – 5.30pm to 8.00pm

Harlow College

www.harlow-college.ac.uk

Thursday 20th October 2022 – 5.00pm to 8.00pm
Wednesday 25th January 2023 – 5.00pm to 8.00pm
Tuesday 28th March 2023 – 5.00pm to 8.00pm

Colchester Institute

www.colchester.ac.uk

Colchester Campus

Saturday 15th October 2022 – 10.00am to 1.00pm
Tuesday 18th October 2022 – 5.00pm to 8.00pm
Thursday 20th October 2022 – 5.00pm to 8.00pm
Thursday 19th January 2023 – 5.00pm to 8.00pm

Braintree Campus

Monday 17th October 2022 – 5.00pm to 8.00pm
Saturday 5th November 2022 – 10.00am to 1.00pm
Tuesday 17th January 2023 – 5.00pm to 8.00pm
Thursday 11th May 2023 – 5.00pm to 7.00pm

The Sixth Form College, Colchester

www.colchsfc.ac.uk

Wednesday 19th October 2022 – 6.00pm to 9.00pm
Thursday 20th October 2022 – 6.00pm to 9.00pm

*Applications will open online from 21st
October 2022 and will close on the 31st January 2023*

Havering College (Sixth Form, Ardleigh Green and Rainham Campus)

www.ncclondon.ac.uk

Open events TBC
Register online to receive updates

<https://www.ncclondon.ac.uk/open-events>

FURTHER EDUCATION
2023-24

SOUTH ESSEX COLLEGE OPEN EVENTS

UNLOCK YOUR POTENTIAL

- Check out our fantastic facilities
- Meet course tutors
- Careers, finance and funding advice

SOUTHEND CAMPUS,
Luker Road, Southend, SS1 1ND
Tuesday 14 March 2023 - 5-8pm
Thursday 22 June 2023 - 5-7pm

THURROCK CAMPUS
High Street, Grays, RM17 6TF
Tuesday 25 April 2023 - 5-7pm

**CENTRE FOR ADVANCED
ENGINEERING,**
ALSO REPRESENTING
**CENTRE FOR DIGITAL
TECHNOLOGIES &
STEPHENSON ROAD**

Luckyn Lane, Basildon, SS14 3AX
Wednesday 1 March 2023, 5-8pm
Tuesday 16 May 2023, 5-7pm

www.southessex.ac.uk/OE

FURTHER EDUCATION
2023-24

SOUTH ESSEX COLLEGE OPEN EVENTS

UNLOCK YOUR POTENTIAL

- Check out our fantastic facilities
- Meet course tutors
- Careers, finance and funding advice

Upcoming Open Events

Braintree Campus Open Event

Braintree Campus, CM7 5SN

Thursday 11th May 2023, 5pm - 7pm

This Open Event is especially recommended for students in years 10 and 11, but anyone can come along to discuss our other provision, giving you the chance to talk to our course tutors about your options and find the right course for you.

At the event you'll be able to:

- see our fantastic study spaces;
- find out about student life;
- meet students currently studying at the college;
- speak to subject tutors and assessors;
- make an application;
- learn about the pathways that are available to you.



https://www.colchester.ac.uk/events/?f24_pid=77d4bfd6-dd7c-4b30-b677-41e3a3b00f7d&utm_campaign=2023%2003%2001%20-%20Schools%20Update%20-%2020119&utm_source=force24&utm_medium=email&utm_content=textlink

NEWS



marjon.ac.uk

Marjon Endeavour - calling all Year 11s

We are offering Year 11 students a free opportunity to participate in our Marjon Endeavour programme during the Easter holiday, from Tuesday 11th April to Friday 14th April 2023. This programme, delivered across 4 days, is designed to support attainment-raising in English and Maths, while developing study skills, wellbeing strategies and introducing participants to Higher Education.

The project aims to prepare young people for their upcoming GCSE exams, and help improve their academic outcomes. Marjon Endeavour will be led by the Marjon Outreach team, academic staff, current PGCE students and Student Ambassadors. Please get in touch with Hollie, by emailing visitus@marjon.ac.uk for more information.

Applications are open now and the application deadline is Monday 20th March 2023.

Open Events

Rush Green Campus & Barking Campus

Our Open Events are designed to give you an opportunity to see why Barking & Dagenham College is the best choice for your studies.

Whether you're leaving school and considering your options, are looking for an accredited Higher Education course, or are an adult considering your return to learning, our team of friendly experts will be on hand to provide information, advice and to help you take the first step.

Scan the QR code
to book your place



Upcoming Open Events

📍 Rush Green Campus

8th October 2022, 10am-2pm
1st December 2022, 4.30pm-7pm
12th January 2023, 4.30pm-7pm
22nd April 2023, 10am-2pm
8th June 2023, 4.30pm-7pm

📍 Barking Campus

10th November 2022, 4.30pm-7pm
9th February 2023, 4.30pm-7pm
27th April 2023, 4.30pm-7pm

What can you expect from an Open Day?

- **Take a tour** – we've invested £50m into our campuses, facilities, and industry-leading equipment over the past 8 years, including our £15m East London Institute of Technology. Let us show you around.
- **Chat to our industry-experienced tutors** – find out more about our courses, placement options, and where your course could lead you.
- **Support all the way** – our student-focussed teams will be on hand to chat to about any additional learning needs, financial advice, or career questions you may have.
- **Ready to apply?** Submit an application on the day and secure your place with us. With the high demand for our courses this year, apply as soon as you can to avoid disappointment!

Upcoming Open Events

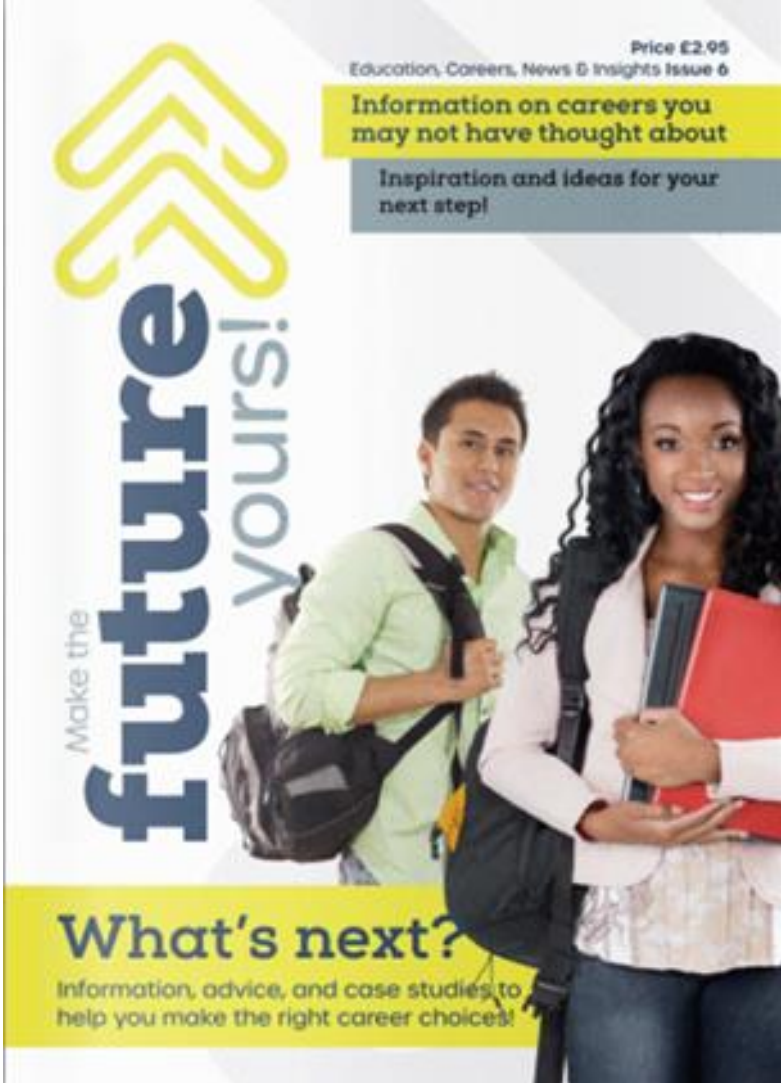
📍 Rush Green Campus

8th October 2022, 10am-2pm
1st December 2022, 4.30pm-7pm
12th January 2023, 4.30pm-7pm
22nd April 2023, 10am-2pm
8th June 2023, 4.30pm-7pm

📍 Barking Campus

10th November 2022, 4.30pm-7pm

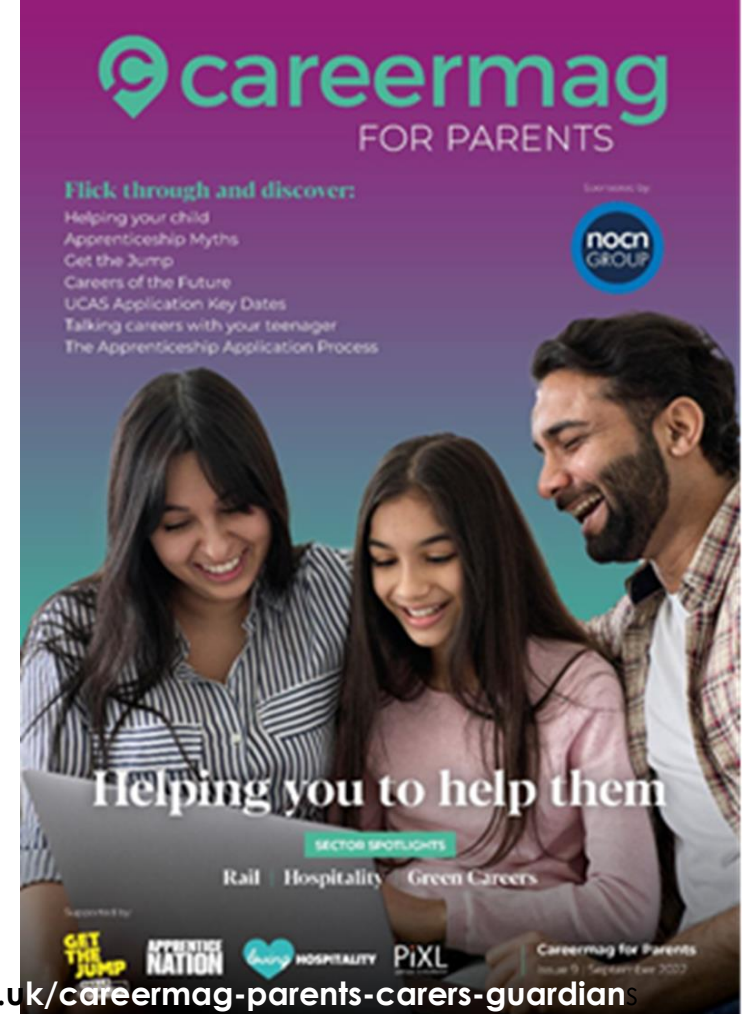




We know it can be challenging for schools and colleges to meet the Gatsby Benchmarks but we're here to help! Our latest issue of Careermag for Parents is here to help parents, carers and guardians to support their young people along the way!

This issue sponsored by NOCN and supported by PiXL, Get the Jump and many more covers lots of tips for post 16 and 18 options, the UCAS application key dates, talking careers with your children and much more!

<https://careermag.co.uk/careermag-parents-carers-guardians>



Issue 6 of our careers magazine, Make the Future Yours! is now available.

In this issue we look at Access to HE Courses, Environmentally Conscious Construction and Marketing careers.

It also includes case studies on what it's like being a Engineering Apprentice, Lab Technician Apprentice and having a Career in the Landscape.

It can be viewed for free at www.makethefutureyours.uk/latest-issue along with our previous issues.

Please share this link to the magazine to your students, their parents and any other teachers who may have an interest in these resources.

**FREE numeracy courses that
can help you brush up your
maths skills and become more
confident with numbers.**



Funded by the government
as part of the Skills for Life,
Multiply project; if you're
aged 19+ and do not already
have a GCSE at grade C or
equivalent join us on a short
course for free.

FREE MULTIPLY COURSES STARTING SOON...

Building Your Confidence with Numbers

A short course allowing you to get confident with using numbers and maths in everyday life.

Flexible Foundation Skills Maths Level 2

A flexible and intensive course, personalised to address the areas you want to focus on to progress in your life and career goals.

Supporting Your Child with Home Learning

Aimed at parents, this short course will enable you to support your child with their numeracy skills and your own.

Budgeting And Money Management

Need help using maths to manage your finances? This course will give you the skills you need to balance your budgets.

APPLY NOW

www.bdc.ac.uk/multiply
0208 090 3020

SCAN ME



Build your maths confidence with free courses and qualifications



**SKILLS
FOR LIFE**
Multiply

Multiply Maths Skills for Life | New City College
(ncclondon.ac.uk)

Multiply: Maths Skills for Life

New City College have launched a range of FREE maths courses. These courses are designed to help adults improve their confidence with numbers and brush up their maths skills for work and everyday life. Good number skills help in everyday life, such as helping children with their home-learning and budgeting money. They also unlock job opportunities that lead to higher wages or prepare you for further study.

On the Supporting Home-learning pathway, you will develop your confidence with everything from algebra to fractions. You will learn the current methods used in schools and the math curriculum from Year 1 to Year 11. This pathway will allow you to build a better understanding of your family's education, build stronger foundations for helping with homework and boost your numeracy skills and confidence.

Choose from three main pathways:

- Supporting Home-learning
- Upskilling for Promotion
- Managing Money

Course length:

- Each course is 15 hours in total
- Study for three hours each week, over five weeks
- Options for intensive courses are also available.

Who is it suitable for?

- These courses are suitable for both beginners and those who want to build on the foundations of their maths knowledge.

Eligibility:

- Adults aged 19+
- Do not already have a GCSE at grade C (or equivalent) in maths
- Must have a London postcode



Local Wellbeing
Group

Thurrock and
Brentwood Mind's
Youthful Wellbeing
Team are launching a
new wellbeing group
project in the new
year!

Sessions run 12:30-
2.20pm every other
Thursday starting 5th
January 2023 on the
YMCA Brentwood.
See poster attached
for more information
and to register your
interest.

**Youthful
Wellbeing says...**



**A fortnightly group
activity programme in partnership
with YMCA Brentwood. Designed to
improve your wellbeing and give you
a safe space to meet others.**

Sessions: 12:30-2:30pm every other
Thursday starting 5th January.

Where: YMCA Brentwood, Chindits
House, Chindits Lane, Brentwood,
CM14 5LF .

To register interest:-

Call: 01375 531710
Email: Youthfulwellbeing@tbmind.org.uk
or follow QR code
Registered charity no. 1106452

YMCA BRENTWOOD
PART OF YMCA THAMES GATEWAY GROUP

 **Mind**
Thurrock
and Brentwood



**Youthful
Wellbeing says...**



**A fortnightly group
activity programme in partnership
with YMCA Brentwood. Designed to
improve your wellbeing and give you
a safe space to meet others.**

Sessions: 12:30-2:30pm every other
Thursday starting 5th January.

Where: YMCA Brentwood, Chindits
House, Chindits Lane, Brentwood,
CM14 5LF .

To register interest:-

Call: 01375 531710
Email: Youthfulwellbeing@tbmind.org.uk
or follow QR code
Registered charity no. 1106452

YMCA BRENTWOOD
PART OF YMCA THAMES GATEWAY GROUP

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