



United Sixth Form
The best in everyone™
Part of United Learning

Fortnightly Careers Update

Week Commencing 19th September 2022

Riddle me this:

How can you rearrange the letters in the words 'new door' to make one word?

The **careers hub** is now open please email hilary.pether@avonbourneacademy.org.uk to book an appointment or just drop in to use the space.

There are various resources, laptops, university prospectuses and books for you to use so please feel free to drop by.

The careers hub is located in H1 which is just before you get to the music block.

There is an upcoming NHS Virtual Work Experience Programme commencing on Sunday 2nd October
You can register using the link below:

<https://alliedhealthmentor.org/product/live-virtual-work-experience-programme/>

This programme is suitable for students in years 10, 11, 12, and 13 who are interested in the following careers:

Nursing, Midwifery, Paramedicine, Physiotherapy, Occupational Therapy, Dietetics, Radiography, Prosthetics and Orthotics, Speech and Language Therapy, Pharmacy

During the work experience day, students will follow 2 patients from their initial presentation to recovery. They will gain a unique insight into how patients interact with a variety of healthcare professionals and what it's like to work in an NHS multidisciplinary team.

Attendees will have the opportunity to interact with healthcare professionals throughout each day. This will empower students to make an informed career decision and demonstrate their commitment to healthcare in their UCAS applications.

Students will receive certificates as evidence of having participated in the work experience programme. Those that complete the full 5-month programme will also be awarded Highly Commended References.

Students can register individually at any time throughout the 5-month programme using the link below. We recommend booking early to gain as much out of this programme as possible. Places are £10 a session to cover administrative and technological costs.

<https://alliedhealthmentor.org/nhs-healthcare-careers-virtual-work-experience/>

Upton
Country Park

Youth Volunteers



Join the Team

**Get Involved with Youth Volunteering at
Upton Country Park
Help us Plan and Organise Youth Events**

- Make Friends
- Learn New Skills
- Get Outdoors
- Build Your CV

Give Back to Your Community

Last Saturday of the month 1-3pm.

Contact us to book a place

For More Information

visit: <https://uptoncountrypark.com/events/>

call: 01202 127770 email: uptoncountrypark@bcpcouncil.gov.uk



Owned and operated by

Youth Volunteers

Our monthly Youth Volunteering group is now up and running! Join in with like-minded people to have your say about the Country Park and help to make it happen. Give back to your community and the environment but helping out around the Country Park, learn new skills in team-building activities, and have a voice in the Youth programme that the Country Park offers.

See the attached poster to find out more and please do spread the word. Further information can be found on our website <https://uptoncountrypark.com/events/>

If you are interested in getting involved, get in touch with our team at uptoncountrypark@bcpcouncil.gov.uk or call us on 01202 127770.

Sixth Form Student Work Experience Placements

If you're looking for work experience Upton Country Park can offer a range of placements that will provide you with practical skills and real-world experience to build your CV. Join our friendly, fun and engaging team for weekly roles or block placements.

A placement with our Visitor Services team will get you involved in everything from greeting visitors or helping with events, to working with school groups and creating new park activities and trails. Get experience in working with and for different audiences, marketing (including social media for business), event planning and customer service.

Or work with our Operations Team and our amazing volunteers to get involved in all the practical elements of looking after the Country Park. From pruning to pond clearance and everything in between, gain practical hands-on experience of wildlife and habitat conservation, horticulture, and grounds maintenance.

Our Work Experience placements can run as either a weekly volunteering day or afternoon to build up your hours, or as a block placement over one or two weeks, whatever suits you.

Get in touch with the team at uptoncountrypark@bcpcouncil.gov.uk or call us on 01202 127770.

REAL EXPERIENCES

REAL OPPORTUNITIES

Work Placement - Hengistbury Head Visitor Centre Support

Placement Purpose and Objectives

A voluntary role based at Hengistbury Head Visitor Centre. The placement involves assisting in the day to day running of the Visitor Centre, which is situated in the beautiful setting of Hengistbury Head Nature Reserve.

Main Duties and Responsibilities

- Front of house, welcoming visitors to the Centre and providing information for their visit
- Assisting in the gift shop: serving customers; using the till; refilling stock; keeping shelves tidy;
- Reception duties - answering the phone, answering queries, taking messages for staff, taking bookings for events
- Experience of handling cash
- Assisting/talking to visitors/groups in the exhibition area
- Daily Visitor Centre duties at the start and end of each day: switching displays on/off; opening/closing doors; putting out/bringing in furniture and items for sale; putting out/bringing in signs; updating noticeboards; topping up bird feeders; feeding the fish; sweeping floors; general housekeeping
- Assisting with activities and events: themed, seasonal trails; craft events such as reindeer making; guided tours and walks; school visits
- Setting up for events: putting out tables and chairs; preparing drinks
- Assist with general administration/computer work
- Assist the Curator of the museum section: archiving; exhibition curation; care of archaeology collections
- Experience of/training in Health and Safety and First Aid
- Assist with visitor surveys and other projects

Experience and Benefits of the Placement

- Experience in a real working environment
- Customer service
- Communication skills
- Retail and cash handling
- Running a visitor attraction
- Natural history and archaeology of Hengistbury Head
- Organising/running events
- Flexible hours

Volunteering

Helping Hands Volunteer- Come and make a difference to the NHS and patients by helping on our friendly Community Hospital wards!

This is a fantastic opportunity to volunteer on an NHS ward where you will help to enhance the ward environment and experience for our patients. Some of the ward activities will include chatting to patients, helping with the tea round at mealtimes and running errands for staff.

We are looking for volunteers to provide support on our friendly wards at the following Community Hospitals:

- Blandford Community Hospital
- Bridport Community Hospital
- Swanage Community Hospital
- Westhaven Community Hospital (Weymouth)
- Yeatman Hospital (Sherborne)
- Westminster Memorial Hospital (Shaftesbury)
- Alderney Hospital (Poole)
- Victoria Hospital (Wimborne)

To get the most out of your volunteering role and to get well acquainted we ask if you can commit to a couple of hours a week – but of course we are flexible.

Opportunity to gain the accredited National Volunteer Certificate (NVC)

Friendly, listening and communication skills, working part of a team

Volunteer Ebay listers needed - tech savvy people needed

Volunteer ebay listers required to help our store managers raise vital funds for our charity via our online ebay platforms

must be tech savvy, would suit someone looking to get into media and IT

friendly teams, various opportunities throughout Bournemouth and Poole

For more information please visit: [Volunteer Centre Dorset promoting and developing volunteering in your area. A TeamKinetic powered website](#)

Don't forget to look out for university open days that will be coming up soon here are a few opportunities.



Southampton dates

Our 2022 undergraduate open days in Southampton will be taking place on:

- Saturday 8 October
- Sunday 9 October

[Download our September open day programme.](#)

Winchester School of Art dates

Our 2022 undergraduate open days for Winchester School of Art will be taking place on:

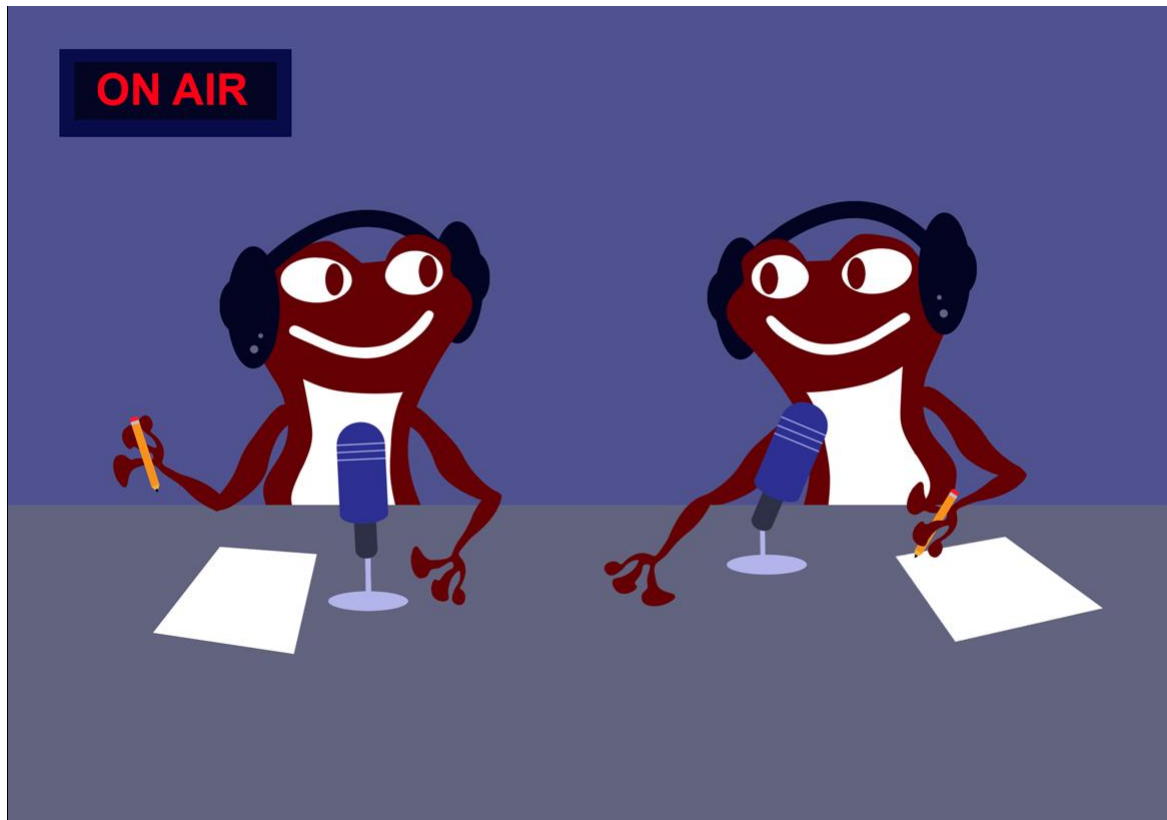
- Saturday 8 October
- Wednesday 26 October
- Saturday 19 November



ATTEND AN OPEN DAY

Open Days offer you the opportunity to get a feel for what living and studying at Reading is like. Join us at one of our Autumn Open Days:

- [Saturday 8 October 2022](#)
- [Saturday 15 October 2022](#)



'Day in the life' webinars: today at 16:30 & 17:30; Thursday at 17:00

Our 'Day in the life' webinar series is back, and this time we're giving your students the chance to hear what's it like to work in tech, at an airline, or at a big global company.

We'll have guest speakers from companies like Unilever and British Airways.

> [Sign up or share with your students here](#)

The Unifrog Post

- One email every fortnight
- No silliness, just news and opportunities to help you succeed
- Our new newsletter only for Year 12 and Year 13 students at Unifrog partner schools

I'll sign up >

Unifrog's student newsletter The Post now has over 18,000 subscribers worldwide!

Each fortnightly edition features useful stuff for students like:

- insider tips from employers and universities on how to get in
- new and topical Know-how library guides
- exclusive Unifrog events like careers and subject webinars

Students can sign up from the box at the bottom of their Unifrog homepage (above).

> [Check out a previous edition](#)