



# The UPdate NEWSLETTER

April 2025

## Welcome to the April UPdate newsletter.

This update is for young people aged 16+ in the BCP area to stay informed of local opportunities for volunteering, training, employment, and education.

We understand that it can be hard to find the right opportunity and sometimes, there are things that get in the way of reaching the goals you might hope to achieve. We can work with you to try to help you get to where you want to be and explore options that are right for you. Email us on [upinbcp@bcpcouncil.gov.uk](mailto:upinbcp@bcpcouncil.gov.uk) to book an appointment with a support worker.

If you are now in education, employment or training, please update us here:

[www.upinbcp.co.uk/update-us](http://www.upinbcp.co.uk/update-us) 



**Muscliff Park,  
Shillingstone Drive,  
Bournemouth,  
BH9 3LR**

## Gain valuable work experience and get involved with:

- Barista training - making and serving different types of coffee
- Making cakes and preparing hot food
- Making promotional content
- Set up and pack down of chairs and equipment
- Taking customer orders and payments

**Email: [thepointcafe@bcpcouncil.gov.uk](mailto:thepointcafe@bcpcouncil.gov.uk)**



# PROJECT OF THE MONTH

## Short Course:

### The Spear Programme

📍 St Swithun's, Gervis Road, Bournemouth, BH1 3ED

The award-winning Spear Programme helps young people overcome challenges and build vital skills for their career, be fully prepared for the workplace and commit to long-term employment. They support young people by giving them the coaching, skills and confidence they need to get into work or re-enter education. Since the programme began 15 years ago in London, the Spear Programme has helped more than 10,000 16-24 year olds. The programme has 2 parts: Spear Foundation and Spear Career. In Spear Foundation, you attend 4 afternoons a week for 6 weeks - 3 group sessions and 1 session 1-to-1 with your coach. Once you have completed Spear Foundation you should feel like you have more of the tools you need to get back into work or education. In Spear Career, your coach will check-in with you regularly whilst you independently search for employment or courses.



## Why do this course:

- Learn communication and employment skills
- Boost your confidence
- Improve your mindset and motivation
- Get follow-on support for up to a year afterwards
- Get into a new routine and meet new people

## How to get involved:

Email: [hello@spearbournemouth.org](mailto:hello@spearbournemouth.org)

Phone: 07541644682

Web: [www.resurgo.org.uk/programmes/bournemouth/](http://www.resurgo.org.uk/programmes/bournemouth/)

## Who is the course for?

Young people aged 16-24 who are not in education, employment or training, who are ready to try something new.

### Next start date:

7<sup>th</sup> May 2025

**SIGN UP**



**spear**  
bournemouth

a resurgo  
partner

we



**BCP Council Youth Forum** provides an opportunity for young people aged 11 to 19 to get involved in decisions that have an impact on their lives. The group meets online and in person to create change for young people across Bournemouth, Christchurch and Poole. The forum enables young people to work with policy directors, elected members and other adults who wish to gain young peoples opinions and views. Everyone is included, it is a safe space for young people to come together to have their voices heard. If you would like to know more, just send an email saying 'tell me more' to: [participation@bpcouncil.gov.uk](mailto:participation@bpcouncil.gov.uk)



**JOB FAIRS**  
South West.co.uk

**POOLE JOBS FAIR**

🕒 10.30am - 2.30pm  
📍 Lighthouse Poole

**000 THURSDAY 03 APRIL**

[www.jobfairssouthwest.co.uk](http://www.jobfairssouthwest.co.uk)   

- Meet face-to-face with hiring managers from some of the best employers in Poole
- Learn about new opportunities in a wide range of industries
- Get help and advice from experts

[Click here to reserve a space](#)



### Thinking of going back to college in September?

Take some time browsing the course guides for Bournemouth and Poole College and Brockenhurst College. If you need help with applying, or understanding whether your previous exam grades match the course you want to do, get in touch and we will be happy to help.



#### Full-Time Course Guide

For school leavers including T Levels, Apprenticeships and Degree-level courses.

Full-Time Course Guide 2025/26



[www.upinbcp.co.uk](http://www.upinbcp.co.uk)







Young Women's Trust offer a free telephone and online coaching service for women aged 18-30 to help with anything from work, life or building confidence.

You can also get free advice on your CV or job application - Call 0808 808 8099.

## The Skills Toolkit

Free courses to help you learn new skills or change jobs. Including general skills that apply to all sectors and more specialised skills.

[Open all](#)

### Practical maths

2 courses to help with fractions, decimals and other maths skills for work and everyday life



### Computer essentials

5 courses to help you use a computer, the internet and office programs like spreadsheets and word processors.



### Personal growth and wellbeing

1 course to help recognise your strengths and develop resilience.



### Professional development

8 courses to help with communication skills, your professional online presence, leadership and collaboration.



### Business and finance

7 courses including project and business management, bookkeeping and sales.



### Digital design and marketing

6 courses including user experience design (UX), graphic design, app design and social media.



[www.upinbcp.co.uk](http://www.upinbcp.co.uk)



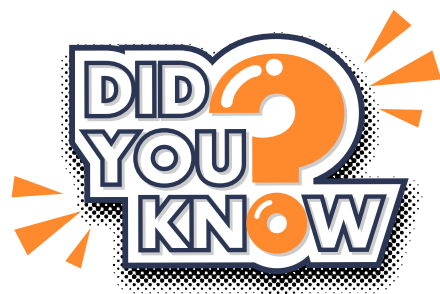
## Community Action Network

Do you want to help people in your community?  
If you're interested in volunteering,  
**Community Action Network** can help.

Volunteering can transform your life – and we help aspiring volunteers find their dream role. **Build lifelong friendships, gain new skills, develop self-confidence and above all, have fun!** From gardening to befriending to events, local charities and organisations are on the lookout for helping hands.

If you're not sure what you want to do and would like a little support, email [volunteer@can100.org](mailto:volunteer@can100.org) or call **01202 466 130** and we'll talk you through your options.

Find the perfect volunteer role, based on your skills, interests and availability.



An email or phone call to the hiring manager to check that they've received your application could make the difference between you getting an interview or not.

See page 5 for some top tips



## TOP TIPS



An email or phone call to the hiring manager to check that they've received your application could make the difference between you getting an interview or not.

It's possible that they've lost track of your email due to high volumes of emails they receive daily, especially if they are hiring for multiple roles.

The important thing here is to make a good impression. Ensure that your email is professional, polite and written with correct spelling, grammar and punctuation.

Make sure it is brief but reiterates that you have a genuine interest in the role, and reasons why you feel you would be a good candidate.

You could make it easier for the hiring manager to find your application by including the date you submitted your application.

### New message



To... Hiring Manager

Subject... Following Up on Application for Car Sales Advisor Position

Dear Hiring Manager,

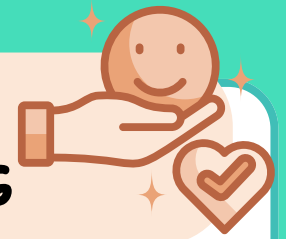
I hope this email finds you well. I applied for the Car Sales Advisor position at Poole Penton on 22nd March and wanted to check in on your decision timeline. I am very interested in the opportunity to join the team and bring my strong communication and customer service skills to help drive sales forward and maintain satisfaction for customers of the business.

I understand how busy you are and want to thank you in advance for considering my application. Please do not hesitate to contact me if you need any additional information or references from me.

I look forward to hearing from you,

Bob Smith

[Send Message](#)



## YOUR WELLBEING

Teen  
Sleep  
Hub



The Teen Sleep Hub..... providing the support  
you need to achieve a good night's sleep

Getting better sleep can have a positive impact on all aspects of your life. From helping the brain retain information to helping us to look better, these are just some of the health benefits to sleeping well.

### Simple Changes for Better Sleep

1. **Stick to a Sleep Schedule** - Try to go to bed and wake up at the same time every day. Keeping a regular sleep schedule trains your body to know when it's time to sleep and time to wake up.
2. **Chill Out** - Create a wind-down routine to help your brain and body relax before bed. Listen to some calming music, read a book, or do a little journaling. Find what works for you!
3. **Cut Back on Screen Time** - Scrolling through Instagram or gaming right before bed might seem fun, but the blue light from screens can trick your brain into staying awake. Try to ditch the screens at least an hour before bed—or use a night mode if you can't.
4. **Make Your Room Sleep-Friendly** - Turn your bedroom into a sleep haven. Keep it cool, dark, and quiet. Blackout curtains and a comfy blanket can work wonders.
5. **Watch What You Eat and Drink** - Avoid energy drinks, coffee, or big meals close to bedtime. These can make it harder to fall asleep and stay asleep.
6. **Get Moving During the Day** - Regular exercise helps you sleep better, but don't overdo it right before bed. A walk, bike ride, or workout earlier in the day is a great idea.
7. **Track Your Sleep** - Pay attention to your sleep habits. Keep a simple journal of when you go to bed, wake up, and how you feel. Over time, you'll notice what helps you sleep best.