



www.upinbcp.co.uk



The UPdate NEWSLETTER

July 2025

Welcome to the July 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 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 




spear bournemouth

The award-winning Spear Programme helps young people overcome the challenges they face and build vital skills for their career, be fully prepared for the workplace and commit to long-term employment.

Ready to sign up?


- 16 to 24 years old
- Not currently working or in education
- Able to commit to 4 sessions a week for 6 weeks

Sign up for the Spear Programme 



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

The Yes You Can! Project

If you are aged 16-18 not in education, employment or training then we want to help! 


SEND4 is offering a 6-week programme to help you find your path and stick to it!

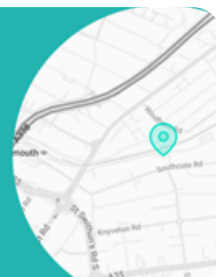
- Access to a qualified team of recruiters
- Work experience available
- Ongoing support of SEND4 membership

 www.send4.co.uk

 info@send4.co.uk

 01202 022014

 Unit 4, The Old Brewery
91a Southcote Road
Bournemouth, BH1 3SW

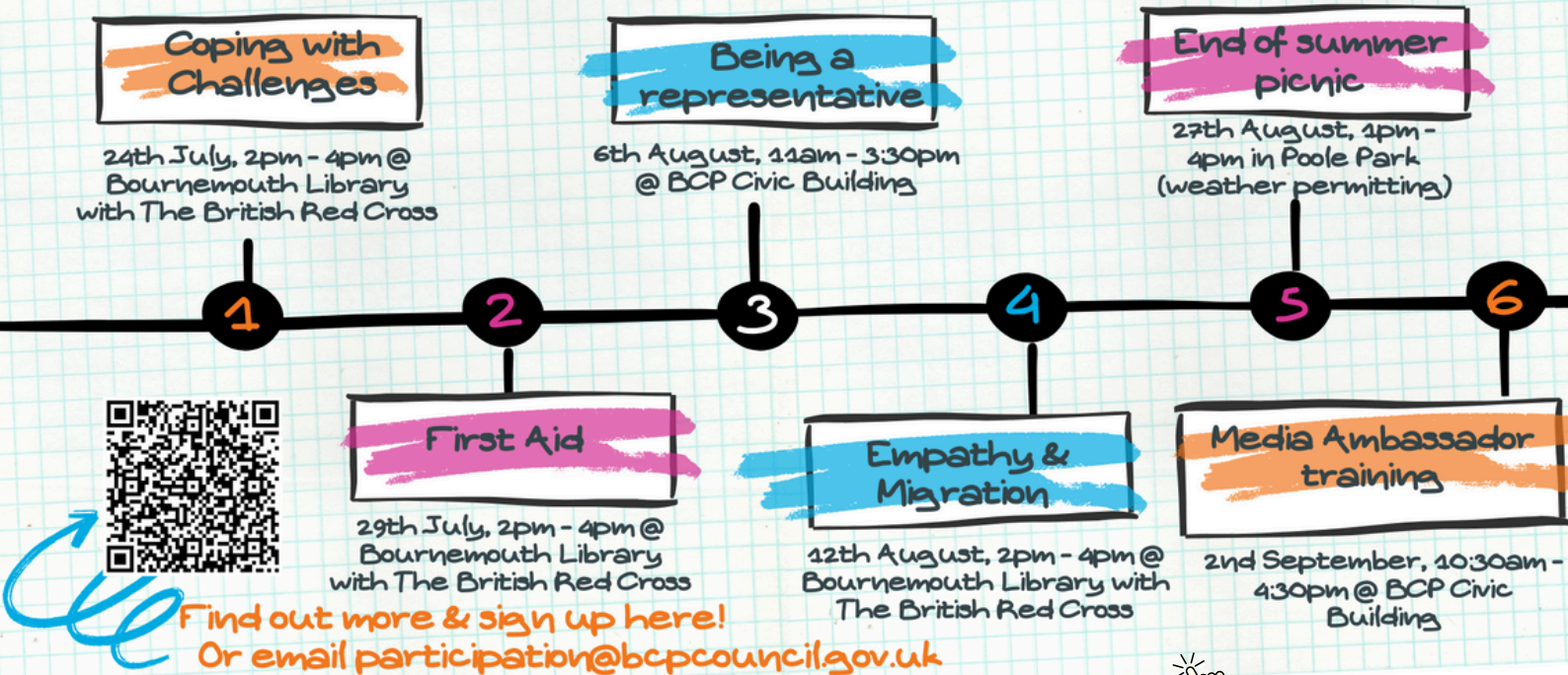


PROJECT OF THE MONTH:

YOUTH FORUM
SUMMER SESSIONS

Six summer sessions

Workshops for you with the Children's Rights & Engagement Team
For young people aged 11 - 19 years old (25 for SEND or Care Experienced young people)



Coping with Challenges: This resilience-building workshop uses experiential learning to help young people learn resilience-building skills that help them cope better with the challenges they face.

First Aid: In this youth workshop, you will learn essential first aid skills. We help you to build the confidence and willingness to help someone in an emergency using everyday objects.

Being a representative: A creative day exploring what it means to represent yourself and other young people, sharing your thoughts with others and developing project ideas.

Empathy & Migration: A workshop to learn about the experience of migration and reasons why people may have to leave home. The session will focus on developing empathy by putting yourself in the shoes of others and engaging in stories of migration. The workshop helps you challenge assumptions about migrants, asylum seekers and refugees.

End of summer picnic: It doesn't matter if you haven't made an actual meeting yet but want to know more, or have attended regularly over the past year, this picnic is aimed at us coming together to play some games, chat and have fun

Media Ambassador Training: We are looking for new recruits to join our Media Ambassador team, if you have an evening a month to spare and want to gain hands on experience creating content then get involved!

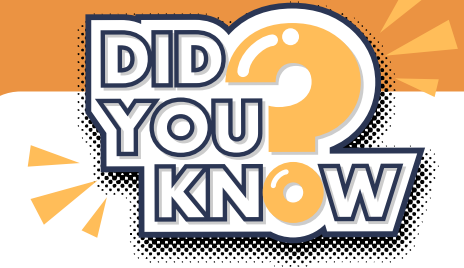
USE
your
VOICE

FREE BARISTA TRAINING

THE POINT CAFE IS OFFERING FREE BARISTA TRAINING, A FOOD HYGIENE CERTIFICATE AND CUSTOMER SERVICE SKILLS FOR THOSE WHO VOLUNTEER WITH US! THIS COZY CAFE IS RUN BY DEDICATED YOUNG VOLUNTEERS AND OPERATES AS A NON-PROFIT SERVICE, WITH ALL PROCEEDS GOING BACK INTO THE CAFE TO SUPPORT ITS MISSION



INTERESTED? If you're interested, email us for more information on ThePointCafe@bcpcouncil.gov.uk



If you haven't had a job before, volunteering can be a great way to gain experience to put on your CV and show that you're proactive about learning and developing new skills.

It lets potential employers see that you've been involved in meaningful activities, even without formal work experience, and that you're committed to personal growth.

See page 5 for links to volunteering opportunities that will look great on your CV!

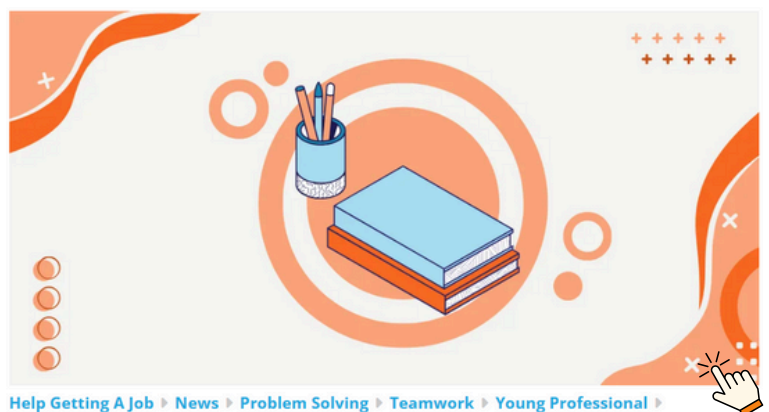
Download The Free [Looking For Work](#) Careers Booklet From Youth Employment UK – Your Guide To Planning, Applying For And Landing Your Dream Job.



www.upinbcp.co.uk



What Are The Top 5 Skills Employers Will Be Looking For In 2025 And Beyond?



Youth Employment UK have looked at what various experts have to say on this subject, and identified 5 of the top skills that they say will be essential for young job seekers in 2025 and beyond.

Green Employment Pathway



What is the Green Employment Pathway: Sustainable careers in BCP?



Supported by

JPMorganChase



The Green Employment Pathway BCP is a completely free, 1-2-1 employment support and coaching programme for SNG and non-SNG residents in Bournemouth, Christchurch, and Poole. The programme supports people to access advice, guidance, vocational training, work and better work related to Green Skills roles and organisations.

You can apply to join the Green Employment Pathway if you:

- Are aged 18+
- Are looking for work or better work
- Are an SNG or non-SNG resident of BCP
- Have the right to work in the UK



What support can a SNG Employment and Skills Coach offer me?

You will receive a personalised service of guidance, support and practical help to access green focused training and work.

Some of the ways we can help:

- Green Skills information sessions: Learn about the latest opportunities in the green sector and how to get started.
- Funded Green Skills fundamentals training: Develop a strong understanding of the green sector and how you can contribute.
- One-to-one coaching: A dedicated Employment and Skills Coach will guide you through your personal journey, offering practical advice and support to overcome barriers to employment.
- Bespoke employability support: Tailored help with CV writing, job applications, and interview preparation to give you the best chance of success.
- Financial assistance: Grants are available to help cover the costs of training, childcare, travel, and necessary equipment, making it easier for you to focus on building your career.
- Work placements and volunteering opportunities: Gain valuable on-the-job experience in green industries, helping you build confidence and employability skills.

VOLUNTEERING

TOP TIPS



Today's job market is competitive, and you might have been told you don't have enough experience yet. By volunteering, you gain experience and the chance to impress a hiring manager. Volunteering for a charity can also give you a great idea of the work ethic expected in employment and give you the responsibility of carrying out tasks.

Charities and not-for-profit organisations recruit hundreds of volunteers every year throughout the UK and, as a result, the range of opportunities on offer is endless. From sports coaching to fundraising, marketing to mentoring, volunteering is a great way to improve your career skills.

Due to the nature of volunteering, you can take on leadership roles very quickly, and having leadership skills is a great way to show an employer your potential. Volunteering can boost your confidence and self-esteem by providing a sense of purpose and accomplishment. Engaging in meaningful work and making a positive impact on others can give you a renewed sense of confidence, which can translate into greater success in your job search and career.



Creative Kids is an Award-Winning Arts Education Charity offering free or affordable, accessible arts activities that help children and young people age 6 + grow in confidence as budding artists because every child deserves the opportunity to shine.

If you love working with children & love the arts, join the Creative Kids Team.

www.creativekids.org.uk



Young Adult - Ranger Work Experience

Applications are open for 16-25 year olds for free Ranger Work Experience sessions taking place in parks across BCP.

No experience needed. You could learn skills like:

- Species conservation
- Veg growing and tree planting
- Wildlife surveys and habitat creation
- Landscaping
- Woodworking
- Park maintenance

Contact:

will@parksfoundation.org.uk
01202 143724



Community Action Network

www.can100.org

Are you 16+ and want to help people in your community? If you're interested in volunteering, we can help. Volunteering can transform your life – and we help aspiring volunteers find their dream role.

If you're not sure what you want to do and would like a little support, email volunteer@can100.org or give us a call at 01202 466 130 and we'll talk you through our options.

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

AGED 14-19?
BECOME A YOUNG CONTENT CREATOR
FOR DORSET LOCAL NATURE PARTNERSHIP & DORSET WILDLIFE TRUST

- AQA award
- Personalised reference for your CV
- Training in content creation and digital skills
- Ongoing monthly sessions to develop and create content

SIGN UP @ [BIT.LY/DWT-YOUNG-CREATORS](https://bit.ly/dwt-young-creators)



Pause Cat Cafe in Bournemouth aims to improve lives by promoting kindness through animal welfare, ethical eating, volunteering and community projects.

We're always looking for volunteers, and you can gain experience in all different aspects of the cafe.

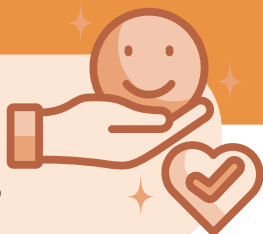
Apply for volunteering by emailing hello@pausecatcafe.com



Dorset County FA Youth Leadership Group serves as the voice to young people, giving them a platform in which to develop their skills whilst making a difference to Dorset football. If you are aged between 14-25 and this sounds like a team you would enjoy being a part of please contact us to begin your journey.

By Phone: 01202 688277
(8.30am - 4.30pm Monday - Friday)
By Email: Development@dorsetfa.com

YOUR WELLBEING



WithYou is a drug, alcohol and mental health support charity. If you're a young person looking for advice and support around drugs, alcohol or your mental health, WithYou is here to help. If you're a parent or family member worried about a young person, we're here for you too.

Our services are mainly for people aged 11-18, sometimes up to age 24, as well as for their families.

You'll find a warm welcome and free, non-judgmental support and advice from our young people's services across England and Scotland. Our aim is to help you make the positive changes you need to feel better, stronger and more in control, so that you move forward in your life, with confidence.

Information and advice to support you

If you're concerned about your drinking, drug use or your mental health - or supporting someone else - we have plenty of helpful advice and information for you.



[Substance
information library](#) >



[Advice and
resources for you](#) >



[Advice for
someone else](#) >

[Drug and Alcohol Support for Young People](#)

We provide drug and alcohol support, treatment and information for young people and their families.



[Support for Parents, Carers and Families](#)

How we can help you if you're concerned that a young person you care for is using drugs or alcohol.



[CBT for Young People](#)

We provide Cognitive Behavioural Therapy (CBT) as part of our drug and alcohol support for children and young people with specific support in Kent, Bournemouth, Christchurch and Poole and Lancashire.



[Support for Young People Affected by Parents, Carers and Families Drugs or Alcohol Use](#)

We have help and information available if you feel confused, stressed or anxious about a family member's drug or alcohol use.

