



# Personal development bulletin number 18 1.2.21

**time to change**  
let's end mental health discrimination

Resources	<i>Pages</i>
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**You yourself,  
as much as anybody in the entire universe,  
deserve your love and affection.**

***Buddha***

# Time to Talk Day Friday 4<sup>th</sup> February 2021

**time to change**

let's end mental health discrimination

## The Power of Small

- A small conversation about mental health has the power to make a big difference.
- We know that the more conversations we have, the more myths we can bust and barriers we can break down, helping to end the isolation, shame and worthlessness that too many of us with mental health problems are made to feel.
- Time to Talk Day is the day that we get the nation talking about mental health. This year's event might look a little different, but at times like this open conversations about mental health are more important than ever.
- We need your help to start the conversation this Time to Talk Day – together we can end mental health stigma.
- [www.time-to-change.org.uk/get-involved/time-talk-day](http://www.time-to-change.org.uk/get-involved/time-talk-day)



## ACTION CALENDAR: FRIENDLY FEBRUARY 2021



### MONDAY

**1** Send someone a message to say how much they mean to you

**8** Share what you're feeling with someone you really trust

**15** Smile at the people you see and brighten their day

**22** Give sincere compliments to people you talk to today

### TUESDAY

**2** Ask a friend how they have been feeling recently

**9** Thank someone and tell them how they made a difference for you

**16** Check in on someone who may be struggling and offer to help

**23** Be gentle with someone who you feel inclined to criticise

### WEDNESDAY

**3** Do an act of kindness to make life easier for someone else

**10** Look for the good in people, even when they frustrate you

**17** Respond kindly to everyone you talk to today, including yourself

**24** Tell a loved one about their strengths that you value most

### THURSDAY

**4** Organise a virtual 'tea break' with colleagues or friends

**11** Send an encouraging note to someone who needs a boost

**18** Appreciate the good qualities of someone in your life

**25** Thank three people you feel grateful to and tell them why

### FRIDAY

**5** Show an active interest by asking questions when talking to others

**12** Focus on being kind rather than being right

**19** Share a video or message you find inspiring or helpful

**26** Give positive comments to as many people as possible today

### SATURDAY

**6** Get back in touch with an old friend you've not seen for a while

**13** Send a friendly message of support to a local business

**20** Make a plan to connect with others and do something fun

**27** Call a friend to catch up and really listen to them

### SUNDAY

**7** Make an effort to have a friendly chat with a neighbour

**14** Tell your loved ones why they are special to you

**21** Actively listen to what people say, without judging them

**28** Make uninterrupted time for your loved ones



"The best way to cheer yourself up is to cheer somebody else up" - Mark Twain



"The only way to have a friend is to be one" - Ralph Waldo Emerson

ACTION FOR HAPPINESS



[www.actionforhappiness.org](http://www.actionforhappiness.org)

Learn more about this month's theme at [www.actionforhappiness.org/friendly-february](http://www.actionforhappiness.org/friendly-february)

Happier · Kinder · Together

Think of the week...

## Are real life friends better than online ones?

Social media helps us connect with more people than we meet in everyday life. But if you never meet someone face-to-face are they a proper friend? Plus, people can more easily lie about who they are online...

*A question similar to those used in **Oxbridge** interviews.*

*Discuss your ideas.*

See more at <https://explore.org/>

Tips for feeling good in lockdown...



**TIPS FOR FEELING GOOD IN  
LOCKDOWN**





Essential support for under 25s

☎ 0808 808 4994

About [www.themix.org.uk](http://www.themix.org.uk)

*The Mix* is here to take on the embarrassing problems, weird questions, and please-don't-make-me-say-it-out-loud thoughts that people under 25 have in order to give them the best support through our digital and phone services.

**Our Mission** is to become the first point of contact for any young person seeking help or information on any subject wherever and whenever they need it.

## Page of the week

[A self-care guide for those impacted by racism](#)

### A self-care guide for those impacted by racism



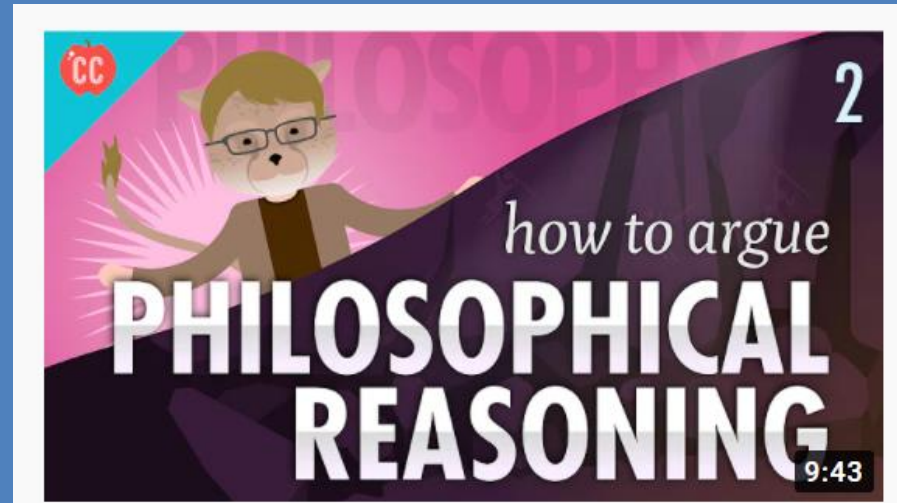
## The Great Conversation...

A different topic each week, to help you

- Develop your debating skills
- Wow in an interview/seminar
- Write better essays
- Grow in confidence

Philosophical Reasoning

<https://youtu.be/NKEhdsnKKHs>





**Labour Market Information...**  
Where are the most jobs in each area?

## Labour Market Information

\*LMI obtained from the Office for National Statistics and Gov.uk. Poster last updated August 2020

\*\* Data used in this poster covers the period April - June 2020 and includes furloughed workers



## South East Midlands LEP

Corby, Kettering, Daventry, Northampton, South Northamptonshire, Milton Keynes, Luton, Central Bedfordshire, Bedford, Weltonborough & East Northamptonshire



### Employment

UK - 76.4%  
LEP - 79.6%



### Unemployment

UK - 3.9%  
LEP - 3.2%

16-64 year old population = 1,264,500  
Total population = 2,034,200

### Full-Time Salary



UK Average - £30,414  
LEP Average - £30,149

### Self-Employment



10.9%

151,200 people in the region are self-employed

### Apprenticeships

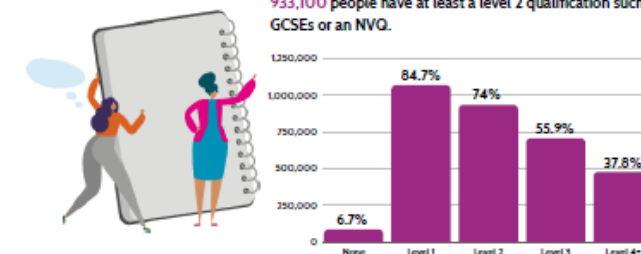
There are approximately 601 live vacancies within a 40 mile radius of Northampton, including...

- Support Worker
- Recruitment Consultant
- Graphic Design
- Digital Marketing
- Vehicle Paint Technician
- Dental Nursing
- Finance and Insurance
- Chef
- Website Designer
- Transport Operator

Plus many more! Find local opportunities on [www.apprenticeships.gov.uk/](http://www.apprenticeships.gov.uk/)

### Qualification levels

933,100 people have at least a level 2 qualification such as GCSEs or an NVQ.



### Where do people work right now?

#### Most jobs

- Wholesale & Retail - 171,000 (17.7%)
- Administration - 108,000 (11.2%)
- Health & Social Care - 107,000 (11.1%)
- Manufacturing - 92,000 (9.5%)
- Education - 85,000 (8.8%)

#### Fewest jobs

- Finance & Insurance - 24,000 (2.5%)
- Real Estate - 16,000 (1.7%)
- Water, Sewerage & Waste - 5,000 (0.5%)
- Electricity, Gas & Air - 3,000 (0.3%)
- Mining, Quarrying & Utilities - 225 (0.01%)

#### Growth Sectors

- Health and Social Care
- Professional Services
- Manufacturing & Technology
- Wholesale and Retail
- Transport & Logistics

There are many other sectors that will grow in your region.

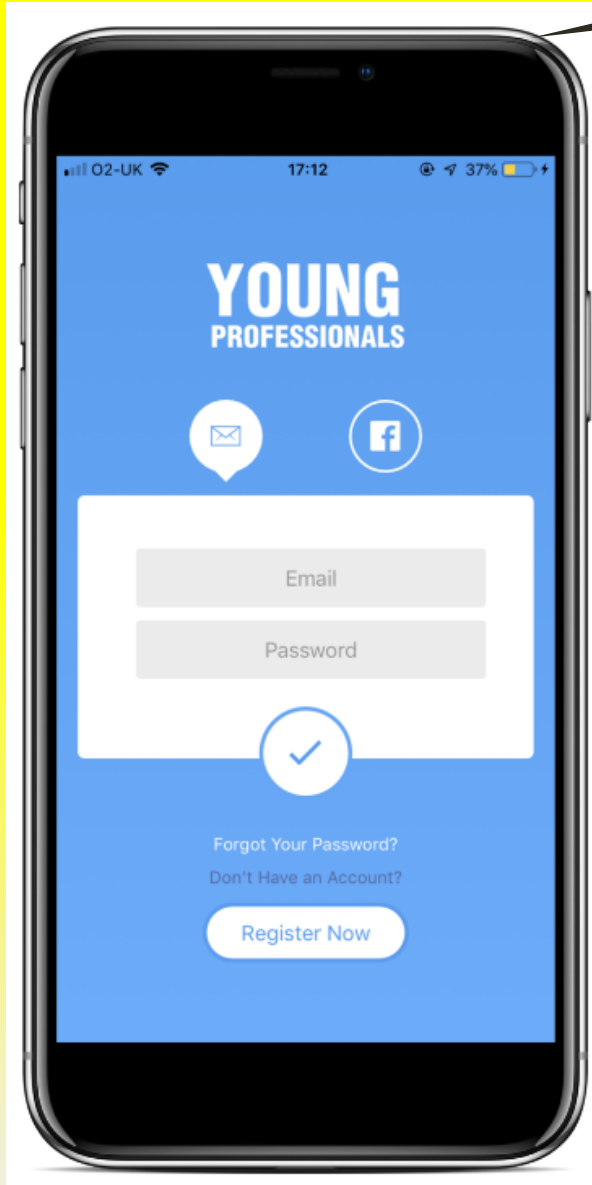
### What are some of the region's big name companies?



Mercedes-Benz

Need careers advice? Call us on 0800 100 900, contact us [online](#), or find us on Facebook, Twitter and The Student Room.

## Young Professionals App



### One Simple Platform

One brilliant app that will allow you to unleash your career potential. Search for your ideal job, employer and key location quickly and easily

### Kick Start Your Career

View hundreds of job opportunities from leading employers who will help you turn your first job into a rewarding career

### Personal Profile


Create your own profile to showcase you to potential employers! Take your video, upload your skills and get yourself discovered!

# Apprenticeships

**Apply Now for Opportunities at Top Companies**

We've put together the latest school/college leaver jobs and apprenticeships at leading employers across the UK. [Click to apply below.](#)

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**Willis Towers Watson**  
Higher & Advanced Apprenticeships

**Deadline:** 28 February 2021  
**Location:** Nationwide  
**Salary:** Competitive

[View jobs](#)

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**PwC**  
School Leaver Programmes, Degree Apprenticeships

**Deadline:** 29 January 2021  
**Location:** Nationwide  
**Salary:** Competitive

[View jobs](#)

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**BT**  
Higher, Intermediate, Advanced & Degree Apprenticeships

**Deadline:** Ongoing  
**Location:** Nationwide  
**Salary:** Competitive

[View jobs](#)

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**IBM**  
Gap Year internship programs

**Deadline:** Ongoing  
**Location:** Nationwide  
**Salary:** Starting from £18,000

[View jobs](#)

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**Pearson College London**  
Degree Apprenticeship

**Deadline:** 26 February 2021  
**Location:** London  
**Salary:** Competitive

[View jobs](#)

## Opportunities

Full details here:

<https://successatschool.org/jobscourses>

## Opportunities

### Apprenticeship Week Webinars

- To coincide with National Apprenticeship Week (8th Feb 2021), National Grid, the multinational energy company are pleased to invite your sixth form students along to a series of a webinars to share further information about the diverse set of apprenticeship opportunities available at National Grid as well as meeting current apprentices.
- Identical sessions will be run each day during the week from 12:30-13:15 so please do encourage your sixth form students to join a session convenient to them. Students can use the sign-up link below, once confirmed, joining details will be sent over email.

More opportunities with different companies [here](#)

UCAS PRESENTS...

## DISCOVER APPRENTICESHIPS

A week of exploration.  
Inspiration.  
Opportunity.

**GET YOUR TICKET >**



**8 – 12 FEB**  
**#NAW2021**

Now's your chance to stop wondering 'What if'. This National Apprenticeship Week we've teamed up with the National Apprenticeship Service to bring you...



### Real talk with real apprentices

First up, we're asking current apprentices to share what it's really like to study and work.

[Meet the apprentices >](#)



### Employers on the lookout for the next big thing

Meet and speak to employers at our main event to discover what opportunities await you.

[See who's there >](#)



### The uni vs apprenticeship debate

Not sure which option is right for you? Join our live debate to see what the people studying them think!

[Save the date >](#)

Everything you need to discover if an apprenticeship is the right fit for you.

**Want to know what else we have in store?**

**Tell me more >**

# 2021 Nottingham University Summer Schools

- experience life at a leading university
- try out a range of course options related to their interests
- develop focus and motivation for the remainder of their post-16 studies
- access support through the UCAS process
- **earn a contextual offer (up to 2 grades lower) and a bursary (£1000 per year) for study at Nottingham!**

In the current circumstances, this experience is more important than ever to help students reach their potential and progress to a top university.

**Applications are now open for the 2021 Nottingham Summer Schools**, and we would be grateful if you would promote this opportunity to your year 12 cohort. We have explained how the summer school works, the benefits and how to apply in this helpful [recorded presentation](#) which can be shared with your students.

**The deadline is 2<sup>nd</sup> March**, and students can find further details and apply at [www.nottingham.ac.uk/suttontrust](http://www.nottingham.ac.uk/suttontrust).