

Career Support and Advice for Young People Transitioning to Adult CHD Services

Are you aged 16+ and thinking about your options?

Further study or training? Starting your career? Getting your first job?

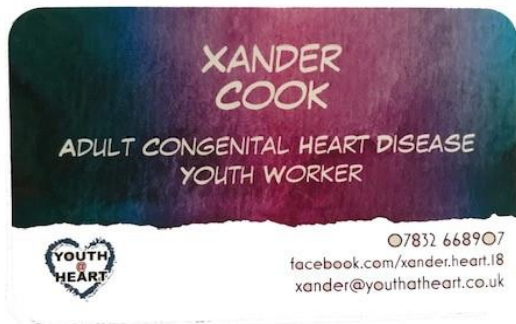
Taking your first steps into the workplace is sometimes quite overwhelming if you are not sure where to look for ideas and help.

Here are some questions, to get you started.

- Do you know what you want to do? (Remember that education/training is compulsory until 18)
- Have you considered college or 6th Form for further study?
- Would an apprenticeship be more suitable for you?
- Does what you are interested in provide work experience to help you get a taste of the job?
- Do you need a part-time job to fit around studies, or your health?

CV'S: Having an up-to-date CV is essential, make sure you list your hobbies, interests, and any volunteer work. Also include part time/weekend jobs that you may have done. Mention school clubs that you attended and any responsibilities you may have had as this shows commitment and willingness. But remember this is your first job so your CV may not be extensive, do not worry about this, but do make sure it is neat and error free.

Support for writing CV's can be found at the organisation's links at the end of this article or by contacting Xander, Youth@Heart's ACHD Youth Worker, using his business card details below.



Practical suggestions: Why not print some copies of your CV's off, take them into local shops and cafés, they may well be looking for people to work for them and if you have a CV to hand you can give it to them there and then!

If you are looking for work experience, it may be useful to contact a company or hospital direct. Ask whether this is something they offer, what the application process is, and whether there are any specific criteria to meet or restrictions with the role.

Make sure when you head out of the door, that you are appropriately dressed. You do not need to be in a suit, just try to look presentable. If you think your Grandma would approve, is a good guideline to follow, remember first impressions count.

Before you apply anywhere, you need to prepare yourself for rejection. Nobody gets accepted at every place they apply for a job. As a first-time job seeker, you need to be prepared to be turned down. There is a right and a wrong way to respond to a business owner or manager who says they have no need for you. If you get a, "No, I'm sorry," respond by saying, "Well, if you do need someone in the future, please give me a call. I will leave you a copy of my CV. Thank you for your time." This shows the manager that you are serious about getting a job, and you have demonstrated the ability to follow things up.

Your Heart

It is also important to let employers know about your heart condition. If there are practical things that you do to keep yourself safe, then explain these too. For example, I know some of you have been told that you are not to lift heavy weights. This is important and something you can tell your employer; they can then give you duties that support your health and do not put you at risk.

Useful Links

National Apprenticeships Website - www.gov.uk/apply-apprenticeship

Tesco - www.tesco-careers.com/

Asda - www.asda.jobs/

Sainsbury's - sainsburys.jobs/

Morrisons - www.morrisons.jobs/

Indeed job search - www.indeed.co.uk/

Reed job search - www.reed.co.uk/jobs

Total jobs - www.totaljobs.com/

Youth Employment UK - www.youthemployment.org.uk/employment-help-young-people/

Prince's Trust - www.princes-trust.org.uk/help-for-young-people/get-job

National Careers Service - <https://nationalcareers.service.gov.uk/>

Local Support

Bristol & South Gloucestershire - www.creativeyouthnetwork.org.uk/Pages/Category/help-to-get-a-job

Gloucestershire - www.youngglos.org.uk/young-people/practical-support/the-link/mentoring

Somerset - www.youngsomerset.org.uk/

North Somerset - www.n-somerset.gov.uk/my-services/children-young-people-families/youth-services-activities/careers-advice-for-young-people/rpa/

Devon - www.youngdevon.org/skills/1-2-1-support-and-employment-mentoring

Cornwall - www.youngpeoplecornwall.org/programmes/11-2/

Wiltshire - jobs.wiltshire.gov.uk/

Dorset - jobs.dorsetforyou.gov.uk/

Pembrokeshire, Wales - www.pembrokeshireyouth.co.uk/content.asp?nav=6#support

Rhondda Cynon Taff - www.facebook.com/YEPSRCT/

Merthyr Tydfil - www.merthyr.gov.uk/resident/social-services-and-wellbeing/childrens-social-care/getting-help/young-people/young-people-information-and-advice/

Bridgend - www.bridgend.gov.uk/residents/children-and-young-people/bridgend-youth-support/education-and-employment-support-for-young-people/

Blaenau Gwent - www.blaenau-gwent.gov.uk/en/resident/schools-learning/youth-services/young-peoples-support-neet/

Caerphilly - www.caerphilly.gov.uk/Services/Jobs-and-training/Help-to-get-back-to-work/Inspire-2-Work

Vale of Glamorgan - www.valeofglamorgan.gov.uk/en/living/youth_service/Inspire-to-Work.aspx

Cardiff - www.cardiff.gov.uk/ENG/resident/Jobs-and-training/Inspire-2-work/Pages/default.aspx

Torfaen - www.torfaen.gov.uk/en/EducationLearning/ChildrenandYoungPeople/NEETs/NEETs.aspx

Newport - www.newport.gov.uk/en/Care-Support/Children-and-families/Young-People.aspx