

CAREERS

NEWSLETTER

This newsletter is a collation of all the opportunities we have heard about from employers and universities. Please use the links included to read more information and apply to anything you are interested in. Links are underlined.

Opportunities

Last week on 10th October, it was World Mental Health Day. This year's theme set by the World Federation of Mental Health is workplace mental health. The theme highlights the importance of addressing mental health and wellbeing in the workplace, for the benefit of people, organisations, and communities.

There are lots of ways that you can find information in relation to World Mental Health Day. You can use the social media hashtag #WMHD2024 to see what companies have done to celebrate and raise awareness, this may be wearing a green ribbon to show support, holding a Tea & Talk, or getting running an event to showcase how they support their employee's mental health.

Talking is good for your mental health. And talking about mental health is important. But starting a conversation isn't always easy. Whether you'd like to talk to someone about how you're feeling, or check-in with someone you care about, here are some tips that can help.

Every year 1 in 4 of us will experience a mental health problem. Nearly 2 million are waiting for NHS mental health services, and since 2017 the number of young people struggling with mental health has doubled. Mind have set out the steps the new UK government must take towards a future where there's no mind left behind.

If you're thinking of a career in mental health, here are some job roles that you may wish to consider: Mental Health Nurse | Child Psychotherapist | Occupational Therapist & Art Therapist

In this video from the NHS, people with lived experience of mental health describe the "huge impact" that great mental health care had on their recovery and their lives, and some of our mental health nurses explain why there's "...no greater gift than supporting someone and seeing them prosper and flourish."



Career of the Week



Mental Health Therapist

Mental Health Therapists are qualified professionals who treat the cognitive, behavioral, and emotional aspects of mental health conditions. They work with individuals, families, couples, and groups in a variety of settings.

Watch the video to learn more about working hours, salary and qualifications needed.

Labour Market Fact

875,000 workers suffered from work-related stress, depression and anxiety in 2022/23.

This makes Mental Health the 5th most common reason for sickness/absence from the workplace in 2022.

Source



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Opportunities

Did you know that there is an instant messaging platform called [Unibuddy](#) that allows you to speak to current university students studying all over the UK? You can filter by subject or university and get honest answers to any questions you have about the university or course.

The [Government's Apprenticeship application website](#) has made it easier for you to ensure you're applying to the right level apprenticeship. Instead of using the terms "intermediate", "advanced" etc, they now tell you the level and what it is equivalent to. For example, "Level 3 - Equal to A Level".

If you would like to spend your time during October break helping your future self, an [online work experience opportunity](#) could be perfect. They can help you to decide if an industry is right for you and they will look great on your future applications. Here are some options...

- Embark on [this virtual work experience](#) to explore the world of accountancy and advisory services with BDO!
- [This varied programme](#) will introduce you to a wide range of areas within the housebuilding space.
- [This programme](#) provides valuable insights into health and social care careers.

Employer Spotlight



"A career in Civil Engineering is an exciting and dynamic one. Not many industries make such a tangible difference to our civilisation, and we need to ensure that we have the best talent to meet the ever-increasing demands of our society and the ever-changing face of our infrastructure needs."

Read more about [Tony Gee Careers](#) here.

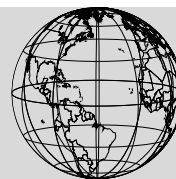
World Spotlight

Country: Germany

Key Links: [Prospects guide](#) | [Step by step guide](#)

Key Information:

- Germany is home to more than 380 higher education institutions, which collectively offer around 20,000 study programmes. Of the impressive 48 featured in the [QS World University Rankings 2025](#), three appear in the top 100.
- Study programmes in Germany are similar to those in the UK. Undergraduate degrees are available as Bachelor of Arts (BA), Bachelor of Science (BSc), and Bachelor of Engineering (BEng), and generally require a minimum of three years to complete.
- Every year, Germany attracts over 380,000 international students. One of the main reasons is that most publicly funded universities are free to attend, with the exception of a small semester contribution of up to €350 (£297) to cover basic administrative and registration costs.



Uni Spotlight



"Join a community of open-minded thinkers and doers, where everyone is empowered to reach their full potential. Together, we'll work hard to build a better future—for you and the wider world. You can choose from 300+ degree courses. We offer flexibility so you can tailor components of your degree to suit your own interests & ambitions."

Read more about [Cardiff University Courses](#) here.



AKS Lytham

Abc E=mc²



FUTURES FAIR

Wednesday 20th November

5.30pm to 8.00pm

For students in Years 7 to 13

Meet: Apprenticeship providers & universities

Talks: Oxbridge applications & university life

Advice: From our Head of Careers



HOUSE COMPETITION

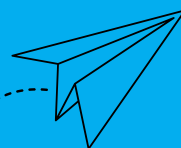
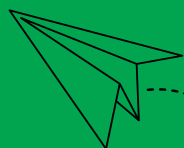


HOUSE PAPER PLANE CHALLENGE

14th NOVEMBER 2024

1.45-2.10pm

OAKS HALL



Economics and Finance Society



A journey through the Global Economy

Are you interested in joining the Economics and Finance Society
Speak to Mrs Uphill (room 25)

