

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

10th October is **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 take part in World Mental Health Day. You can use the social media hashtag #WMHD2024 to see what companies are doing 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."



If you have any questions or need support, please email maria.mainwaring@northoxfordshire-academy.org

JOB 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 INFORMATION 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.

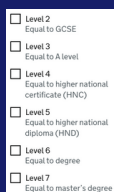
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OPPORTUNITIES



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 don't have much planned for October break and would like to spend your time 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 CV, apprenticeship applications and university personal statement. Here are a few options...



You have probably heard of accountancy and advisory services before. Think you know what professionals in this field really do? 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. From construction and site careers to marketing and tech roles, you'll come to understand how rewarding a career in property can be.



With over 350 roles in the healthcare sector, each with a unique purpose, it's time to discover your path. [This programme](#) provides valuable insights into health and social care careers, helping you take your first steps in this area. From an introduction to the sector to exploring different opportunities and responsibilities, you'll engage in quizzes, activities, and conversations with leading industry experts. Join us for a fantastic programme that prepares you for a fulfilling career in health and care professions.

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](#).

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](#).

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UNIVERSITY OF OXFORD
MEDICAL SCIENCES DIVISION

Please note that priority will be given to students from Oxfordshire state schools.

WORK EXPERIENCE FOR SCHOOL STUDENTS AGED 16 OR OVER

NDORMS brings together researchers, statisticians, engineers, imaging specialists, clinicians and patients. Our work experience week aims to give a flavour of the depth and breadth of the work carried out in the department by allowing students to experience a wide range of different activities throughout the week.

If you are currently in Y11 we recommend waiting to apply in Y12 even if you will be 16 years old at the time of the placement.



Applications for NDORMS Work Experience in Summer 2025 are now open. Please fill in the application form linked below. The deadline for completing the form is January 31 2025 (end of day).

[Link to online application form](#)

Dates for NDORMS Work Experience 2025

Week 1 - 30 June -4 July 2025

Week 2 - 7 July - 11 July 2025

Students attend for one of the two weeks listed above. We aim to hold the programme in person this year, but if we are unable to we will run the programme online.

If you have any questions, please email **workexperience@ndorms.ox.ac.uk**



Banbury and Bicester College November Open Event

Save the date for our November
Open Event!

Did you know that the Warwickshire College Group offer.....

Degree Level Open Events

WCUC delivers Honours degrees and other higher level qualifications at four of our colleges across Warwickshire and Worcestershire. Our Degree Level Open Events provide prospective students with the opportunity to visit the colleges and speak to our academic staff about how studying with us could open new doors for you.

Visit our Degree Level Open Events in person to:

- Chat to industry-expert teaching staff
- Explore the college's facilities
- Check out our on-site accommodation (Leamington, Moreton Morrell and Pershore)

Saturday 11 January 2025 - Moreton Morrell College: 10am - 1pm
Tuesday 14 January 2025 - Royal Leamington Spa College: 5.30pm - 8pm
Tuesday 21 January 2025 - Rugby College: 5.30pm - 8pm
Saturday 25 January 2025 - Pershore College: 10am - 1pm