

You can contact us at the following centres, our opening times are available on the Connexions Cumbria website

www.connexionscumbria.co.uk

Carlisle

28 Lowther Street, Carlisle CA3 8DH
01229 596272

Penrith (part-time centre)

43 Middlegate, Penrith, CA11 7PT
01768 865296

Workington

213 Vulcans Lane, Workington, CA14 2BT
01900 604674

Maryport (part-time centre)

12a Selby Terrace, Maryport, CA15 6NF
01900 815928

Whitehaven

Roper Street, Whitehaven, Cumbria, CA28 7AR
01946 695541

Kendal

124 Highgate, Kendal, Cumbria, LA9 4HE
01539 730045

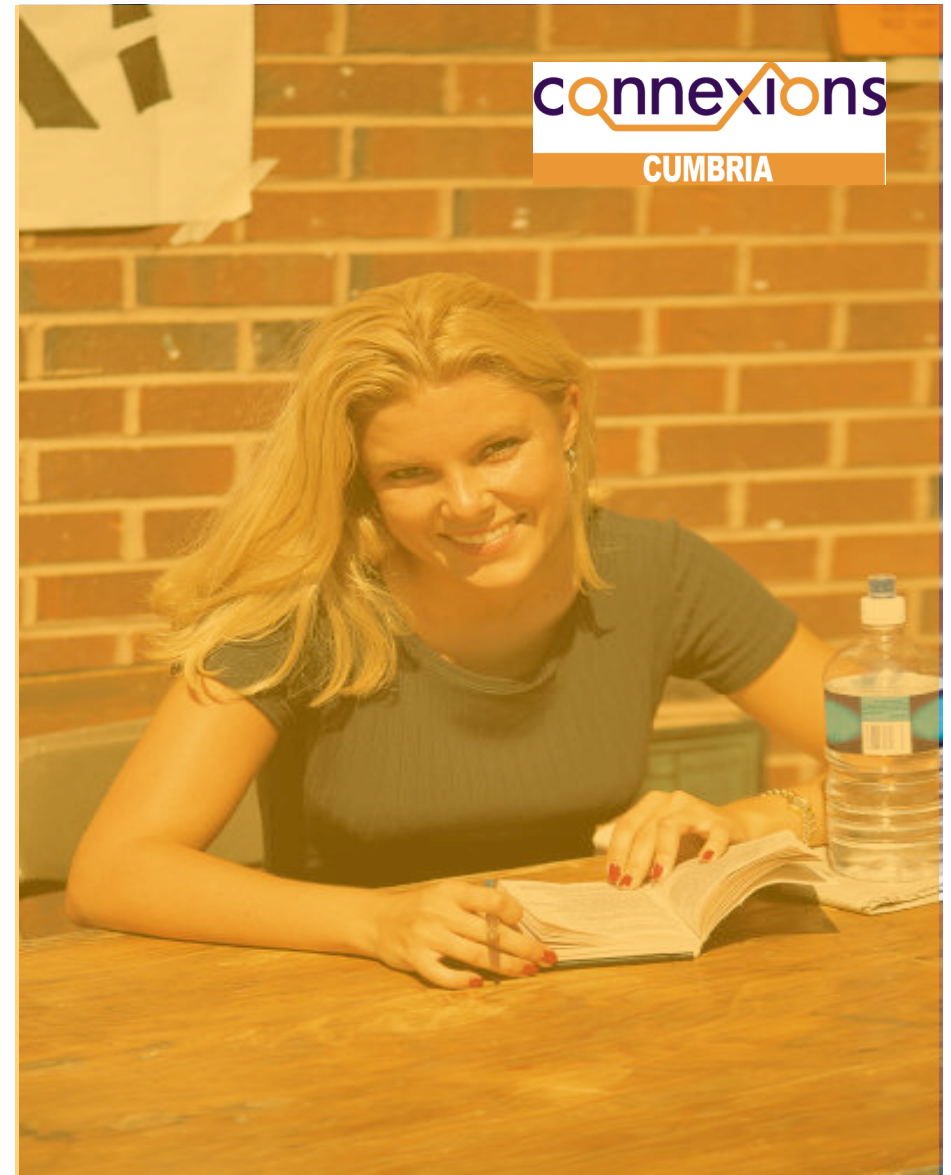
Barrow

237-241 Dalton Road, Barrow in Furness, Cumbria LA14 1PQ
01229 824052

Ulverston (part time centre)

6 Cross Street, Ulverston, LA12 7LF
01229 583466

www.connexionscumbria.co.uk freephone 0800 435 709



**GETTING HELP
AT CONNEXIONS
CUMBRIA CENTRES**

Our Service

Our services are free, confidential and impartial

Connexions Centres

- Our centres are open Monday - Saturday, providing access to information, help and advice.
- Our centres have a well-stocked library with information on a range of topics including careers, health, relationships, volunteering etc.
- We provide help to young people post 16, 17 and 18 who are looking for help to find suitable work and training.
- We provide free internet access.
- We will signpost you on to other specialist help if appropriate.
- You can find out more about opportunities and projects that are available in Cumbria.
- We have hearing loops at the centres to aid communication.
- We provide access to interpreters, as required, through our language line service.
- If you require information in alternative formats please ask: information about Connexions Cumbria is available in larger print and on cd rom. For any other requirements please contact the Connexions centre.

Free Phone Number

- Contact us for free by using our free phone number 0800 435 709



Careers match is a comprehensive careers-matching program that provides the user with a personalised report. There is a questionnaire you complete based on your interests which then uses the results to generate job ideas.

Ani-MODS



Ani-MODS is a new and exciting format of computer program in 3D.

Animated characters tell a story, with interactive tasks and a quiz for you to complete.

It covers topics like leaving home, drugs and going for interviews.



kudos online

Kudos and kudos on line provides a careers matching and information database.

Kudos provides individuals with a personalised list of career suggestions and up-to-date information on over 1700 career titles.

A number of these resources and this information will be available in your school, college or 6th form.

Remember to always ask for help if you need it.

www.connexionscumbria.co.uk freephone 0800 435 709

CLIPS careers information



CLIPS have over 530 leaflets covering jobs, careers and lifestyle topics to provide the most up-to-date information available.

Key CLIPS provides the same information on-line, allowing you to navigate through the program and the information available



Exodus provides careers information on opportunities outside the UK. It aims to be a 'gateway' of information for those interested in studying, working, training, taking time out or living outside the UK.



Careerscape contains high quality information and articles and it helps you to research subjects and careers in more detail.

Information is grouped into 4 main sections

- Career Details
- General Information
- Subject Links
- Career Families

Connexions Cumbria Website - www.connexionscumbria.co.uk

- We have a website which is packed with lots of useful information. This is a good starting point if you need help and advice as it is accessible 24 hours a day, 7 days a week and also signposts on to other organisations who can help.
- Through the website you can access Jobs-on-line, which is a Connexions Cumbria vacancy service that enables you to register for work and training on-line and view current vacancies suitable for young people. Your local Connexions Service may have their own website or information which you can access.

Connexions Direct - www.connexions-direct.com

- Connexions Direct is a service for young people aged 13-19 that offers quick access to information and advice on a wide range of topics through one easy to use website and telephone number.
- Connexions Direct Advisers take calls from 8.00 am to 2.00 am 7 days a week, 365 days a year.

Telephone 0800 13 2 19

Text 077664 13 2 19

Web chat or email connexions-direct.com

Futures 4 Me - www.futures4me.com/cumbria

- Futures 4 me is a area wide prospectus, which shows detailed information on courses available across the whole of Cumbria from a range of providers including schools, sixth forms, colleges and training providers. It will help you to find out more about courses and help you to make informed decisions.

Events which you may find helpful and things you will need to consider

Year 9

- We run family evenings encouraging parents/carers to visit the Connexions Centre to find out about the resources available to help you. Information about when these will happen will be made available in your school.
- Start researching option choices.
- If you have a statement or special education needs you will have a transition review either in year 9 or year 10. From this a transition plan will be written which will set out your plans and the support available.

Year 10

- We run Jump Start events in specific areas of the county, which offer you the opportunity to talk to employers, training providers, 6th Forms and colleges. Information about when these will happen will be made available in your school.
- You may get the opportunity to go on work experience, this is a great opportunity to develop your skills and confidence.

Year 11

- Jump Start events are available across the county, providing you with the opportunity to talk to employers, training providers, 6th forms and colleges. Information about when these will happen will be made available in your school.
- Attend college open days taking place locally and out of county, to find out more about the institutions you want to apply to.
- We run Higher Education Fairs which provide you with the opportunity to talk to Higher Education institutions about applying to HE. Information about when these will happen will be made available in your school/college.
- You will need to start applying for jobs, training and college places just before Christmas or in the New Year.

- You can legally leave school after the last Friday in June and will need to register at the Connexions Centre for work and training.
- Remember to check for suitable vacancies accessible through our 'Jobs on line' website providing access to current vacancies and learning opportunities.
- Find out about the benefits you may be entitled to, eg Income Support, Education Maintenance Allowance and the Child Benefit Extension period. You can ask at the Connexions Centre.
- If you have needed extra help in school and are leaving at the end of the year to go onto college or work based learning you may have an assessment to ensure you are on the right course and that you get help in your new placement

Computer software resources available in our centres to help you



JED is a new multimedia careers program, which allows you to explore over 800 jobs.

It contains pictures, videos and text, which help you to understand more about specific jobs.

It is an interactive resource to help you make informed careers choices. Course Discover is a comprehensive course database designed to help generate

It has up-to-date information on over 125,000 FE, HE and Postgraduate courses.

