**BASELINE - message to Young People in Lewisham**

 **Build your future despite the Coronavirus/Covid-19**

Whether you have been told to “socially isolate”, had to go into quarantine isolation, your school, college or work is closed, the chances are that you will be spending more time on your own. Whatever the case many opportunities which would have been open to you are suspending their operations.

**Whilst these are worrying times there are ways to remain positive, think of the future, and use this time in positive ways to benefit you:**

**PLAN FOR THE FUTURE:** Spend some time researching possible careers and job roles. At some stage everything will open up again and you might want to use this time to reflect on possible career directions

* **National Careers Service** – Explore careers, find the next step in your career, take a skills assessment: <https://nationalcareers.service.gov.uk/> Draw up a CV
* **Browse Job Profiles**: <https://www.prospects.ac.uk/job-profiles/>
* **What career is right for me?** Take a free career test to determine what jobs are best suited to your skills and interests: <https://www.whatcareerisrightforme.com/>
* **5 Free Online Career Personality Tests to Help You Choose a Career**: <https://www.youthemployment.org.uk/career-personality-tests-free-online/>

**PREPARE FOR SIXTH FORM:** To prepare for enrolment and to be ‘Sixth Form-ready’ it is important that you stay academically active during this current period. Keep all of your books, folders and notes in good order, and complete all work as set by your teachers and support teachers. For students to be Sixth Form-ready, good habits in reading widely, taking notes independently, writing for long periods, completing extended writing, revising prior knowledge and carrying out research will be valuable. Providers will want to be assured that you are Sixth Form-ready, and you will be able to demonstrate this by informing and sharing with us about how you have stayed academically active, during this current period.

**GET SKILLED UP:** There are a lot of FREE online learning opportunities you can do from the safety of your room. Get recognised certificates, build your CV, and gain new knowledge and skills so you will be in a great position when things open up again.

* **Open University – FREE courses**; including Introductory and Levels 1,2 & 3 – Over 900 completely free courses in - Health, Sports & Psychology, Education & Development, History & The Arts, Languages, Money & Business, Nature & Environment<https://www.open.edu/openlearn/free-courses/full-catalogue>
* **FREE Courses in England** – A wide range of free, Level 2 certificate & Level 2 courses including - Event Planning, Stewarding at Spectator Events, Digital Skills for Work, Principles of Business Administration, Data Protection and Data Security, Customer Services, Health and Social Care Professions, Retail Operations, Principles of Warehousing and Storage <https://freecoursesinengland.co.uk/free-courses-1>
* **Lewisham Elibrary** – books, audio books, newspapers, magazines films and comics - <https://lewisham.gov.uk/myservices/libraries/elibrary>

**GET EXPERIENCE:** Even if many things are not open and there may be restrictions, there are many volunteering opportunities available to help the community and gain valuable experience

* **Lewisham Local** – Resources and volunteering opportunities to help support people in Lewisham during the crisis. To get in touch for more info: <https://www.lewishamlocal.com/>
* **Lewisham Covid 19 Mutual Aid Groups** – Wherever you live in Lewisham there will be a Mutual Aid group dedicated to supporting each other during the crisis. Everyone can help or get help. The Lewisham-wide Facebook [group Lewisham Covid – 19 Mutual Aid Public Group](https://www.facebook.com/groups/906156979855211) with more details and links to local groups.
* **Baseline Advice & Support service for Lewisham Young People** – check out our Facebook page for opportunities: lewishamyoungpeople@lewisham.gov.uk/ [www.facebook.com/lewishamyoungpeople](http://www.facebook.com/lewishamyoungpeople)

**GET SUPPORT:** Please look at the various website that can offer a range of support options during the crisis.

* **Children’s Commissioner** – Children’s Guide to Coronavirus: <https://www.childrenscommissioner.gov.uk/wp-content/uploads/2020/03/cco-childrens-guide-to-coronavirus.pdf>
* **Youth Work Support** - advice, guidance, support and tools for youth workers, young people and organisations during the COVID-19 pandemic: <https://youthworksupport.co.uk>
* **Youth First, Lewisham** –things to do, getsupport and COVID-19 advice:[www.youthfirst.org.uk](http://www.youthfirst.org.uk)
* **Prince’s Trust** – help for young people – get a job or start your business: [www.princes-trust.org.uk](http://www.princes-trust.org.uk)
* **Mind** – COVID-19 and your wellbeing for young people: <https://www.mind.org.uk/information-support/for-children-and-young-people/coronavirus/coronavirus-and-your-wellbeing/>
* **Friends against Scams** - Beware of COVID-19 Scams: <https://www.friendsagainstscams.org.uk/article/505/beware_of_covid_19_scams>
* [ThinkUKnow](https://www.thinkuknow.co.uk/parents/) have created a series of Online Safety Home Activity Packs.
* [Lewisham Youth Theatre](https://www.lewishamyouththeatre.com/remote/?utm_source=London%20Borough%20of%20Lewisham&utm_medium=email&utm_campaign=11470910_Copy%20of%20COVID-19%20090420%20less%20space&dm_i=402,6TV0E,UPOOV,RD2A2,1) invite children and young people to their digital performances and other activities.
* [www.DrinkCoach.org.uk](http://www.DrinkCoach.org.uk) is a a Free online alcohol screening and support for Lewisham residents, with information and facts about alcohol.
* “[**At Home Shouldn’t Mean At Risk**](https://www.gov.uk/government/news/home-secretary-announces-support-for-domestic-abuse-victims)” #youarenotalone public awareness campaign on **Domestic Abuse** is launched by the Home Office.
* A reminder that [The Athena Service](https://www.refuge.org.uk/our-work/our-services/one-stop-shop-services/athena/) is available to all persons that are experiencing domestic violence and abuse and is the key service to provide support in Lewisham - **Freephone 24 hour National Domestic Abuse Helpline 0808 2000 247 (if a person is in danger, they should contact 999 in the first instance).**

**BASELINE:** If you would like to speak to an adviser:

From **Monday to Wednesday**: please call:  07880 456 769 between 10am to 4pm

From **Thursday and Friday**: please call: 07880 439 879 between 10am to 4pm

Or **EMAIL** us on:   baseline@lewisham.gov.uk

Again don’t forget to check out our **Facebook** page for opportunities: lewishamyoungpeople@lewisham.gov.uk/ [www.facebook.com/lewishamyoungpeople](http://www.facebook.com/lewishamyoungpeople)

**Finally – Stay safe and follow the guidelines for keeping yourself and those around you safe and well.**

**We hope to see you all soon**

**The Baseline Team – 20th April 2020**