

futures fortnightly



Dear Parents, Carers and Students

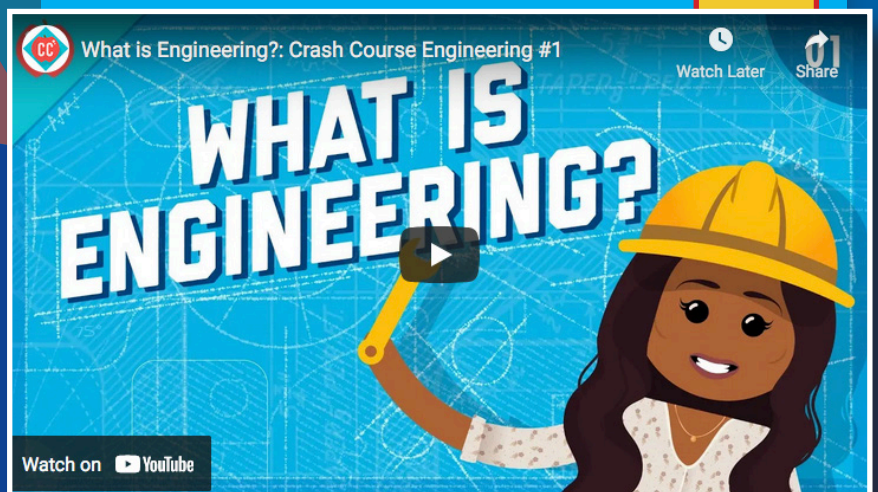
This week featured 'International Women's Day', celebrating the artistic, social, political, and economic achievements of women. Hence, I thought it fitting to add a female twist to this edition of Futures Fortnight.

Society can be guilty of assigning what I call pink and blue jobs; blue jobs that people think should be for men, such as engineering, trade jobs, pilots, and pink jobs for women, such as midwives, carers or primary school teachers. Whilst many people fall into these categories and are very happy in their chosen career, it is important that we encourage those that want to break out of such norms. We all know that you can do whatever job you want if you work hard and have the motivation to achieve the necessary training or qualifications no matter what gender you are.

There are female pilots, and plumbers and there are male midwives and carers. But there are still disparities in how many women and men there are in these roles. If a female wanted to be an engineer but it was just too much of a male environment in the workplace, and barriers were being put up to stop them, then that is wrong, that is what we need to feel empowered to change. Be who you want to be in what job you want to be in.

I came across these lovely little video clips on you tube that may just inspire a few more women to take on jobs in engineering. Take a look below and over the page.

CLICK
VIDEO
TO PLAY



continued on next page

Women engineers work across many fields: Civil, Mechanical, Electrical, Chemical and more

CLICK
VIDEOS
TO PLAY

What does it mean to be a woman in engineering? And what are the different types of engineering women can go into as they pursue a career in this exciting and innovative industry?

Exploring engineering fields

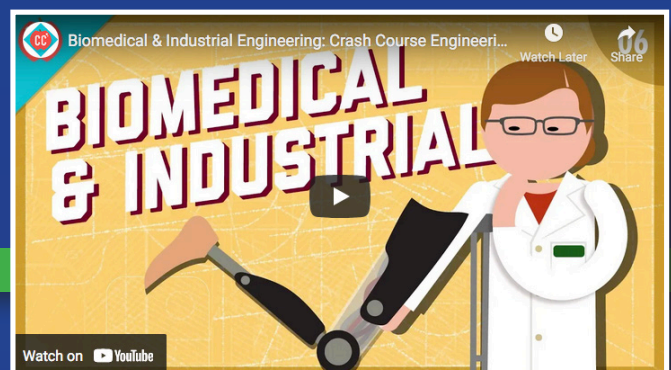
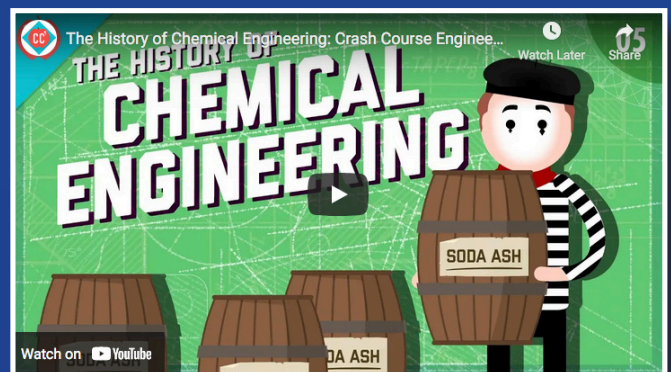
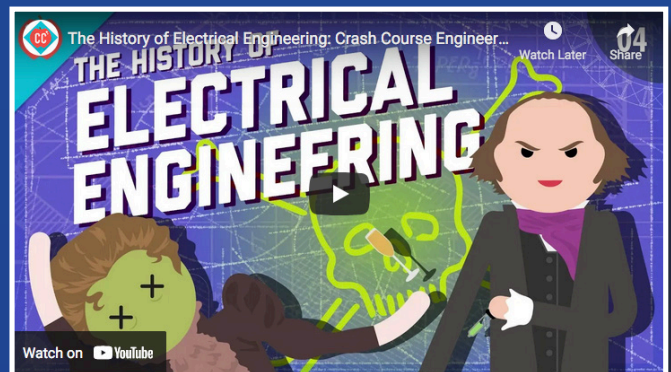
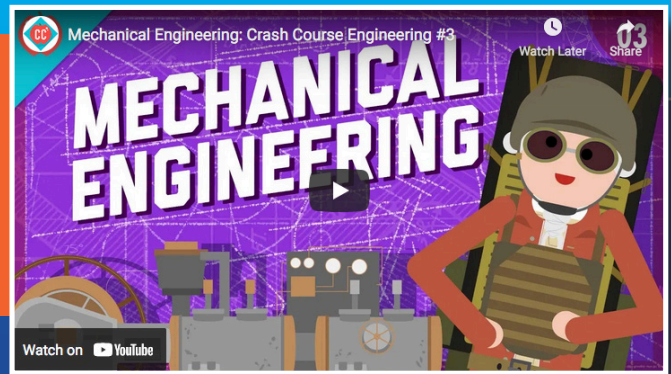
Let's take a look at four main branches of engineering: Civil, Mechanical, Electrical and Chemical.

For example, civil engineering can include structural and construction engineering, city planning, transportation, and sanitation.

Mechanical engineering, covers everything from the steam engine to aircraft and the future of robotics and bio-mechanics.

Electrical engineering includes the history of telecommunications, electric power and lighting, computers and covering topics like magnetism, electrical conduction, telegraphy, lighting and computers.

Chemical engineering covers aspects like biotechnology and pharmaceuticals and many further exciting avenues.



Where are they now?

Welcome to our feature, "where are they now?". Featuring our past students, we spotlight where their career has led them and how their time at Stowmarket High School has impacted their career journey so far.

This week we focus on Andy Cubin who attended Stowmarket High School from 1975 - 1981

- ▶ **What have you done since leaving Stow High and where are you working now?**

RAF Fast Jet Pilot and now Commercial Airline Captain

- ▶ **What is your fondest memory of Stowmarket High School?**

Sports and the Drama productions: Carousel and Julius Dexter Nettleship

- ▶ **What was the best bit of advice you ever received from one of your teachers?**

Aim high

- ▶ **What advice would you give your Year 7 self now?**

Get your nose out of the mobile phone and iPad and do something useful and/or energetic.

- ▶ **What were your favourite subjects at school and how have they helped you in your job today would you say?**

Maths and Geography

- ▶ **Shout out to anyone in particular?**

Ralph Rutherford - Geography teacher. Ex RAF fight pilot. Stayed in touch with him throughout until he passed away a couple of years ago.



We would love to hear from you and feature you in our 'Where are they now?' series, register your interest here: futures@stowhigh.com

REGISTER



What they used to do...

Welcome to our new feature which spotlights our current staff and where their career has led them and how they arrived at Stowmarket High School.

This week we sat down with Mrs Dolby to find out just **'What She Used To Do!'**

What did you use to do before you worked at Stowmarket High School?

Before I worked at Stowmarket High, I worked for a music publishing company in European Customer Service, dealing with the French and German businesses. I did that for two years.

What did 10-year-old you want to be when they grew up can you remember?

I really wanted to be a vet or work with animals, I still love our four-legged friends!

What was the best bit of advice you ever received from one of your employers?

Have confidence in yourself.

What advice would you give your Year 7 self now?

Try not to worry so much!

What were your favourite subjects at school and how have they helped you in your job today would you say?

My favourite subjects were English and Languages. Both have taught me communication skills and enabled me to travel and study abroad which has been very useful in my job as an MFL teacher.

What is your career highlight to date?

All the fantastic students I get to teach every day.
All the fun times I had in going back to college to learn some Spanish to help me with my old job (sadly mostly forgotten now!)



Any career low points or comedy moments that stand out?

Losing a large customer order of sheet music somewhere in France in my old job, losing/misplacing things all the time as a teacher, fortunately not student work!



NCS this summer?



IPSWICH TOWN COMMUNITY TRUST ARE RECRUITING!!

Do you want to make a difference to young people's lives this summer and support an incredible programme?

Well, they are seeking passionate and confident individuals to join their amazing NCS Team this summer!

You will be leading, engaging, and developing a team of up to 16 young people throughout the delivery of the NCS Summer 2022 programme.

They are currently recruiting for the following paid roles:

NCS TEAM LEADER
£1000 per wave

NCS ASSISTANT TEAM LEADER - £800 per wave

For more information & a job pack, please contact Beth Corely at beth.corley@itfc.co.uk

A collage of four photographs showing young people engaged in various activities. Top left: Three young men sitting at a wooden picnic table, smiling. Top right: A group of young people standing in a field, some holding equipment, near a thatched-roof building. Bottom left: A group of young people sitting at a table, looking at something together. Bottom right: Two young men looking at a smartphone.

SUMMER '22 IS HERE

INVESTIN

MY CAREER, MY VISION

INVESTIN'S NATIONAL CAREERS WEEK COMPETITION

We invite students aged 12-18 to submit an image depicting their dream career with an accompanying caption. The image can take any form - a photograph, drawing, graphic design, or anything else - as long as it has been created by the student and clearly depicts the career of their dreams. Creativity is highly encouraged! The deadline is Friday 8th April and students can enter now.

Hoping to become a doctor? Take a photo of yourself in a lab coat and stethoscope! Want to become a fashion designer? Why not stitch the words 'fashion designer' with your favourite fabrics? You can interpret the brief in any way you choose - the more creative, the better!

For each submission we will make a donation to UNICEF, whose ground-breaking work helps children across the world access essential education.

**Enter the
competition
here!**



PRIZES

Every Student

Every student to enter My Career, My Vision will be invited to a live online CV-writing workshop to help them kickstart their career journeys.

The Winner

The winner will be awarded an InvestIN AmbitionX membership, granting them access to all our live online career programmes and helping to bring that dream career within reach. They will also have their design promoted across our website and social media platforms, reaching an audience of more than 10,000 people.

The School with the Most Entries

On top of this, the school that submits the most entries will receive a bespoke careers presentation led by an inspirational speaker.

Deadline

Images can be submitted via the accompanying form. You must be aged 12-18 to enter. The deadline for entry is 5pm on the 8th of April 2022. The winner will be announced on the 26th of April.

Good Luck!



INFO





TMJ Interiors

Creating outstanding and innovative environments for our people and partners

Apprenticeships are an excellent way to begin a new career, allowing you to work alongside experienced professionals whilst learning and earning! TMJ truly believe training, development, and skill transfer are crucial to our success.

Our "Grow Your Own" ethos has evolved over the last 40 years. We have provided over 90,000 hours of training and supported more than 100 apprenticeships since we began in 1981.

At our headquarters in Bildeston, Suffolk, we invested over £1.5 million in a 14k sq. ft. dedicated Technology and Apprentice Training Centre. A space for our Joinery Apprentices to learn and perfect their joinery skill set whilst being mentored by a skilled joiner.

Our apprentices have become the foundation of our evolving Management Team, as well as an integral part of our growth strategy

We are always looking for enthusiastic people to join the team. For more information on our Apprenticeship Scheme, please contact Cheryl Hardacre, Training and Development Manager

✉ Chardacre@tmjinteriors.com

☎ 01449 740518



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futures

fortnightly

TALKING FUTURES CAREERS CONVERSATION VIDEOS

Dear Families

Many of us can feel out of our depth talking to our children about jobs and how to get started in a career. But talking to your child really matters and can make a real difference to their future.

Think about what motivates your child, what they're good at and the skills which employers will find valuable.

There are lots of careers out there that you may not know much about, but you don't need to. It's ok not to have all the answers, and to learn about new options with your child.

As part of the Talking Futures programme, The Gatsby Foundation has created a series of films that provide top tips for parents from parents about how to support children with their career decisions. Hear from a few famous faces about the importance of having conversations with teenagers about their future working lives.



Hear from Olympic champion Becky Adlington's mum



Hear from Croydon-based mother of JLS band member JB Gill



Hear from parents of 'Essex Barrister' Alexandra Wilson



An overview video from parents of people at the top of their field highlighting to parents, carers and guardians the influence they can have by regularly talking to their teenagers about their future

INFO



APPRENTICESHIP OPPORTUNITIES

We have more than 20 roles to choose from with RAF delivered apprenticeships rated outstanding by Ofsted, please see details below and on our website.

TECHNICAL AND ENGINEERING

Aircraft Technician (Avionics)
Aircraft Technician (Mechanical)
Weapon Technician
Survival Equipment Specialist
Electrician
Vehicle & Mech Equipment Technician
General Technician Workshop
Comms Infra Technician
Cyberspace Communication Specialist
Photographer

AIR OPERATIONS SUPPORT

Air & Space Operations Specialist (Flight Ops)

LOGISTICS

Chef
Air & Ground Steward
Driver
Supply, Storage and Distribution Specialist
Mover

MEDICAL AND MEDICAL SUPPORT

RAF Medic

PERSONNEL SUPPORT

Personnel Support

FORCE PROTECTION

Firefighter
RAF Regiment Gunner

INTELLIGENCE

Intelligence Analyst

**PLAN FOR
JOBS**

**SEARCH RAF
RECRUITMENT**



Excellent starting salary and career progression
Guaranteed job after successful training
Gain civilian-recognised qualifications



Work experience opportunity!

We are looking for young volunteers aged 11 -18 from a range of backgrounds to help out at our Conference in June.

If you are interested but feel you need support just let us know on the application.



For all posts, there will be support from the Event management team as well as student ambassadors from the University of Suffolk.

To apply please use this link

<https://forms.gle/TGBz3L7piGa6HNbt7>



VOLUNTEER JOB DESCRIPTIONS

1

Master of Ceremony & Speaker Management

2 posts available

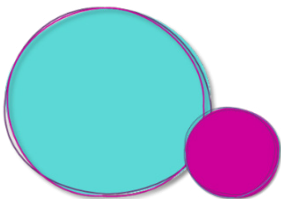
You will be the face of the conference for delegates. You will open the conference, introduce the speakers and inform the delegates about any key information they need to know. You will listen to speakers throughout the day, making notes to collate and possibly present at the end of the conference. You may also have the opportunity of doing a short presentation or workshop with the other volunteers. You will also be responsible, along with the Event Manager for ensuring the conference runs to time.

Key personal skills:

- Confident with excellent public speaking skills
- Good listening skills
- Friendly & approachable

Key Responsibilities:

- To welcome delegates to the event and read out housekeeping information
- To make announcements to delegates as appropriate
- To introduce speakers and thank them for their presentation
- To manage questions from the audience
- To manage speaker timings to ensure they do not overrun.
- To liaise with the Event Manager(s) for speaker updates and timing adjustments



To apply go to: <https://forms.gle/TGBz3L7piGa6HNbt7>

2 Event Management

2 posts available

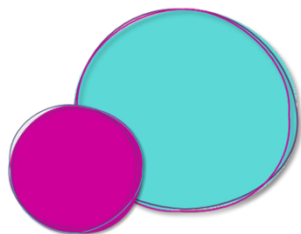
Alongside the Event Manager you will work for the duration of the conference to ensure the event runs smoothly. This includes ensuring the venue is set up correctly, people are briefed and ready for the event, speakers are looked after, the event runs to time, the catering is correct and all delegates needs are catered for. You will be responsible for communicating with all other volunteers resolving issues discreetly and promptly.

Key personal skills:

- Confident & approachable
- Being organised
- Excellent communication skills

Key Responsibilities:

- Assist with venue liaison and management
- Ensure all posts are set up and ready to go prior to the start of the conference
- Check conference signage and positions are accurate
- Check set up of breakout rooms as appropriate
- Be a constant source of information and updates for delegates and staff
- Keep speakers on schedule by liaising with MCs
- Manage start times, breaks and conference close
- Ensure catering is correct and timely
- General delegate management



3 Audio Visual Support

1-post available, Post-16 Only

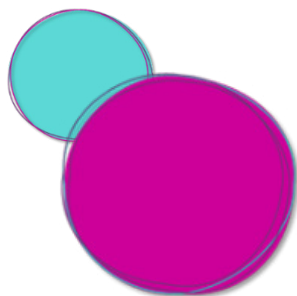
Alongside the venue's AV Technician, you will be responsible for the technical elements of the conference. This includes setting up the AV in the main conference room, testing the presentations, (including embedded links and videos), audio tests, microphone set up. During the conference, you will be responsible for the smooth running of the presentations

Key personal skills:

- Experience with using and/or management of AV equipment
- Good communication skills

Key Responsibilities:

- Assist with set up of AV at venue including presentations, microphones and sound
- Set up and support AV in breakout rooms
- Ensure the media files used within presentations run correctly and with managed sound levels, as appropriate
- Fit speaker microphones and carry out sound tests as appropriate
- Collect microphones from speakers and member of the audience as appropriate
- To manage feedback levels to ensure any static is kept to a minimum
- To manage run-throughs of speaker presentations
- To correctly and responsibly pack away all equipment belonging to the venue at the end of the conference



To apply go to: <https://forms.gle/TGBz3L7piGa6HNbt7>

4 Registration & Delegate Coordination

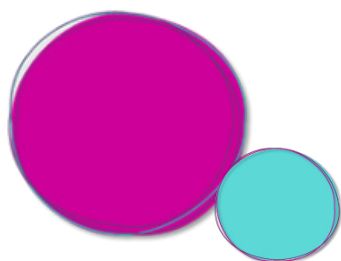
2 posts available

Alongside the Events Team you will be responsible for all delegate registrations and enquiries throughout the conference. You will be greeting delegates and giving out general information including packs and agendas. You will work alongside the Event Manager(s) to get updates from the venue and assist with delegate movement. You may be called to help with delegate questions in plenary sessions.

Key personal skills:

- Friendly, polite & personable
- Excellent communication skills

Key Responsibilities:



- Assist the Delegate Manager with the overall management of the registration desk and procedure
- Ensure the registration desk is organised and presentable at all time
- Manage delegate lists so an accurate record of attendees is kept up to date for post event analysis
- Collate no-shows and replacement delegate badges for post event follow up
- Meet & greet delegates, be helpful and approachable at all times to ensure the best delegate experience
- Work with the Event Manager(s) so you are fully informed of any schedule/room changes throughout the day

5 Photography & Videography

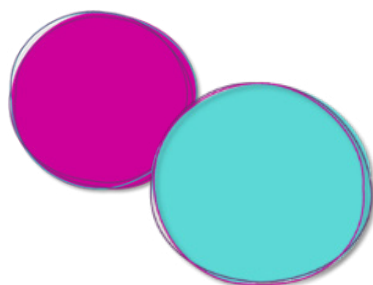
2 - 4 posts available

Working with the Event Manager, you will be responsible for capturing photos/videos of the speakers and delegates. You will also be working with other young people to conduct mini-interviews with delegates recording their thoughts about the conference. These pieces will then be collated to provide a record of the event. Access to your own equipment is desirable!

Key personal skills:

- Experience of taking photographs and videos at events
- Good communication skills
- Keen eye for detail

Key Responsibilities:



- Imaginative and clear photos of speakers and delegates throughout the day
- Piece-to-camera interviews with key speakers and delegate representatives
- Filming of sessions to provide interesting angles for post event publication
- Production of media post event, including show reel and still photos (only one volunteer needs to do this).

To apply go to: <https://forms.gle/TGBz3L7piGa6HNbt7>



MEDICAL WORK EXPERIENCE

WARD ROUND LIVE

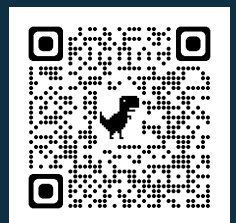
AGED 15+?

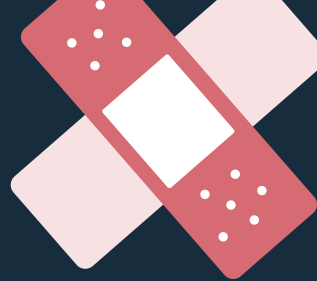
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WANT **WORK EXPERIENCE**?

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MEDICAL WORK EXPERIENCE

A&E LIVE

AGED 15+?

WANT TO STUDY **MEDICINE** AT UNIVERSITY?

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SPEAKERS for schools

Virtual Work Experience

Please find a selection of our Virtual work experience placements, designed to let you see what an industry is like, build your skills and CV and build your network for future jobs and apprenticeships. Sign up today for first look at what's coming.

[Apply Here!](#)



 **Thursday 17th March.**
4pm - 6pm, Age 14+

We're looking to help people that are curious about entrepreneurship! Come and spend a session with a fully virtual business that helps agencies to grow.

Come and learn from a fast-growing business that works entirely remotely.



[Apply Here!](#)




 **Monday 14th - Friday 18th March,**
09.30am - 5:30pm, Age 14+

Morgan Sindall Construction are looking for individuals who can work as part of a team to deliver a project that highlights green careers in the industry. Each team member will have a job role that links to influencing our projects to be more environmental.

[Apply Here!](#)



 **Monday 14th - Friday 18th February, Age 14+, 10.00-3.00pm**

During the week you will take part in a range of sessions, meet nurses working across the different fields of nursing and in different roles, and gain knowledge of skills needed to start a career in nursing and other fields. You will take part in interactive sessions, talks and tasks, and have lots of opportunities to ask questions. You'll get to hear stories and advice, including career development, the impact of Covid-19, and what they love (and hate) about being a nurse.

We've Launched Padlet!

We have launched a regional Padlet board with local updates regarding work experience opportunities, inspirational talks, National Teen Book Club and careers resources. It is your one-stop-shop to everything Speakers for Schools has to offer with a regional approach.

Click [here](#) to check it out!

Follow our Facebook Page!

We have a Speakers for Schools: East Midlands and East Anglia Facebook page! Here we will post our opportunities and events, as well as updates on how we can bring value.

Make sure to keep an eye out for a regional newsletter. Click [here](#) to follow us!

SIGN UP [HERE](#) FOR EVEN MORE OPPORTUNITIES.

www.speakersforschools.org

Follow us on:



apprenticeships & opportunities around suffolk



The Highwayman
RESTAURANT & PUBLIC HOUSE

**Level 2 Commis Chef OR
Level 2 Production Chef
Ipswich**

INFO



**Level 3
Business Administrator
Ipswich**

INFO



**Level 2 Customer Service
OR Level 2 Leisure Team
Member Lowestoft**

INFO



**Level 2 Customer Service
OR Level 2 Leisure Team
Member Bungay**

INFO



**Level 2
Property Maintenance
Operative Martlesham Heath**

INFO



**Level 2
Recruitment Resourcer
Ipswich**

INFO



**Level 2 Customer Service
Practitioner Felixstowe**

INFO



**Level 2 Customer Service
Practitioner Felixstowe**

INFO



**Level 3
Heavy Vehicle Service and
Maintenance Technician
Felixstowe**

INFO



**Level 3 Maintenance
and Operations Engineer
Ipswich**

INFO



**Level 2 Commis Chef
Halesworth**

INFO



**Level 2 Customer Service
Practitioner Mildenhall**

INFO





**Level 3
Business Administrator
Martlesham Heath**

INFO



**3 x
Level 2
Lean Manufacturing
Operative**

INFO



**Level 2 Commis Chef
Framlingham**

INFO



**Multiple Opportunities Level 6
Civil Engineering and
Site Management Lowestoft**

INFO



**Level 2
Accounts or Finance
Assistant Lowestoft**

INFO



**Level 2 Customer Service
Practitioner Ipswich**

INFO



Level 2 Commis Chef Winesham

INFO



**Multiple Opportunities Level 6
Construction Quantity Surveyor
Lowestoft**

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**CLICK the following logos
to find more apprenticeship
opportunities:**



GetMyFirstJob
Where it all starts.

icanbea...

FIND indeed
APPRENTICESHIPS



GOV.UK

**West Suffolk
Council**

**CLICK
BELOW**

**PLEASE
SEE BELOW
APPRENTICESHIP
OPPORTUNITIES
AT WEST SUFFOLK**

OPPORTUNITIES

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**Apprenticeships New
Anglia latest opportunities**

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**To apply for an Apprenticeship Suffolk vacancy,
all interested candidates must be referred to the
Apprenticeships Suffolk service.**

To refer yourself, or make a referral
on someone's behalf please email
apprenticeships@suffolk.gov.uk where you will
receive a copy of the Apprenticeships Suffolk
referral form. Upon completion a member of our
team will be in contact to have a professional
discussion. If the application entry criteria is met
your CV will be sent to an employer if applicable.

**TO VIEW THE
JOBS PAGE**

**SCAN
OR CLICK BELOW**



**TO REGISTER YOUR
INTEREST**

**SCAN
OR CLICK BELOW**



**If you would like to add an opportunity to our mailing list please email
apprenticeships@suffolk.gov.uk with details by mid-day Tuesday.**



Level 2 Customer Service
Practitioner Eye

INFO



Level 2
Beauty Therapist
Debenham

INFO



Level 2
Supply Chain Operative
Ipswich

INFO



Level 2
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Assistant Semer

INFO



Level 2
Commis Chef
Witnesham

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Document
Controller Work
Experience Lowestoft

INFO



Environmental Assistant
Work Experience Lowestoft

INFO



Quality
Assistant Work Experience
Lowestoft

INFO



Planner/Planning
Department
Work Experience Lowestoft

INFO



Health & Safety Assistant
Work Experience
Lowestoft

INFO



General Construction Work
Experience Lowestoft

INFO



Site Engineer
Work Experience
Lowestoft

INFO



Stores Person
Work Experience
Lowestoft

INFO



Quantity
Surveyor/Commercial
Department Work
Experience Lowestoft

INFO



Admin/Office Roles
Work Experience
Lowestoft

INFO





even more apprenticeships & opportunities

**CLICK
ON LINK**

<https://www.gov.uk/apply-apprenticeship>

<https://www.findapprenticeships.co.uk>

<https://www.icanbea.org.uk/app/my-feed/>

<https://www.indeed.co.uk/Apprenticeships-jobs>

<https://www.getmyfirstjob.co.uk/>



**Orwell Academy have 2
apprenticeship vacancies
within their team:**

Apprentice Administrator

Gardening Apprenticeship

If this interests you,
click here to find out more
and apply.

INFO

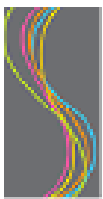


INFO



**West Suffolk College
have a vacancy open
for an Engineering
apprenticeship at Carl
Zeiss Ltd in Cambridge.
To find out more and to
apply, click here.**

INFO



**Suffolk
New
College**

Click here to view
Suffolk New College's
current list of live
vacancies on their
website.

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WS training
engaging tomorrow's workforce

Click here to view WS
Training's current list of
available apprenticeship
vacancies on their
website.

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Keep an eye out for our Instagram! Posts
will be coming soon...

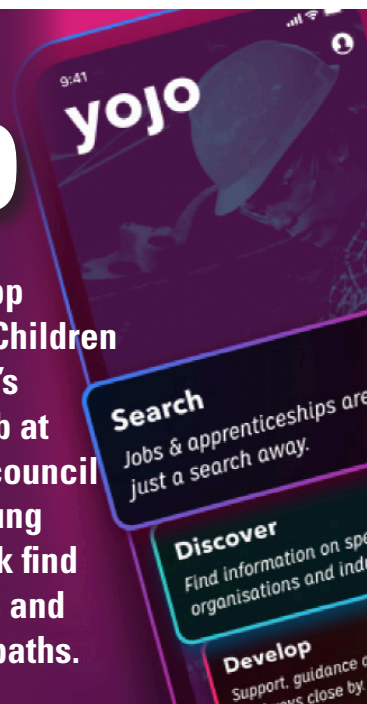
@apprenticeshipssuffolk

Yojo

**Yojo is a new app
created by The Children
& Young People's
Engagement Hub at
Suffolk County Council
which helps young
people in Suffolk find
apprenticeships and
explore career paths.**

It has many features, such as the
develop section which delivers
guidance in creating a CV, the
contact section which helps
signpost people to find support
in areas that they need, and the
search section which shows
current vacancies based on the
persons interests.

**For more details about the Yojo
App visit www.yojoapp.co.uk**





Make informed career decisions

Online work experience and career days for ages 14-17

Choosing a career can be tough. According to UCAS, one in five university students say they were unable to study their chosen degree because of the subjects they chose at A-Level.

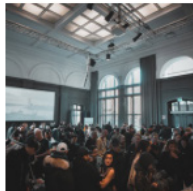
Help them explore their options now and gain the insight they need to pursue their chosen career by sharing our 1-day online events with your students and their parents/carers

CLICK ON IMAGES BELOW FOR INFO

GET STARTED



Law
Saturday 2nd
April



Business
Saturday 23rd
April



Architect
Saturday 30th
April



Midwifery
Saturday 26th
March



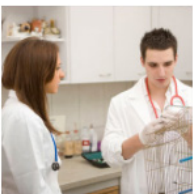
Performing Arts
Sunday 5th
June



Computer Science
Saturday 28th
May



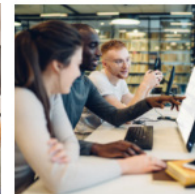
Medicine
Saturday 19th
March



Vet
Saturday 14th
May



Psychology
Saturday 16th
April



Computer Science
Saturday 28th
May

- Discover a range of career options.
- Spend time with experts in their field.
- Gain first-hand knowledge of career lifestyles.
- Understand the path to get into the field.
- Learn how to make a successful university application.
- Take part in a live Q&A.
- Receive a personalised certificate to use in university applications.

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