

# The Inbox



This has been produced for young people by young people. Let us know what you think or if you'd like to contribute an article to a future issue. Email [engagement@malvern hills.gov.uk](mailto:engagement@malvern hills.gov.uk)



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## Join or follow the Worcestershire Youth Cabinet (by Lily, 16)

I am currently a member of the Worcestershire Youth Cabinet. We are a small group with members from all over Worcestershire and our aim is to promote the wishes, views and needs of young people across the county.

We offer drop in sessions and hold monthly meetings on a Wednesday evening where we talk to decision-makers from councils and other bodies. My favourite event is the Youth Cabinet Residential, where we discuss plans for the year and do fun activities. We have previously been to Malvern Hills Outdoor Centre, where we did archery, zip wiring and much more. There is always lots of food at our events!

There are plenty of spaces for new young people aged 11 to 18 to join who are looking to make a difference in their area. It is a great opportunity to meet other like-minded young people, talk to decision-makers and attend a wide range of events.

Please contact the Youth Voice team at [youthvoiceteam@worcestershire.gov.uk](mailto:youthvoiceteam@worcestershire.gov.uk) to find out more. Keep in touch and follow us on twitter - @youthcabinetW

## Bigger Picture Survey The Results

Over the past 18 months we have been busy speaking to you about what you think of the district as a place to live, work and study. We have surveyed over 1,200 students from Chantry, Chase, Hanley and Tenbury high schools. What comes next? Well, we have drafted a Youth Action Plan, outlining what we are going to do about what you told us.

For a full breakdown of the results and our response please visit [www.malvern hills.gov.uk/have-your-say](http://www.malvern hills.gov.uk/have-your-say)



## Developing your skills

In our Bigger Picture Survey almost half of you said you would be interested in volunteering. Volunteering has lots of benefits including bulking up the experience section of your CV. It's also a great way to get a taste of working life; it can boost your confidence and give you an idea of what you might like to do in the future. As well as this, it helps others in the community.

There are lots of volunteering opportunities for under-18s and most offer on-the-job training too. To find out more, visit:

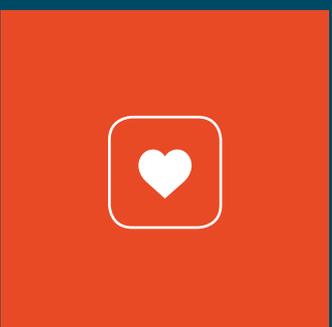
**Malvern Hills Volunteering for opportunities in Malvern, Upton and Tenbury - [www.malvernhillsvolunteering.org.uk](http://www.malvernhillsvolunteering.org.uk). This will direct you to the Do It volunteering site where you can search for opportunities by age category.**

**V-inspired is the UK's leading youth volunteering charity providing 14-30 year olds with volunteering and social action opportunities - [vinspired.com](http://vinspired.com)**

**Worcester Community Action for opportunities in Worcester - [www.worcestercommunityaction.org.uk](http://www.worcestercommunityaction.org.uk)**

**Herefordshire Voluntary Organisations Support Service for opportunities in Hereford - [www.hvoss.org.uk](http://www.hvoss.org.uk)**

We have also put together a list of volunteering opportunities for young people in Malvern. Check it out at [www.malvernhills.gov.uk/youth](http://www.malvernhills.gov.uk/youth)



## Heading off to Uni

(by Amy, former Chantry High School student)



Everyone thinks they have solid advice for Freshers but really the best people to ask are the

ones who have been through it before. I know first-hand what it's like when your parents drop you off and suddenly you're alone. It's terrifying but the rush of independence and freedom is worth it.

There are a few things you need to do before you get there, like:

- Sort out a student bank account – This is a crucial step towards getting your loan, which is something that you will depend on for important things like rent and food. You don't have to open the account with your current bank. Look around and see what deals or freebies other banks are offering. For example, you can receive an Amazon voucher, railcard and more, so shop around.
- Packing can be a challenging task - there are a few things I'd recommend bringing with you that aren't on those lists online, such as:
  - A doorstep - When you first move in you'll want to keep your door open so that those living with you can see that you're at least trying to be sociable. It may encourage them to pop in and introduce themselves.
  - An extension lead - Many rooms in halls of residence have a very limited amount of plug sockets in annoyingly placed locations so it's a must have item.
  - I'd also recommend taking a couple things to make you feel more at home. A lot of universities provide pin boards in the rooms which are helpful in creating a collage of pictures from home (and no doubt eventually pictures of your adventures during the first year). This will make your room feel more cosy and more your own. Another thing that made me feel less homesick was using my favourite mug. It sounds silly, but if you ever feel down there's nothing better than getting into bed to watch telly with a cuppa in your favourite spotty mug.

Other useful things you can do to prepare are:

- Download a budget app to make sure that you're not overspending and to monitor how much you have to spare a week/month.
- Have a look at where your halls are on Google maps so that it doesn't seem completely foreign when you arrive.
- I suggest asking a parent how to cook basic meals so that you're not solely surviving on toast and the many different flavours of pot noodle! If you don't know already, I recommend learning how to scramble an egg and how to make a basic pasta dish as a start!

# Earn while you learn

(by Cathie, 17)

In our Bigger Picture Survey, 85% of you said you would be interested in an apprenticeship, with apprenticeships in media and engineering coming out top. And yet a large number of you said you didn't know what they are, so what exactly are they?

Well, apprenticeships are qualifications that give you an opportunity to earn money whilst you learn. There are different levels of apprenticeships in a range of different areas like IT, business management and animal care – to name a few.



An advanced Level 3 Apprenticeship is the equivalent to two A-levels, whilst Levels 4-7 can take you from a foundation to a master's degree level.

In an increasingly competitive workplace, an apprenticeship will not only lead you directly into a job within the company you trained with, but will also give you an advantage over university graduates who may have to undergo further training in order to learn essential practical skills.

The majority of companies are recognising the benefits of training apprentices. To find out more about them, visit [worsapprenticeships.org.uk](http://worsapprenticeships.org.uk)



## What's an apprenticeship really like?

(by Gemma, 20)

I started at Malvern Hills District Council as a Level 3 Digital Marketing apprentice and I'm now their Marketing and Communications Assistant.

### 1. What did you do during your apprenticeship?

I've done a range of different things. I've created social media campaigns, written website content and stories for newspapers. Managed our tourism social media accounts, made videos and taken lots of photographs.

### 2. How often did you have to go to classes for your course?

My training classes were different from most. Rather than going once a week, I had 'block training', so I would have three or four days of training every few months. During our training days I would complete a test on what I had learnt and each test would contribute to my overall assessment.

### 3. How were you assessed for your apprenticeship?

The assessment was quite similar to coursework - I picked four projects that I was working on and got marked on how well I evidenced the criteria for each project. For example, one part of the criteria was customer service, so I would upload and explain screenshots of my interaction with customers, whether this be

through social media or emails. I was also assessed by my employer and interviewed by an examining board.

I had a mentor who visited me every eight weeks to check up on my progress and speak to me about future projects.

### 4. Why did you choose to do an apprenticeship over a more traditional form of education?

I was going to go to university, but I wasn't sure whether I wanted to do the course I had signed up for. I decided it was a lot of time and money if I didn't end up enjoying it and I knew that an apprenticeship would give me a lot more work experience.

### 5. How did you decide what apprenticeship you wanted to do?

I had always been interested in writing and photography, so the idea of digital marketing really appealed to me. I thought that it would lead me to a creative and varied career.

### 6. How did you find your apprenticeship?

Via [worsapprenticeships.org.uk](http://worsapprenticeships.org.uk)

### 7. Any advice for those considering an apprenticeship?

Go for it. You'll meet lots of new people and get a tonne of experience. Sometimes you'll even get experience outside of your general day-to-day role. University is so expensive and there are some degree-level apprenticeships that will get you the same qualification, except you'll be paid to do them. Apprenticeships can give you a head start above graduates.

### 8. What has been your favourite part of your apprenticeship?

I really enjoyed leading on some videos for an awards ceremony that we held because it enabled me to be creative. I got to go out and interview businesses, film and edit footage using software like Adobe Premiere Pro. I've also enjoyed working with our tourism department.



## Want to talk to someone about how you're feeling?

Reach 4 Wellbeing provides emotional wellbeing support for young people aged 5-19 in Worcestershire [www.hacw.nhs.uk/starting-well/reach4wellbeing](http://www.hacw.nhs.uk/starting-well/reach4wellbeing)

Kooth offers free, safe and anonymous online support for young people [www.kooth.com](http://www.kooth.com)

Tips and info on cyberbullying can be found at [www.westmercia.police.uk](http://www.westmercia.police.uk)

For more information and support on living a healthy lifestyle, visit [www.worcestershire.gov.uk/healthandwellbeing](http://www.worcestershire.gov.uk/healthandwellbeing)



## We want you!

### Interested in journalism and communications?

We are looking for contributors for the annual Inbox newsletter but also for our more regular youth updates to residents who sign up to email alerts. If you are interested then please talk it over with a parent and get in touch with us to find out more. Email Claire at [engagement@malvernhillsgov.uk](mailto:engagement@malvernhillsgov.uk), call 01684 862449 or DM us on Facebook, Twitter or Insta.



## Other ways to have your say...

- Come and speak to us - we will be out and about with local councillors in your ward and we will also have a stand at some events.
- Consultations - we consult residents on a range of council priorities.
- Contact your local councillors who are your representatives on the council.
- Submit a question to a meeting of the full council – you can submit a question to our Council or Overview & Scrutiny Committees on anything relating to issues that affect the general economic, social or environmental well-being of the community.
- Organise and present a petition – anyone who lives, works or studies in the Malvern Hills district can organise a petition.

Visit [www.malvernhillsgov.uk/have-your-say](http://www.malvernhillsgov.uk/have-your-say) to find out more.

For more news like this, sign up to our youth news e-newsletter at [www.malvernhillsgov.uk/emailalerts](http://www.malvernhillsgov.uk/emailalerts) or follow us on social media, where we will be sharing some of the results of the survey and what we plan to do during September 2019.



## What's on in the District

To see what events and activities are going on in the area, check out [www.VisitTheMalverns.org](http://www.VisitTheMalverns.org) or view the latest what's on for youth guide at [www.malvernhillsgov.uk/youth](http://www.malvernhillsgov.uk/youth)



Search  
**#MHBPS**

## Hello from the Youth Champion

I'm Councillor Caroline Palethorpe and I have been appointed Member Champion for young people at Malvern Hills District Council and I just wanted to introduce myself. I have worked with young people for over 15 years in a number of roles and I will be working hard over the next four years to engage you in the democratic process. I want to hear about issues that concern you and your ideas on how we can make Malvern a district that meets the needs of our future generations. You can find out more about my champion role by visiting our webpage and I can be contacted at [caroline.palethorpe@malvernhillsgov.uk](mailto:caroline.palethorpe@malvernhillsgov.uk)

