



What can Hampshire Futures offer?

Hampshire Futures is part of Hampshire County Council, one of our roles is to support young people who are looking to return to education, training, or employment. So, if you are a young person in Hampshire, and your 2025 goal is to return to college or find a job/apprenticeship, Hampshire Futures is here to help. We can help if you are struggling to get into work, education, or training:

- Offer you 1-to-1 support and mentoring from a progression coach.
- Help you to develop employability skills e.g., CV writing, interview preparations, application completion.
- Offer you support to understand the full range of opportunities that are available to you, like college, employment, apprenticeships, traineeships, supported internships etc.
- Help you to support you to access personal development opportunities e.g., CSCS Card, Kings Trust.
- Offer other support such as travel training and confidence building.

Hampshire Futures Website

Our website is full of lots really useful resources that may help you, including:

Interactive Careers Videos – videos where you can explore your career ideas and learn about the different roles that your interests can take you.

Employability Skills - there are lots of resources available to help you with things like CV writing and creating covering letters.

Useful Websites – we have done the hard work for you and found some brilliant websites that can help you in lots of ways. Some of these include quizzes and others are more subject focused.

[Hampshire PALL: All Courses](#)

Youth Voice - Feedback from a young person we've supported recently:

"When we met months ago, I didn't believe you wanted to help me. I'm sorry I was so rude. I said I didn't want your help, but you kept trying with carer and kept offering new things even when I kept saying that I wasn't interested. Thank you for not giving up on me and coming back and helping me today."

Support for SEND

Children and young people with SEND (Special Educational Needs and Disabilities) have the same ambitions as their peers, which is why we provide them with appropriate and targeted support.

Our [SEND employment and independence hubs](#) bring together workplace and non-workplace learning to develop a flexible programme which focuses on the elements that SEND young people need to gain independence and skills that maximise progression into sustained employment.





Top Tips from the team on how to ace your interview

Prepare, Prepare, Prepare, Prepare!

Prepare your route to the interview. Prepare suitable interview clothes. Prepare by reading up on the job descriptions and person specification to anticipate potential interview questions. Finally, prepare questions to ask at interview.

Take your time and think about what you've been asked before answering. Taking a pause to think is not a bad thing and helps you give the best possible answer. Perhaps consider using the STAR technique (situation, task, action and result) to help you cover everything. Give lots of examples and explain in full.

Don't be afraid to ask for help

If you don't understand a question, ask for it to be rephrased or clarified – it is better to ask and get it right than make a mistake.

Refresh your memory

Go back and read your application and CV again, as the skills and experiences you have are the reason you've been invited to an interview. Also, what you've written may be mentioned in the interview.

Show you're interested

Do some research before the interview and check out the company, college or universities' websites and social media pages to see what they're all about, their values and what they currently doing.

First impressions can make all the difference

When introducing yourself make sure you are confident and polite.

Always ask questions

Here are some examples of questions to ask at the end of your interview:

- What will a typical day look like for this role?
- How can I impress you in the first 3 months?
- What are the opportunities to progress in your company?

Make a plan to reward yourself after the interview: for example, a chocolate bar or an episode (or season...) of that show you're watching. This is much more constructive than replaying and overanalysing your interview!

Face-to-Face interviews

Make sure you know how to get to the interview, and where it is going to be.

Make sure you have suitable clothes for the interview.

Aim to arrive 10 minutes before, to give you time to relax.

It's OK to bring notes or a CV in with you – just make sure you use them as a guide and don't read directly from them.





Apprenticeship Vacancies March 2025

Basingstoke and Deane Area

[Pensions Administrator Apprentice](#) – First Actuarial Ltd

It's a great time to be part of First Actuarial. Duties include: dealing with pension scheme members via e-mail, letter, and telephone, explaining how their pension works and handling complex calculations.

Closing Date: Friday 28th March.

[Apprentice Elevator / Escalator Engineer](#) – Kone Public Limited Company

Train'd Up are a national Apprenticeship training provider, we are seeking to support KONE UK in the recruitment of new start apprentice lift / escalator engineers. This is an excellent opportunity for a smart, ambitious and self-motivated individual to join a friendly environment. **Closing Date: Friday 4th April.**

[Apprentice Air Conditioning Engineer](#) – Commercial Maintenance Services UK

Organised in regional teams up to 20 commercial engineers who work in concert with our central technical support team to deliver, service, repair, maintain and install the full spectrum of commercial building services. You will be part of the customer facing powerhouse of our business within a designated region with a portfolio of clients and sites. **Closing Date: Friday 11th July.**

East Hants Area

[Chef de Partie Apprentice](#) – Sky Lark Farm

We are looking to recruit an energetic Chef de Partie apprentice to join us as an integral member of the team. This is a real opportunity which attracts a highly competitive package and is available with immediate effect. We wish to hear from candidates with a shared vision of success, enthusiasm, initiative, and teamwork. **Closing Date: Sunday 30th March.**

[Nurse Apprentice](#) –

Little Gems Day Nursery (Clanfield)

Are you looking to training in childcare? A friendly nursery in Clanfield, Hampshire is looking for Level 2 Early Years Apprentices to join their team. Work and interact directly with children on a day-to-day basis, supporting the planning of and delivery of activities. **Closing Date: Sunday 6th April.**

Eastleigh Area

[Mechanical \(Plumbing & Heating\) Apprentice](#) – Lowe and Oliver Limited

Would you like to be responsible for the installation, maintenance, and repair of plumbing and heating systems? This apprenticeship will teach you to become a competent plumbing and heating engineer. **Closing Date: Monday 1st September.**

[Early Years Apprentice](#) – Cuddles and Care Day Nursery

Are you looking to train in childcare? Local nursery in Eastleigh is looking for a L2 Early Years Apprentice to join their team. Work and interact directly with children on a day-to-day basis supporting the planning of and delivery of activities whilst safeguarding their welfare. **Closing Date: Sunday 6th April.**

[IT Apprentice](#) – Unilink Software

Are you passionate about IT and looking for an on opportunity to develop your technical skills? Unilink Software is offering an exciting IT Support Apprenticeship where you will gain experience in both internal IT support and external client services. **Closing Date: Monday 31st March.**



Apprenticeship Vacancies March 2025

Havant Area

[Level 3 Engineering Apprentice](#) – Network Rail

As part of our team, you'll help shape national projects, embrace the latest tech and learn the skills to succeed. Duties will include: Maintenance of railway infrastructure. Inspection of track. Working as part of a team to renew and develop new railway assets. **Closing Date: Thursday 10th April.**

[Business Administration Assistant Apprentice](#) – Hampshire Training and Assessment Limited

General administrative duties within a vibrant office environment. Working closely with the office and training team to provide the best training experience for our candidates completing their full qualifications and reassessments. **Closing Date: Friday 28th March.**

Gosport Area

[Chef Apprentice](#) – Inn By The Sea

Join us at Stonehouse Pizza & Carvery. We're a friendly bunch with something for all the family. From hand-carved, slow-cooked roasts to freshly made stone-baked pizzas. If you fancy a pizza the action, we want to hear from you. **Closing Date: Tuesday 25 March.**

[Office Administrator Apprentice](#) – Challenger Lighting Services

PETA are proud to be working with Challenger Lighting Services Ltd to recruit an Office Administrator Apprentice to support with the company operations. The apprentice will be responsible for onsite operations to achieve positive results, ensuring that the service level commitments are fulfilled. Total Customer satisfaction is the goal! **Closing Date: Wednesday 30th April.**

[Apprentice Dental Nurse](#) –

Damira Quayside Dental Practice

The apprenticeship in dental nursing is an 18-month government funded course by City & Guilds, a Level 3 Extended Diploma. Alongside your learning your job role within the practice will entail assisting dentists, sterilising & preparing equipment, reception duties and supporting patient experience. **Closing Date: Monday 24th March.**

Fareham Area

[Apprentice Airconditioning Engineer](#) – Commercial Maintenance Services UK

As an apprentice, you'll work at a company and get hands-on experience. You'll gain new skills and work alongside experienced staff. **Closing Date: Tuesday 1st April.**

[Reception Administrator Apprentice](#) – Alliott Wingham

Are you someone with a positive, can-do attitude and a true passion for providing exceptional, five-star customer experience? The Reception Administrator Apprentice will provide daily support and serve as the first point of contact for clients at Alliott Wingham, ensuring seamless assistance to both employees and new or existing clients. **Closing Date: Wednesday 30th April.**

[Horticulture Apprentice Gardener](#) – Fareham Borough Council

Do you like the outdoors, have a keen interest in gardening and are passionate about developing a career in horticulture? If so, you might be the ideal candidate for Fareham Borough Council's new Apprentice Gardener role. **Closing Date: Friday 4th April.**



Apprenticeship Vacancies March 2025

Hart Area

[Equine Groom Apprentice](#) – Westfield Equestrian Centre

We are looking to recruit a Level 2 or Level 3 Equine Groom apprentice to work on our livery yard. This is an ideal role for someone wanting to start and or progress their career in the equine industry. General duties to include; mucking out, turning out/bringing in, tack cleaning, as well as other tasks. **Closing Date: Monday 31st March.**

[Apprentice Chef](#) – Ely (Yateley)

Greene King are looking for an individual with a relentless passion for delivering an outstanding customer experience, to join their team as an Apprentice Chef! **Closing Date: Monday 7th April.**

[Aircraft Maintenance Technician Apprentice \(Odiham\)](#) – Boeing Defence UK

Join Boeing's top-rated apprenticeship program! Gain hands-on experience with iconic aircraft like the Chinook and Apache. You'll receive comprehensive training, earn Level 2 and 3 qualifications in Aircraft Maintenance, and work alongside experienced engineers. Start your journey in a dynamic environment and excel in aerospace engineering! **Closing Date: Sunday 30th March.**

New Forest Area

[Engineering Machining Apprentice](#) - Senior Flexonics - Lymington Precision Engineering (LPE)

To recruit a Level 3 Apprentice Engineering Machining Technician to join their team & develop within the organisation. You will be trained to become a skilled machinist, using both manual, semi-automatic and CNC machine tools. **Closing Date: Wednesday 30th April.**

[Shipwright \(Boat Builder\) Apprentice](#) – Berthon Boat Company

If you feel you have the enthusiasm, drive and commitment to complete a 4-year apprenticeship, you will have the opportunity to develop your knowledge and skills in a top quality environment here at the Berthon's Lymington shipyard. **Closing Date: Monday 31st March.**

Test Valley Area

[Warehouse Apprentice](#) – ERF Electrical Wholesalers

We will be offering a unique opportunity to learn within the electrical wholesale industry - which is a specialised industry supplying electricians, industry, NHS, and the homeowners alike. You will be managing stock in and out (to external clients) and picking and packing. **Closing Date: Monday 31st March.**

[Customer Advisor Apprentice](#) - Scania

As an apprentice, you'll work at a company and get hands-on experience. You'll gain new skills and work alongside experienced staff. **Closing Date: Friday 23rd May.**

[Childcare Apprentice](#) – Paragon Education and Skills

Blooming Kids Day Nursery are looking for staff to join our team. Are you energetic and enthusiastic with a passion for childcare? - Please apply today!

You'll be part of the day to day care of children from 6months -5 years of age and be part of their journey throughout their EYFS. **Closing Date: Monday 14th April.**



Apprenticeship Vacancies March 2025

Rushmoor Area

Lift Engineering Apprentice – Jackson Lift Services

During this apprenticeship you will report to the Jackson's London Office. This opportunity will provide excellent training in mechanical, electrical, electronic and hydraulic engineering relating to the service, repair, modernisation and installation of a wide range of lift-associated equipment. This is a fantastic opportunity. **Closing Date: Thursday 17th April.**

Groundworker Apprentice – Buxted Construction

Offering a Level 2 Groundwork Apprenticeship where you will learn skills required for the infrastructure on new build development sites, over the course of 18 months. Buxted actively looks to promote, and this is a genuine opportunity for career development. Several of our foreman and machine operators started as apprentices. **Closing Date: Thursday 1st May.**

Winchester Area

AAT Level 3 Apprenticeship – HJS Accountants

We are looking for an Apprentice Accounting Technicians to join our Winchester office. We are offering a 15-month level 3 AAT apprenticeship. It is a great opportunity to study across all disciplines of accounting and taxation. **Closing Date: Saturday 31st May.**

Light Vehicle Technician Apprentice – Mercedes Benz of Winchester

An excellent opportunity for an outgoing & proactive individual, offering the chance to work for one of the most prestigious automotive companies, developing skills in vehicle maintenance & repair. Working in a busy environment, representing the brand by exceeding our customer's expectations & delivering an unparalleled level of service & quality. **Closing Date: Wednesday 13th August.**

Digital Support Technician Apprentice – British Army

Use digital communication equipment to make sure troops get information they need. You'll receive information from aircraft and special observers and operate the computers that control artillery. The Army relies on your analysis and ability to think on your feet. You will coordinate fire from artillery guns or a Multiple Launch Rocket System. **Closing Date: Tuesday 1st April.**

Apprenticeship Search Sites

The following sites help you find the ideal apprenticeship for you. It does not matter what qualifications you have. There is an apprenticeship for everyone.

All vacancies listed in this Newsletter have been sourced from [Find an Apprenticeship](#), where you can find others in your area.

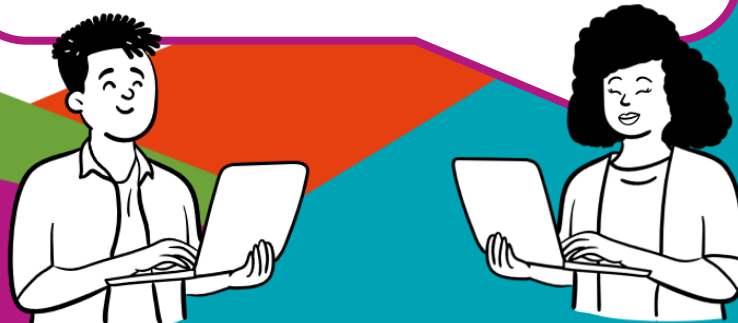
To look for courses you may be interested in check out, [Apprenticeships](#).

Job Hunting Websites

Job hunting isn't an easy task, especially when you don't know where to start.

Below are some of the top Job-Hunting Sites to help you start your search.

- [Indeed](#), [Jobsite](#), [REED](#), [Total Jobs](#).





King's Trust Opportunities March 2025

Next Explore Programme 2025

This 12-week programme revolves around providing personal development opportunities through practical activities that will develop your confidence whilst giving you skills in team building, problem solving and communication. Explore offers more flexibility and the choice to lead your own personal development alongside a staff mentor, who you will work with closely during additional one-to-one sessions. Explore can help you move into employment, training, apprenticeships and more.

When: Access Weeks Every Month – Next Access Point – 31st March – 21st May 2025!
Where: Southampton



(Click on the logo to go straight to the King's Trust's website)

Get Started with Health and Fitness

On our free Get Started with Health and Fitness course, you'll take part in fun, hands-on activities to help you build your skills – with support from inspirational experts. You'll also discover how health and fitness can benefit your mental wellbeing.

Working with a group of like-minded people, you'll discover your strengths, take on practical challenges and grow your confidence.

You'll benefit from one-to-one support to decide on next steps towards achieving your goals. And you'll receive up to three months' support after the course finishes to help you take those steps!

When: 24th – 28th March 2025
Where: Southsea

Enterprise- 18-30s

Our four-day online programme for people who are looking to start their own business. Receive 1-1 support from our experienced mentors who will support you with turning your business idea into a reality.

When: courses are run regularly, enquire to sign up for the next available Info Session

Where: Virtual with some face-to-face networking and mentoring

Explore Goal-Setting Programme

During Explore, you'll boost your confidence and gain teamwork and communication skills. And you'll receive regular one-to-one support along the way. Explore is a flexible programme that gives you the chance to lead your own personal development. It can help you move into work, training, apprenticeships and more.

When: 31st March – 21st May 2025
Where: Southampton



Post-16 Opportunities and Events across Hampshire



Do you want to know more about apprenticeship? PETA who specialise in apprenticeships within Business, IT, Finance and Engineering, will be hosting an open evening for you to pop along to meet with staff and apprentices to find out more:

Date: **Monday 24th March 2025**

Time: **4pm – 7pm**

Venue: **1 Access Point,
Northarbour Road, Portsmouth,
PO6 3TE**

[You must book to confirm you're attending the Open Evening, by following this link](#)



Saints Foundations - Saints Works aims to help 16 to 25-year-olds not in education employment or training, developing their employability and life skills so they can take their first steps. The project runs in 12 week cycles, so a member of the team will be in contact to discuss the next suitable cohort for you:

[Saints Works | Southampton FC Official Site](#)



Safe New Futures Youth Programme

Their programme is suitable for:

- NEET young people aged 16-25 living in the Hampshire & Surrey regions
- Adults living in the Hampshire and Surrey regions

The programme consists of:

A 5-week course consisting of 10 sessions, taking place each Tuesday and Wednesday.

Followed by our Pathways workshops these are 12 short sessions that take place on a Thursday afternoon for 12 weeks following the completion of the 5-week course.

The key info:

Session Days & Times: Tuesday and Wednesday between 10:30 am-12:00pm & 1:00pm-2:30pm

Online: Zoom Platform



Havant Youth Hub supports 16–24-year-olds from across the Borough looking for employment, education and training opportunities. We can support with CV writing, interview skills, job applications, confidence building and much more. We have some exciting events taking place during May including Job Applications workshops, National Careers Service appointments and an NHS workshop on independent living and budgeting.

Please visit our website and use the referral form to book your appointment:

<https://linkupyouthhub.co.uk/>



Mental Health Advice and Support

Local mental health services partners with Shout

Hampshire and the Isle of Wight's NHS 111 Mental health triage team run by Southern Health NHS Foundation Trust, have partnered with 'Shout' to provide in the moment of mental health support to those in the local community.

People who live in Hampshire and the Isle of Wight can now text 'HANTS' to 85258 to be connected to a trained volunteer who can help with anxiety, stress, loneliness, or depression. The key word 'HANTS' represents an acronym for **H**elp **A**n anytime (even at **N**ight), **T**ext us for **S**upport.

Shout's trained volunteers are there for you **24/7** to listen and support you to get to a calmer and safer place. Shout is a free, confidential, anonymous service for anyone in the UK. It won't show up on your phone bill.

Kooth – Online Counselling for 11-25 year olds.

Kooth is a free, safe, online counselling and emotional wellbeing support service for ages 11- 25. Young people can use the website anonymously to access a range of FREE support including 1:1 text- based counselling, 24h messaging to our team of practitioners, journal and goal setting spaces, support forums and helpful articles on wellbeing and current affairs. Young people can self- refer online at any time by visiting www.kooth.com. Kooth is commissioned primarily by the NHS and is the only digital service of its kind to be accredited by the British Association of Counselling and Psychotherapy.



Managing Mental Health

We recommend checking out resources available on [Mind](#), and [Young Minds](#),. They aim to help people understand, accept, and take care of their Mental Health.

[Mind](#) have a large selection of resources and suggestions tailored to young people. They offer support and advice for a variety of topics.

[Young Minds](#) provides advice and support for many situations young people face. From gender identity to concerns at school, they cover every topic in a considerate and respectful way.

Helplines

For help when struggling with Domestic Abuse: [The Hampton Trust](#)

For someone to talk to when you need it most: [Samaritans](#).

Support for the LGBT+ community: [Galop](#)

Mental Health support for Black people in the UK: [Young Minds](#).