

Next steps support for 18+



Who are we?

We support 16- and 17-year-olds who are not in education or employment with careers advice and guidance.

We have put together some resources to help you with your next steps after turning 18.



ARE YOU UNSURE ABOUT YOUR NEXT STEPS?

You can use these resources to start researching your options...

- [Education, employment and training - Lancashire County Council](#)
- [Career Planner | What job should I do? | Prospects.ac.uk](#)
- [Job profiles | Prospects.ac.uk](#)
- [Advice for school leavers](#)
- [Post 16 options | National Careers Service](#)
- [Helping young people make education and career choices | National Careers Service](#)
- [Career Ideas for School Leavers After Exams](#)

Tips for researching:

- Think about your strengths: What skills do you have? What interests you? What can you offer?
- Be patient; finding the right path can take time.
- Don't hesitate to ask for help along the way!

WOULD YOU LIKE TO UPDATE OR CREATE A CV?

You can use these resources to help you start
writing your CV...

- [CVs and cover letters | Prospects.ac.uk](https://prospects.ac.uk)
- [School leaver CV example | Prospects.ac.uk](https://prospects.ac.uk)
- [How to write a CV | Young Women's Trust](https://www.ywt.org.uk)
- [How To Write Your First CV - Step by Step Guide for Students](#)
- [The Do's and Don'ts of Using AI to Create Your CV | Fletcher George Recruitment News](#)

Tips for writing your CV:

- Keep it clear and concise—remember, CVs are often only glimpsed at for 3-4 seconds.
- Maintain uniformity in formatting, with consistent text size and headings.

ARE YOU LOOKING FOR A JOB?

You can use these to help you get started...

- [Where to find job vacancies | National Careers Service](#)
- [Find a job](#)

Tips for looking for a job:

- Get advice from others to improve your CV.
- Job sites are like supermarkets – they're always fighting to be the best and they're so big that sometimes things get lost.
- Start your search by location, and then look through the options; using too many filters might hide some good opportunities.
- Don't forget to check out company websites, as not all jobs are posted on job listing sites!

ARE YOU LOOKING FOR AN APPRENTICESHIP?

You can use these to help you get started...

- [Search for an apprenticeship – Find an apprenticeship – GOV.UK](#)
- [Apprenticeships](#)
- [Amazing Apprenticeships | Explore Vocational Education & Apprenticeship Opportunities](#)
- [Apprenticeships | Skills for Careers](#)

Tips for looking for an Apprenticeship:

- You can start an apprenticeship any time after turning 16.
- Get your CV checked by multiple people to make sure it's the best it can be.
- Start by looking for apprenticeships in your local area. Avoid overly complicated filters, as they might make you miss out on great opportunities.
- Don't forget to visit company websites directly; they might have openings not listed on job platforms.

DO YOU WANT TO GO INTO EDUCATION?

You can use these to help you get started...

- [Lancashire Adult Learning](#)
- [The Education Hub](#)
- [Open University](#)
- [Lancashire Skills and Employment Hub](#)

Tips for getting into education:

- You may have aged out of free college education, however there are other routes.
- Speak with a job coach at the Job Centre for advice.
- Contact the National Careers Service for free careers advice.
- Reach out to your local college for advice on how to apply.

DO YOU WANT TO VOLUNTEER OR GAIN WORK EXPERIENCE?

You can use these to help you get started...

- [Volunteering advice | National Careers Service](#)
- [Become a volunteer in Lancashire | Lancashire Volunteer Partnership](#)
- [Volunteering - Lancashire County Council](#)

Tips for volunteering:

- Volunteering can be a great way to build skills, confidence and try out possible future careers – but you have to be proactive!
- Contact local businesses, charities, community groups – be positive and confident.



DO YOU NEED SOME SUPPORT WITH YOUR MENTAL HEALTH?

You can use these to help you get started...

- For mental health and wellbeing your GP is your best first step to offer professional support
- [Getting help and support for mental health problems](#)
- [NHS Mental health services](#)
- [Home - Lancashire Mind](#)
- [Mind](#)

Other ways to get support...

You can also explore these providers for help with your next steps...

- The Job Centre
- The National Careers Service
- Your GP or local Health Services
- Faith organisations
- Local support groups
- Your college or university
- Your employer, HR department or support team