

[*Your guide to what Connexions is all about*]
www.connexionswest.org.uk

what is Connexions?
 Connexions can help you think about your future and make plans.

Connexions can give you information and advice about:

- > staying at school
- > going to college
- > getting some training
- > getting a job.

Connexions will also give you information and advice on:

- > health
- > housing
- > money
- > relationships
- > travel
- > the law and your rights
- > personal development
- > confidence building
- > volunteering
- > things to do in your spare time.

“Being bored got so boring! Connexions helped me into volunteering. New friends and new skills.”

what's a Connexions personal adviser?

A Connexions personal adviser can help you think about your future and make plans. They will listen to you and give you information and advice.

All young people can speak to a Connexions personal adviser. It doesn't matter if you are in or out of school, in further or higher education, in training or work.

If something isn't right, Connexions can help you plan for something better.

Connexions works with young people aged 13-19. If you have additional support needs, we may see you up to the age of 25.

You can see a Connexions personal adviser at school, at a Connexions centre or other places young people go.

Connexions is designed by young people, for young people.

looking for work?

Contact Connexions for local Apprenticeship and job vacancies. Or go to:

- > www.connexionswest.org.uk
- > www.apprenticeships.org.uk

[*Let's talk about you*]

Connexions is for you

*your nearest
Connexions centre*

Come in and have a chat. Or just grab some information.

- ▶ **Bath and North East Somerset**
T: 01761 430 900
E: bath-enquiries@connexionswest.org.uk
- ▶ **Bristol**
4 Colston Avenue, Bristol BS1 4ST.
T: 0117 987 3700 Minicom: 0117 907 4514
E: enquiriesbristol@connexionswest.org.uk
- ▶ **North Somerset**
45 Boulevard, Weston-super-Mare BS23 1PG.
T: 01934 644 443
E: enquiries-nsom@connexionswest.org.uk
- ▶ **South Gloucestershire**
21–23 High Street, Kingswood, South Gloucestershire BS15 4AA.
T: 0117 961 2760
E: enquirieskingswood@connexionswest.org.uk
and
28 Gloucester Road North, Filton, South Gloucestershire BS7 0SJ.
T: 0117 969 8101
E: enquiriesfilton@connexionswest.org.uk
and
Yate West Gate Centre, 21 West Walk, Yate, South Gloucestershire, BS37 4AX
T: 0117 961 2760
E: enquirieskingswood@connexionswest.org.uk

Connexions centres are open Monday to Friday. Please contact them for their opening times. Or visit our website at:

- ▶ www.connexionswest.org.uk

24 hour help & advice

Connexions Direct is a web and telephone-based information service. Its advice line is open seven days a week, from 8am-2am. The advisers will talk to you, in confidence, about anything that is troubling you.

You can also use the chat room, message board or speak to an adviser via a web cam.

- ▶ www.connexions-direct.com

Freephone: 080 800 13 2 19 (*call on a mobile and an adviser will call you back*).
Text: 07766 4 13 2 19
Minicom: 080 00 968 336.

- ▶ www.connexionswest.org.uk

what you can expect

Connexions will:

- ▶ treat you with respect
- ▶ help you get your voice heard
- ▶ help you make decisions
- ▶ be caring and supportive
- ▶ know about the things that are important to you
- ▶ help you get the support you need
- ▶ keep your information private – we will only show it to others if you say we can. Or if we think you are in danger.

“Home life is really tough. My Connexions adviser has been there for me. It’s made a big difference.”

“I didn’t know I had so many options! Connexions helped me find the right one for me.”