

## Gap Year

More young people are choosing to take a year out before finding work or going into higher education. There is a lot of information available about gap year opportunities. Visit your local Connexions Centre, speak to a Connexions Personal Adviser or try one of the following websites:

[www.gap.org.uk](http://www.gap.org.uk)

[www.yini.org.uk](http://www.yini.org.uk) (Year in Industry)

[www.worldwidevolunteering.org.uk](http://www.worldwidevolunteering.org.uk)

[www.bunac.org.uk](http://www.bunac.org.uk)

[www.csv.org.uk](http://www.csv.org.uk) (Community Service Volunteers)



If you would like help contacting any of the agencies mentioned in this leaflet speak to your Connexions Personal Adviser.

## Get Involved!

We want young people's views and opinions about how the Connexions Service should be run. So if you want to contribute to making Connexions a better service then contact us through our website. Alternatively speak to your Connexions Personal Adviser about it.

### Connexions Rochdale

Unit 2, Bus Station Complex  
Smith Street, Rochdale OL16 1YG  
Tel: 01706 759515 Fax: 01706 750967

Unit F10a, First Floor  
Arndale Centre, Middleton M24 4EL  
Tel: 0161 643 3125 Fax: 0161 655 3763

7 Church Place  
Hartley Street, Heywood OL10 1LS  
Tel: 01706 622770 Fax: 01706 625592

e-mail: [info@connexions-rochdale.org.uk](mailto:info@connexions-rochdale.org.uk)

web: [www.connexions-rochdale.org.uk](http://www.connexions-rochdale.org.uk)

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Connexions Provider – Lifetime Careers – a company within the Nord Anglia Education Group on behalf of Rochdale Connexions Partnership.

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# time2spare



connexions

ROCHDALE

Spare time = opportunity to:

- Meet new friends
- Find new interests
- Learn new skills
- Help other people
- Improve your CV!

## Leisure is for living

Don't be afraid to try something new; you may discover a hidden talent! Even if you don't, exploring your own personality can be fun and helps you to get to know yourself better. Use [www.youthinformation.com](http://www.youthinformation.com) for some ideas.



### What's available near you?

Use the following to find out what's going on in your area:

- Local newspapers
- Community education prospectuses
- School and College noticeboards
- Ask friends and family
- Visit the Connexions Centre
- Check out the Connexions Rochdale website
- Speak to your Connexions Personal Adviser.

### What about the cost?

Lots of things are free or at reduced rates for young people and the unemployed.

## Volunteering

Volunteering can improve your skills, enable you to get free training and give you something extra to put on your CV. It's also a really good way of meeting new people and helping your community.

### Millennium Volunteers (MV)

There are over 100,000 MVs in England. If you are aged between 16 and 24 you could be one of them. The idea is that MVs help other people by doing something they enjoy, eg, sports, performing arts, caring for others. To find out more about MV projects and voluntary opportunities visit their website at [www.mvonline.gov.uk](http://www.mvonline.gov.uk).

### The Prince's Trust

Helps people aged between 14 and 30, build their confidence and improve their skills through practical support and team activities. To find out about local Prince's Trust activities visit their website at [www.princes-trust.org.uk](http://www.princes-trust.org.uk) or ring them on their freephone number: 0800 842 842. Alternatively visit your local Connexions Centre.

### Local volunteer groups

There are lots of local organisations that rely on help from volunteers. Visit your local Connexions Centre or local library to find relevant information.

## Sports

Having a sport as a hobby is both a great way of keeping fit and of making new friends. You will find details of local sporting activities and leisure centres on Rochdale council's website at [www.rochdale.gov.uk](http://www.rochdale.gov.uk). If you cannot find what you're looking for there, try the Sport England website at [www.sportengland.org](http://www.sportengland.org) or visit your local Connexions Centre.

## Youth/Activity Groups

There are lots of different activities and groups throughout the area. Some groups are for young people, others for people of any age who share the same interests. Visit your local Connexions Centre to find out what is available locally or speak to your Connexions Personal Adviser.

Many youth/activity groups participate in the Duke of Edinburgh's (DofE) Award Scheme. There are three awards to try for: Bronze, Silver and Gold. You have to complete an activity from each of the following within a set amount of time: service, skills, physical recreation, expedition and residential project (Gold award only). For more information about the award in your area go to: [www.theaward.org/northwest](http://www.theaward.org/northwest) or email: [northwest@theaward.org](mailto:northwest@theaward.org) or telephone: 0161 228 3688.