# ()X(Meinfo

#### **Everything for young people in Oxfordshire**



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Information, opportunities, and support for young people aged 13-19 (up to 25 with additional needs).



### Educational support available for young people in Oxfordshire

There is lots of support available to young people in Oxfordshire, including a live chat option on oxme.info, an opportunity to register your details and ask for support, bulletins to sign up to, and Choices Earning and Learning sessions.

#### **Register with us:**

Young people can register their details with us and ask for support with finding a place in learning to suit them

#### Bulletins for young people:

#### **Choices Session:**

Choices sessions are informal "drop-in" sessions for young people who are, or at risk of being NEET.

Weekly bulletins - Published each Tuesday, full of opportunities for young people across Oxfordshire

Hot Jobs newsletter - Full of our top jobs every week to

**NEET ideas newsletter -** for professionals who are supporting NEET young people aged 16-19

#### List an opportunity:

Send a link, job description or advert to opportunities@oxfordshire.gov.uk

Fill in an Opportunity Template and send to opportunities@oxfordshire.gov.uk

Fill in the post an opportunity



# News and events for young people in Oxfordshire

#### **Events**

Do you want your events for young people in Oxfordshire listed here? Send them to us at:

oxme@oxfordshire.gov.uk



#### News

Do you want your news for young people in Oxfordshire featured here? Send it to us at:

oxme@oxfordshire.gov.uk

Scan me to check out oxme.info's recent news articles! /





## Wellbeing and you - mental wellbeing support for young people

The Wellbeing and you portal on oxme.info provides young people with videos, links to local support, national helplines and more to help support their mental wellbeing.

Supporting friends and family: help for parents, carers, and anyone else supporting a child or young person

Isolation and Loneliness: support and information for overcoming loneliness.

During the Covid-19 Pandemic we asked young people how we could better support then. Our findings highlighted that young people wanted better mental wellbeing support.

In response, we created our wellbeing hub with information and support on the four main topics: Anxiety and Sleep, Next Steps, Isolation and Loneliness, and Supporting Friends and Family.



Anxiety and Sleep: Help to overcome worries that impact everyday life

Next Steps: Support to help young people understand their post-16 options

