

connexions 13-19

what is it? how does it help me?

Aged 13-19?

*Thinking about your future?
Decisions and choices to make
in your life?*

...get into Connexions.

It gives you information and advice on **education, training and work**, and offers expert advice, guidance and support on the things that matter to you:

personal problems

health issues

career decisions

drug advice

money matters

and more...

*...with Connexions,
things needn't be a
problem anymore.*



connexions

NOTTINGHAMSHIRE

So, how does Connexions work?

With Connexions you get your own Personal Adviser or 'PA'

Your PA will:

- help you find the right answers and support your needs.
- not judge you or tell you what to do.
- be there to listen and to work with you.
- be on your side.

PAs work with other organisations like youth, health, counselling and drug services, so whatever support you need, you can be sure of the best specialist advice.

PAs don't just help you with problems. They can also help you:

- get on and make the most of your interests and skills.
- build on your strengths.
- tackle any weaknesses you may have.

Connexions helps you to be the best you want to be.

Where do I see my Personal Adviser?

You can see your PA in school, college, at work or where you train. You can contact your PA at your local Connexions Centre and they also work in your local community. If you don't have a PA, contact your nearest Connexions Centre.

Do I Get A Say?

Yes, your views are very important to us. As part of the Connexions Board and other activities, young people are helping us to...

- interview and select our staff
- design our Connexions Centres
- design and write our leaflets and website
- develop and improve our services

We would like more young people to get involved. So if you would like to help, please contact us at your local Connexions Centre or:

- by email: ask@cnxnotts.co.uk
- on our website: www.sortitonline.com

Connexions is here to help you so come and try us and find out for yourself.

How can I contact Connexions?

You can contact Connexions Nottinghamshire in different ways...

- Talk to your PA or contact your local Connexions Centre
- Talk confidentially to Connexions Direct, 8AM – 2AM
- Visit www.sortitonline.com for advice, vacancies and local support



Go to **SORTITONLINE.com**

Live web chat, advice and news, features, contacts, web links, job and training vacancies plus opportunities and support to help you get...

Sorted4Learning! Sorted4Choices!
Sorted4Work! Sorted4Housing!
Sorted4Money! Sorted4FreeTime!
Sorted4Relationships!

...so, add www.sortitonline.com to your favourites now!

It's your site, so tell us what you think or write something for sortitonline.com yourself! Get sorted!

connexions direct

for young people, 13-19, in Nottinghamshire

Instant, confidential, phone or online advice on **anything** that affects you.

8.00am - 2.00am – every day...

- by telephone on **080 800 13 2 19**
- by text message on **07766 4 13 2 19**
- by email or webchat via **www.connexions-direct.com**
- Connexions Direct advisers can talk to you about anything that may concern you, including careers, learning, training, housing, health, drugs, abuse, pregnancy, law and more.
- Get an instant response to whatever question you may have.
- Speak to a trained, expert Connexions Direct adviser in confidence and even anonymously if you prefer.
- If you'd rather contact an adviser who is either male or female, then you can, and this will never be a problem.



Your local Connexions Centres

Beeston & Broxtowe South

(inc. Attenborough, Bramcote, Chilwell, Stapleford, Toton)

Tel: **0115 948 4484**

Nottingham Connexions Centre,
24-32 Carlton Street, Hockley, NG1 1NN

Eastwood

Tel: **01773 713449**

Eastwood Connexions Centre,
158 Nottingham Road, NG16 3GG

Gedling

(inc. Arnold, Calverton, Woodborough)

Tel: **0115 924 7251**

Nottingham Connexions Centre,
24-32 Carlton Street, Hockley, NG1 1NN

Hucknall

Tel: **0115 840 2067**

Hucknall Connexions Centre,
Hucknall College, Portland Road, NG15 7SN

Kirkby-in-Ashfield

(inc Sutton in Ashfield and Ashfield)

Tel: **01623 727470**

The Acre Connexions Centre,
Morley Street, NG17 7AZ

Mansfield

Tel: **01623 632000**

Mansfield Connexions Centre,
30-32 Regent Street, NG18 1SS

Newark

Tel: **01636 702084**

Newark Connexions Centre,
27 Lombard Street, NG24 1XG

Nottingham

Tel: **0115 948 4484**

Nottingham Connexions Centre,
24-32 Carlton Street, Hockley, NG1 1NN

Retford

Tel: **01777 710701**

Retford Connexions Centre,
8 Spa Lane, Retford, DN22 6EA

Rushcliffe

(inc. Bingham, East Leake, West Bridgford, Radcliffe)

Tel: **0115 948 4484**

Nottingham Connexions Centre,
24-32 Carlton Street, Hockley, NG1 1NN

Worksop

Tel: **01909 473165**

Worksop Connexions Centre,
7 Ryton Street, S80 2AY

You'll find Connexions Centres in some local youth clubs or community centres as well.