



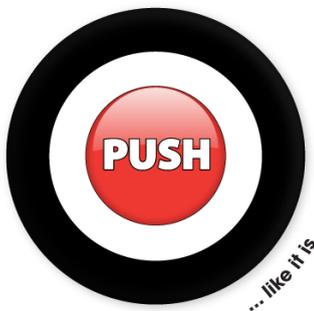
# Post 16 Speakers Programme 2017 – 2018

Welcome to the Speakers Programme for 2017-18. As part of the Year 12 Progression Programme and Post 16 assembly schedule, St Albans Girls' School is delighted to have an array of speakers from many different organisations delivering small workshops and whole year group talks on a vast amount of topics. The sessions are designed to engage and inform and give students the opportunity to explore topics outside of the curriculum relative to life beyond school.

This will run during the year, via small group workshops throughout the week, assemblies or whole year group sessions on a Thursday period 1. The talks that have been organised will provide something for everyone to engage with and in this brochure you will find information about each organisation or speaker and provisional dates of the sessions.

Although the Progression Programme and Speakers Programme is an opportunity to spend time focused on issues and life beyond A Levels, do remember that the Sixth Form team are always available to provide support and guidance throughout the year.

### October 2017



**PUSH** - a not-for-profit organisation that supports school-leavers and students, to make well informed decisions about their futures and to have the skills and resources to make their choices a reality. So whether students are thinking about university, a job, a gap year, an apprenticeship or just some life advice then PUSH have got it covered! They will deliver a presentation to inspire, engage and inform students and connect them with well-suited opportunities.

### November 2017



**Connexions** - Youth Connexions Hertfordshire provides youth work projects and programmes, information, advice, guidance and support for young people aged 13-19. They will deliver workshops to help students be positive about themselves including body image, self-esteem, emotional health, anger management and positive thinking.

# **SAMARITANS**

**Samaritans** - a registered charity aimed at providing emotional support to anyone in emotional distress, struggling to cope and reduce the incidence of suicide feelings and suicidal behaviour. As part of the session, Samaritans will help students to cope with their physical and emotional health, inform students who they could talk to if they need help, develop the skill of concept of active listening and introduce the work of Samaritans.

## **January 2018**

**Eva Schloss - Holocaust Survivor** - Holocaust survivor memoirist and stepdaughter of Otto Frank, the father of Margot and Anne Frank and a co-founder of the Anne Frank Trust UK. Eva Schloss speaks of her family's experiences during the Holocaust including her imprisonment at Auschwitz-Birkenau Nazi concentration camp. As part of this momentous talk, Eva Schloss will also talk about her books "*Eva's Story*", "*After Auschwitz*" and "*Hell and Back*" as part of the Jewish Authors for Schools Programme.

## **March 2018**



**PSCO Adriano Russo** - Crime Prevention (Drugs and alcohol and the law)



**The Boobettes** - a group of young women who have been diagnosed with breast cancer under the age of 35 and are part of the breast cancer awareness charity, CoppaFeel! based in London. The charity focuses on promoting early detection of breast cancer by encouraging women under 30 to regularly check their breasts. The session will cover the Boobette's personal story, breast cancer facts and myths, signs and symptoms, the work of CoppaFeel! how we can remind you to start self-checking and guidance on how to self-check.



**Hope UK** - a national charity providing drug and alcohol education and training for children and young people, parents and youth workers. The session will focus on laws relating to drugs, students attitudes to drugs, decision making and what to do if a friend needs help.

April 2018



**Brook** - a registered charity that have been at the forefront of providing well being and sexual health support for young people for over 50 years. Brook's education programme means that young people are better equipped to make positive and healthy lifestyle choices. The session will focus on "Sex and the Law" enabling students to understand their rights within relevant legal frameworks allowing young people to make decisions and choices that support safe and enjoyable sexual relationships without harm. During the session Brook will also develop students critical thinking skills about relevant legal frameworks.



**Connexions** - Youth Connexions Hertfordshire provides youth work projects and programmes, information, advice, guidance and support for young people aged 13-19. They will deliver workshops to increase awareness of issues surrounding sexual health, pornography and healthy relationships.

May 2018



**Oxfam (Peter Bentley)** - a globally renowned aid and development charity with 70 years of experience, working and campaigning with partners in over 90 countries worldwide. They will deliver a session on the impact of climate change and their work towards world without poverty and how we can all help!

## June 2018



**Liam Stott** - The University of Bedfordshire is spread across campuses in Luton, Bedford, Aylesbury, and the newly established Milton Keynes site.

It is a vibrant, forward-thinking university with a diverse population of 22,000 students from more than 120 countries. The university has an excellent graduate employment record. In the latest survey, 92% either found work or went on to further study. A sizeable proportion of students hail from the local area. In this session, students will gain an understanding of student finance and budgeting. With news of university fees and student loans, it's important to understand how you can make the most of student finance, accommodation costs and budgeting for university. Find out about other financial help that may be available to you and ensure you are fully informed about all the costs associated with going to university

## July 2018



**Hert Young Homeless** - an independent charity that has been supporting vulnerable people in Hertfordshire. hyh services are open to all 16 – 24 year olds who are homeless or threatened with homelessness. They provide information and support as well as emergency accommodation. hyh works with other agencies throughout Hertfordshire towards improving local provision and preventing youth homelessness. In this session student will be informed of the realities of homelessness and the support available, as well as to begin to consider the process of leaving home. They will recognise the importance of preparation before leaving home and be able to identify the skills required to live independently. In addition, as a part of this session, ex- homeless young people 'tell their story'.

## Other sessions



**Amnesty International -Irene Austin** - Amnesty International is an organisation focused on human rights across the world. This session will focus on Human Rights in the UK and also the 'I Welcome Campaign' which is about welcoming Syrian refugees and the work of Amnesty groups in Hertfordshire.



**Teenage Cancer Trust** - a cancer care and support charity in the UK that exists to improve the cancer experience of young people aged 13–24. Teenage Cancer Trust’s Education and Awareness team raises awareness of cancer in young people, visiting schools and colleges. The overarching aims of the session is to raise awareness and encourage students to take responsibility for their health and make positive lifestyle decisions. Students will understand what cancer is, who it can affect and the main warning signs. The main types of treatment will be outlined as well as discussing the wider impact of cancer, not just for the person going through it but their family and friends. Importantly, students will be encouraged to become the expert of their own body through understanding how healthy lifestyle choices can reduce their risk of cancer later on in life and encouraging them to feel confident in speaking to health professionals.



**Mind in Mid Herts** - This session will include mental health awareness, stigma conversations and what services they can offer to young people in St Albans Girls’ School



**Dr Helen Barefoot** - is a Neuroscientist at University of Hertfordshire who manages the Learning and Teaching Innovation Centre. Dr Barefoot will deliver a session about memory.

**Lewis Stockwell** - is a Philosophy lecturer in the School of Education at the University of Hertfordshire Lewis will deliver a session entitled ‘Living a Good Life’.

**Debra Frandsen** - is a modern foreign language lecturer in the School of Education at the University of Hertfordshire. Debra will deliver a session entitled ‘Why Travel is Good : How Culturally Aware are you ?’

**Many more to be added.....**