



Lillie-Mae found her 'Feet First' FutureMe @ NCD



Lillie-Mae started her 'FutureMe' journey in 2019 studying an extended Level 3 diploma in 'Sport'. The qualification gives students the knowledge, skills and experience to operate independently and successfully within the dynamic area of the sports industry. Lillie-Mae completed a range of modules, including strength and conditioning, the physiology of human performance, coaching and performance analysis.

Alongside her core studies Lillie-Mae took part in a range of activities to help her think about her future education and career plans. The activities involved participating in both one-to-one information, advice and guidance sessions as well as group workshops, as part of the 'FutureMe' offer at New College Durham. The sessions are delivered to students by trained practitioners and include:

- ▶ Introduction to Higher Education
- ▶ Employer Talks & Industry visits
- ▶ HE Subject Taster Sessions
- ▶ Campus Visits
- ▶ HE Application Support
- ▶ Careers Talks
- ▶ Skills & Attainment

In 2022 Lillie-Mae made a successful application to study for a BSc (Hons) in Podiatry at New College Durham. Currently undertaking her studies Lillie-Mae is learning how to assess, diagnose and treat people with problems of the feet, ankles and lower limbs and has enjoyed her placement in an NHS Trust to put the theoretical study into practice. This programme is eligible for the NHS Learning Support Fund (LSF). The NHS LSF provides additional funding for eligible healthcare students. It is supplementary financial support to the mainstream student loans system and is intended to support students whilst they train and gain professional registration.

Speaking of her experience, Lillie-Mae said she found the following activities very helpful:

- **Future Me - HE Introduction Talk**

"It was great to explore different courses in higher education and start thinking about what higher education and career I would like to do".

- **HE Subject Tasters**

"Simon highlighted different careers in the sector. I decided I was interested in a career in health".

- **One-to-one Information, Advice & Guidance**

"John Richardson, the FutureMe advisor, was very helpful as we discussed options to do physiotherapy. He then discussed options and led onto Podiatry. John then arranged a meeting with the Podiatry team. Without this help I wouldn't be doing Podiatry now".

The New College Durham FutureMe Programme aims to broaden horizons by providing students with advice on the range of higher education options available and provides support to enable them to make informed decisions about their future.

FutureMe is a programme of activity delivered in schools and colleges across the North East by the North East Uni Connect Programme. By taking part in FutureMe activity we want young people to:

- ▶ Have the opportunity to plan for their future and gain an understanding of what can support them in reaching their goals
- ▶ Have access to high quality information and support to help them consider whether higher education is the right option for them
- ▶ Have an increased awareness and understanding of higher education opportunities and progression pathways in the region.

The North East Uni Connect Programme is a partnership of all the universities and colleges in the North East working together to increase progression to higher education. This work is being carried out as part of the Office for Students' Uni Connect Programme.