



The Stanway School  
and  
The Thomas Lord Audley School



# Careers Bulletin

## Year 11

### College Applications

Applications are required to be made by the end of December.

**You can apply to as many colleges as you want, and we would like you to apply to at least two. You do not need to decide where you are going to go on to study until you get your results in August.**

**Reminder - Deadline for applications to Colchester Royal Grammar School is the 1st December.**

If you need help with your application please contact your Careers Adviser who will be able to help you.

Here is a reminder of the email addresses

The Thomas Lord Audley School - [susan.green@tla.school](mailto:susan.green@tla.school)

The Stanway School - [tracy.laney@stanway.school](mailto:tracy.laney@stanway.school)

### **The Sigma Sixth Sports Academy**

The Sigma Sixth Sports Academy which is based at The Philip Morant School and College and The Northern Gateway, Colchester.

We are an educational programme offering Level 2 and 3 study including GCSE English and Maths and level 3 BTEC and A level qualifications. In addition we also currently offer five

focused sports academies as well as a Student Athlete Development Programme providing generic support including diet and nutrition, prehab and rehab injury support, strength and conditioning and mentoring. This allows any student to join the Sports Academy regardless of their chosen sports.

We are holding a taster session for the Football Academy on the evening of Monday 7th December, 2020 (Covid-19 restrictions permitting)



<https://successatschool.us3.list-manage.com/track/click?u=2c038531b25876a2c7c9cf8b1&id=15c050cb5c&e=74219bc0e7>

[https://successatschool.org/advice/parents?utm\\_source=Parents&utm\\_campaign=dd21ab1156-AUTOMATION\\_Welcome\\_Message\\_1&utm\\_medium=email&utm\\_term=0\\_075a5d0dae-dd21ab1156-212102760&goal=0\\_](https://successatschool.org/advice/parents?utm_source=Parents&utm_campaign=dd21ab1156-AUTOMATION_Welcome_Message_1&utm_medium=email&utm_term=0_075a5d0dae-dd21ab1156-212102760&goal=0_)

[075a5d0dae-dd21ab1156-212102760&mc\\_cid=dd21ab1156&mc\\_eid=74219bc0e7](https://www.linkedin.com/company/075a5d0dae-dd21ab1156-212102760&mc_cid=dd21ab1156&mc_eid=74219bc0e7)

## **Career Focus**

Hello everyone!

I am one of the senior physiotherapists at East Suffolk and North East Essex NHS Foundation Trust (ESNEFT) – Colchester site. My role consists of providing acute inpatient rehabilitation and respiratory care to unwell patients. I also help to support practice education, along with supporting teaching within the trust and at the University of Essex.

My journey began as a volunteer at the Trust, my way of getting my ‘foot in the door’ as they say. However this was when I was coming to the end of my first degree; studying BSc Sports and Exercise Science. From this course, I developed an interest in exercise physiology and injury rehabilitation, which led me to investigate the physiotherapy route. I supported exercise classes and working on the wards to help develop a better understanding and depth of the physiotherapy role. This then led me to apply as a physiotherapy assistant, having the combined benefit of learning, developing skills and experience... but also getting paid!

I was very fortunate to successfully obtain a place on the MSc Physiotherapy (pre-reg) course at the University of Essex in 2013, which was probably one of the most intense challenges of my life. Through support of my colleagues, friends and

family I became a qualified physiotherapist in 2015 and began my career at ESNEFT. Very simply, I love my job. There is not one single day I do not come into work wishing I was doing something else.

There is so much to explain that has happened in these past five years, however everything that I had learnt was imperative into how I was able to contribute during the peak of the COVID pandemic. During this time I was re-deployed to the critical care unit where I worked with COVID patients, helping with the recovery of some of the most unwell patients suffering with the virus. This was a pivotal moment in my career, and something I feel proud of being able to support.

I would love to explain more, and hopefully we can be in touch with the school to talk about the variety of careers available. My advice to you is that if this is an area you're interested in, put yourself out there, contact the team here and we can discuss ways to support your future career.

Thank you for your time,

Josh