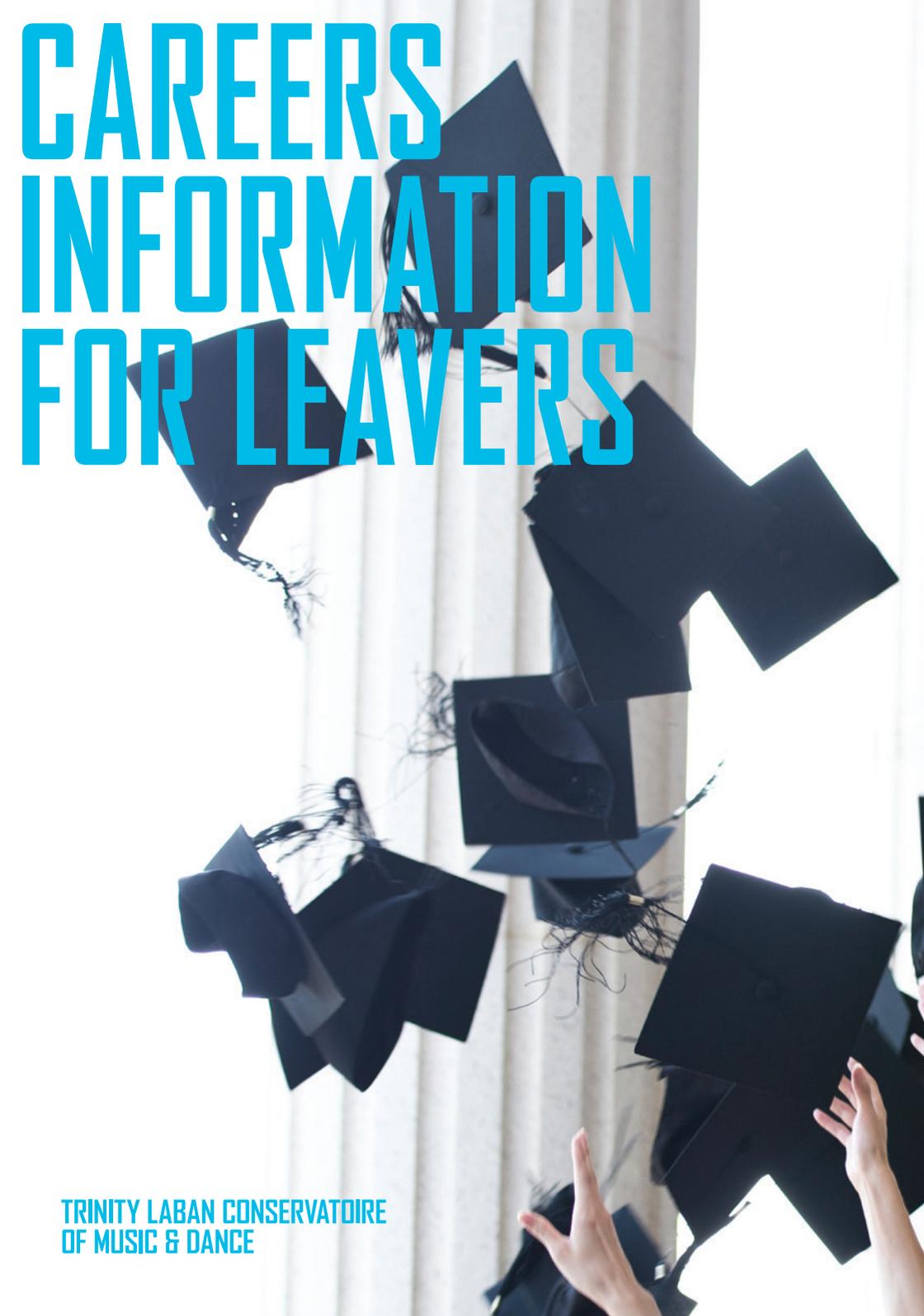


# CAREERS INFORMATION FOR LEAVERS



TRINITY LABAN CONSERVATOIRE  
OF MUSIC & DANCE

## CAREERS INFORMATION FOR LEAVERS

**99.1%\***  
**OF OUR FIRST DEGREE  
LEAVERS ARE IN  
EMPLOYMENT OR  
FURTHER STUDY  
SIX MONTHS AFTER  
GRADUATION –  
THE SECOND HIGHEST  
FIGURE ACROSS THE  
ENTIRE UK HIGHER  
EDUCATION SECTOR.**

\*Source: HESA Destinations of Leavers  
from Higher Education survey 2014

Completing your programme of study at Trinity Laban Conservatoire of Music and Dance and starting on the next stage of your career will bring with it many changes, and no doubt some challenges.

This booklet, and the careers information available on the Trinity Laban website ([trinitylaban.ac.uk/careers](http://trinitylaban.ac.uk/careers)), provides you with details of some sources of information that you may find helpful at this time. It includes, for example, advice on:

- › the skills developed through your programme of study that are of interest to employers
- › where you might look for work
- › job application tips
- › organisations that can help if you are setting up your own business

I hope that you will find this information useful, and please be aware that we can still help you when you become an alumnus of Trinity Laban; you are welcome to access careers support for up to two years after you graduate, in addition to which you will continue to be sent the weekly e-bulletin with details of vacancies and opportunities.

With my best wishes,

**Juliet Ingram,**  
Careers Coordinator

+44 (0)20 8305 4414  
[j.ingram@trinitylaban.ac.uk](mailto:j.ingram@trinitylaban.ac.uk)  
[www.trinitylaban.ac.uk/careers](http://www.trinitylaban.ac.uk/careers)



## CONGRATULATIONS ON YOUR GRADUATION!

Even though you've graduated you are still part of the Trinity Laban family and I'd like to welcome you to the alumni community which is a network of over 7,000 music and dance alumni worldwide.

As an alumnus of Trinity Laban we will keep in touch with you and let you know about offers, events, reunions and performances. We will also share with you news from the alumni community and Trinity Laban so make sure you let us know if your contact details change.

### As an alumnus you are entitled to the following benefits:

- Regular e-newsletters
- Access to career services up to three years after graduation including the weekly careers e-bulletin
- Access to the Jerwood Library
- Access to the Laban library and archive
- Discounts on treatments at Trinity Laban Health

### Additional benefits for dance alumni

- A discount on studio hire at the Laban building at certain times and subject to availability
- A discount on screenings

### Additional benefits for music alumni

- A discount on hiring the fully equipped recording studio at King Charles Court, subject to availability

Find out more about the alumni community and all these benefits  
[www.trinitylaban.ac.uk/alumni](http://www.trinitylaban.ac.uk/alumni)

We would love to hear what you are doing so get in touch and let us know.

Contact us on +44 (0)20 8305 9420 or email [alumni@trinitylaban.ac.uk](mailto:alumni@trinitylaban.ac.uk)



You can also post your news on the alumni Facebook page  
[www.facebook.com/trinitylabanalumni](https://www.facebook.com/trinitylabanalumni)

With best wishes for everything you go on to do and I look forward to keeping in touch.

**Lucy Nicholson**

Communications and Alumni Relations Manager

## SKILLS DEVELOPED THROUGH YOUR PROGRAMME OF STUDY

### IDENTIFYING & ARTICULATING SKILLS

When applying for jobs it is important to be able to recognise the skills you have developed through your studies, as well as through other activities such as paid work, volunteering, sport, leadership roles, etc.

As a student studying music or dance you have developed a broad range of skills that will be of interest to employers.

#### These skills may include:

- › Teamwork - working collaboratively with others.
- › Communication skills – through performing to and engaging with audiences; interpersonal communication during rehearsals, through group work, and when giving presentations and taking part in seminar discussions; writing essays and dissertations; teaching and workshop leading.
- › Self-management – having the self-discipline to reach the highest standards of performance through regular practice; meeting deadlines for coursework and creative outputs; combining academic study with external performances, part-time work, and voluntary activities.
- › Planning (project management / organisational skills) – Working on projects, multiple assignments, rehearsals, working towards a concert or performance, preparing for teaching practice; designing and delivering a workshop.
- › Initiative - seeking out and creating opportunities for performance and profiling of your composition or choreographic work; securing a placement or community-based engagement.
- › Critical reflection – reflecting on your practice to refine performance and other creative outputs; giving and receiving criticism; learning from your mistakes.
- › General IT skills - using standard software packages, the internet and email.

#### Other skills that employers may be looking for include:

- › problem solving
- › flexibility/adaptability
- › motivation
- › interpersonal skills

These are all skills that you will have developed through your studies at Trinity Laban, so give some thought to the contexts in which you have gained these skills.

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## LOOKING FOR WORK

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### JOB & INTERNSHIPS WITH GRADUATE EMPLOYERS

There are a number of vacancy websites for jobs and internships in music, dance and in other areas of the arts; which are listed in this leaflet. If you are looking more generally for jobs and internships with graduate employers it is worth being aware that many graduate careers do not require specific degree subjects; in fact approximately 40% of all graduate vacancies are open to graduates of ANY discipline. To look for jobs and internships with graduate employers, you can try the following approaches:

- › Search online for graduate schemes, vacancies and internships using [prospects.ac.uk](http://prospects.ac.uk) and [targetjobs.co.uk](http://targetjobs.co.uk), or sites with a regional focus, such as [graduatejobssouth.co.uk](http://graduatejobssouth.co.uk).
- › Newspapers are a traditional source of vacancies and most have online vacancy sites as well as recruitment pages; for example, the Guardian Jobs website: [jobs.theguardian.com](http://jobs.theguardian.com).
- › Careers fairs and recruitment events offer you the opportunity to meet potential graduate employers face to face.
- › Social media can be used to look for vacancies, particularly searchable sites such as LinkedIn and Twitter.
- › Recruitment agencies are used by organisations to find people for both permanent and temporary jobs and they can be useful in your job search. You can search for suitable agencies by using [agencycentral.co.uk](http://agencycentral.co.uk) or [rec.uk.com](http://rec.uk.com) (the website of the Recruitment and Employment Confederation).

As well as looking for advertised positions, you can help employers find you by creating a profile on LinkedIn and by uploading your CV onto websites - such as Guardian Jobs - that offer employers a searchable database of jobseekers. In addition, speculative approaches and networking with people in the industry may help you learn about opportunities. By pro-actively approaching prospective employers you have the opportunity to learn more about them, request work experience, ask for advice on your job search and hear about unadvertised roles.

The graduate careers website, Prospects, offers advice on writing CVs, covering letters and completing application forms. It also has a section on interview tips including information on interview tests and exercises, assessment centres and psychometric tests - see [prospects.ac.uk](http://prospects.ac.uk).

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### LOOKING OUTSIDE THE UK FOR WORK

If you are thinking of working in another country you can find useful information on the following websites:

- › **TARGETJobs** – [targetjobs.co.uk/careers-advice/working-abroad](http://targetjobs.co.uk/careers-advice/working-abroad) - This website has information about working in various European countries (and also Russia). The information covers language requirements, where you can work, job hunting tips, application methods and visa basics.
- › **Prospects** – [prospects.ac.uk/studying\\_abroad.htm](http://prospects.ac.uk/studying_abroad.htm) - This graduate careers website includes country guides covering a wide range of countries.

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### WEBSITES FOR JOBS & INTERNSHIPS IN THE ARTS

- › **Arts Jobs** - [artsjobs.org.uk](http://artsjobs.org.uk)
- › **ArtsProfessional (ArtsJobsFinder)** - [artsprofessional.co.uk/jobs](http://artsprofessional.co.uk/jobs)
- › **Arts Culture Media Jobs** - [artsculturemediajobs.com](http://artsculturemediajobs.com)
- › **Creative Choices** - [ccskills.org.uk/careers/jobs](http://ccskills.org.uk/careers/jobs)
- › **Artsjobsonline** - [artsjobsonline.com](http://artsjobsonline.com)
- › **artsHub** - [artshub.co.uk/arts-jobs](http://artshub.co.uk/arts-jobs)
- › **Arts Industry (ai)** - [artsindustry.co.uk/jobs](http://artsindustry.co.uk/jobs)
- › **London Arts in Health Forum** - [lahf.org.uk/opportunities](http://lahf.org.uk/opportunities)
- › **Artsadmin e-digest** - [artsadmin.co.uk/resources/e-digest](http://artsadmin.co.uk/resources/e-digest)

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### JOB IN THE PUBLIC & VOLUNTARY SECTOR

- › **Jobsgopublic** - [jobsgopublic.com](http://jobsgopublic.com)
- › **Guardian Jobs** - [jobs.theguardian.com](http://jobs.theguardian.com)
- › **CharityJOB** - [charityjob.co.uk](http://charityjob.co.uk)

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### JOB IN HIGHER EDUCATION

- › **jobs.ac.uk** - a leading international job board for careers in academic, research, science and related professions.

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### JOB IN SCHOOLS

- › **Times Educational Supplement (TES)** - [tes.co.uk](http://tes.co.uk)
- › **Eteach** - [Eteach.com](http://Eteach.com)

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### PART-TIME & TEMPORARY JOBS

- › **Totaljobs.com** - [totaljobs.com](http://totaljobs.com)
- › **Fish4Jobs** - [fish4.co.uk](http://fish4.co.uk)
- › **Agency Central** - [agencycentral.co.uk](http://agencycentral.co.uk)

## WORKING IN MUSIC

- › **Rhinegold Jobs** - [rhinegoldjobs.co.uk](http://rhinegoldjobs.co.uk) - vacancies in various areas of the music profession
- › **Musical Chairs** - [musicalchairs.info](http://musicalchairs.info) - vacancies available worldwide in various areas of the music profession
- › **music-job.com** – a job board for orchestral musicians and vacancies in other areas of the music profession
- › **Jobs in German Theatres** - [buehnenjobs.de](http://buehnenjobs.de) – jobs with German theatres and orchestras
- › **Association of British Orchestras (ABO)** - [abo.org.uk](http://abo.org.uk) - opportunities available with orchestras that are members of the Association of British Orchestras (ABO)
- › **Music Mark, The UK Association for Music Education** - [musicmark.org.uk/jobs](http://musicmark.org.uk/jobs) - teaching jobs with music services
- › **Youth Music Network** - [network.youthmusic.org.uk/opportunities/jobs](http://network.youthmusic.org.uk/opportunities/jobs) - job opportunities with a range of music organisations, including some music teaching vacancies
- › **Music Publishers Association (MPA)** - [mpaonline.org.uk/jobs](http://mpaonline.org.uk/jobs) - job vacancies with music publishers
- › **The Association of British Choral Directors (abcd)** - [abcd.org.uk/vacancies](http://abcd.org.uk/vacancies) - for musical director/choir director and accompanist vacancies
- › **The Royal School of Church Music (RSCM)** - [rscm.com](http://rscm.com) - for director of music/organist vacancies
- › **Church Times** - [jobs.churchtimes.co.uk](http://jobs.churchtimes.co.uk) - for organist and choral positions
- › **British Choirs on the Net** - <http://www.choirs.org.uk/vacancies>- vacancies for conductors, musical directors, accompanists, pianists & organists
- › **Gerontius** - [www.gerontius.net](http://www.gerontius.net) - for choral music vacancies (conductor / musical director / accompanist vacancies)

For information about working in the area of music education, see [trinitylaban.ac.uk/musicteaching](http://trinitylaban.ac.uk/musicteaching)



## WORKING IN MUSICAL THEATRE

- › **The Stage** - [thestage.co.uk/recruitment](http://thestage.co.uk/recruitment) - includes auditions (commercial dance and musical theatre), teaching and education posts, opportunities overseas and on cruise ships
- › **Equity** - [equity.org.uk/jobs-career/](http://equity.org.uk/jobs-career/) - Equity members can access details of job vacancies
- › **Star Now** - [starnow.co.uk](http://starnow.co.uk) - dance jobs and auditions
- › **Debbie O'Brien Casting** - [facebook.com/debbieobriencasting](https://facebook.com/debbieobriencasting) - Debbie O'Brien Casting specialises in theatre casting for the West End, UK and international tours and regional productions
- › **Dancers Pro** - [dancerspro.com/uk](http://dancerspro.com/uk) - dance jobs and auditions
- › **Vocalist** - [vocalist.org.uk/cruise\\_ships.html](http://vocalist.org.uk/cruise_ships.html) - information about working on cruise ships as a singer, dancer, musician or other entertainer and how to find employment





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## SUPPORT & SCHEMES FOR MUSICIANS STARTING OUT IN THEIR CAREERS

- › **Help Musicians UK** - Offer funding to emerging artists who are already making an impact in their field. Their current opportunities are the Emerging Artists Fund in association with Pledge Music and Career Development Bursaries.
- › **The Fenton Arts Trust Grants** - [fentonartstrust.org.uk](http://fentonartstrust.org.uk) - Grants are available to support individual works, activities, performances or prizes in the fields of drama, painting, sculpture, ballet, music and poetry by individuals early in their careers. An application may come from a group, company or institution, or from an individual so long as the application does not involve support of academic study.
- › **The Hattori Foundation** - [hattorifoundation.org.uk](http://hattorifoundation.org.uk) - The aim of the Foundation in the field of music is to encourage and assist exceptionally talented young instrumental soloists or chamber ensembles who are British Nationals or resident in the UK and whose talent and achievements give promise of an international career.
- › **Genesis Sixteen** - [thesixteen.com](http://thesixteen.com) - Genesis Sixteen is The Sixteen's free young artists' scheme which aims to nurture the next generation of talented ensemble singers. Participants not only receive free tuition but also a bursary to cover all additional costs.
- › **The Monteverdi Apprenticeship Scheme** - [monteverdi.co.uk/education/apprenticeship](http://monteverdi.co.uk/education/apprenticeship) - Open to singers and instrumentalists, this is a year-long scheme providing a bridge between university, conservatoire and the professional world.
- › **The Orpheus Foundation** - [orpheusfoundation.com](http://orpheusfoundation.com) - The Orpheus Foundation supports young musicians in the crucial phase between conservatoires and the profession, by providing opportunities to play in public, meet and work with established members of the profession and develop an all-round knowledge of the orchestral repertoire.
- › **Park Lane Group** - [parklanegroup.co.uk](http://parklanegroup.co.uk) - The Park Lane Group provides a platform for outstanding young musicians and performances of special interest.
- › **Live Music Now** - [livemusicnow.org.uk](http://livemusicnow.org.uk) - A charitable scheme that promotes concerts in community venues and aims to assist professional musicians at the outset of their careers by providing paid performance opportunities and training and professional development in the field of music outreach.
- › **Royal Opera House / Ballet Music Staff** - [roh.org.uk](http://roh.org.uk) - The Jette Parker Young Artists Programme includes opportunities for ballet pianists, who are expected to have sufficient experience to improvise extensively in the context of a ballet class.
- › **Foyle Future Firsts** - [lpo.co.uk/education/futurefirsts.html](http://lpo.co.uk/education/futurefirsts.html) - The London Philharmonic Orchestra's Foyle Future Firsts annual development programme bridges the transition between college and the professional platform for up to 16 outstanding young musicians.
- › **Orchestra of the Age of Enlightenment (OAE): The Ann and Peter Law OAE Experience for Young Players** - [oae.co.uk/about/oae-experience/](http://oae.co.uk/about/oae-experience/) - The aim of scheme is to give exceptionally gifted young period instrument players the opportunity to work alongside the OAE and receive on-going mentoring from OAE musicians. The year-long scheme is aimed at students in the final stages of study, bridging the gap between music college and a professional career.

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## WORKING IN DANCE

- › **Southbank Sinfonia** - southbanksinfonia.co.uk - Southbank Sinfonia provides an intensive and wide-ranging nine month programme of performance and professional development for talented graduates embarking on an orchestral career. Every player is awarded a bursary to help towards the cost of living in London, which players supplement with income from their own performing and teaching activities.
- › **Young Concert Artists Trust (YCAT)** - ycat.co.uk – YCAT provides a unique stepping stone for exceptional young artists who have the potential for international performing careers. Auditions take place once a year, in three stages, and are open to all instruments; however, the categories vary each year.
- › **European Union Youth Orchestra (EUYO)** - euyo.org.uk – The Orchestra acts as a training ground, bridging the gap between music colleges and the professional music world. To audition for the Orchestra, musicians must be aged between 14 and 24 inclusive at the time of applying and must hold passports from one of the 28 European Union member countries.
- › **Making Music Award for Young Concert Artists** - makingmusic.org.uk – Through their Awards for Young Concert Artists scheme, Making Music promotes young musicians to provide them with vital concert and recital experience across the UK with Making Music's 3,000+ group members.

- › **Article19** - article19.co.uk - includes a section with audition details
- › **Dance UK** - danceuk.org – includes an Auditions & Jobs noticeboard
- › **DancingOpportunities** - dancingopportunities.com - information about dance festivals, workshops, residencies, auditions and internships
- › **Dance Europe** - danceeurope.net - lists audition notices and dance job vacancies
- › **The Place** - theplace.org.uk/juice - JUICE is The Place's online resource for the professional dance community and includes jobs and auditions listings
- › **londondance.com** - londondance.com - sign up free to access dance related jobs
- › **People Dancing** - communitydance.org.uk – the website includes a list of jobs in the community dance sector
- › **National Dance Teachers Association (NDTA)** - ndta.org.uk – includes a listing for jobs in schools and other educational settings
- › **The Stage Jobs** - thestage.co.uk/recruitment - includes auditions (commercial dance and musical theatre), teaching and education posts, jobs overseas and on cruise ships
- › **Equity's Job Information Service** - equity.org.uk - Equity members can access details of job vacancies online

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## DANCE TEACHING AND EDUCATION WORK

### Resources

Youth Dance England (yde.org.uk) has produced various publications around the themes of dance in education and the future development of children and young people's dance in England. The website includes useful information and guidance for dance educators.

### Continuing professional development (CPD)

Youth Dance England (yde.org.uk) has information about CPD for dance teachers and leaders including:

- › The Diploma in Dance Teaching and Learning (Children and Young People) or DDTAL (CYP)
- › U.Dance CPD courses
- › Links to organisations providing a range of other CPD opportunities

In addition, there is a certificate in Healthy Dance Practice, which is a new initiative developed by Safe in Dance International (www.safeindance.com) in partnership with the International Association of Dance Medicine and Science, Dance UK healthier dancer programme and the National Institute of Dance Medicine and Science. The Certificate recognizes best practice in delivering safe and effective dance activity and is applicable to those working across all sectors of the dance profession and to teachers of all dance styles of dance.



## WEBSITES WITH USEFUL DANCE INFORMATION

- › **londondance.com** - [londondance.com/directory/](http://londondance.com/directory/) – for listings of London based contemporary dance companies
- › **British Council** - [dramaanddance.britishcouncil.org/artists-and-companies/](http://dramaanddance.britishcouncil.org/artists-and-companies/) - for listings of UK-wide dance companies
- › **Dance UK** - [danceuk.org/resources/navigating-dance-world/](http://danceuk.org/resources/navigating-dance-world/) – for links to national and regional dance agencies whose individual websites will have information about the support they offer to dance artists and educators



## MAKING JOB APPLICATIONS

### JOB APPLICATION TIPS

#### Curriculum Vitae (CV)

- › Tailor your CV for each application by focusing on what is most relevant; for example, a CV for teaching work will list experience relevant to teaching first, while a CV for performing will list details of performance training and experience first.
- › A CV should be no more than 2 pages (except if you are applying for an academic job).
- › Structure your CV in reverse chronological order, i.e. most current first.
- › Make it easy for the person reviewing your CV to see the key information when they scan through your application; bullet points can be read more quickly than long sections of text.
- › Be consistent with design and formatting, use clear headings and make good use of white space.
- › Use active verbs to indicate achievements, for example: 'implemented', 'managed', 'established'.
- › Use positive adjectives relevant to the job, for example: 'creative', 'enthusiastic', 'motivated'.
- › Don't use abbreviations unless they are well known and widely accepted.
- › Ask someone to check your CV for grammar and spelling.

#### Cover Letter

- › Keep the letter to a reasonable length; a page or less should generally suffice.
- › Write a unique letter for each application as it is obvious when a standard letter is used.
- › Address your letter to a specific person by name, if possible, rather than 'Dear Sir or Madam'.
- › Explain what appeals to you about the position for which you are applying and show the reader that you have done some research and have a genuine interest in the organization and in the role.

#### In General

- › Even if you are submitting materials electronically, print a copy to see what the document looks like on paper, and use a font size that is large enough to be read easily on a printed copy.
- › For material submitted electronically, use a screen-friendly font and ensure that documents are in Adobe Acrobat (.pdf) format, as this will guarantee that fonts and formatting are preserved.
- › Title your documents in a way that is helpful for the recipient: "TeachingCoverLetter.pdf" is not as good as using your name, for example: "JaneSmith\_letter.pdf".
- › Consider creating a common letterhead with your name, address, phone number(s), email and URL that you can use as your header on your cover letter and CV.

#### Further Advice and Information:

- › The graduate careers website, Prospects, offers advice on job hunting and applications, including example CVs and cover letters: [prospects.ac.uk](http://prospects.ac.uk).
- › Contact the Careers Coordinator, Juliet Ingram, for advice on making job applications. You can contact Juliet for advice by email or face-to-face and you are welcome to receive careers support for up to two years following graduation. Email: [j.ingram@trinitylaban.ac.uk](mailto:j.ingram@trinitylaban.ac.uk).

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## WORKING IN THE UK: TAX & NATIONAL INSURANCE CONTRIBUTIONS

There is useful information for those starting out in employment or self-employment on **GOV.UK**.

### Tax and National Insurance Contributions

If you are earning more than the Personal Allowance (the annual amount of tax-free income), you will need to pay income tax on income from work (including full-time, part-time and temporary jobs) and any profits you make if you are self-employed. You can find out more about personal allowances and income tax rates from Her Majesty's Revenue and Customs (HMRC) at: **[hmrc.gov.uk/rates](https://www.hmrc.gov.uk/rates)**

Your National Insurance number is a unique personal number which is used to record your National Insurance contributions. You pay National Insurance contributions to build up your entitlement to certain state benefits, including the State Pension. The exact amount you pay depends on how much you earn and whether you are employed or self-employed.

You do not need to have a National Insurance number before starting work, but you must obtain one when you get a job. If you live in the UK you'll normally receive a National Insurance number automatically at age 16. If you are from outside the UK and have the right to work here, you can apply for a National Insurance number; you will need to telephone Jobcentre Plus on Tel 0845 600 0643. You may be required to attend an 'Evidence of identity' interview

If you are employed, your employer will take your tax and National Insurance contributions directly from your pay and send it to the government. You should receive a pay slip that shows how much you have been paid and how much has been taken out for tax and National Insurance.

If you become self-employed you will need to register for Self Assessment with HM Revenue & Customs (HMRC), which you can do online. If you delay registering, you may have to pay an initial penalty. Self Assessment involves completing a tax return each year (online or on paper). Find out more about how to register for Self Assessment on GOV.UK: **[gov.uk/register-for-self-assessment](https://www.gov.uk/register-for-self-assessment)**.

If you are unsure whether your work makes you self-employed, there is information to help you decide your employment status on the HMRC website: **[hmrc.gov.uk/employment-status](https://www.hmrc.gov.uk/employment-status)**.

If you are self-employed, you normally have to pay Class 2 National Insurance contributions. If your annual profits are over a certain amount you also pay Class 4 contributions. In certain circumstances you may be exempt from paying. Find out more on GOV.UK: **[gov.uk/self-employed-national-insurance-rates](https://www.gov.uk/self-employed-national-insurance-rates)**.

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## SETTING UP IN BUSINESS

If you are considering setting up your own business, the following websites and organisations provide useful information, advice and support:

- › **GOV.UK** - [gov.uk/browse/business](https://www.gov.uk/browse/business) - Information about starting up and running a business in the UK, including help if you are self-employed or a sole trader.
- › **Creative Industry Finance** - [creativeindustryfinance.org.uk](https://creativeindustryfinance.org.uk) - An Arts Council England initiative, delivered by Creative United, offering business development support and access to finance for creative industry enterprises.
- › **Cultural Industries Development Agency (CIDA)** - [cida.co.uk](https://cida.co.uk) - CIDA support and represent entry level creatives and artists. The site has factsheets including one entitled, "How to Write a Business Plan".
- › **South East Enterprise** - [seenterprise.co.uk](https://seenterprise.co.uk) - South East Enterprise offer a range of client focused services to start-ups, established businesses and individuals wishing to update their business skills.
- › **London Small Business Centre** - [smallbusinesscentre.org.uk](https://smallbusinesscentre.org.uk) - An enterprise agency providing funding, training and face-to-face mentoring to aspiring and thriving entrepreneurs.
- › **Shell LiveWIRE** - [shell-livewire.org](https://shell-livewire.org) - the Shell LiveWIRE programme offers free online business advice and funding to young entrepreneurs in the UK.
- › **The Prince's Trust Enterprise Programme** - [princes-trust.org.uk](https://princes-trust.org.uk) - Gives practical and financial support to young people aged 18-30 who are unemployed (or working fewer than 16 hours a week) to work out if their business ideas are viable and whether self-employment is right for them. They won't usually accept applications to their Enterprise Programme from recent graduates (i.e who graduated less than six months ago) or from those with a postgraduate degree.

## DISABILITY RELATED LINKS

- › **Access to Work** - [gov.uk/access-to-work](http://gov.uk/access-to-work) - An Access to Work grant can pay for practical support if you have a disability, health or mental health condition to help you either to start working, to stay in work or to move into self-employment or start a business.

### Access to Work:

**Email:** [atwosu.london@dwp.gsi.gov.uk](mailto:atwosu.london@dwp.gsi.gov.uk)

**Telephone:** 0345 268 8489

**Textphone:** 0345 608 8753

- › **Personal Independence Payment (PIP)** - [gov.uk/pip/overview](http://gov.uk/pip/overview) – As a disabled person you may be eligible for Personal Independence Payment (PIP) to help with some of the extra costs caused by long-term ill-health or a disability. The rate of payment will depend on how your condition affects you, not the condition itself and you will need an assessment to work out the level of help you get.
- › [targetjobs.co.uk/careers-advice/equality-and-diversity](http://targetjobs.co.uk/careers-advice/equality-and-diversity)

See the Trinity Laban website for more disability related careers information: [trinitylaban.ac.uk/careers](http://trinitylaban.ac.uk/careers)

For non careers related disability advice, please contact James Hitchins, Disability Coordinator  
+44 (0)20 8305 4418, [j.hitchins@trinitylaban.ac.uk](mailto:j.hitchins@trinitylaban.ac.uk).

## USEFUL CONTACTS AT TRINITY LABAN

### Juliet Ingram, Careers Coordinator

+44 (0)20 8305 4414

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