



Post 16 Options

Information on Post 16 options:

<https://nationalcareers.service.gov.uk/careers-advice/career-choices-at-16>

Further Education, Progression into Independence, Work and Life Courses

Lots of young people continue in education as a Post-16 option, on supported courses. Many colleges offer courses with lots of support in the classrooms but also during breaks and lunchtimes:

[East Durham College](#)

[New College Durham](#)

[Ruskin Mill Colleges](#)

[Brooklands School](#)

[Springhead School](#)

[Springwater School](#)

[The Dales School](#)

[Welburn Hall School](#)

[Askham Bryan](#)

[Joseph Rowntree School](#)

[Fulford School](#)

[Huntington School](#)

Further schools can be explored via [North Yorkshire Council](#) , [Durham County Council](#) and [Stockton Information Directory](#)

Apprenticeships

Apprenticeships are real jobs where you learn, gain experience and get paid. An apprenticeship should give you the skills, knowledge and experience for a chosen career. Apprenticeship vacancies specify entry requirements and any qualities the employer is looking for. You can search for live vacancies and set up alerts for upcoming apprenticeships opportunities via:

[Find an Apprenticeship.gov.uk](#)

[Get My First Job](#)

[Amazing Apprenticeships](#)

Please also check for local vacancies on college websites, such as [York College & University Centre](#) , [Middlesbrough College](#) and [Darlington College](#)



The following resource shares some useful information on apprenticeships for people with a learning disability:

www.mencap.org.uk/sites/default/files/2020-02/20120.009%20LDWW2019_Factsheet%207.pdf

Supported Internships

Another option is a supported internship, where you would spend most of your time in the workplace usually for at least 6 months, and you have support from a qualified job coach. You also have a personalised study programme, including the chance to study a relevant qualification, if suitable, and English and Maths to an appropriate level. You need to have an Educational, Health and Care Plan and you may also be eligible for Access to Work Funding: <https://www.gov.uk/access-to-work>

Further information on supported internships can be found via:

<https://nationalcareers.service.gov.uk/careers-advice/career-choices-at-16#supported-internships>

Other opportunities can be explored through:

[Humber and North Yorkshire Career Hub](#)

[Harrogate College](#)

[The Rubicon Centre](#)

[East Durham College](#)

[Living Well Darlington](#)

[Shaw Trust](#)

[Harrogate Skills 4 Living Centre](#)

[Mowbray School](#)

[Mencap](#)

Traineeships

From 1 August 2023, traineeships are no longer delivered through the national traineeships programme. Traineeships can continue to be offered by providers locally (such as colleges) but they may be termed 'supported internships' or 'work-based study programmes'

Another option that might interest you is a traineeship. These are created to meet your needs and prepare you for what employers are looking for. You also get support to improve your English, Maths and digital skills.

To start a traineeship, you'll need to have an Education, Health and Care plan. You should receive support with expenses for travel and meals. You should continue to receive any benefits you currently receive. Traineeships are designed to prepare you to do an apprenticeship.



FutureSmartCareers

<https://www.ucas.com/further-education/apprenticeships-and-traineeships/traineeships-and-school-leaver-programmes>

<https://www.gov.uk/find-internship>

<https://www.gov.uk/find-traineeship>

Other useful resources and information

[SENDIASS North Yorkshire](#)

[Durham SEND Information Advice and Support Service](#)

[Stockton-on-Tees Special Educational Needs and Disability Information](#)

16-19 Bursary Fund:

www.gov.uk/1619-bursary-fund

Access to work Scheme:

www.gov.uk/access-to-work

Health Care Travel support scheme through the NHS:

www.nhs.uk/nhs-services/help-with-health-costs/healthcare-travel-costs-scheme-htcs

National Autistic Society:

www.autism.org.uk

Supported employment and job coaching for people with disabilities:

www.maximusuk.co.uk/all-insights

Support with education, skills and work through Mencap:

www.mencap.org.uk/advice-and-support/employment

Support from Disability Rights UK:

- Get Ahead Newsletter: www.disabilityrightsuk.org/get-ahead
- Helpline and support: www.disabilityrightsuk.org/disabled-students-helpline
- Apprenticeships: www.disabilityrightsuk.org/resources/apprenticeships