



## Post 18 Options

### Employment Opportunities

Lots of people can help you find **Supported Employment**, such as:

[United Response](#)

[Pluss](#)

[Mencap](#)

[WECIL](#)

[One True Step](#)

[MHM](#)

[Evenbreak](#)

Also organisations such as [Gloucestershire's Assisted Internship Model](#) and [Brandon Trust](#) and [PROPS](#) can help you learn the skills needed to get a job.

### 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 also set up alerts for upcoming apprenticeships opportunities via:

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

[Get My First Job](#)

[Student Apprenticeships](#)

[Amazing Apprenticeships](#)

[The South West Apprenticeship Company](#)

Please also check for local vacancies on college websites such as [City of Bristol College](#), [Gloucestershire College](#), [SGS College](#) and [Weston 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](http://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: [www.gov.uk/access-to-work](http://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:

[Project Search at City of Bristol College](#)

[City of Bristol College](#)

[Weston College](#)

[South Gloucestershire and Stroud College](#)

[Bridgwater and Taunton College](#)

[Bath College](#)

[Mencap Supported Internships](#)

[BOSS Supported Internships](#)

[Shaw Trust Supported Internships](#)

[Health Education England](#)

More individual **job-coaching** support is available through [West of England Combined Authority](#) and [Gloucestershire Skills Hub](#)

## Traineeships

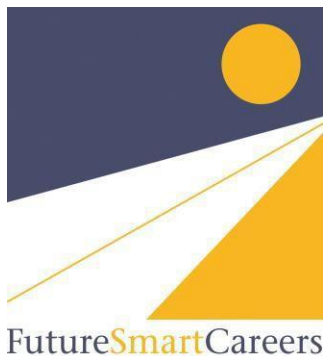
Another option that might interest you is a traineeship. These are created to meet your needs and prepare you for what employers are looking for. You also get support to improve your English, Maths and digital skills.

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 still continue to receive any benefits you currently receive. Traineeships are designed to prepare you to do an apprenticeship.

<https://nationalcareers.service.gov.uk/explore-your-education-and-training-choices/traineeship>

The following weblink share useful information on other organisations and projects that offer post 16 study programmes, apprenticeships, traineeships or help to get started in work:

[www.bristol.gov.uk/residents/schools-learning-and-early-years/school-admissions/options-for-education-and-training-after-16/where-to-get-post-16-education](http://www.bristol.gov.uk/residents/schools-learning-and-early-years/school-admissions/options-for-education-and-training-after-16/where-to-get-post-16-education)



## Further Education, Progression into Independence, Work and Life Courses

Lots of young adults continue in education when they leave SEND schools, on supported courses. Many colleges offer courses with lots of support in the classrooms but also during breaks and lunchtimes:

[National Star](#)

[Lifeworks](#)

[Oakwood College](#)

[Bath College](#)

[City of Bristol College](#)

[Bristol Technology and Engineering Academy](#)

[Digitech Studio School](#)

[South Gloucestershire and Stroud College](#)

[Weston College](#)

[Aurora Foxes](#)

[The Deaf Academy](#)

[Bicton College](#)

## Life and Independent Living

National Development Team for Inclusion (NDTi) have a range of resources helping young people to prepare for Adulthood. You can find these here:

[www.ndti.org.uk/resources/preparing-for-adulthood-all-tools-resources](http://www.ndti.org.uk/resources/preparing-for-adulthood-all-tools-resources)

Thinking longer-term, there are a number of **Supported Housing** providers that can help you find somewhere to live with help if you need it:

Directory of Housing Related Support Services in Bristol:

[www.bristol.gov.uk/files/documents/350-supporting-people-services-local-directory/file](http://www.bristol.gov.uk/files/documents/350-supporting-people-services-local-directory/file)

Directory of Accommodation-based Support in Gloucestershire:

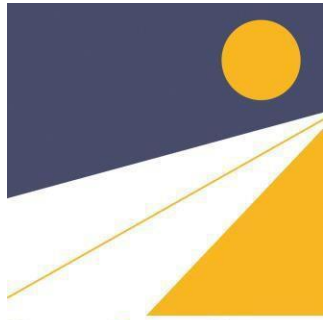
[www.glofamiliedirectory.org.uk/kb5/gloucs/glofamilies/service.page?id=2RDI-6ERJr0](http://www.glofamiliedirectory.org.uk/kb5/gloucs/glofamilies/service.page?id=2RDI-6ERJr0)

Directory of Supporting People Services in Bath and North East Somerset:

[www.bathnes.gov.uk/sites/default/files/spdirectory031213.pdf](http://www.bathnes.gov.uk/sites/default/files/spdirectory031213.pdf)

## Other useful resources and information

The SENDIASS Gloucestershire and SENDIAS Somerset provide information, advice and support on matters relating to children and young people with special educational needs and disabilities ([SEND](#)). The service is offered to parents and carers of children and young people aged between 0 and 25 years old:



FutureSmartCareers

Gloucestershire: <https://sendiassglos.org.uk>

Somerset: <https://councilfordisabledchildren.org.uk/what-we-do-0/networks/iassn/find-your-local-ias-service/south-west/somerset>

16-19 Bursary Fund:

[www.gov.uk/1619-bursary-fund](http://www.gov.uk/1619-bursary-fund)

Access to work Scheme:

[www.gov.uk/access-to-work](http://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](http://www.nhs.uk/nhs-services/help-with-health-costs/healthcare-travel-costs-scheme-htcs)

National Autistic Society:

[www.autism.org.uk](http://www.autism.org.uk)

Supported employment and job coaching for people with disabilities:

[www.maximusuk.co.uk/all-insights](http://www.maximusuk.co.uk/all-insights)

Support with education, skills and work through Mencap:

[www.mencap.org.uk/advice-and-support/employment](http://www.mencap.org.uk/advice-and-support/employment)

Support for young people and their families with Gloucestershire Health and Care:

[www.ghc.nhs.uk/our-teams-and-services/cyp-glos/young-minds-matter](http://www.ghc.nhs.uk/our-teams-and-services/cyp-glos/young-minds-matter)