



Post 18 Options

Employment Opportunities

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

[United Response](#)

[Pluss](#)

[Mencap](#)

[WECIL](#)

[One True Step](#)

[Mental Health Matters](#)

[Evenbreak](#)

Also organisations such as : [North Yorkshire Council](#) , [United Response](#) and [Treacle](#) can help you learn the skills needed to get a job.

Additional help, advice and vacancies can be found on [Find a job](#) and [North East Jobs](#)

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](#)

[GetMyFirstJob](#)

[Amazing Apprenticeships](#)

Please also check for local vacancies on college websites such as [Middlesbrough College](#) , [Craven 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 [Access to Work](#)

Further information on supported internships can be found via:
[Post 16 options](#) | [National Careers Service](#)

Other opportunities can be explored through:

[Mencap supported internships](#)

[Harrogate Skills 4 Living](#)

[Right2Work](#)

[Selby Garden Enterprise](#)

[Blueberry Academy](#)

[Disability Action Yorkshire](#)

[Harrogate College \(harrogate-college.ac.uk\)](#)

[Shaw Trust Supported Internships](#)

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

[Skills for Life: it all starts with skills](#) | [Skills for Careers \(education.gov.uk\)](#)

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.

[East Durham College](#)

[New College Durham](#)

[Ruskin Mill Colleges](#)

[Brooklands School](#)



FutureSmartCareers

[Springhead School](#)

[Springwater School](#)

[The Dales School](#)

[Welburn Hall School](#)

[Askham Bryan](#)

[Joseph Rowntree School](#)

[Fulford School](#)

[Huntington School](#)

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:

[Preparing for Adulthood: All Tools & Resources - NDTi](#)

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

[Helping Hands](#)

[Camphill Village Trust](#)

[1st Enable](#)

[Acorn Community Care](#)

[Avalon Group](#)

[Franklin](#)

[Integracare](#)

[Lotus Home Care](#)

[The Guinness Partnership](#)

[Sanctuary](#)

[SeeAbility](#)

[Accomplish Group](#)

[Potens](#)

[SJOG](#)

[ISL](#)

[Voyage Care](#)

[The Wilberforce Trust](#)

[Changing Lives](#)

[St Annes](#)

Other useful resources and information

[SENDIASS North Yorkshire](#)

[The Go-To](#)



FutureSmartCareers

16-19 Bursary Fund: [16 to 19 Bursary Fund](#)

Access to work scheme: [Access to Work](#)

Health Care Travel support scheme through the NHS:

[Healthcare Travel Costs Scheme \(HTCS\) - NHS \(www.nhs.uk\)](#)

National Autistic Society:

[National Autistic Society \(autism.org.uk\)](#)

Supported employment and job coaching for people with disabilities:

[All Insights - Maximus UK](#)

Support with education, skills and work through Mencap:

[Work and skills | Mencap](#)

Support from Disability Rights UK:

- Get Ahead Newsletter: [Get Ahead issue 25 | Disability Rights UK](#)
- Helpline and support: [Disabled Students Helpline | Disability Rights UK](#)
- Apprenticeships: [Into Apprenticeships | Disability Rights UK](#)