



Supported Internships:

A Guide for Young People



A Supported Internship can be a great program for many young people, but it might not be right for everyone. To help you decide if it's right for you, we have listed some things to think about.



Things to consider

- Paid work needs to be your end goal
- Can you travel to a work placement by bus or train or do you need travel training?
- How long will it take you to get to work?
- This is a study programme which helps you learn about work so will be unpaid
- You need to be happy to do things on your own (with lots of support to learn a task)
- You will need to stick with your work placement, with the hours increasing over time
- You need to be confident talking to new people (with initial support)
- Your job will need you to follow simple instructions
- You will continue to learn maths, English and employability skills, supported by a tutor
- Be honest about the type of support you will need



Code of Conduct

You will need to:

- be happy to try new things
- be ready to work with good behaviour
- attend every day and be on time
- be sensible and hard working
- phone your Job Coach if you are poorly
- turn your phone off whilst working
- follow Health and Safety rules
- dress in the right way for the job, or wear a uniform if needed



What are the benefits?

You will:

- feel good about yourself
- learn new skills
- do things on your own
- be confident in talking to people
- get help with CVs/applications
- get a reference
- gain qualifications
- have at least 6 months work experience in a real workplace
- have support for maths/English
- manage your own time
- have the chance to start a new career and get a paid job

If you are interested and would like more information, please speak to your SEND Careers Advisor or email targetedemployment@essex.gov.uk for an Expression of Interest form

A Vocational Profile will be completed with you to make sure this pathway is right for you as your next step

Essex County Council