

Supported internships are for young people aged 16 — 24 who want to get a job and need extra support to do this. To be eligible you need an Education Health and Care Plan.

## What is a Supported Internship?

A supported internship is a study programme that usually takes place over one academic year. They are put together to give each student exactly the training, support and work skills they need to help them get a job. Most of the learning is done in the workplace. Your employer gives you work experience, trains you to do a job role and you learn the skills needed for work.

You also have the chance to study for qualifications and other training or learning as part of a personalised study programme that helps you to be ready to take up a job.

Internships are unpaid and usually last for an academic year — they're all about working towards getting a paid job, and wherever possible doing a supported internship will enable you to move into a paid job at the end of the programme.

## How they work.

All further education colleges, sixth form, independent specialist providers and work based learning providers can offer supported internships.

The school, college, specialist provider or work based learning provider will work with local employers and supported employment services. You will be involved in planning your study programme and have a tutor and expert job coach to work with you and the employer during the internship.

Supported internships have been in place across the country for a number of years. The benefits of a supported internship:

- The Interns develop confidence in their own abilities
- Develop new skills
- Can demonstrate their value in the workplace
- Can change employers' and families' perceptions
- Feel valued and part of the community
- Increased Health and Wellbeing
- Can result in paid employment – financial independence
- Gain friends and a social life
- Improved skills in English & Maths – better prepared for work
- Build up experience for a CV

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*"I am thrilled to be working with Halton to help roll out Supported Internships. They will enable and support more young people in the local area to develop their skills and confidence and get a job"*

*- Barry Jones*

## More information for Young people and families

Contact your college, sixth form, independent specialist provider or work based learning provider and ask them if they offer supported internships. You can ask to speak with the careers officers to get more advice about how to access a supported internship with the aim of getting a job.

The national Preparing for Adulthood (PfA) team have created a fact sheet about supported internships [here](#).

The PfA team have also created an accessible internship guide available [here](#)