



# **Shaw Trust Supported Internships**

Helping you move towards  
paid employment

**shaw trust**

# shaw trust

We are a not-for-profit social enterprise with over 40 years' experience of providing employability support to young people and adults with learning disabilities. We believe that everyone has the right to live a decent and dignified life and have an opportunity for rewarding work.

As little as 5% of adults with a disability in England are registered as full-time employed.

- NHS, ASCOF report 2019-20

We are working to change that!

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## What is a Supported Internship?

A Supported Internship is a study programme aimed at young people aged 16 to 24 who have an Education, Health and Care Plan (EHCP) and want to move into employment but need some extra support. An internship usually lasts for a year, with the opportunity to complete three different placements.

Supported Internships give young people an opportunity to take their first steps into the world of employment, build skills in the workplace, gain qualifications, and get a paid job.

The internships offer a unique mix of education and job coaching in a range of different roles, including:



Customer Service



Maintenance



Catering



Childcare



Horticulture



Retail

Interns can expect a programme of learning that helps them develop the skills they need for work, such as job-specific skills, employability skills – including English and maths – and broader personal and social skills.

A job coach or specialist job broker will help source suitable jobs, arrange work trials and develop opportunities with employers.

## Why choose a Supported Internship?

As a supported intern you will gain:



### Personal development

- Increased levels of confidence and independence
- Develop new skills in a real working environment
- Gain qualifications



### Experience

- Work experience to add to a CV
- Gain skills for the workplace
- 70% of interns progress into paid employment and gain financial independence



### Wellbeing

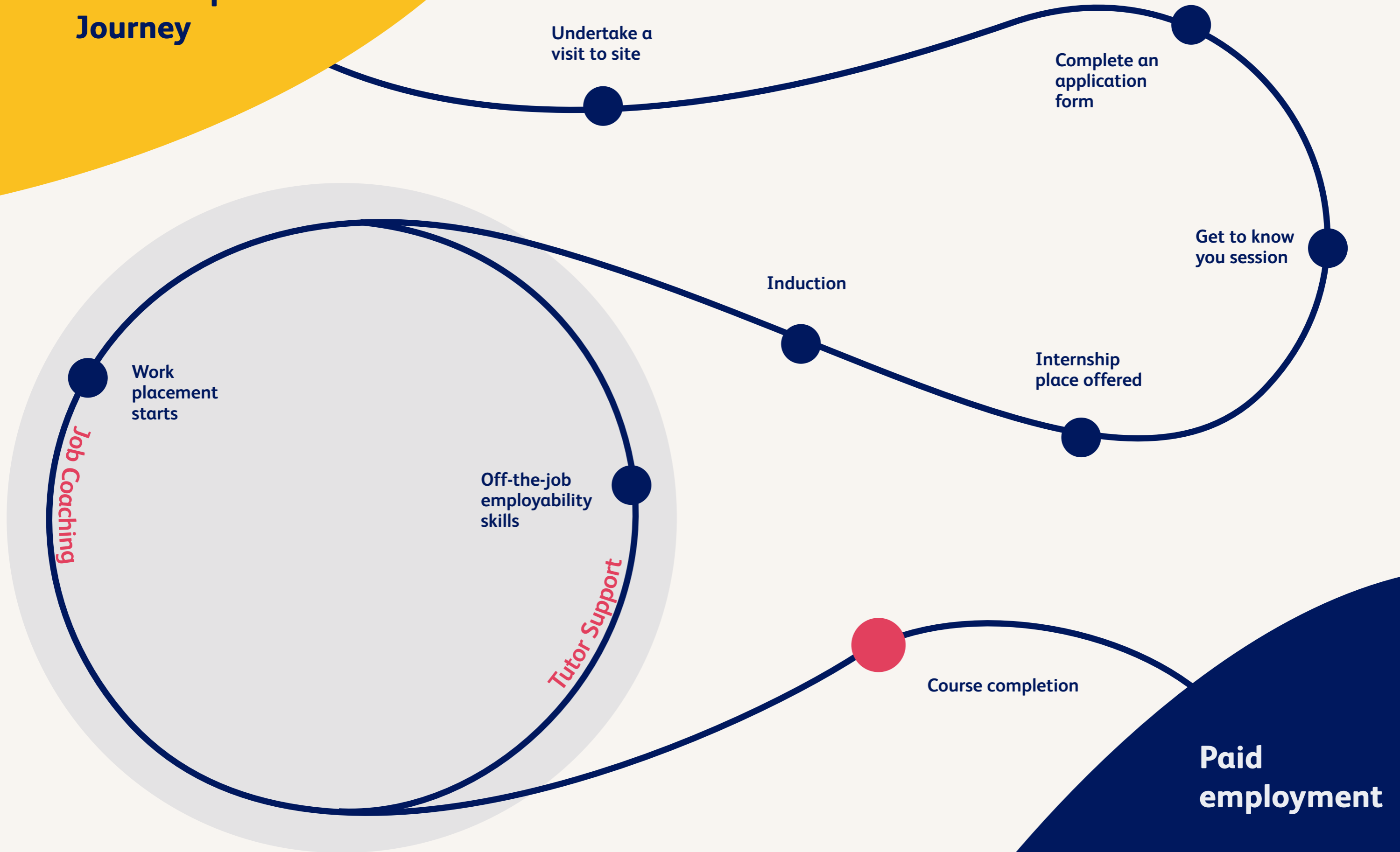
- Meet new people
- Be a part of a team
- Increased confidence, independence, and resilience

“

‘Since B has been working at her placement her confidence has increased, she now travels independently to and from work and has also started going to the supermarket to buy essentials on the way home from work. She is thoroughly enjoying this new freedom and is thriving! Whilst at work, the staff at Nando’s are very supportive of her and she is loving being part of a team.’

Parent of a Supported Intern.

# The Supported Internship Journey







## Progression into employment

Upon completion of the Supported Internship, we provide three months of transitional support to help move interns into paid employment.

Our team connect interns with local employers, and facilitate visits, trials, selection, and transitional support into employment.

We will continue to support the young person once they have moved into paid employment through the Access to Work funding. This allows us to access an 'InWork' mentor to provide support and ensure the newly employed young person makes a successful transition into paid working life.

“ I have learned many skills in employability such as building a CV, professional behaviours, and preparing for the world of work. I want to say 'Thank You' to Aly, Judith, my family, and everyone at Shaw Trust for believing in me.”

Former Supported Intern

## Hear from our supported interns

### George



When George joined the Pavilions Supported Internship, he was quite low. He was trying to find a paid job and didn't want to stay at college. As soon as he joined the supported intern group, his confidence grew and he started to believe in himself. The work placements and classroom discussion helped George realise that he could develop the relevant skills to help him progress into work.

George completed a work placement at Tesco, he worked hard and started his next placement at Nando's. He amazed the Nando's manager with his dedication and reliability, and he was invited to apply for a job vacancy. George was successful and has been working there ever since.

“ Really good! I felt it has given me more opportunities than if I had stayed at college. More work opportunities. From my placements, I gained more experience in a working environment and how to be part of a team. I am now working at Nandos and for the first time in my life getting paid.”

### Dennis

When Dennis joined the Steps into Work internship this was the steppingstone that he needed to get into the transport industry. Dennis had previously held numerous part-time/volunteer roles and had completed an Employability Skills course at his local college. A keen tube traveller and rail travel enthusiast, he was very nervous but excited by the opportunity of this internship.

His placements have seen his confidence and ability to work as part of a team grow immensely. As the internship came to an end and after numerous job applications, Dennis has secured a role as Volunteer Host at the London Transport Museum in Covent Garden and has three pending late-stage applications with TfL, South-eastern Railways and Network Rail in the capacity of a CSA.



“ The supported internship has been amazing and has been a very interesting thing to happen in my life. With the help of my job coach, Sahirah I have managed to gain a job as 'Welcome host' at the London Transport Museum. I say Sahirah is very great at being a job coach.”



## Hear from our supported interns

### Sam



Sam has learning difficulties which can affect his confidence when meeting new people. When he first joined the supported internship programme, he wanted to gain work experience to help him find employment at a railway station, as this was his dream job.

Sam agreed to try out a placement in a hotel, as a food and beverage assistant. Gaining this placement helped Sam to increase his confidence, develop his customer service skills and get him used to meeting new people.

Sam fully immersed himself in the activities in the classroom and on placement. With the help of his job coach, he overcame his adversity towards trying new things. As his confidence grew, he began to learn new skills, and was offered employment by the hotel.

“What I like about it is that we get a feel for what it's like to be in a working environment. I think it helps us prepare for when we get a job in the future”

### Adam

“Since joining the project, I have learnt new skills such as removing weeds from the pathways and the flower beds. I have learnt how to make and maintain compost, I have learnt how to sieve compost in the polytunnel with my peers. I also support with general maintenance on site for example, sweeping, clearing away tools and watering plants. I work in a group of 5 and sometimes independently. I feel more confident in gardening and I have made new friends.”



Scan here to hear more from our interns!



## Employers we've worked with

TheWorks.co.uk

The ExtraCare  
Charitable Trust

Nando's

WHSmith

DECATHLON

ODEON  
FANATICAL ABOUT FILM

Transport  
for London

Superdrug

British Heart  
Foundation

FIVE  
GUYS

COSTA

**Find out if we offer a Supported Internship near you**

We are starting new internships every year and continuously growing the locations we offer them in. Take a look at where we currently offer Shaw Trust Supported Internships and scan the QR code to head to our website where you can find out more and fill in the contact form for more information.

Scan here:



Our current Supported Internships are based in York, Havering, Bexley, Harrow, Hillingdon, Reading, Wakefield, Wandsworth and London with the TfL. If you want to speak with someone about where we might have new supported internship opportunities in the future, please email [supportedinternships@shaw-trust.org.uk](mailto:supportedinternships@shaw-trust.org.uk) or complete the contact form.





**New for 2023-24**

## **Bexley, Reading and Wandsworth Supported Internships.**

From 2023, Shaw Trust will be offering retail Supported Internships in Bexley, Reading and Wandsworth. Over the course of 12 months, each intern will complete a mixture of three face-to-face placements, with the support of a tutor and job coach.

Please contact: [supportedinternships@shaw-trust.org.uk](mailto:supportedinternships@shaw-trust.org.uk) for further information

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**For more information please email:**

[supportedinternships@shaw-trust.org.uk](mailto:supportedinternships@shaw-trust.org.uk)

**[shawtrust.org.uk](http://shawtrust.org.uk)**

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Or scan the  
QR code:



### Alternative formats

Please email  
[studio@shaw-trust.org.uk](mailto:studio@shaw-trust.org.uk) to receive this information in  
a different format

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