



## Post 16 Options

Information on Post-16 options: [Post 16 options | National Careers Service](#)

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

Lots of young people continue in education as a Post-16 option, on supported courses. Many colleges offer courses with lots of support in the classrooms but also during breaks and lunchtimes:

[Doncaster College](#)

[Barnsley College](#)

[Rotherham College \(RNN Group\)](#)

[New College Doncaster](#)

[The Sheffield College](#)

[Doncaster UTC](#)

[Worksop College and Ranby House](#)

[North Lindsey College](#)

[Post 16 - Coppice School - Doncaster](#)

[North Ridge Community School](#)

[Heatherwood School](#)

[The Robert Ogden School – Barnsley | Rotherham](#)

[Post 16 | Stone Hill School, Doncaster](#)

[Nexus Multi Academy Trust | Sheffield](#)

[Abbey School - Post 16 - Rotherham](#)

[Harrison College](#)

[Landmarks Specialist College - Rotherham](#)

[The Ridge Employability College | 16 - 25 SEN Post 16 Provision](#)

[Communication Specialist College Doncaster | Local Offer](#)

[Doncaster School for the Deaf | Doncaster Deaf Trust](#)

[ROC - Rotherham Opportunities College](#)

[Ruskin Mill Trust](#)

Further schools/colleges can be explored via:

[College and Sixth Form Providers | Sheffield](#)

[Post 16 Settings in nearby Local Authorities | Sheffield](#)

[Local Offer - Further and Higher Education - City of Doncaster Council](#)

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

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

[GetMyFirstJob](#)

[Amazing Apprenticeships](#)

Please also check for local vacancies on college websites, such as [Doncaster College](#) , [Barnsley College](#) , [Rotherham College \(RNN Group\)](#) or [The Sheffield College](#)

The following resource shares some useful information on apprenticeships for people with a learning disability: [MENCAP Factsheet 7 - Apprenticeships with a Learning Disability](#)

### 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 - gov.uk](#)

Further information on supported internships can be found via:

[NationalCareersService.gov.uk/careers-advice/career-choices-at-16/supported-internships](https://nationalcareersservice.gov.uk/careers-advice/career-choices-at-16/supported-internships)

Other opportunities can be explored through:

[Doncaster College](#)

[Barnsley College](#)

[Rotherham College \(RNN Group\)](#)

[ROC - Rotherham Opportunities College](#)

[The Sheffield College](#)

[Mencap Supported Internships](#)

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

[NationalCareersService/Skills-for-Life/Young-people/Training-options](#)

### Other useful resources and information

The Sheffield Information and Advice Service provides a directory of information, advice and support services in the area, including matters relating to children and young people aged 0-25 years old with special educational needs and disabilities: [Information, Advice and Support Directory | Sheffield](#)

16-19 Bursary Fund: [www.gov.uk](http://www.gov.uk) - [16 to 19 Bursary Fund](#)

Access to work Scheme: [www.gov.uk](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:

[Maximus UK - All Insights](#) (have Employability programmes in the South and West Yorkshire, Derby and Nottinghamshire region: [Restart](#))

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 from Disability Rights UK:

- Get Ahead Newsletter: [www.disabilityrights.org.uk/get-ahead](http://www.disabilityrights.org.uk/get-ahead)
- Helpline and support: [www.disabilityrightsuk.org/disabled-students-helpline](http://www.disabilityrightsuk.org/disabled-students-helpline)
- Apprenticeships: [www.disabilityrightsuk.org/resources/apprenticeships](http://www.disabilityrightsuk.org/resources/apprenticeships)

More individual **job-coaching** support is available through organisations such as [Employment and skills service | Sheffield City Council](#) and [Employment support | Sheffield](#), [Employment Support – Rotherham Metropolitan Borough Council](#), [Supported Internships | Barnsley College](#) and [Pathways to Employment - City of Doncaster Council](#); while **travel support** can be explored through [Sheffield Travel Support](#), [Independent Travel Training - City of Doncaster Council](#), [Barnsley Independent Travel Training](#) and [Rotherham Metropolitan Borough Council - Transport Assistance](#)