



## Post 16 Options

Information on Post-16 options: <https://nationalcareers.service.gov.uk/careers-advice/career-choices-at-16>

### **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:

[Ellen Tinkham](#)

[Bidwell Brook](#)

[National Star](#)

[Lifeworks](#)

[Oakwood College](#)

[Aurora Foxes](#)

[The Deaf Academy](#)

[Young Devon](#)

[Petroc College](#)

[Exeter College](#)

[Bicton College](#)

[South Devon College](#)

[City College Plymouth](#)

[ROC College](#)

Further schools/colleges can be explored via: [www.devon.gov.uk/schools/school](http://www.devon.gov.uk/schools/school)

### **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](http://Find an Apprenticeship.gov.uk)

[Get My First Job](#)

[Amazing Apprenticeships](#)

Please also check for local vacancies on college websites, such as [Exeter College](#) and [PGL](#).

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](http://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: <https://www.gov.uk/access-to-work>

Further information on supported internships can be found via:

<https://nationalcareers.service.gov.uk/careers-advice/career-choices-at-16#supported-internships>

Other opportunities can be explored through:

[Petroc College](#)

[Exeter College](#)

[Bicton College](#)

[South Devon College](#)

[Plymouth City College](#)

[Mencap Supported Internships](#)

[BOSS Supported Internships](#)

[Care and Support in Cornwall](#)

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

<https://nationalcareers.service.gov.uk/explore-your-education-and-training-choices/traineeship>



## Other useful resources and information

The Devon Information Advice and Support (DiAS) provide information, advice and support on matters relating to children and young people with special educational needs and disabilities. The service is offered to parents and carers of children and young people aged between 0 and 25 years old: <https://devonias.org.uk/>

16-19 Bursary Fund:

[www.gov.uk/1619-bursary-fund](http://www.gov.uk/1619-bursary-fund)

Access to work Scheme:

[www.gov.uk/access-to-work](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:

[www.maximusuk.co.uk/all-insights](http://www.maximusuk.co.uk/all-insights)

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.disabilityrightsuk.org/get-ahead](http://www.disabilityrightsuk.org/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 [Ready Devon](#) and **travel support** can be explored through [Devon Services](#).