



# Get Ahead

## Newsletter

Issue 11 – July 2021



The Disability Rights UK newsletter co-edited with and for young people

**Stay informed with news and information on your journey through education, training and work**

### Finished school or college and looking for work?

The **National Careers Service** provides information, advice and guidance to help you make decisions on learning, training and work. This service is available to people who live in England.

<https://nationalcareers.service.gov.uk/>

Looking for work? **Job Help** is a good place to start

<https://jobhelp.campaign.gov.uk/>

Disabled Candidates are Premium Candidates - Find careers support at **Evenbreak**:

<https://hive.evenbreak.co.uk/>

Find out about the help for Universal Credit claimants aged 18 to 24 to find a job, work-related training or an apprenticeship through the **Youth Offer**.

<https://www.gov.uk/guidance/help-to-find-work-for-universal-credit-claimants-aged-18-to-24>

### Access to Work

Get support in work if you have a disability or health condition

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

You can apply to Access to Work to get money for communication support at a job interview:

<https://www.gov.uk/guidance/apply-for-communication-support-at-a-job-interview-if-you-have-a-disability-or-health-condition-access-to-work>

## What is universal Credit?

**Universal Credit** supports you if you are on a low income or out of work. It includes a monthly payment to help with your living costs.

This site will help you understand what Universal Credit means for you:

<https://www.understandinguniversalcredit.gov.uk/>

## What is Employment and Support Allowance?

If you have a limited capacity for work due to a health condition or disability, you may be able to claim the New Style Employment and Support Allowance

You may also be able to get ESA if you were unable to work while self-isolating or 'shielding' because of coronavirus (COVID-19).

ESA gives you:

- money to help with living costs if you're unable to work
- support to get back into work if you're able to
- You can apply if you're employed, self-employed or unemployed

Check if you are eligible: <https://www.gov.uk/employment-support-allowance/eligibility>

## Jobcentre Plus

If you have a disability or health condition and would like some additional support in finding a job, you can contact your local Jobcentre through the Contact Jobcentre Plus website and ask to be assigned a work coach. They will support you every step of the way in finding a job that is right for you. If you need extra support to move into work, they may refer you to a specialist support programme for additional training and to assist you with managing your disability or health condition

They will also be able to recommend employers in your area that are Disability Confident, which is a government scheme designed to encourage employers to recruit and retain disabled people and those with health conditions.

<https://disabilityconfident.campaign.gov.uk/>

## Work and Health Programme

If you have a health condition or have a disability that is affecting your ability to find a job; or face other barriers to employment, then the Work and Health Programme on the gov.uk website may be able to offer personalised support.

If eligible, you'd be assigned a key worker to give you personalised support based on your needs. They can help identify skills and employment needs, help you get prepared for work, and support you with finding suitable opportunities when you're ready. They'll even keep supporting you for an initial period after you start a job.

# Intensive Personalised Employment Support programme



Disabled people who face a combination of personal, health, and work-related challenges to finding a job, can also access extra help through the **Intensive Personalised Employment Support programme** on the gov.uk website.

This might be suitable for you if you have a disability and need personalised help to overcome the multiple barriers to accessing appropriate employment and you feel you will not be able to obtain suitable employment within a year without some additional support.

If eligible, you'd be assigned a key worker and offered coaching to help build your independence, confidence and motivation, as well as work experience to help boost your career prospects. You will also be given up to 6 months of in-work support if you move in to work.

If you want to apply or find out more, then contact your Local jobcentre through the **Contact Jobcentre Plus website**

## Apprenticeships

Find out how to become an apprentice, what apprenticeships are available and which employers offer them.

**<https://www.apprenticeships.gov.uk/apprentices>**

The Amazing Apprenticeship website is packed with information, resources and activities- check it out!

**<https://amazingapprenticeships.com/>**

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## Thomas Pocklington Trust Careers' Advice COVID catch-up service

Thomas Pocklington Trust (TPT) Careers' Advice COVID catch-up service for blind and partially sighted children and young people. This service offers free specialist Careers Education Information Advice and Guidance (CEIAG) support to those who may have missed out because of disruption to their education caused by Covid-19.

The service works by connecting children and young people with a level 6 qualified careers adviser with specialist knowledge of vision impairment. It is aimed at students in years 10 to 13 attending mainstream schools and colleges in England. Sessions will focus on helping individuals to make the right moves towards achieving their future career goals, linking with other sources of national and local support as appropriate.

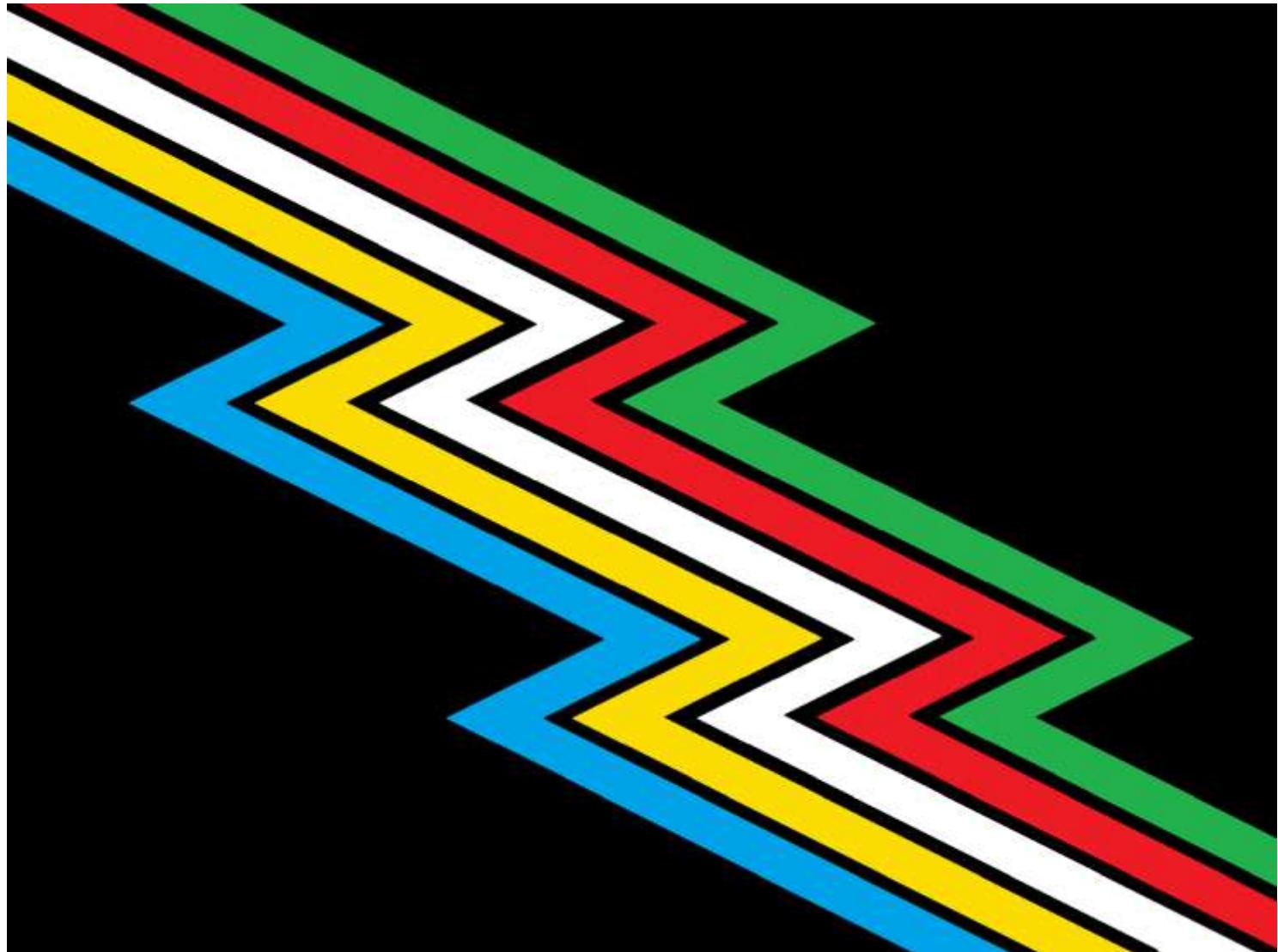
Find out more on the TPT website: **<https://www.pocklington-trust.org.uk/student-support/careers-advice-covid-catch-up-service/>**

# Upcoming Events and Activities for your Diaries

## August

- 05 August Friendship Day
- 08 August International Cat Day
- 12 August International Youth Day
- 13 August International Left Handers Day
- 19 August World Humanitarian Day
- 30 August International Day of the Disappeared

**July is Disability Pride Month**, an international, annual event which celebrates disabled people and the diversity of our community.



# New Resource for Disabled Learners in London



**Unifish** is your guide to higher education in London when you need a little more support, developed by **Aimhigher London**. It is a fully searchable and filterable website of over thirty higher education providers.

Unifish was built to enable users to make more informed choices about which higher education providers best meet their needs, better understand the different terminologies used, and identify what steps they need to take to access the support available.

Discover if a higher education provider has adapted accommodation, accessible learning

spaces, specialist adapted support social groups, specialist knowledge within the disability service, support available from academic staff and much more.

Accessible for all audiences including prospective and current disabled students, careers staff, SEND practitioners, Heads of Sixth Form, teaching staff and others.

How to video: <https://www.youtube.com/watch?v=B0ZAhlqD0po>

JOIN US AND EXPERIENCE ADAPTIVE BOXING  
AT THIS SUMMER'S

# KRONIK WARRIOR UK DEMO DAY!

IN ASSOCIATION WITH GB DISABILITY BOXING AND  
MAVERICK STARS TRUST

INCLUDING

- Adaptive Boxing
- Aromatherapy
- Adaptive Thai Chi
- Mental Health Support & Signposting
- Fantastic Networking Opportunities

AUGUST 21| 11-4PM  
WALKDEN ABC WALKDEN TOWN CENTRE  
ADMISSION IS FREE, WHILST BOOKING ISN'T REQUIRED IT IS HIGHLY RECOMMENDED  
FOR THE FULLEST AND BEST EXPERIENCE , TO BOOK YOUR FREE PLACE  
EMAIL :[INFO@KRONIKWARRIORUK.ORG](mailto:INFO@KRONIKWARRIORUK.ORG)

**GBDB**  
National Diversity Awards 2021  
Celebrating Inclusivity in Sportuality  
NOMINATE ME HERE [www.nationaldiversityawards.com/nominate-me](http://www.nationaldiversityawards.com/nominate-me)

MAVERICK STARS TRUST  
England Boxing

# **Research study: The Big Careers Conversation with Young People in England**



Capturing the views and experiences of young people

DMH Associates is leading a research project designed to capture the experiences of young people and what they think about careers support in schools/academies across England.

This research has been commissioned by 'Launch Your Career'. The aim of the research is to listen to and capture the voices and experiences of young people, headteachers and employers to help inform and shape careers provision now and in the future. Dr Deirdre Hughes OBE is leading the research.

All Year 7, 9 and 11 students in post-primary schools/academies will have the option to be entered into a PRIZE DRAW – A £50 online voucher for the winner from each Year Group.

The research project involves:

- conducting an online survey of Years 7, 9 and 11 students to capture their experiences to date of careers advice and guidance provision
- interviewing employers to capture their experiences of recruiting young people and to ascertain what they are looking for from new employees joining their organisation.
- interviewing headteachers to find out more about their experiences and the key issues that matter to them.

The findings will:

Inform Government and other key stakeholders on contemporary issues that are impacting young people, employers and headteachers in relation to careers provision in England.

Timescale: June 2021 – September 2021.

To access the survey:

[https://www.surveymonkey.co.uk/r/The\\_Big\\_Conversation\\_with\\_Young\\_People\\_in\\_England](https://www.surveymonkey.co.uk/r/The_Big_Conversation_with_Young_People_in_England)

A customised version of the survey is available for teachers and/or support workers to complete in conversation with SEND and vulnerable young people.

For further details:

Contact: Dr Deirdre Hughes

Email: [admin@dmhassociates.org](mailto:admin@dmhassociates.org)

<https://dmhassociates.org/research-studythe-big-conversation-with-young-people-in-england>

# Get Ahead Reviews

## The Shape of Water film review

By Im of Worcestershire College

The Shape of Water is the most beautiful film. It's full of love and wonders. I love the Amphibian man. He is a beautiful creature who fell in love with a human girl who saved him from danger, and they all fell in love together and they remained together, and I feel their love in the poem by Jalal al-Din Rumi at the end of the film:

*Unable to perceive the shape of you, I find you all around me.  
Your presence fills my eyes with your love.  
It humbles my heart, for you are everywhere*

## The joy of having ADHD

Blogger Penny Jarrett says having ADHD definitely has a positive side - if you know how to manage it

### The value of sharing lived experience.

In this short produced in conjunction with BBC Radio 4 Penny explains her experience in an accessible way: the good, the “bad” and the bland. (yes even the colour of the walls can make a big difference)

Penny talks about her creative side of her that she feels is enhanced by her ADHD and see this as an asset.

### ADHD – like many conditions no ‘one size fits all’

I would recommend this video to anyone looking to understand ADHD from another perspective, but I do want to highlight that ADHD shows itself in many ways and feels different for everyone. Something that I felt the video didn't do well especially as it is intended to educate people that may have little to no understanding of ADHD.

This is one person's point of view and lived experience, not everyone is going to be creative or be able to hold down a 9 to 5 job and that's ok.

Everyone's experiences are valid and valuable.

**Watch the Joy of having ADHD and let us know what you think!**

<https://www.bbc.co.uk/ideas/videos/the-joy-of-having-adhd/p06rw723?playlist=redefining-disability>

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## DR UK Student Helpline

- Opening hours: 11am-1pm on Tuesdays and Thursdays.
- Telephone: 0330 995 0414
- Email: [students@disabilityrightsuk.org](mailto:students@disabilityrightsuk.org)



# Contact Us



Email: [getahead@disabilityrightsuk.org](mailto:getahead@disabilityrightsuk.org)



Twitter: @GetAheadDRUK



**Instagram: @GetAheadDRUK**



**Videos:** [YouTube](#)



## Get Ahead webpage



## **DR UK website**



## We like to hear from you!

Give us your feedback and contact:

**Get-ahead@disabilityrightsuk.org**

**For a text-only and large-print version of the Get Ahead newsletter:**

**email:** qetahead@disabilityrightsuk.org

Access the Get Ahead newsletters and magazines on our [Get Ahead webpage](#)

To receive notifications about the Get Ahead publications please sign up [here](#)

# Disability Rights UK

**We are Disabled people leading change, and the voice of young Disabled people has to be central to that change.**

<https://cpaq.org.uk/shop/subscriptions/disability-rights-handbook->