



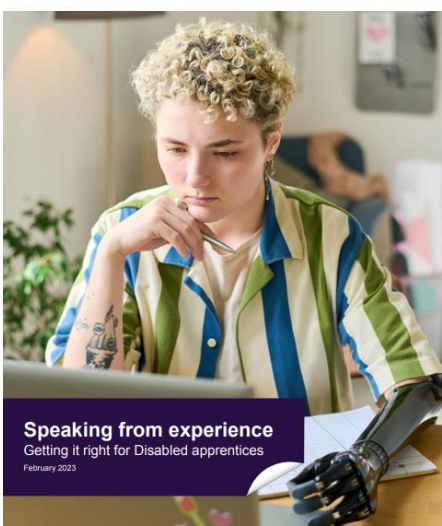
Keep informed on your journey through education, training and work

New report out now!

The Disabled Apprentice Network (DAN) has launched its 2023 report ***Speaking from experience: Getting It right for Disabled apprentices.***

“I am delighted to see this new publication from the Disabled Apprentice Network. The Network is a fantastic opportunity for apprentices with learning difficulties and disabilities to share their experiences with their peers and suggest how apprenticeships could be improved or provided differently in the future. I am grateful to Disability Rights UK for the support it provides to the Network.”

The Rt Hon Robert Halfon MP: Minister for Skills, Apprenticeships and Higher Education



The report considers what works well through collecting and analysing young Disabled people’s experiences of how they receive information about apprenticeships; their engagement with training providers and employers, and the support they have received. We also collected the views from various stakeholders who work with Disabled young people.

The **Disabled Apprentice Network** (DAN) is a forum for Disabled apprentices, where they can share their experiences and offer ideas and proposals on how to improve apprenticeships for Disabled people.

Download a copy from the **DAN webpage**

Watch Disability Rights UK’s Tik Tok videos from Disabled young people talking about their apprenticeships. DRUK TikTok <http://shorturl.at/jzRT1>

“Doing an apprenticeship was the best path for me as I could gain hands-on experience whilst working towards a degree (no student debt is a big plus too!).”

Eve

“The best thing about doing the apprenticeship has been working with such knowledgeable colleagues and having lots of opportunities to learn and develop my skills.”

Vicki

“I tried college a few times and I just couldn’t get on with classroom style learning – it was difficult for me to maintain that level of concentration. I’m over halfway through my apprenticeship and it’s a much more appropriate way of learning for me.”

Katie

“The apprenticeship was a learning curve. I liked the fact that I could make a mistake and not be told off about it. My employer was very helpful.”

Tom

“Doing an apprenticeship gave me the opportunity to learn more, meet and network with other apprentices doing the same work and share experiences whilst working and learning.”

Natasha

“This is an apprenticeship in a working environment, it will give you that stepping-stone for a job further on, you learn something new for the job that you are in, or to better yourself in the future. You get paid for doing it and you achieve something at the end.”

Emma

National Careers Week 2023

6th – 11th March 2023

National Careers Week (NCW) is a one-week celebration of careers guidance and free resources in education across the UK. Our aim is to provide a focus for careers guidance activity at an important stage in the academic calendar to help support young people develop awareness and excitement about their future pathways.

For more information, go to: [National Careers Week](#)

Not going to Uni

Find out about apprenticeship opportunities at

[Not going to Uni](#)



NGTU
NOT GOING TO UNI

New Into Apprenticeship Guide launch

Into Apprenticeships is a guide for anyone living with a disability, health condition or learning difficulty thinking about applying for an apprenticeship.

There are several stories written by Disabled apprentices about their own experiences and the challenges they have faced. As well as taking advantage of the support on offer, the apprentices talk about the importance of their own creativity, perseverance and motivation.

The guide also contains a useful resources section listing further websites, publications and organisations which can help.

Doing an apprenticeship is a great way to earn a salary, get training and qualifications and develop your career. We hope this guide will help you make the right choices and get any support you need.

The guide is available to download in both word and pdf formats from our [resource page](#).

News for the Education and Training Foundation

the Education and Training Foundation provides free professional development to everyone working in the post 16 sector.

Through our [three Centres for Excellence in SEND](#) there is free support for leaders, managers and practitioners with [lots of events, webinars, communities of practice available on a range of themes](#). There is also [free confidential one to one support from the three Principals to leaders](#) who want to develop inclusive organisations (but might not know where to start).

We also have FE providers who have strong relationships with employers delivering employer led activities. Employers advocate to other employers about employing learners with SEND. You can read some of the stories in [Why diversifying your workforce is good for business](#).

There are also lots of resources in our [employers and employability area](#) of our [SEND site](#). There are areas focusing on [support for learners](#) (I can see how we might direct people to your offer here); [support for employers](#) and [pathways to employment](#) (which has information for providers on how to create inclusive apprenticeships and how to make sure reasonable adjustments are in place and how to navigate the often complex funding mechanisms).

Jobs and Careers Magazine

Read Disability Rights UK's article "*Entering Employment with a Disability*" in the winter 2022/23 edition of [Jobs and Careers](#)





Explore the galleries and take part in sensory-based activities at this event, designed to be more accessible for children and adults who are autistic, learning disabled, or have mental health conditions.

Photo by Sebastian Pichler

Exploring the Islamic world

Selected parts of the Museum (Rooms 42, 43 and 43a) will open at 8am until 10am for two hours, before the Museum opens to the public.

Visitors can explore the galleries and take part in sensory-based activities including object-handling and arts and crafts.

The event includes a creative drop-in workshop led by Iqra Babar, an 'Autistic ADHDer, Muslim and Pakistani artist and neurodivergent advocate' who explores the intersection of her identity within art and creates a diverse range of fictional characters for her comic book Darjin.

Our out of hours event for families is now live and here is the link to the event:

<https://www.britishmuseum.org/events/relaxed-early-morning-event>

CareerMag

Looking for career and qualification advice? **Careermag** provides a wealth of high-quality career information and qualification guidance.



The image shows the cover of the 'careermag FOR INCLUSION' magazine. The cover features a photograph of a man and a woman high-fiving. Text on the cover includes: 'Get inspired to offer work experience to young people with special educational needs and disabilities (SEND)', 'In this issue' followed by a list of articles, and 'Supported by CAREERS & ENTERPRISE COMPANY'. A green circular button says 'Click here to subscribe'.

Whether you're considering your next steps after education, thinking about a career change or are currently on the job hunt, our articles from experts will share insights into the labour market, interview tips, techniques and support for application success. We'll help you to discover your employability and transferrable skills, while industry leaders break down the diversity of career opportunities and pathways available.

Read Disability Rights UK's article in **Careermag for Inclusion**

Your stories

Get Ahead shares the unique talents and stories of young people who are doing apprenticeships, traineeships, supported internships, work experience or have done something special they want to share.

You too can get involved! Send your story to Getahead@disabilityrightsuk.org

Katie

Katie said that she always struggled with classroom style learning and her attention span but did not know there was a reason for this. She has since learned she has ADHD, autism and sensory processing disorder along with suspected dyspraxia.

At the age of 16 she went to college to study Performing Arts. Whilst she very much enjoyed the practical element, she struggled to keep up with the assignments and withdrew from the course. Katie knew she could achieve great learning results and is a keen learner but did not know why she couldn't apply herself and complete education.

She began working full time and had many jobs. In some jobs she settled well but others have not been suited to the way she works.

She tried college once again as she liked to feel she was progressing and developing but withdrew again realising she wasn't suited to classroom learning. Katie did not know there were other ways to gain qualifications.

After a few years' break Katie applied for an apprenticeship position within Great Western Hospital. She knew little about apprenticeships, but the hours worked around her family life.

"During my nearly 3 years here I have learnt so much and grown so confident. I have been doing a Learning Mentor Level 3 apprenticeship which has been an entirely different experience to college. I am able to play to my strengths of working and progressing in my role, whilst completing manageable assignments within my working time. I am going to gain the A level equivalent I never thought I would."

She now also has a completely different outlook on learning and feels so confident that she wants to progress further and do a Coaching Professional Level 5 apprenticeship.

"I have finally found a career path that suits me and plays to my strengths."

Since working for Great Western Hospital Katie feels more confident in being open about who she is as a person. She does not feel she needs to mask her symptoms as much and is accepted with her additional needs.



My journey with autism

by Murray

I wanted to write an article about my journey with autism.

I am Murray and I am 21. I was diagnosed just before I was 4 years old. I have lived in a world of ASD ever since. I also have a speech difficulty called Apraxia, so I am speechless and that is so frustrating. The thing I want more than anything in the world is to be able to speak.

So many kinds of people think that I am stupid, and I want the world to know that I am not. I just think and look and act differently at times. That is all. If people kindly took the time to spend a moment with me or talk with me then they would see that I am not so different to them.

But the big question is what do I have to do to get my message across? Just because I do not talk, it doesn't mean that I warrant a worthless life. I have so much to give society if only society would give me a chance. I am pre-verbal, but I do vocalise. I know that this is not always acceptable in the eyes of people, but I am a good listener and people watcher, and I listen carefully and deeply and understand everything that is said and happens to me. I wish people would believe in me more.

I am a great advocate for non-speaking people. Non-speaking does not mean non intelligent.

When you know me, you will know that I attend Horizons college where I am studying on a pathway to independence course. On my day off I attend Pennyhooks Farm with other autistic people like me. I use my knowledge to express my thoughts and opinions.

My body does not always act the way people think it should – I like to jump and run and laugh and this can be unexpected at times. I wish more people would do this and I think they would like it!

I love theatre and classical music and I love writing poetry as it makes me feel that I am “me”.



Poem by Murray

Here is a poem I wrote recently called “Symphony” which I hope helps your understanding of me a bit more.

SYMPHONY

Just have the patience in this impatient world
To liken yourself to all things broken.
Give a second’s loan of your ear
To the inside of my weary mind.
Know that I am pieced together
Like a broken instrument
Ready to play my overture
But with no conductor to guide me.
Just tune in and listen
As if I am playing the most incredible symphony
Ever composed.
Your ear may approve
And retune your pre-conceptions.

Know your rights!

This website is part of Disability Rights UK’s Right to Participate project, funded by the Legal Education Foundation. The project aims to increase awareness of the Equality Act, especially the ways it can protect disabled people from discrimination in everyday situations.

Watch Disability Rights UK’s **The Right to Participate** Videos on:

- Employment: <https://vimeo.com/294755159/10fe5ce721>
- Out & About: <https://vimeo.com/294755123/351555b11b>
- Education: <https://vimeo.com/294755090/10ece652b1>



Helpline for students, apprentices and trainees



Disability Rights UK runs a **Disabled Students Helpline** which offers information and advice to disabled students, apprentices and trainees by phone and email on a range of topics including:

- applying to college, university and apprenticeships
- telling people about your disability
- financial assistance
- adjustments for disabled students and apprentices
- rights in post -16 education and training under the Equality Act 2010
- how to resolve any disagreements.

The helpline supports disabled students, apprentices, parents and carers and professionals supporting disabled students aged over 16 in England.

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

In addition to the helpline, Disability Rights UK also produces a range of free **education factsheets and guides** for disabled students, trainees and apprentices on post 16 education and training.

Disability Rights UK's **Into Apprenticeships 2022 guide** deals with common questions such as how to find an apprenticeship, whether the training will be accessible and what support is available in the workplace.

There are several inspiring stories written by disabled apprentices about their own experiences and the challenges they have faced. The guide also contains a useful resources section listing further websites, publications and organisations which can help.

Personal Budgets Helpline

Telephone: 0330 995 0404

Opening hours: 9.30am-1.30pm on Tuesdays and Thursdays

personalbudgets@disabilityrightsuk.org

Welfare Rights Helpline for Member Organisations

Telephone: 0203 687 0779

Opening hours: 10.30am-12.30pm Tuesdays and Thursdays

ken.butler@disabilityrightsuk.org

Contact Us



Email: getahead@disabilityrightsuk.org



Twitter: @GetAheadDRUK



Instagram: @GetAheadDRUK

Get Ahead

YouTube



Get Ahead webpage

DR UK website

We like to hear from you!

Give us your feedback and contact:

Getahead@disabilityrightsuk.org

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

email: getahead@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.

