



Keep informed on your journey through education, training and work

Leaving School What Next?

After leaving school, there are many options you can choose from including doing apprenticeships, traineeships, supported internships, college to do further study and degrees.

National Careers Service

The National Careers Service provides high quality, free and impartial careers advice, information, and guidance. The service is available to anyone no matter what stage of the careers journey you're at. This site also gives information for parents, teachers, employers, coaches, and advisers to support others in their career journey.

Education advice. There are lots of work and study choices available to you. You could choose to stay in full-time education, combine work and study or go straight into work.

[Education advice if you have special educational needs or a disability | National Careers Service](#)

Job support if you have special educational needs or a disability.

Get help finding and staying in work if you have a disability or health condition.

[Job support if you have special educational needs or a disability | National Careers Service](#)

Skills assessment. Find out about careers that might be right for you by taking an assessment. Transferable skills are a set of skills that you're good at. You can build them up over time, through work, volunteering, education, and life.

You can apply these skills to a range of jobs, in this assessment, answer questions about the things you like to do or are good at. Understanding yourself can help you work out what careers you may enjoy working in.

[Skills assessment | National Careers Service](#)

Courses

The Open University

The Open University provides a range of short courses [Short Courses | Study | The Open University](#).

Youth Employment UK

Free Home Education Online Courses Cover Skills And Careers For Young People Learning At Home.

Is your child in home education? These [free skills and careers courses for home education](#) aim to be gentle, non-pressured, and fully inclusive. Give them a try!

Non-profit organisation [Youth Employment UK](#) is pleased to offer the home education community an entirely free new [online programme](#) designed to support home educated young people in exploring their skills, strengths and possible next steps – all at their own pace and with confidence.

Essential skills unlock learning in the classroom, boosting academic outcomes, perseverance and self-belief.

Skills Bootcamps

Skills Bootcamps are free, flexible courses of up to 16 weeks for adults aged 19 or over. They give people the opportunity to build up valuable sector-specific skills based on local employer demand and provide a direct path to a job on completion.

Skills Bootcamps are primarily aimed at delivering flexible training at levels 3-5 (medium to higher level technical skills), and level 2 in some sectors.

[Skills Bootcamps \(education.gov.uk\)](#)

Local colleges

Your local college may be offering a work and training opportunities that suit your aspirations.



Supported Internship Programme



Are you aged between 16 and 24?



Do you have an EHCP?



Do you want to work?



The course starts in September



You will do 12 – 20 hours work per week during the course.



You will start by doing 3 days a week in the classroom learning about work and how to be more independent.



When you start your work placement you will continue to go to class one day per week.



We get to know you. You tell us what you like and what you are good at. If you are not sure we can help you to decide.



You get 1 to 1 support from a Job Coach to learn your job and how to do it well.



We find you a suitable work placement.



If you do well, you could get a paid job at the end of the programme.

Then our Supported Internship Programme might be [right for you.](#)

If you want to join please contact Jack Kelley
Telephone: 020 8887 1187
Email: sjp@westleaschool.co.uk

Youth Voice Census 2023

Aged 11-30? Tell us what you think about study, work and life.

The Youth Voice Census will ask a range of questions about you and your experiences in education, training, work and in everyday life.

The survey will take up to 30 minutes depending on your experience.

Your answers could make a big difference to how UK government, employers and educators support young people. All your answers will remain anonymous.

Youth Employment UK will use the data to create public reports on how young people view study and employment today, but we follow strict privacy rules. Any personal information will not be shared outside our Census project team.

At the end of the survey you can choose to receive more information on our services to help young people boost their employability. These are optional - you can choose not to receive information at any point.

Disabled Apprentice Network

Are you doing an apprenticeship or recently finished your apprenticeship, then join us and become part of our leadership group.

The Disabled Apprentice Network (DAN) brings together Disabled apprentices and those who have finished their apprenticeship.

The Network is a lively and friendly forum for Disabled apprentices, to share their experiences and to offer views and proposals on what could improve apprenticeships for Disabled people. Watch the [DAN video](#) and Tik Tok [@DisRightsUK](#)

To join the group contact: rabia.lemahieu@disabilityrightsuk.org

Association of Apprentices (AoA)

The Disabled Apprentice Network has a platform on the [Association of Apprentices](#) website. To join, register with AoA and go to AoA Connect or use this [Link to DAN](#)

Blue Peter announces new presenter



Falkirk-born Abby Cook has been announced as Blue Peter's newest presenter.

Abby, 20, attended Grangemouth High School, leaving with straight A's, before studying Applied Biological Science at Forth Valley College.

Since then, she has worked with Valley Disability Sport, supporting disabled and non-disabled young people to enjoy being active together, and as a mental health project administrator for Scottish Disability Sport, helping to promoting inclusion within sport.

Vicki



Vicki is a member of the Disabled Apprentice Network (DAN).

She is doing a Chartered Management Degree Apprenticeship level 6 at the BBC.

“I decided to do an apprenticeship because I wanted to get a degree with practical experience. The best thing about doing an apprenticeship is gaining practical experience from knowledgeable staff whilst also completing a degree.”

See [Vicki’s apprenticeship journey](#) video for [UCAS](#)

Ellie

Ellie is a member of the Disabled Apprentice Network (DAN).

My choice to become an apprentice was after my discovery of apprenticeships in Year 10 at school. After exploring the opportunities, I made my decision to complete an apprenticeship after considering all my post -16 options.

I knew that the apprenticeship route was the right one for my development and career. It took me 2.5 years to finish my apprenticeships as I completed both Level 2 and 3 in business and administration.

The best thing about being an apprentice is that you are learning valuable skills and earning a wage at the same time. As an apprentice you gain a qualification as well as industry experience.

Choosing to become an apprentice means you are in charge of the best learning path for your career - you choose which apprenticeship programme, which employer, which training provider and most of all you choose your own success and goals for your future. That's what I like about apprenticeships the most!

“An Apprenticeship was the best choice I ever made! Becoming an Apprentice enabled me to take charge in choosing the best learning path for me where I could choose apprenticeship, employer, training provider and most of all you choose your own success and goals for your future. That’s what I like about apprenticeships the most!”





Natalie has been working as a co-trainer for Mencap since 2018.

Natalie is passionate about spreading the word that people with a learning disability can succeed in the workplace and her career so far with Mencap illustrates this.

Watch Natalie's video

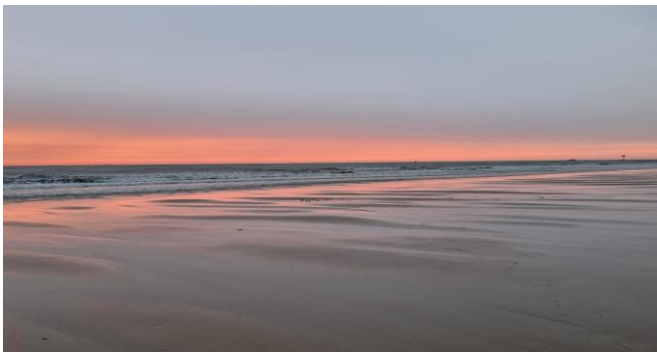
To find out more about how Mencap supports people with a learning disability into work, visit their [website](#).

Murray

I would like to share with you how I cope when I find the world hard.

As a person with autism, the world I exist in is chaotic and overwhelming sometimes. I yearn for a place where I feel calm and quiet. People think it strange that I move towards water at all times. But water gives me surety and peace. I look to its movement and watch its ripples in every drop and I feel that I can just be me.

I lose myself in water. It is my constant and I all feels calm.



Upon being on the shore of autism

The sea brings me peace
and poetic moments of isolation.
I am beholden to the waves
in their justly, watery and loveable
real moments of living.

The Sea

Please mind the loving waves
That give the sea the breath that it needs
To live and move
In a poetic understanding
Of the World's energy.

Please understand the force
That we need as a humanity
To protect the rhythm of the sea
And the astute beating of the heart
Of one natural life
That we must only love. Not destroy.



Not going to uni

The exam season can be a stressful and difficult time for students, which is why Not Going To Uni has created an exclusive 'Be at your best this exam season' guide.



The guide is full of lots of helpful advice and guidance from our NGTU partners and ambassadors, so your students can feel confident and ready when it comes to sitting their exams this year.

Download the guide now and share it with your school and students!

[Be At Your Best - Exam Top Tips Guide \(emlfiles4.com\)](#)

Free webinar: Post 16-options

Are you leaving school this summer and want to know more about your post-16 options and the support available when going to college, doing an apprenticeship, traineeship or supported internships?

Then join us on Monday June 12th, 2023, at 4-5pm

Parents and those working with Disabled young people are also welcome to join.

To join the webinar, email dsu@disabilityrightsuk.org



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](https://twitter.com/GetAheadDRUK)



Instagram: [@GetAheadDRUK](https://www.instagram.com/GetAheadDRUK)



Videos: [YouTube](https://www.youtube.com/GetAheadDRUK)



Tik Tok: [@DisRightsUK](https://www.tiktok.com/@DisRightsUK)

[Get Ahead](#)

[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 join the Get Ahead mailing list, go to the [Get Ahead webpage](#)

Disability Rights UK

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

DISABILITY RIGHTS HANDBOOK

Edition 48
April 2023 - April 2024

A guide to benefits and services
for all disabled people, their families,
carers and advisers