



Supported Internships

A guide for students,
parents and carers



STOCKPORT
METROPOLITAN BOROUGH COUNCIL

Starting something new can feel exciting - and a bit scary too.

If you're a young person with additional needs, a supported internship can help you move from education into the world of work.

This guide explains how supported internships work and why they could be the right step for you or someone you care about.



Jamal

“It helps create awareness for people like me who have other skills that people don’t know about.”





What is a Supported Internship?

A Supported Internship is a study programme that helps young people aged 16–24 with additional needs or disabilities to gain the skills, confidence and experience needed to move into paid work.

It's a mix of:

- Real workplace experience
- Support from a job coach
- Study at a local college

Internships usually last a full academic year and are designed for those who want to work but need a little extra help to get there.

Who can apply?

A Supported Internship might be for you if you:

- Are aged 16 to 24
- Have an Education, Health and Care Plan (EHCP)
- Want to move into paid work
- Are willing to learn and take part
- Can travel to a placement (support available)



Connor

“I have been working on a construction site... I wanted to get as much experience in different career paths as possible.”



What's involved?

- ✓ **Work placement (1–4 days a week)**
You'll gain hands-on experience in a real job - admin, retail, hospitality, care and more.
- ✓ **Job coach support**
A coach works with you and your employer to make sure you feel confident and supported.
- ✓ **College learning**
(1-4 days a week)
You'll continue learning English, maths and employability skills.
- ✓ **Regular reviews**
To track your progress and adapt support as needed.



Why choose a Supported Internship?



- ✓ Gain real work experience in a setting that suits your skills and interests
- ✓ Build life and job skills from timekeeping to teamwork
- ✓ Develop confidence and independence with support at every step
- ✓ Work with a job coach who is there to help you succeed
- ✓ Improve your chances of employment
- many interns move into paid jobs

Dua

“I work in British Heart Foundation and I’m so proud that I was able to finish every task that’s given to me.”



How to Apply

Apply through your local college:



[www.pureinnovations.co.uk/
pure-college/](http://www.pureinnovations.co.uk/pure-college/)

0161 804 4400



www.cheadle.ac.uk

0161 486 4600



www.tmc.ac.uk

03333 222 444

Ben

“I would probably say the best thing for young people who want to go into an internship, is just to be yourself. It gives people with disabilities the opportunity to showcase their skills, which they do have.”



Want to know more?

You can apply for a Supported Internship from Year 11 onwards. Ask your school, college, SENCO, EHCP Co-ordinator or Careers Adviser for more information. Or you can send an email to:



specialeducation@stockport.gov.uk