This supported internship would be a great opportunity for me to learn new skills meet new people make new friends and get work experience for later life. It has my confidence a lot.

It supports neurodivergent people to get skills and work experience to get them to a point of having the right skills and experience to be job ready post programme and we deliver this programme in partnership with Shaw Trust.

They're absolutely amazing, obviously we’re a charity for people with learning disabilities so 95% of people already have a disability or in difficulty so when more interns come in and if they're facing the same challenges as well it's absolutely amazing because we're a family that all fit in together and there's no judgment and there's no unequalness like there still is in some work places.

What I've seen now in the last I'd say 6 months or so is that she's a bit more expressive she's coming out to herself, she's gaining confidence by doing things that she thought she couldn't do before.

‘I don’t know if it’ll work at Five Guys, we’re fast paced, its very structural.’ But I think within the first couple of hours all those challenges we thought we have just like just disappeared.

He wouldn’t speak to anybody so shy just hid away. And now he's just completely come out of his shell and I can leave him to run the dinning area by himself.

I love everything about it not just not just that it's my interest obviously but um I love meeting more people that have the same interests as me. And I love the other side of it like the office work as well so yeah.

And IT skills to be fair because I now know how to turn on the computer, make a PowerPoint or a word document all this type of learning stuff.

My favourite thing is just you know being I think for starters being industry I love seeing things I wouldn’t usually get to see behind the scenes and secondly is just building your knowledge getting learn new things but you didn't necessarily know about the company before. So that's what I've enjoyed and get to meet new people as well.

My favourite part of the internship has been for example the placement I've been on most recently, has been quite useful because it's um just been able to help me thrive throughout this internship.

This is a fantastic opportunity not just to learn about your future career and think about you know what kind of role you might like in the future but also it's a brilliant opportunity to really get to know yourself. I would say 100% get involved.

I would say definitely do it and see how it goes. It's worked for us, I seem to think that it will work for quite a lot of people. I know that everyone's different to a certain extent, but I think you need to try it.

I think there will be a work placement for your experience that you can do.

You have got nothing to worry about just gain the experience, get the experience.

Don't worry about it. Your nerves will get to you but we'll help you through all the way there's nothing to be worried about there's always somebody to hand.

At the end of the day this internship is well worth it.

Be yourself, be polite, be confident and I'll take you a long way and your job coaches will be with you every step on your journey.

[Music]

Our supported internship programme is for young people aged 16 to 24 who have an Education, Health and Care Plan (EHCP) and want to move into employment but need some extra support.

70% of our interns secure paid employment after successful completion of the internship.

For more info on our Supported Internships head to our website: shawtrust.org.uk/supported-internships or email us at: supportedinternships@shaw-trust.org.uk