



Shaw Trust Supported Internships

Helping you move
towards paid employment



We are a not-for-profit social enterprise with 40 years' experience of providing employability support to young people and adults with learning disabilities. We believe that everyone has the right to live a decent and dignified life and have an opportunity for rewarding work.

As little as 5%

of adults with a disability in England are registered as full-time employed. We are working to change that!

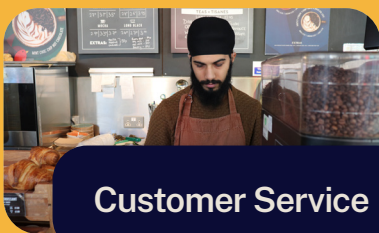
What is a Supported Internship?

The Shaw Trust Supported Internship is a study programme aimed at 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.

Our internship usually lasts for a year, with the opportunity to complete three different placements.

Supported Internships give young people an opportunity to take their first steps into the world of employment, build skills in the workplace, gain qualifications, and get a paid job.

The internships offer a unique mix of education and job coaching in a range of different roles, including:



Customer Service



Maintenance



Catering



Childcare



Horticulture



Retail

Interns can expect a programme of learning that helps them develop the skills they need for work, such as job-specific skills, employability skills and qualifications – including Functional Skills Maths and English – and broader personal and social skills.

A job coach will help source suitable jobs, arrange work trials and develop opportunities with employers.

Why choose a Supported Internship?

Personal development

- Increased levels of confidence and independence
- Develop new skills in a real working environment
- Gain qualifications

Experience

- Work experience to add to a CV
- Gain skills for the workplace
- 70% of interns progress into paid employment and gain financial independence

Wellbeing

- Meet new people
- Be a part of a team
- Increased confidence, independence, and resilience

“Since B has been working at her placement her confidence has increased, she now travels independently to and from work and has also started going to the supermarket to buy essentials on the way home from work. She is thoroughly enjoying this new freedom and is thriving! Whilst at work, the staff at Nando’s are very supportive of her and she is loving being part of a team.”

Parent of a Supported Intern.



The Supported Internship Journey

Undertake a visit to site

Complete an application form

Get to know you session

Internship place offered

Induction

Job Coaching - Work placement starts

Tutor Support -
Off-the-job employability skills and qualifications

Course completion

Progression into employment

Upon completion of the Supported Internship, we provide three months of transitional support to help move interns into paid employment.

Our team connect interns with local employers, and facilitate visits, trials, selection, and transitional support into employment.

We will continue to support the young person once they have moved into paid employment through the Access to Work funding. This allows us to access an 'in-work' mentor to provide support and ensure the newly employed young person makes a successful transition into paid working life.

I have learned many skills in employability such as building a CV, professional behaviours, and preparing for the world of work. I want to say 'Thank You' to Aly, Judith, my family, and everyone at Shaw Trust for believing in me."

Former Supported Intern



Paid employment

Hear from our supported interns

Max

When Max joined the internship, he had very little confidence and was experiencing anxiety in everyday life, often struggling to talk to peers. Max was unsure of what he wanted to do for a career and had no previous work experience. Supported by his job coach Max undertook three placements, two based within an office and one with Transport for London. During his time working with TfL, Max developed a passion for working in the rail industry. Max was supported to apply for a role with South Western Railway. This involved application support and interview preparation. Max was successful and received a job with the company.

During the internship through Shaw Trust I gained more confidence which allowed me to enjoy meeting new people and making new friends. I learnt a lot of new skills which I will be able to use in the future. I have improved my social skills and confidence and got myself a job as a result which I'm really happy about!



Lily

Lily had an ambition to work in Early Years Education. Her first placement on the internship was at Bear Hugs Day Nursery where she worked four days a week with the team, learning the processes within the organisation. Gradually, Lily undertook additional hours to support the team, demonstrating her dedication and commitment. The managers at the nursery expressed what an asset to the team Lily was and shared that they would like to begin the process of employing Lily. Once she had completed her qualification Lily was employed as a paid Nursery Nurse with Bear Hugs Nursery.

“I feel really happy to be employed with my nursery that I love”.



Will

Not only has Will gained valuable experience through the Supported Internship programme, he has also really enjoyed his work placements. Will almost didn't sign up for a place on the programme due to his quiet nature and lack of confidence. After some encouragement from his Mum he did, and he hasn't looked back since.

Through the classroom sessions and work placements Will has grown in confidence and gained valuable work and communication skills. He is chatty, friendly and loves coming to his work placement and interacting with customers. With the help of his job coach, he has overcome his fear of trying new things. Will attended placements at Beautello V, Mencap, and Five Guys. Each placement offering different work environments and skills to enhance experience and learning.

Will hopes to be able to take forward his new confidence and work skills and gain a job within the make-up industry after completing his Supported Internship.

“Everyone's been lovely, and they understand me, given me great feedback and this has boosted my confidence a lot”.



Tilak

Tilak completed three placements at Thames Hospice, Five Guys and German Kebab as part of his Supported Internship. Once he completed the internship Tilak continued to receive support from his job coach and the wider team in his search for paid employment. The team supported him with interview practice and offered valuable moral support throughout the whole process. With the team's help Tilak secured paid employment with Heathrow Duty Free and was awarded Employee of the month within his first 5 months.

Tilak gained work skills and the ability and confidence to be himself. He has set himself personal goals to help progress in his job, which will allow him to become more independent in the future.

“The internship was key for me to get a paid job, I went to so many interviews which were unsuccessful, but the staff helped me overcome my fears and stress. They were always understanding, kind and patient”.



[Click here to hear more from our interns!](#)

Employers we've worked with

TheWorks.co.uk

The
ExtraCare
Charitable Trust

ODEON
FANATICAL ABOUT FILM

WHSmith

Nando's

DECATHLON

Superdrug

Transport
for London

COSTA

FIVE
GUYS

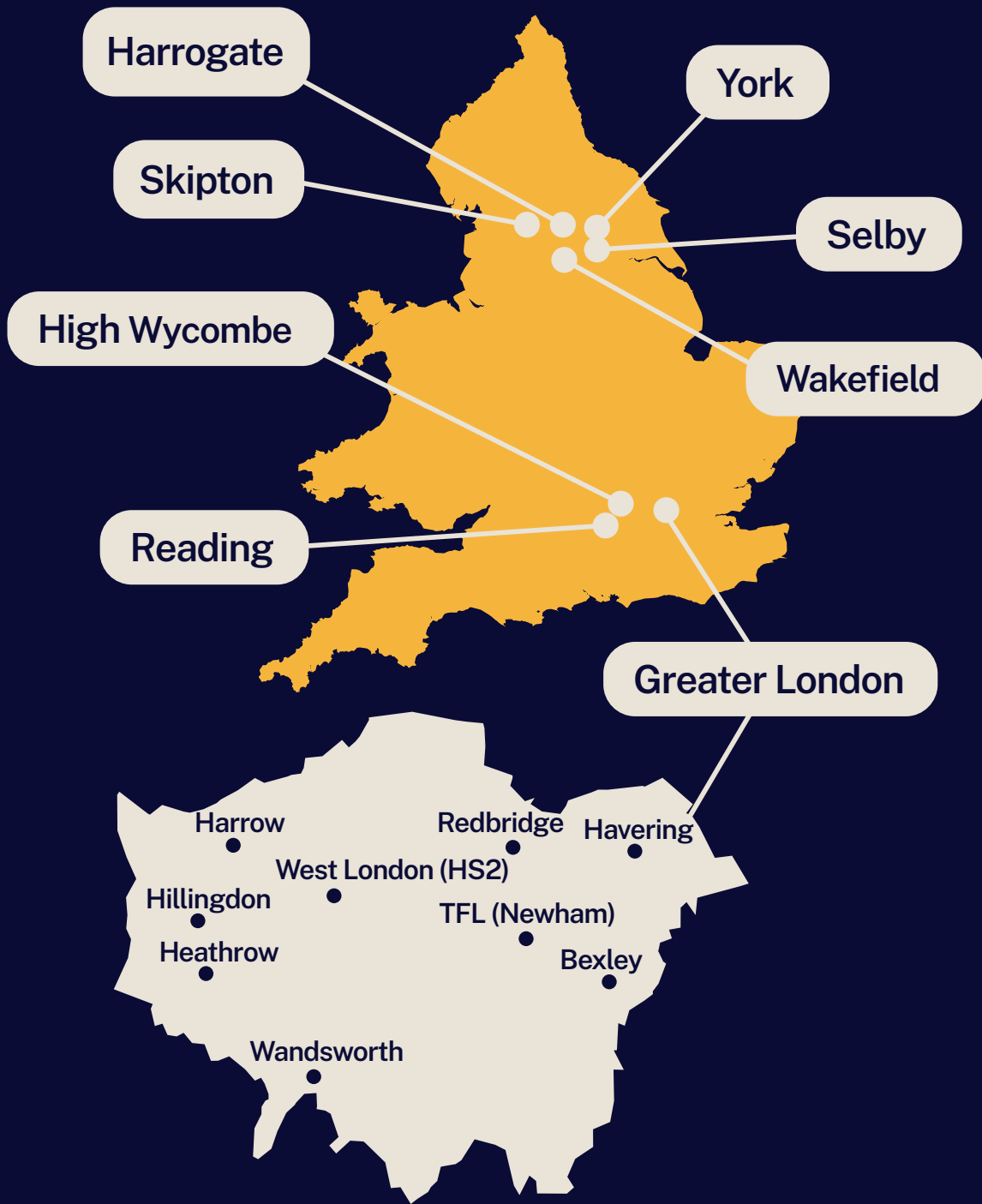
British Heart
Foundation

Find out if we offer a Supported Internship near you

We are starting new internships every year and continuously growing the locations we offer them in. Take a look at where we currently offer Shaw Trust Supported Internships and scan the QR code to head to our website where you can find out more and fill in the contact form for more information.

Our current supported internships are based in York, Havering, Bexley, Harrow, Hillingdon, Selby, Skipton, Harrogate, Reading, Wakefield, Wandsworth, High Wycombe (Bucks), Redbridge, Heathrow, West London (HS2) and London with the TfL. To speak with someone about future locations of supported internships please email supportedinternships@shaw-trust.org.uk

or complete the contact form [on our website.](#)



New for 2024-25

From 2024, Shaw Trust will be offering supported internships across a number of new areas. These are: Redbridge, Skipton, Selby, Harrogate, High Wycombe (Bucks), HS2 rail line and Heathrow.



shawtrustyouth



@shawtrustyouth



@shaw_trust