Steps into Work is helping young adults with learning disabilities and autism find work that they love.

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 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.

I love everything about it, not just not just that it's my interest obviously, but 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.

My favourite thing is just, you know, being I think the staff has been in the industry that I love seeing things that I wouldn’t usually get to see behind the scenes and secondly, it's just build your knowledge and get to learn new things, but you didn't necessarily know about the company before so that's what I've enjoyed and getting to meet new people aswell.

My favourite part of the internship has been, for example, Yeah, the placement I've been on most recently, it's been quite useful because it's just being 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.

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

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