

Supported Internships – Why are they so fantastic?

Meet Finn, he started his internship with Kendal College in September 2023 and completed it in June 2024 having already secured employment with the NHS – Well done Finn!

Finn at the [start](#) of his Supported Internship

Finn at the [end](#) of his Supported Internship

What is a Supported Internship?

A Supported Internship is an employer-based educational programme for young people with an EHCP. The primary aim of a Supported Internship is to provide young people with EHCPs with the experience and skills they need to help them gain employment.

A Supported Internship lasts for up to a year and consists of one or more work placements with one or more employers. As an Intern you will gain valuable experience in the workplace and will be supported by a job coach to help you learn the job role. You will also learn about employability and job search skills in preparation for applying for jobs.

The Supported Internship is unpaid but can and does lead to employment. See the case studies below. At the end of the placement, if there is a vacancy and you meet the criteria, you will be supported to apply.

Who is a supported internship for?

Supported Internships are for young people who really want to work and with additional support from an employer, and support from a job coach, will be ready for work at the end of the programme. You must also have an Education, Health and Care Plan. The majority of our Supported Interns are aged between 18-24 and nearing the end of their educational pathways.

What support will the young people get?

Once you start the Supported Internship programme you will be assigned a job coach who will teach you all the skills needed to be effective in the workplace. The role of the job coach is to help you make the transition from education, into the workplace.

What will be achieved by going on a Supported Internship?

After completing a Supported Internship will know how to apply for a job and will know what is expected of you in the workplace. On completion of a Supported Internship will have gained confidence, improved your self-esteem and feel you have made a big step on your path to independence.

Who can access a Supported Internship programme?

To be accepted onto a Supported Internship programme, you must:

- Have an EHCP
- Want to follow a pathway into employment
- Want to gain the skills to help you become employed
- Will be aged 18-24

- Feel comfortable to travel independently or be working towards this

Meet Finn, he completed his Supported Internship with NHS and Kendal College as part of DFN Project Search last year, and is now employed in the NHS – well done Finn!

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Finn at the [end](#) of his Supported Internship