



# Amazing Futures

Your next steps into education, training and employment



for disabled children  
and young people in Sussex

# What are my options?



for disabled children  
and young people in Sussex



## Study Full-Time

If you want to keep learning and develop more skills to help you find work, studying full-time could be your next step.

Schools, colleges, universities and training providers offer a range of subjects and courses. You could study subject based qualifications such as A levels or work and job related courses such as NVQs and BTECS.



## Apprenticeships

An apprenticeship is a combination of training, qualifications and paid work.

## Traineeships

If you want to get a job or an apprenticeship but you need more experience, consider a traineeship. A traineeship offers essential work preparation training, literacy and numeracy skills and work experience.



## Supported Internships

Supported internships are for students with an EHCP, who want to get a job and need extra support. You get work experience, training and study for qualifications to help you get ready to take up a job.

## Volunteering and Work Experience

Unpaid work with an employer is a great way to develop new skills and give back to the community.



## Employment

Most people are interested in paid work. If you are under 18, you need to combine it with training or education.

## Supported Employment

A programme focused on getting a job. You will do most of the learning at work, with help from a job coach.

Where can I find out more?



for disabled children  
and young people in Sussex



Study Full-Time  
Further Education:  
Find out more about  
further education here:

**UCAS**



Higher education:

Find out more about  
higher education here:

**UCAS**



Apprenticeships

Find out more about  
apprenticeships here:



Traineeships

Find out more about  
traineeships here:



Supported  
Internships

Find out more about  
supported internships here:

**base**

**UCAS**

Volunteering

Find out more about  
volunteering opportunities  
here :

**Do-it**



Employment

Find out more about careers  
and job vacancies here:

National  
Careers  
Service



jobcentreplus

Supported  
Employment

Find out more about  
supported employment  
here:

**base**



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# Next Steps

Use this guide to help you work out what your next steps might be for education and training to help you gain employment.

How old are you?

16-25

Under 16

Do you have a level 2 qualification? Such as GCSE (grade 9-4 or A-\*C)

Yes

No

Do you have any work experience?

Yes

No

Do you think you would be ready for an apprenticeship or employment within six months?

No

Yes

No

Do you have an EHCP?

Yes

A traineeship could be the right option for you. They are designed to help young people who want to get an apprenticeship or job but do not yet have the skills or experience.

Supported employment could be the right option for you. It is intensive and personalised employment support to help people find work and stay in work.

A supported internship could be the right option for you. You get unpaid work experience, training and study for qualifications or other courses to help you get ready to get a job

If you are under 16 a good place to start is work experience or volunteering before you are old enough to look at the post-16 options.

Apprenticeships or further education may be a good fit. Apprenticeships give you the chance to learn on the job, gain qualifications and get paid a salary.

Further education is the opportunity to study qualifications at college or sixth form. This is the best route if you want to go to university (higher education).





## Study Full-Time

### Further Education:

Albion in the community

BHASVIC

BIMM Institute

BRICTT

DV8 Sussex College

Greater Brighton Metropolitan  
College

Plumpton College

Varndean College

### Higher education:

Brighton University

Sussex University

Open University

Greater Brighton Metropolitan  
College

## Apprenticeships

Search for local  
apprenticeships here:



Find out about inclusive  
apprenticeships here



## Traineeships

Search for local traineeships  
here:



## Supported internships

Search for local Supported  
internships here:



Local Supported internship  
providers:



## Volunteering

Find local Volunteering  
opportunities here:



## Employment

Find your local job centre:

**jobcentreplus**

Get help at work if you are  
disabled or have a health  
condition (Access to Work)



**Access to Work**  
Making work possible

Find out about reasonable  
adjustments



## Supported Employment

Find out about supported  
employment here





## Study Full-Time

### Further Education:

For information on East Sussex colleges click [here](#)

[Ark Sixth Form](#)

[Beacons Academy](#)

[Bexhill College](#)

[DV8](#)

[East Sussex College \(Lewes and Eastbourne\)](#)

[East Sussex College \(Hastings\)](#)

[Plumpton College](#)

[Heathfield Sixth Form](#)

[Hailsham Sixth Form](#)

[Uckfield Sixth Form](#)

[Uplands Sixth Form](#)

[Seaford Head Sixth Form](#)

### Higher education:

[Brighton University](#)

[Sussex University](#)

[Open University](#)

## Apprenticeships

Search for local apprenticeships here:



## Traineeships

Search for local traineeships here:



## Supported

Search for local Supported internships here



East Sussex  
County Council



PLUMPTON  
COLLEGE

Project | SEARCH



## Volunteering

Search for local volunteering opportunities here:

Volunteer  
Centre

EAST SUSSEX

VOLUNTEERING MATTERS

## Employment

Find your local job centre

jobcentreplus



Access to Work  
Making work possible

Find out about reasonable adjustments here@

GOV.UK

## Supported Employment

Find out about more here:



Team  
Domenica

ESCISS

EAST SUSSEX COMMUNITY INFORMATION SERVICE



Where can I find out more?



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Find out about education, employment and training opportunities in Brighton & Hove and East Sussex here:

[Click here](#)

For more information on specific opportunities please use the links below:

Apprenticeships, traineeships and Supported employment:

[Click here](#)

Careers advice and supported employment:

[Click here](#)

Training, further and higher education:

[Click here](#)

Volunteering :

[Click here](#)

