



Department
for Education

Supported internships for young people with an education, health and care plan

**An Easy Read guide to research
findings**

March 2026

**By CooperGibson Research
and St Mary's University**

easy read



About this short report

This is an Easy Read version of research into supported internships.

training



Supported internships are a study programme for young people aged 16 to 24 who have an education, health and care plan. A young person on a supported internship is called an intern.

supported work



They are for young people who want to move into work but need some extra help. Most of the learning happens when doing a job at a workplace.

government



The Department for Education (part of the government) wanted to find out about young people's views of supported internships.

feedback



More than 350 interns told the government what they thought about supported internships.

like



Most interns liked being on their supported internship and thought they were a good thing.

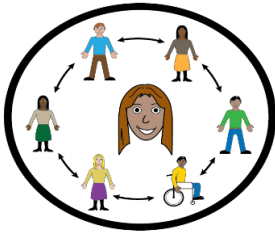
This is what interns enjoyed about their supported internship:

workforce



- being in the workplace and part of the workforce

teamwork



- being part of a team at work

leisure



- taking part in fun activities with other interns

dislike



A few interns did not enjoy their supported internship. This was because:

unhappy



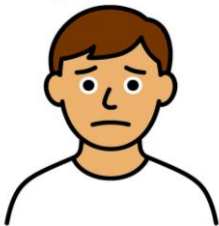
- they felt unhappy if their work placement changed at the last minute

frustrated



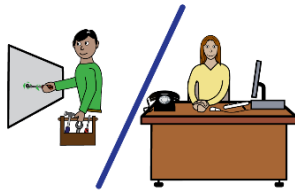
- they felt frustrated when the routines at work changed at the last minute

disappointed



- they were disappointed if they did not get their first choice of where they wanted to work

job



At the end of their supported internship:

- nearly half of the interns who took part in the research got a job

apprenticeship



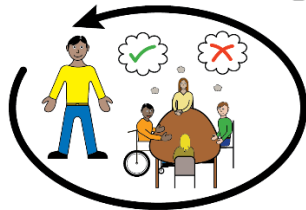
- some started an apprenticeship

volunteering



- some volunteered in a workplace, which means working for free

decision making



- some were still deciding what to do

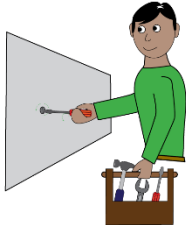
Supported internships helped interns to:

speak to staff



- feel more confident about speaking with people at work, such as the staff and the public

work



- learn new work skills

daily living skills



- be more independent outside of work with daily living skills, like travelling alone on a bus

more mature



- feel more grown-up and mature

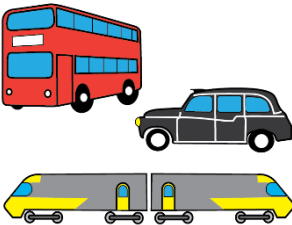
Interns found these things difficult at the start of their supported internship:

worried



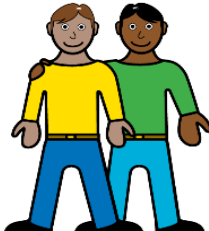
- feeling worried about being able to do the work

transport travel



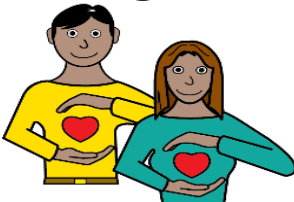
- travelling on their own on public transport like a bus or train, or in a taxi

friend



- making friends at work

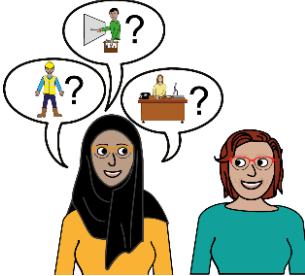
being well



- managing their health and feeling well at work

What helped interns during their supported internship?

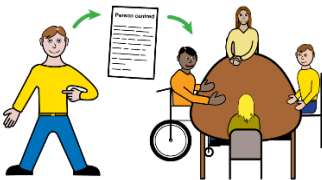
job coach



The job coach was very important.

They helped interns understand what they had to do at work.

person centred



The support was different for each intern.

Staff learned about each intern's strengths and needs.

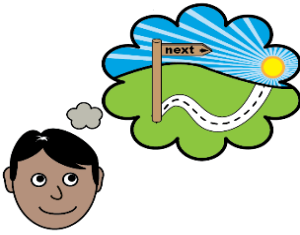
They used this information to help match interns to a work placement.

support



Parents and carers supported interns to do well.

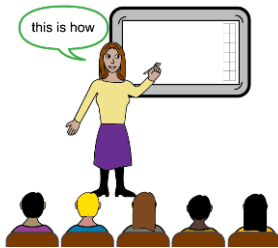
next step



What happens next?

The Department for Education will read the report and think about:

training

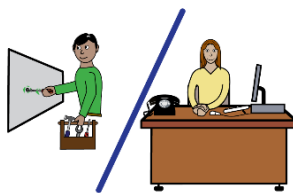


- how more young people could take part in a supported internship



- how supported internships could be made better

job



- what helps young people stay in a job once they have found work

thank you Thanks



Thank you to the Young Researchers Group, who worked on the research with us for 3 years and helped to write this report.

They are:

- Juned Ali
- Jacob Barnett
- Natalie Duo

[Use this link to read the full evaluation report](#)

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easy read



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Reference: RR1609/2

ISBN: 978-1-83870-765-1

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This document is available for download at <https://www.gov.uk/government/publications/supported-internship-programme-evaluation-of-investment>.