

Making Strides

Supporting young adults with learning disabilities and autism to access employment



ThinkForward

ThinkForward works with young people to make sure they gain the confidence, independence and skills they need for a better and brighter future.

Making Strides is a programme that supports young adults who have a learning disability and/or autism to get into paid work. Our aim is to ensure that every young person develops their work readiness skills and raises their aspirations.

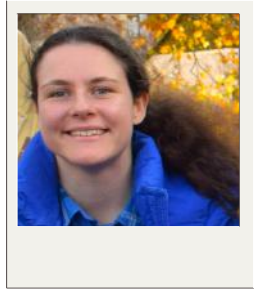
Coaching

If you sign up, you will work with a coach, who will help you understand what you want your future to look like, then support you to build the skills and experiences you need to find and follow the right career path.

You will meet with your coach regularly to work through your action plan. In your coaching sessions, you and your coach might work on:

- Identifying your strengths, skills and preferences
- Looking at what challenges you might face
- Job searching and applying for jobs
- Preparing for interviews

As well as regular meetings with your coach, you will also be able to attend group workshops with other young adults, to help you learn about and prepare for the world of work.



“Before I started the programme I wasn’t confident, but after meeting my coach, my confidence has grown and now I can do so much more. I now have a job as a cleaner at a school and I really enjoy it. I’m saving up for a house and I’ve become much more independent at home.”

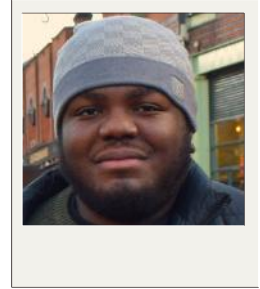
Jody



World of work

Your coach will organise opportunities for you to meet employers and gain experience in the world of work. These might involve:

- Visiting different workplaces to learn about job roles
- Completing supported work experience
- Receiving mentoring at a business
- Getting involved in our Extended Recruitment Programme.



“I’ve learned how to have confidence and how to carry myself in an interview. I have enjoyed getting the experience of going into different workplaces, which has helped me choose which career to pursue. I currently work at a café and am working towards becoming a chef.”

Michael



What is expected of you

- Attend regular meetings with your coach
- Attend group workshops and employer experiences.

Eligibility criteria

Young adults are eligible if they:

- are 16-25 years old
- have a mild to moderate learning disability and/or autism
- have been NEET (Not in Education, Employment or Training) for under 10 months or will be NEET at their next point of transition
- have an aspiration for paid work
- are a resident in Birmingham
- have the ability to travel to attend support sessions.

[Sign up here:](#)



If you have any questions, email info@thinkforward.org.uk

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Funded by
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Coaching
Connecting
Inspiring
Young People