

Finding a job



Finding a job or work experience

Finding a job can be hard but there is support for people with a learning disability who want to find work.



Mencap employment support

Mencap can provide employment support in some parts of the UK.



You can use our website to find out if Mencap can help you.

<https://www.mencap.org.uk/advice-and-support/employment>



Or call our helpline on 0808 808 1111.



Other employment support

Other places can provide employment support, such as:

Your local job centre.



Your local council .



Your social worker .

What is employment support?

Employment support can help with:



Finding out what you need support with so that you can get a job.



Understanding job adverts.



Filling in application forms.



Writing a cover letter and CV .



Preparing for interviews.



Getting ready to start a job.

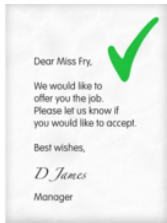


Work experience

Work experience is a good way to learn about a job that you might like to do.



It is also a good way to get a reference if you have not worked before.



Getting work experience is a good way to help find you a paid job.



Work experience is where you try a job for a short amount of time.

You might try it for a number of weeks or hours.



You are usually not paid for doing work experience.



Volunteering

Volunteering is not the same as work experience. Usually you can volunteer for a longer time than work experience.



When you volunteer you can do lots of different things.



Mencap can help find people lots of different volunteering opportunities

For example:



Supporting people.



Working in a charity shop.



Mencap also runs our own charity shops that you might be able to volunteer in.

You can find out about where our shops are [here](#). You can also ask about volunteering in one of our shops [here](#).

<https://www.mencap.org.uk/get-involved/mencap-shops>

Or you could email Mencap's volunteering team:

volunteering@mencap.org.uk



Working in an office.



Gardening.



Most of the time you can be any age to volunteer.

For certain types of volunteering you might have to be at least 18 years old.

You have to be at least 18 years old to volunteer at Mencap.



Volunteering helps you to:

Get more involved in your community .



Keep busy doing something that helps people and your community.



Make new friends.



Learn new skills that help you get ready for work.



Get a reference to help you get a paid job in the future.



Getting benefits and volunteering or doing work experience

You can volunteer or do unpaid work experience and it does not affect your benefits.



It is always best to check with your job centre advisor before you start.



Where can I find a job?

Search online on job websites, such as Indeed and Reed.



Speak to your local employment services.



Speak to your local job centre.

You can get in contact with Job Centre Plus and find your nearest job centre [here](https://find-your-nearest-jobcentre.dwp.gov.uk/search.php).

<https://find-your-nearest-jobcentre.dwp.gov.uk/search.php>



Speak with your local council.



Speak with your social worker.

Information and support



To find out more about Mencap's employment services go on our website, email us, or phone our helpline.



Website:

<https://www.mencap.org.uk/advice-and-support/employment>



Email:

employment.support@mencap.org.uk



Call our helpline: 0808 808 1111



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