



Preparing for Work

How Mencap can support people with a learning disability

A photograph of a man with short dark hair and a beard, wearing a dark blue long-sleeved shirt, standing in a Primark store. He is looking directly at the camera. In the background, there are shelves with folded clothes, a sign that says "LOOK ONLINE SOON PRIMARK.COM", and a glass door with a green exit sign above it. A large pink speech bubble is overlaid on the bottom half of the image, containing text about Sean's story.

Sean's Story

"I am very happy in my job and feel like everything is going good for me".

- Sean works part-time as a Retail Assistant in Primark.
- Before Sean started work, he completed several work placements in different areas to help him decide what to do in the future.
- When Sean first started work, he worked in the till area but once he was confident in this, he moved about to do different tasks in the store.
- Sean got support to help make the training for his job more accessible for him.

Preparing For Work

Most people with a learning disability want to work.

Mencap's employment service can help you to get work.



Some people choose to have paid work. Some people choose to do voluntary work.

Some people want to do more learning or training before starting work.



There are lots of good things about having paid or voluntary work. For example:

- **You can learn new things**
- **You will become more confident and independent**
- **You meet new people**
- **You can have more money**



How can Mencap help you to get work?



- We can talk to you about what work might be best for you.
- We can help you think about what work would match your skills.
- We can help you to improve your work skills.
- We can arrange for you to try a work placement.
- We can help you to feel more motivated and confident to find work.

Filling in job application forms



- We can help you to find out how to look for work.
- We can help you look for work.
- We can help you to apply for work that you are interested in.

Preparing for an interview



- We can help you to prepare and practice for an interview.
- We can come with you to the interview and help you talk to the employer, if you want us to.
- We can help you ask the employer how the interview went.

Getting to work



- We can help you find the best way to get to work.
- We can help you learn how to get to work on your own. For example, you may want to walk to work or get the bus.

At work



- We can help you learn how to do tasks at work.
- We can support you and your employer at work.
- We can provide training to your employer about learning disability awareness.

Benefits advice



- We can help you to talk to a professional to get advice about working and claiming benefits.



Aiden's story

"I enjoy working here, I have made lots of new friends, it's a really great place to work".

- Aiden works part-time at The Range.
- He works on the shop floor, in the garden centre and in the warehouse.
- Before moving into paid work, Aiden had a few work placements in other retail businesses.
- Aiden's work placements helped him develop the work skills and confidence to enter paid employment.

Frequently asked questions

Who can get help from the Mencap employment service?

You must be at least 16 years old, have a learning disability, can travel to work and want to work. You must live in the area where the service is available.

Will joining the service affect my benefits and can Mencap give me advice about this?

Although Mencap do not give advice about benefits, we can give you information so that you can speak to a professional, that can help you with this.

Can Mencap help me find a work placement or paid work?

An Employment Officer will support you to set goals and will help you to find a work placement or paid work.

Do Mencap pay me for work placements or mileage?

Mencap do not pay you for work placements or mileage but we can help you with travel training and learning the route to work.

I want to give it a go. What should I do?

If you are interested in Mencap's employment service, please get in contact with us using the contact details on the next page.



Why Choose Mencap?

We want Northern Ireland to be the best place in the world for people with a learning disability to live happy and healthy lives. Everything we do is about valuing and supporting people with a learning disability and their families and carers. We are committed to listening to and being led by people with a learning disability from all communities.

Contact Details

Address: Mencap NI
5 School Road,
Newtownbreda,
Belfast,
BT8 6BT

Telephone: 0808 808 1111

Email: helpline.ni@mencap.org.uk

www.mencap.org.uk/ni