

# Easy read guide about finding a job

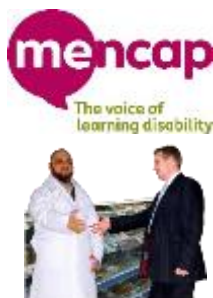


## Finding a job or work experience



Finding a job can be hard but there is employment support available for people with a learning disability.

## 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.

[www.mencap.org.uk/employment](http://www.mencap.org.uk/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 authority



- 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.





It is often unpaid.

## Volunteering



Volunteering is different from work experience because it can be for a longer time, such as for 1 month or more.



When you volunteer you can do lots of different things.



Mencap have lots of different roles available. For example:



- Supporting people.



- Working in a shop.



- 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.

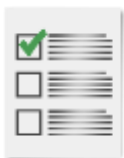


You have to be at least 18 years old to volunteer at Mencap.

### **Volunteering helps you to:**



- Get more involved in your community.



- Keep busy doing something valuable



- Make new friends.



- Get ready for work.



- Get a reference from your manager.

## 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 you 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.



Speak with your local authority.



Speak to your social worker

## Information and support



To find out more about Mencap's employment services go on the website or phone them.



**Website:** [www.mencap.org.uk/employment](http://www.mencap.org.uk/employment)



**Phone number:** 0808 808 1111

**To find out about Mencap's volunteering opportunities contact them.**



**Website:** [www.mencap.org.uk/volunteering](http://www.mencap.org.uk/volunteering)

**Email:** [volunteering@mencap.org.uk](mailto:volunteering@mencap.org.uk)

