St. John's College

Supported Internships at Chartwells Universities

Course information pack

Chartwells Universities

Ambitious about Autism

DFN Project | SEARCH

Supported Internships are a study programme for young people with an Education, Health and Care (EHC) plan who want to move into paid employment but need a little extra support to succeed. Interns spend a year based in the workplace combining real work roles, classroom learning, and specialist job coaching.

We work in partnership with our host employer Chartwells Universities, DFN Project SEARCH and local authorities, to deliver a high-quality Supported Internship programme based at the University of Sussex in Falmer.

Why choose a supported internship?

Supported Internships provide a structured and supportive pathway into adulthood and employment. They help young people:

- gain real work experience in large businesses and organisations
- develop job-specific and wider employability skills
- improve English and maths in practical, workplace settings
- build confidence, independence, and resilience
- strengthen social communication and teamwork skills
- work towards qualifications that support future employment.

About the programme

The programme runs from September for one academic year, with interns based at the workplace five days a week.

Individualised internships and job development continue throughout the year. These are based on an individual's strengths, skills, and interests. Interns are supported through on-the-job coaching and improvement strategies, the ultimate goal being to help them secure paid employment and live independently.

Our dedicated team includes a lecturer and job coaches who support interns to develop employability and independent living skills via classroom learning, alongside on the job support. Interns receive regular feedback from their instructor, job coaches, and business colleagues.

Type of roles

We offer a wide variety of skills and job roles including:

- Catering Assistant
- Barista
- Hospitality Assistant
- Cleaner
- Kitchen Porter
- Stores Assistant.

Supported Internships example timetable

	Monday	Tuesday	Wednesday (classroom learning day)	Thursday	Friday
9.00am	Daily team check-in	Daily team check-in		Daily team check-in	Daily team check-in
9.30-12.30am	Work rotation	Work rotation	Employability skills (including maths and English)	Work rotation	Work rotation
12.30-1.00pm	Lunch	Lunch	Lunch	Lunch	Lunch
1.00-3.00pm	Work rotation	Work rotation	Employability skills (including maths and English)	Work rotation	Work rotation
3.00-3.30pm	Daily review and reflection	Daily review and reflection		Daily review and reflection	Daily review and reflection

Find out more

If you're interested in this Supported Internship programme, we'd be pleased to meet you.

Sign up to one of our **open days** or contact our Admissions Team.

They will be able to talk through any questions you may have and advise you on the admissions process. The Supported Internships Team at St. John's College will only consider making an offer of placement once an applicant has attended a skills assessment and interview day.

St. John's College

We are Ambitious about Autism

St. John's College is part of Ambitious about Autism, the national charity standing with autistic children and young people.

We believe every autistic child and young person has the right to be themselves and realise their ambitions.

We started as one school and have become a movement for change. We champion rights, campaign for change and create opportunities.

Contact us

St. John's College
Walpole Road, Brighton BN2 0AF

01273 244 000
admissions@st-johns.co.uk
st-johns.co.uk

Follow us

stjohnssussex
stjohns.sussex

Chartwells Universities

DFN Project | SEARCH

Ambitious about Autism

Ambitious about Autism is a registered charity in England and Wales: 1063184 and a registered company: 03375255.

Ambitious about Autism Schools Trust is an exempt charity in England and Wales and a registered company: 08335297.

Published – February 2026