



My advice is to talk to your friends and family and look at all the different options available to you to prepare you for the future.

Callum, Supported Intern



Having additional needs or a disability shouldn't be a barrier to education and employment. Visit the Careers East Sussex website to find guidance and information which can support your education and employment journey.



www.careerseastsussex.co.uk/ican





My Supported Internship has helped me to improve my confidence a lot. It has helped me come out of my shell.

Callum, Supported Intern



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My advice is to explore all options and see what you think would appeal to you.

Millie, Supported Intern



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Working here makes me feel happy and supported, with a lovely group of people. We laugh about something every day.

Millie, Supported Intern



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