



PARENT/CARER NEWSLETTER



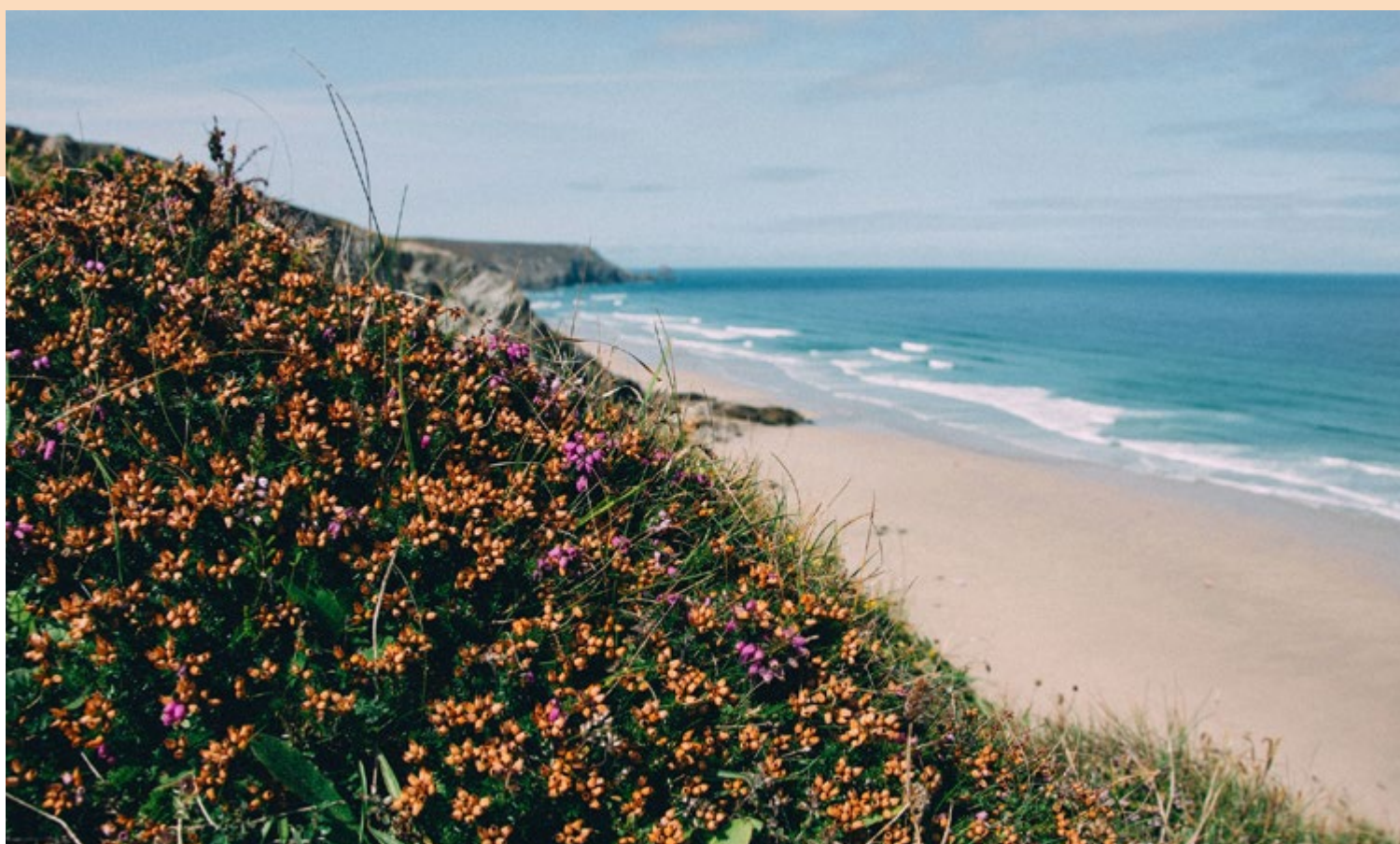
Gyrfa Cymru
Careers Wales

Summer 2026

For parents and carers of young people with additional learning needs

Welcome

A warm welcome to our Summer 2026 newsletter, designed especially for parents and carers of young people with additional learning needs. In this edition, you'll find practical guidance to help families whose children are preparing to leave education, including tips on getting ready for the world of work and exploring available employment support. We're also delighted to share Lucy and her son Jude's inspiring story and how our support made a difference to them. We hope you find this newsletter informative and helpful as you support your child's journey.



Supporting young people to make confident choices about their future

Here Amie Field, our Director of Service Delivery, shares more about her journey, the impact of our services, and the help available across Wales.

Amie's journey

I've worked at Careers Wales for almost 20 years, and I've had a wide range of roles across the organisation. I started in careers guidance and worked my way through areas including business engagement and IT, before becoming Head of Services for Young People and, more recently, Director of Service Delivery.

Whatever role I've been in, what has always mattered most to me is the impact we make. Every decision comes back to the same question: what difference will this make for the people using our services?

Support for young people with additional learning needs

Every school in Wales has a Careers Wales adviser, and our specialist advisers work in special schools and resource bases meeting young people, often multiple times before they leave school. This gives young people the chance to talk through their ideas with a qualified adviser.

We work closely with schools to make careers learning meaningful and relevant offering group sessions as well as individual interviews. Our employer engagement activities bring people from different industries together with pupils to talk about real jobs and help them to understand the world of work. We're also available at parents' evenings, giving families the chance to ask questions and get reassurance.



Amie Field

→ Job Title:

Director of Service Delivery

What careers guidance looks like today

Careers guidance today is very different from what many adults remember. A guidance interview focuses on developing the skills young people need to manage their careers over time.

We explore a young person's interests, strengths and areas they want to develop. We support them to build skills such as confidence, motivation, resilience and awareness of opportunities, and help link these to future pathways. Our role is to help young people feel equipped to navigate that ever-changing world of work.

Support for parents too

Parents play a hugely influential role in the decisions young people make, and we recognise how important that is. Supporting parents is a priority for us. I'd also like parents to know that Careers Wales support isn't just for young people – adults can access careers guidance themselves through our Working Wales offer. By working together, we can help young people feel informed, confident and supported as they take their next steps

How we can help your child

Real life stories

With tailored careers guidance, Jude felt understood and positive about his future.

Lucy first became aware of careers guidance when her son Jude was in post 16 education.

Jude, who has additional learning needs, had already met careers adviser Alison through school.

Over time, Lucy began to understand just how valuable consistent careers advice and guidance was for her son.

The right support at the right time

As Jude got older and his annual reviews began to focus more on preparing for adulthood, Alison became more involved. This helped everyone build a clearer picture of what would and wouldn't work for Jude.

"Alison quite quickly got the measure of him," says Lucy. "She's got to know that actually he's really outdoorsy. He's not very academic, but he's very practical."

Jude has very clear ideas about what he enjoys and what he doesn't, something Alison respected from the start.

"He'll tell you very straight whether he'll do something or not," Lucy laughs. "So Alison realised quite quickly that she needed to work with what really motivated him."

The importance of listening

One thing that stood out for Lucy and Jude was how carefully Alison listened.

Lucy recalls, **"If he was telling her that he didn't want to do something, she wouldn't push him into it. She actually listened to what he wanted to do and found something that suited him."**

Jude agrees, **"They were good, the sessions. Alison is really friendly and she listens."**

Because Alison understood Jude's love of mountain biking and being outdoors, she focused on



"They were good, the sessions. Alison is really friendly and she listens." Jude

opportunities that matched those interests. After ruling out options that weren't right, including outdoor centres involving water sports, Alison contacted local bike related businesses to explore work experience.

Gaining confidence through work experience

In Autumn 2025, Jude started work experience at Alpkit, an outdoor bike shop. He spent one day a week working alongside a bike mechanic. What began as three weeks, soon turned into five after staff saw how well he fitted in.

"They were really pleased with him," Lucy explains. "They even contacted Alison to say that if they had enough work, he could come back again in the spring."

For Jude, the experience made a real difference. He particularly enjoyed being hands on. "I did learn loads," he says.

"I helped sell a couple of bikes and I washed bikes. I did loads of different stuff. They were also really friendly."

Lucy added, *"He was able to actually do things, he wasn't just standing and watching, I wasn't worried about him there. He felt almost like part of the team while he was there."*

Looking ahead with support and reassurance

While Jude's next steps are still being explored, Alison has continued to help by making contacts with colleges and exploring realistic options that match Jude's strengths and interests. Jude has recently been accepted on to an entry level course at Llysfasi College.

Lucy feels reassured knowing they're not navigating the future alone.

"It's difficult when you fall in between - when you're not suited to independent living skills but you're not academic either," Lucy explains. "But it really helps having someone who understands that and is looking out for Jude."

For Lucy, the biggest benefit has been knowing that someone else understands Jude as an individual.



← Lucy and Jude's Story



"You've got nothing to lose, really. It's free advice, and they know about things that you don't. It's just nice to have someone else looking out for you."

Lucy, Jude's Mum

Preparing for Work: Guidance for Families

Is your child finishing their education and considering their next steps into the world of work? Here's a practical overview of the support available to help make that transition smoother:

Exploring Supported employment

Supported employment agencies are dedicated to helping individuals find suitable jobs, develop essential workplace skills, settle into their new roles and learn how to commute independently. This support is tailored to the needs of the young person, making the transition to work less daunting.

The organisations can provide support:

- ➔ Agoriad Cyf (serving North Wales)
- ➔ ELITE Supported Employment (South, Mid and West Wales)



Shared Apprenticeship Opportunities

Supported Shared Apprenticeships offer tailored opportunities for those with additional learning needs. These programmes provide structured work experience, foster essential employability skills, and support participants in achieving qualifications at Level 2 or higher. By focusing on individual needs and aspirations, shared apprenticeships aim to improve career prospects and significantly boost the likelihood of securing paid employment.

Supported Internship

A supported internship is a one-year programme that helps young people with additional learning needs get ready for work.

Supported interns spend time learning at college and gaining real work experience with an employer. It's all about helping the individual move from education into a job, in a way that works for them.

Access to Work Support

Legislation and agencies exist to support young people with additional learning needs and their families. Find detailed information on your rights and available services here

➔ [Legislation and support agencies](#)

Job Search Advice

There are several ways to search for jobs. Your child can browse job websites, register with recruitment agencies or use social media to find opportunities. For more advice on finding suitable roles, click

➔ [How do I find a job](#)

Find up-to-date job vacancies across Wales.

➔ [Job Bulletin](#)

You can also find further resources and advice to support your child on our website.

➔ [Careers Wales](#)

Useful resources

The Welsh Government has recently published a comprehensive toolkit for parents and carers of children with Additional Learning Needs (ALN). This valuable resource explains how the ALN system operates in Wales, outlines the support available for children identified as having ALN. It explains the legislation and other documents that make the ALN system.

 [You can access the toolkits here](#)



Book an appointment

Did you know we support adults too? Our Working Wales service provides a wide range of support including accessing training, upskilling, funding, and help with CV writing and interview techniques.

 [You can book an appointment with a careers adviser here](#)

 [All our Working Wales events can be found here.](#)

**Cymru'n Gweithio
Working Wales**

Contact us:

 You can contact a careers adviser at school or by phoning **0800 028 4844**

 We have a Wales-wide live chat facility available via www.careerswales.gov.wales

 Drop into one of our [careers centres](#)

 Email post@careerswales.gov.wales

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