



This newsletter aims to support you when thinking about your future and provide you with access to resources that will help you to learn more about different industries and pathways. Please use the links included to read more information. Links are underlined.



DO

The "Know Yourself Series" workbook from the National Autistic Society. A handy guide to understanding you what helps in different scenarios.



LISTEN TO

This podcast from University of Derby discusses learning your limits, and going to the world with an open mind. Listen to "The Mindset of a Successful Student".



READ

Want to know the Essential Skills for the future? Click here to see what skills are shaping the future of work in a digital world.



WATCH

Watch how Mencap Training Academy have partnered with Greene King Brewers where student, Maddie, shares her experience.



SPOTLIGHT ON A...

UNIVERSITY

On this webpage, you can learn about how the Buckinghamshire New University support their students through things like: 1-1 advice, adjustments for teaching and exams, Disability and Inclusion Support Officers and campuses designed with accessibility in mind.

You can visit on Open Days and discuss your needs with the Disability and Inclusion Services team.

EMPLOYER

Tesco's business leaders are participating in a mentoring programme to understand the barriers faced by diverse talent and take action to drive meaningful change, giving mentees inspiration, insight and helping build skills. This year, they aim to become a Disability Confident Leader, which is a UK government scheme focusing on the recruitment and development of disabled colleagues.



If you see a word you don't understand, you can use this jargon buster to search and find out what it means. If you can't find the word on there, you can use the internet to research the meaning or speak to a teacher.



WORD OF THE WEEK

Campus

The location of the University buildings. Your lectures will mostly take place here and you can live on or off campus in student accommodation.

A FACT ABOUT EMPLOYMENT



Early estimates for July 2025 indicated that the number of payrolled employees was 30.3 million, which is a fall of 0.5% from July 2024; this is equivalent to 164,000 fewer employees.

Source

SUCCESS STORIES

Thomas completed a supported internship programme and went on to a work experience placement with Greene King.

Thomas faced significant barriers when first starting his placement due to severe anxiety and a previous negative experience of work experience from his time at college.

He took a massive leap forwards by attending his first day at Greene King and hasn't looked back!

He has developed his skills in the kitchen each week, from piping eclairs and decorating their giant cakes, to prepping veg for the carvery and helping sort the deliveries.

Thomas' story shows what an impact positive work experience can have on young people's confidence and wellbeing.

This story was taken from the [Mencap Facebook Page](#)

OPPORTUNITY'S CALLING...

"Studenteer connects students and recent graduates to charities, good causes and mentors for remote, volunteer placements."

[Become a Studenteer](#) and develop your skills from home, from 3+ hours per week.



If you feel ready to speak about your future and have any questions or need support to plan your next steps, please contact careers@greenlabyrinth.co.uk