



# Getting Started

Leeds and York Partnership NHS Foundation Trust

## Case Study

### Maintenance Assistant

Antonio joined Lighthouse Futures Trust in September 2025 as a supported intern. He is 20 years old and is currently working as a maintenance assistant within the facilities team at St Mary's Hospital. Antonio works alongside his work buddies, who help him carry out his daily tasks, providing training as and when required. They are really happy with how Antonio has settled in the team and quickly learned what he needs to do, working independently and asking questions if he needs guidance.

We caught up with Antonio, after his first few weeks in his job to find out how he was getting on.

**What job are you doing?** I work within the facilities team, helping to identify things that need fixing.

**And how's it going so far?** It's going pretty well. Although it took a little while to get into it, I honestly didn't think I would find it this easy so quickly.

**What's a typical day like for you?** I always try to get in on time every day. I like routine, so being able to have regular tasks and a set schedule for the day helps me a lot. Part of my job involves checking that the fire exits are clear and that the fire alarms are working. I also do rounds of our building to see if anything needs fixing, and work on getting them mended. It's hands-on which keeps me busy and active, so I'm enjoying it.

**What are you enjoying about it?** I'm not good with change and I've really enjoyed being in a new setting and meeting people. I've really surprised myself! **Is there anything you don't like?** So long as I'm active, I don't mind what I do.

**Would you recommend a supported internship to another person your age?** Yes, I've recommended it to a friend! If I'd have tried to get into a work setting without the support I'd have struggled a lot. Having a job coach is great - they help to keep the daily routine in place so there aren't many surprises and you can get on with your work. My work buddies are brilliant, always helping me and they know when to make me take a break too.