



LIGHTHOUSE
FUTURES TRUST

Nat
Meals Coordinator, Sodexo

Case Study

Supported
Internships



Name: Nat

Job Role: Meals Coordinator

Business: Sodexo

Start Date: September 2024

School Attended: Carr Manor Community School

Age: 18

EHCP: Yes

Why did you choose to do an internship at Lighthouse Futures Trust, and what do you do?

In a few years' time I would like to join the Royal Air Force as a photographer and until then I'd like to get some meaningful experience. I've been doing photography since 2019. I like to take pictures of aircrafts which I then sell.

I'm still living at home and I need a little confidence to move away so a few years of work and support will help me to make the move to the RAF. The internship will give me this support, help me to get a job and earn money so that I can apply to the RAF in the future.

I am in the RAF cadets as a flight lieutenant and my squadron has been nominated for the most successful squadron in the wing!

Working for Sodexo, I am part of a team that provide catering for the clinical trial volunteers and staff at Fortrea. I work two days in the dining room, which is like working in a restaurant. On the other two days I take orders, serve food, and take payments.

Serving food is a very precise job which requires the right types and amounts of food to be served as the clinical trials can be affected if participants eat the wrong thing. I'm proud that I'm allowed to do it.

What did you do before starting your supported internship?

I studied for a 2-year Level 3 extended Diploma in Music Production at Leeds City College.

Why did you feel you needed to do a supported internship?

I needed experience. If I just went into a catering job without any experience I probably wouldn't be able to do it. I'm hoping to apply for a job with Sodexo's catering team.

What difference has a supported internship made and what are the benefits?

Through the internship I have become comfortable with something I haven't done before. It's given me more confidence and experience so that I can apply for catering jobs. Working at Sodexo has been a big change for me. I'm really enjoying it and glad of the experience it's giving me.

What have been the successes so far?

Being asked by Sodexo to apply for a job in their organisation is a big success for me and it shows they have trust in me to run a specific area without support.

I get on really well with the rest of the Sodexo team and they treat me like I'm just another member of staff.

Have there been any challenges?

At first I did struggle to get used to everything and wasn't used to using my initiative, e.g. if the cash machine stops working, I have to figure out what to do. Now keeping an eye on everything working just as it should is just something I do everyday. For example, if the temperature in the food cupboard changes, I radio the catering supervisor and move the food to another storage area to keep it fresh.

How has your job coach helped you during your supported internship?

He has been really good. I've had plenty of support from him on basic stuff and also on complex stuff, like how to talk to people in large groups.

What advice do you have for anyone considering doing a supported internship?

Stick with it. Even if you think 'why am I doing this?', it is worth it. It can help you get into proper work and get your life sorted.

What would you like to do next?

I would like to get a job with Sodexo and then after a few years, put in my application to the RAF. My job coach says that it's great that I have my plans thought through so well.



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internship for you?**

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