



One of my friends mentioned Lighthouse Futures Trust to my mum and my teachers recommended it. I came to visit and my mum and I decided I would enjoy it. I did an inspiration day, and I was given three options to choose. I chose NHS first, then John Lewis and lastly Arla Foods. John Lewis was massive, and I would easily get lost so I wouldn't have liked to work there, and it was also very busy. Arla was really cold, and I get cold very easily so I didn't choose Arla.

I work at the NHS, St James Hospital in Gledhow Wing as a housekeeper. I am enjoying the role, but I get a bit bored with the repetition. We clean the food area, toilets, corridors and pretty much anywhere that needs cleaning. Mostly I do the bins, there are nearly 20 bins that need emptying four or five times a day. I take them outside and empty them into bigger bins. I do have two work buddies with me to make sure I do the jobs right and they tell me if there are any changes and whether I need to stay with the cleaning trolley. This is a trolley with cloths, mops, water and bags. I don't have to wear protective clothing but I do have to wear gloves for cleaning the toilets. Sometimes the job can be messy. I wish people could be a little cleaner!

Sometimes I find it challenging if I have to clean an area on my own if there are no work buddies around to help.

Getting used to the work placement and being independent has been a success for me. I get a list of tasks to do before I start and they can leave me to get on with them. My job coaches are Jak, Laura and Lisa. If there have been any changes at work they will tell me and they will remind me of things if I forget.

I work Monday, Tuesday, Thursday and Friday and I'm at college on Wednesday. At college I study maths. Sometimes this can be challenging but Emma helps me.

I would definitely recommend the internship because you can ask for help if you need it, if you get stressed or confused.

If you are thinking of doing an internship at Lighthouse Futures Trust research what Lighthouse Futures Trust is and think about what you would do if you came here and talk to your parents or carers about it. Write down some questions you want to ask the staff at Lighthouse before you start.



LIGHTHOUSE

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I like college because I enjoy doing things with the other interns and you can socialise more. You can go out for breaks if you need to. I have got friends at college, and they support me when I need help.

I still struggle with a few things, such as exams and some big words confuse me and everything needs to be on yellow for me, but things have improved because I had never done a job placement before and I have got used to the routine. I have learnt new skills. I would like to get a job. I am not really a fully independent traveller at the moment but we are working on it.