



# LIGHTHOUSE

## FUTURES TRUST

My name is Mariam. I am 22 years old. I went to college and I have entry level 3 in English. In my spare time I love baking and socialising with my friends.

I wanted to do an internship at Lighthouse Futures Trust because I wanted the support, and I want to get a job. Previously through college I was doing an apprenticeship in a children's nursery. I do love babies and am hoping to pursue a career in childcare. The nursery I was working at closed down so I had to leave. This is why I started at Lighthouse Futures Trust.

I am currently on placement in an ante natal department where I am doing clerical work. I clean labels and make sure sheets are in name order and I sort files. I am also learning how to check in people using NHS software packages.

Previously I was working on a placement that I didn't like so I spoke to my job coach and was able to move my placement. Since then, I have a weekly meeting with my job coach who talks me through ways to overcome any feelings of deregulation that I have. My job coach helps me with strategies to prevent my feelings from escalating and gives me techniques I can use to help me calm down.

I have quite a few things I use to help me calm down - I can use my headphones and I also use a stress ball and my job coach is there if I need him. I have something called 'assistive tech' which goes straight through to my job coach and I can let him know how I am feeling. Even if he isn't there then the assistive tech will still be there so I can still use it if I am struggling.

I am learning to travel independently but it is not easy because I get stressed and hyper. I currently get a taxi to work until I can travel independently.