



LIGHTHOUSE

FUTURES TRUST

I am 19 years of age and left school at 16. I did one year at college on a foundation course and then went to a different college for two years to learn about animal management care. I started at Lighthouse Futures Trust in September 2024. I came to here because I wanted to get experience and have an opportunity to get a job and also learn the skills to apply for a job

I heard about Lighthouse Futures Trust through a relative and thought it sounded interesting and useful. Lighthouse Futures Trust looked like it could prepare me for work and get me into a job. Also, it felt very welcoming.

At work I work on reception as an assistant, and I print documents from a computer which I send to patients. I have a work buddy if I need assistance but overall I do the work by myself. I work four days a week for approximately five hours a day. I go to college in Headingley for one day a week.

I don't have to wear a uniform but clothes must be appropriate for an office environment.

I think the internship is fantastic for those who really want to get into a role and for gaining an insight into what work is like. The course leaders like to push you to do your best, but they won't throw you in at the deep end. They are there to help me if I need them.

My job coach is Jak. He likes me to try new things and to grow and to be independent.

I have recently done some travel training to help me travel by bus to the college in Headingley. This has helped me gain independence to travel by myself.