



My name is Sophie. I went to college and did animal care, hair and beauty, and hospitality. I then moved onto a different college to do travel and tourism before finally moving to Lighthouse Futures Trust.

I tried hair and beauty because I like doing my hair and I like doing make up. I wanted to try different courses at college, so I did travel and tourism as well. That was good.

I decided to try Lighthouse Futures Trust because I wanted to get some work experience, and my mum wanted me to get a job. I wanted to get a job also, to give me some money for holidays.

I work at Crag House Farm three days a week. The other two days I am at college. Currently I work in the farm shop, stocking the food and helping customers. Previously I worked in the plant nursery. They have a café where we sell refreshments and hot food too. I have to clean the glass shelves and display the food – biscuits, cakes, meat, sausages, pies and sausage rolls. Sometimes if it is busy I might also use the till. This is quite hard because it involves maths. I serve customers. I say, “Good morning, how are you, can I help you”. Sometimes they will ask me questions and ask to sample a cheese before they buy it.

It is quite hard working at the shop. You have to concentrate, and it can be quite loud, so I have to take short breaks every now and then. I ask my buddy before I do this, and I get a coffee when I take a break. Cappuccino is my favourite!

I really like my work buddies they are really nice, and we have a laugh. I work from 9am to 3pm and I have to wear an apron with black clothes.

The internship is super good because we do clubs after college is shut. I have got new friends, and I am always busy.