



## Bird Watch

Get to know who is visiting us in the Carlton House garden

## Survive the Ocean

Everything we need to know about Subnautica

## Meet the Intern

We find out what life is like as a Marketing Assistant



## Let's Bake!

Try out our recipe for Lighthouse Cookies

The  
National  
Year of  
Reading  
2026

How reading every day helps us grow

# Lighthouse

# Lookout

# Hello

We are thrilled to announce the launch of Lighthouse Lookout, our brand new student run magazine created and edited by interns! Whether you're into drawing, puzzles, photography, or want to visit a hidden local gem to benefit your mental health; Lighthouse Lookout will be the space for that!



And that's just the beginning...  
**Lighthouse Lookout is your platform for your voice!**

## Want to get involved?

We're looking for writers, artists and editors to join our team. If you're interested, please contact one of the Lighthouse Lookout team or speak to Eli, Eleanor or Maria to learn more.

[eli@lighthousefuturetrust.net](mailto:eli@lighthousefuturetrust.net)  
[eleanor@lighthousefuturetrust.org.uk](mailto:eleanor@lighthousefuturetrust.org.uk)  
[mami@lighthousefuturetrust.net](mailto:mami@lighthousefuturetrust.net)

**We look forward to hearing from you!**





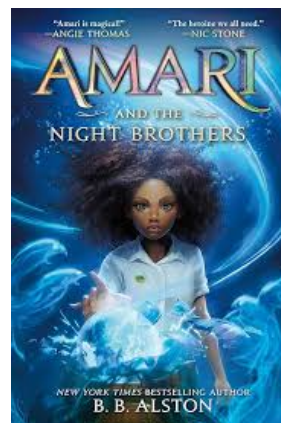
Everyone knows reading expands worlds, sharpens minds, and fuels creativity. But fewer of us are making time for it.


Here's what we know works: 15 minutes of daily reading makes a measurable difference for readers. Yet reading for pleasure is at a 20-year low. Just one in three 8 to 18 year olds now enjoy reading in their free time.

Not being able to read or having very poor literacy skills as a young adult can have a devastating impact on various aspects of a person's life including:

- Reduced employment opportunities
- Lower income
- Financial instability.

A good book can take you to other places, other worlds, other planets. A good book can make you cry, laugh out loud, make you sit on the edge of your seat or feel at peace. Go to the library, pick up a book and begin your 15 minute a day journey!





“I want to be in a job I enjoy, and a place where I can grow with the company, whilst also growing my skills and knowledge. Lighthouse has been really supportive for me with this and pushing me in the right direction”

## A Day in The Life of A Supported Intern

I interviewed Aidan, who is a supported intern working at CITU. We spoke about life as a supported intern, how Lighthouse and his workplace helps him, and what he does to help keep his mental health healthy with a healthy work life balance.

First I asked Aidan where he worked and he told me his supported internship was based at CITU, he then gave me a really great explanation of what CITU does.

Aidan: “CITU is a sustainable housing company, they put out high end apartments that are eco friendly, and make all the pressure airtight so heating isn't required. This means in both the winter and summer it's warm, they (CITU) own a lot of property in Leeds, they do lots of great gardening and conservation work on their sites, such as insect hotels and planting”

I then probed further, to see what an average day in the life looked like for Aidan, working as a Supported Intern at CITU, from the moment he clocks in to when he clocks out at the end of the day, this is what he said:

Aidan: “Every day is different. At the moment I have weekly work loads, so one day I could be doing graphic design, advertisement and social media. Another day I could be going into the plots and checking if all the water and lights are operational and safe. There's loads of stuff, graphic design, photography and social media. No day is the same. My favourite part is the graphic design because I like getting creative but I love it all and how all the analytics meld with it.”

We then moved on to how Aidan is supported at his worksite, by both Lighthouse and CITU. He explained his Job Coach is called Isobel, and she helps him a great deal:

Aidan: "She (Isobel) sits with me on the table with the marketing department, and she gives me help with anything such as emails, if I don't know where I'm supposed to be she helps out and is patient with me, she also helps me with Lighthouse meetings and has regular check ins with me, along with an app where I can let her know how I feel on the app on a 1-10 basis, if I'm stressed, content etc"

I then asked what he did for his mental health outside of college, to keep himself happy and have a healthy work life balance. This is what he told me:

Aidan: "A bunch of stuff, hanging out with friends and family mainly. Being alone with your own thoughts can be self sabotaging. I like movies, music and tv shows, but if I wanna escape and distract myself I like to go out to pubs to socialise, drink and talk. Plus play pool with my friends and family. Including at the pub near CITU called Pig Love, which is owned by someone who used to work at CITU, there are benches outside near the canal, which I think will be really nice in Summer to sit outside."

He also explained to me that Lighthouse is really supportive of him and the other Supported Interns, they are offered counseling support from a professional counselor at Carlton House if they decide that would be helpful for them, and weekly sessions are offered to anyone who needs them.

Penultimately I asked Aidan what his hopes were for the year ahead and where he saw himself in a year's time, he had this to say:

Aidan: "I want to be in a job I enjoy, and a place where I can grow with the company, whilst also growing my skills and knowledge. Lighthouse has been really supportive for me with this and pushing me in the right direction"

The last thing I asked Aidan was if he had any advice for the pre interns who are soon to be advancing towards a Supported Internship. He had one very specific piece of advice that he thought would be very valuable for Pre-Interns to know:

Aidan: "I'd say don't be afraid to ask questions and ask for help, don't be afraid that they won't be able to help or want to help, they'll likely know how to help or know someone who can help. They are there to support you and anything to help with your career they probably will be able to help.

Overall I found the chat with Aidan really insightful, it was great to learn about his work site CITU, and how Lighthouse supports the interns even after they move on from Carlton House. To me it felt really reassuring knowing that so much support was offered, whilst at the same time still being pushed out of our comfort zones to try new and exciting opportunities. I hope you found this article just as useful as I did writing it.

## Get in touch!

Want to feature in our next edition?  
We're on the look out for the star of  
our next intern interview!



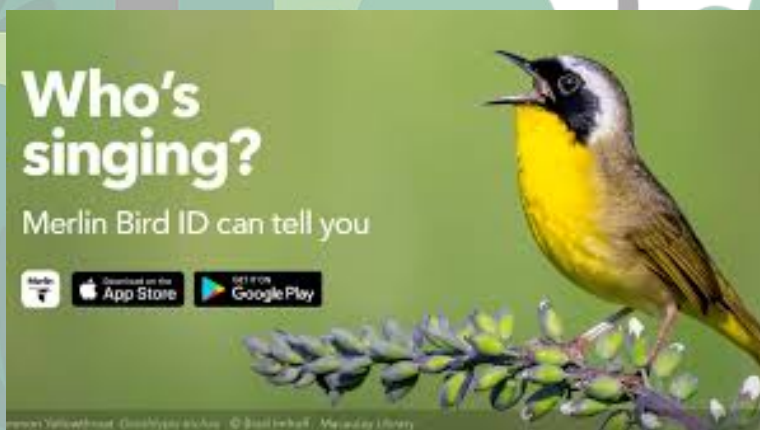
# Bird's Eye View

Have you ever looked out the window and wondered, what bird is that? Who is making that high-pitched chirping sound? So did I. In fact, that's how I got into bird watching myself. In my opinion, on a crisp autumn evening or a long summer day, there's nothing better to do than take a walk around some local woodland or a tranquil park. There's just something about seeing the wildlife in its natural habitat. It always feels like such a privilege to witness.

Which is why I wanted to know more! To know which bird was making that high-pitched alarm call, and which one was making that low, guttural croaking sound. One way I easily learnt these calls was the Merlin App, created by Cornell Lab. It's free, and all you have to do is record the birdsound around you, and it'll tell you what you're hearing, allow you to play the sounds back, and even hear example calls from all different types of birds! From an American songbird to an Australian waterfowl, right down to the most common British corvid.

## How to identify classic British garden birds?

Visually, seeing these birds is the easiest way to ID them. A Robin is identifiable by its distinctive red breast. Whilst a Blue Tit can be figured out by its vibrant blue head & wings. Great Tits and Coal Tits meanwhile are very similar visually, and a bird I really struggled to tell the difference between at first. Great Tits are slightly bigger than their Coal counterparts, and have an olive green wing patch, whereas Coal Tits have a jet black head, and patchy black wings. See below a helpful table I have created for easy, quick identification of your most common Garden Birds.





### European Robin

Distinctive red breast, brown/olive back, yellow belly and underparts. Robins like to hang out with gardeners!



### Eurasian Blackbird

Glossy black body, bright yellow/orange beak & eye. Blackbirds (and Robins) are the noisy ones that like to whistle tunes.



### Eurasian BlueTit

Vibrant blue wings & head, bright yellow belly, white face. You might spot a bigger version of these tiny birds too.



**DID YOU KNOW?**

**Female blackbirds are actually brown!**



### Eurasian Magpie

Long tail, black and white plumage, shiny blue/green feathers. Magpies hang out in pairs, so if you see one, there's usually another one nearby!



### **Great Tit**

White cheeks, black head, pale yellow belly, green & muted blue plumage.



### **Coal Tit**

Small, grey patchy wings, black head, pale cream belly and white cheeks. Not to be confused with Long Tail Tits who hang out in big groups.



### **Common Wood Pigeon**

Bulky, grey plumage and head, washed pink belly, white neck patch a bit like a collar.



### **Carrion Crow**

Big, black, with black beak, glossy black plumage. Look up 'carrion' in a dictionary to see what they like to eat.



### **Eurasian Wren**

Small, streaky brown plumage, rounded face, pale belly. In World War Two, the Women's Royal Naval Service were nicknamed 'Wrens' after this common British bird.

Whilst these are the ways you can identify a bird visually, identifying a bird by just its call is much harder. It can take practice and patience to learn all the calls, but is a very rewarding commitment that can allow you to truly feel at one with nature. Going for a short walk through your local park or stretch of woodland, can feel so much more rewarding when you know which bird is chirping in your ear!

# Subnautica

Our Games reporter tells us why we should all be playing Subnautica!

Subnautica is an open world survival craft game that takes place on an ocean planet. With the game being open world there's lots of discover and lots to miss!

The goal of the game is to survive and find a way off the planet whilst uncovering the mysteries of 4546B.

Adventures include:

- Finding and scanning blueprints to make new equipment, facilities and vehicles
- Building and personalising your base
- Discovering interesting, weird and sometimes scary flora and fauna.

The game is very accessible, with it being able to be played on PC, Xbox, Playstation, Nintends Switch and even mobile devices. The price ranges from £25 to £30 depending on the platform, with it being £9 on mobile (the downside being that it doesn't look or perform as great.) If you're interested in long games that encourage immersion and have a lot of depth, read on...

# The plot...



An Alterra Corporation Long-Range Capital Ship, known as Aurora, was on its way to the Ariadne Arm region of the Adromeda Galaxy. They were on a mission to install a phase gate in the region with an auxiliary mission tasked by the Mongolian Independent States. This was to search for the Degasi Crew, who had mysteriously disappeared whilst on a mission to install the phase gate in the region 10 years earlier.

Whilst attempting a gravity slingshot maneuver around the ocean planet 4546B to reach the far side of the Ariadne Arm region the Aurora was fatally shot by the planet's defense system. This resulted in it plummeting down towards the planet. The craft hit the starboard side resulting in catastrophic hull failure and destroying the starboard lifepods. On the port side, 25 lifepods were ejected from the ship but unfortunately upon landing on the planet the majority of the lifepods were either compromised or attacked by the local ecosystem leading to the death of the crew who fled the pods.

Only one crew member survived the crash, a Non-Essential Maintenance Chief, a Space Janitor called Ryley Robinson. Ryley managed to escape the Aurora aboard Lifepod 5 and witnessed it get hit once more by the planet's defense system before suddenly being hit with a loose panel and being knocked unconscious. Several hours later he woke up on the planet alone in a relatively safe area and with a mostly functional lifepod.

**What happens next  
is up to you...**





**Easy, fun, stress-free baking recipes that you can do at home! This edition's recipe is a sweet treat everyone loves...  
Cookies!**

# Lighthouse Cookies

## Ingredient List

100g of softened butter  
(microwave for 5-10s to soften, don't melt)  
150g of brown sugar  
1 egg  
1 teaspoon of vanilla extract  
200g of self-raising flour  
50g of white chocolate chips  
50g of milk chocolate chips

## Equipment needed

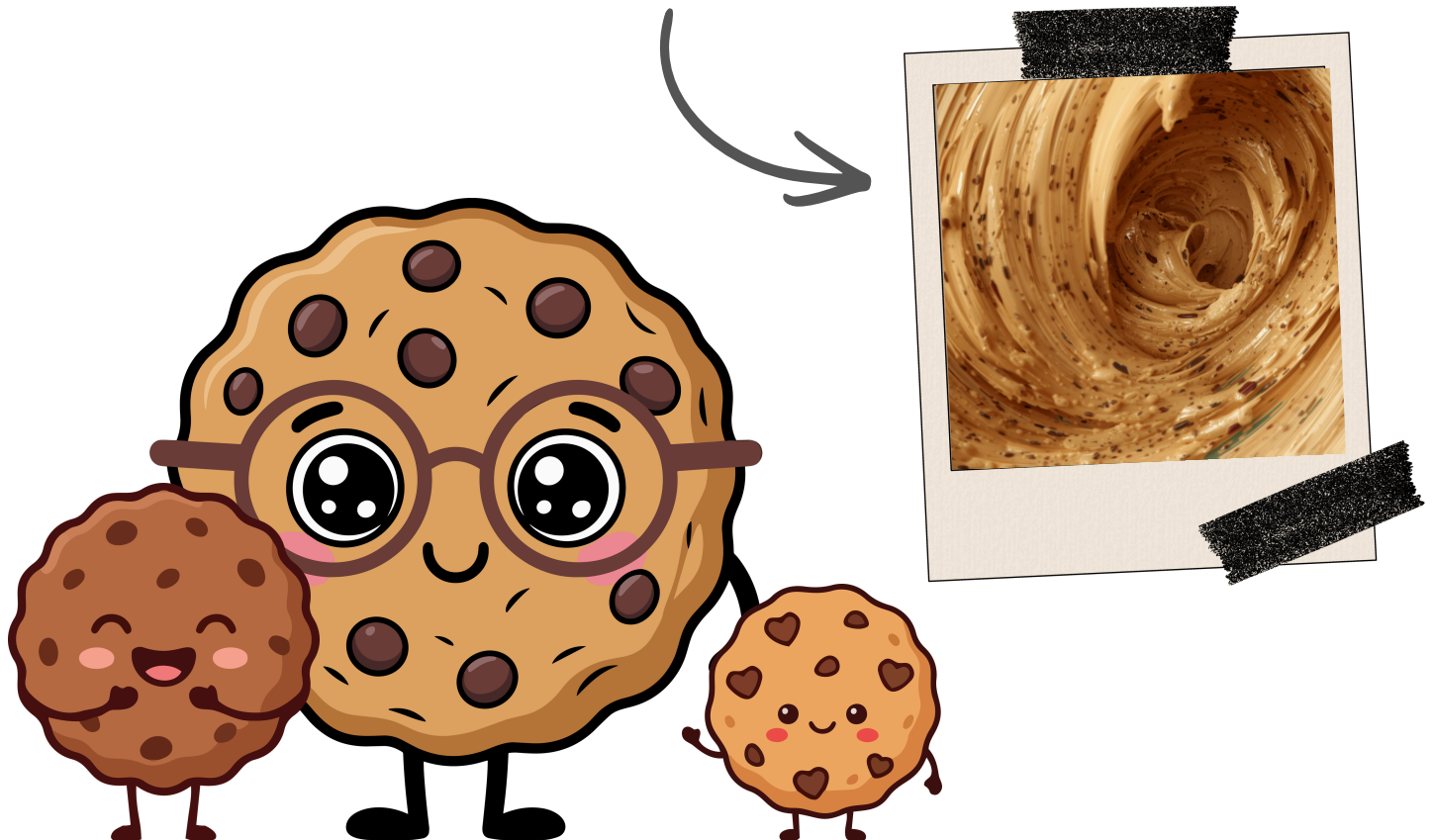
Oven and microwave  
2-3 baking trays  
Mixing bowl  
Baking paper  
Wooden spoon  
Teaspoon & Tablespoons  
Weighing scales  
Cooling rack  
Oven gloves  
Timer / Phone Timer  
Handheld Whisk (optional)

You can either assemble these ingredients beforehand or do it as you go. Completely up to you!

**Step 1:** Preheat the oven to 180C / 170C Fan / 330F, whichever your oven allows!

**Step 2:** Line 2-3 baking trays with baking/parchment paper.

**Step 3:** Add the softened butter and brown sugar into your mixing bowl, then mix it together with a wooden spoon or handheld whisk until it is light and fluffy!



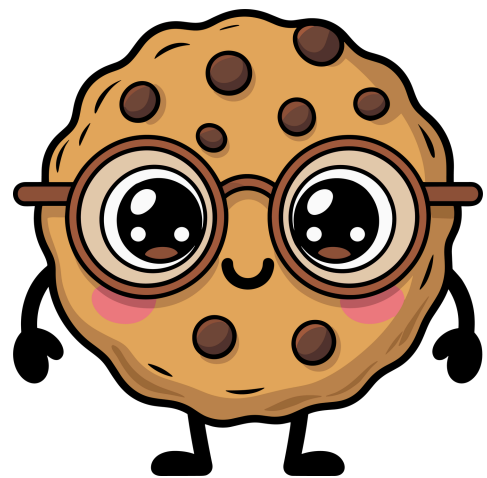
**Step 4:** Next, crack the egg and let the contents spill into the mixing bowl, ensure no shell fragments go into the bowl (To crack your egg firmly tap it against the side of the mixing bowl or counter, until it splits)

**Step 5:** Pour a few drops of vanilla extract onto a teaspoon, then add it into the mixing bowl.

**Step 6:** Mix the mixture together with a wooden spoon or handheld whisk until you can't see any egg yolk, don't worry if the mixture is sloshy/wet.

**Step 7:** Add your self-raising flour into the mixing bowl, then mix together with a wooden spoon or handheld whisk until it's firm and there isn't much flour visible.

**Step 8:** Finally, add your chocolate chips into the mixture, slowly mix with the wooden spoon until they are distributed throughout the mixture & there is no longer any flour visible in the dough. Don't overdo it.



**Step 9:** Now, get your previously done baking trays with the baking paper on them and add 6 tablespoons of the cookie dough onto each tray.

**Step 10:** Place your baking trays into the fridge and set a timer for 15 minutes. You can use this time to do a bit of clearing up!

**Step 11:** Remove the trays from the fridge and transfer them directly into the oven to bake. Set another timer, this time for 10-12 minutes. The cookies will be ready when their edges are beginning to turn golden brown and they've flattened a bit.

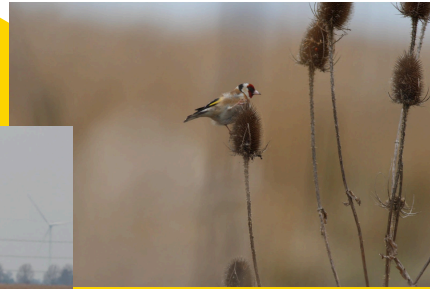
**Step 12:** Using oven gloves, remove the trays from the oven. Then leave the cookies to cool for 5-10 minutes until they have firmed up.

**Step 13:** After 5-10 minutes, you can move your cookies from the baking trays to the cooling rack, and leave them to cool completely

**Step 14:** You now have cookies!!! Enjoy, and if you would like, feel free to take photos of them for us to see! We'd love to see how you got on :).



Lighthouse Lookout would love to have a section highlighting the creative and artistic minds of the whole Lighthouse family, from pieces of art, to nifty crafts and breathtaking photographs, we would love to see them! For this edition here are some stunning photos taken by Eleanor Denby (Pre Lead).



We love these drawings from one of our supported interns. They studied game design before coming to Lighthouse and regularly give their friends characters they've drawn!



If you'd like to submit any artwork, photos or creative pieces for us to spotlight in the magazine please reach out! Editors' emails are in the front of this edition!

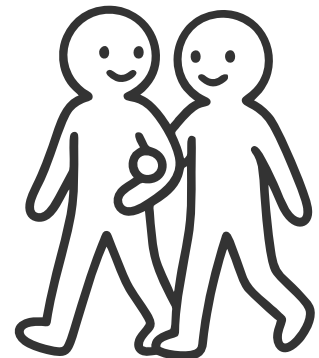
# Coming soon...



Monday 25<sup>th</sup> May to Friday 29<sup>th</sup> May 2026 is half term, so get ready to lie in!



Wednesday 20<sup>th</sup> May 2026 is World Bee Day! Plant some flowers to help the bees.



May is National Walking Month. Why not meet a friend and see where your feet take you?



Mental Health Awareness Week takes place between 11<sup>th</sup> to 17<sup>th</sup> May but don't feel like you have to wait until then to talk to someone, all the staff at Lighthouse Futures Trust are available to listen. You can also speak to the mental health charity, Mind or even your GP. Remember that it's good to talk! And walking helps your mental health so maybe give that a try this month too!



Open to all interns 18 and above, Connections Club at The Box is a great place to come to make new friends, eat great food, and play games like basketball, pool, air hockey, darts and more. It's really relaxed and we welcome interns that haven't been before.

You can book a place via the QR codes below:



Tuesday 23<sup>rd</sup> July



Tuesday 28th July

# Puzzles

## LFT Spring Wordsearch

L	L	R	D	N	S	E	R	U	G	U	D	D	A
S	T	B	U	T	T	E	R	F	L	Y	A	E	B
U	C	L	U	B	S	S	C	A	I	C	F	R	T
N	L	A	R	E	F	T	R	S	D	L	F	C	K
S	I	M	E	M	T	B	B	N	A	P	O	M	D
H	P	B	S	F	M	B	D	S	I	I	D	D	E
I	D	S	D	R	I	B	Y	B	S	L	I	U	E
N	C	I	E	E	N	R	T	O	Y	U	L	C	B
E	B	I	U	T	E	A	R	U	B	T	E	K	R
I	I	C	A	T	R	N	T	K	I	N	S	L	L
G	P	U	D	B	C	Y	S	U	T	O	L	I	M
L	A	R	S	B	F	S	N	S	R	L	D	N	L
I	F	B	P	I	S	H	E	I	R	E	A	G	E
C	H	I	R	P	A	N	I	O	F	P	I	C	I

SUNSHINE  
CHIRP  
BIRDS  
BEE  
DAFFODIL  
TULIP  
DUCKLING  
BUTTERFLY  
LAMB  
NATURE  
DAISY  
NEST

Play this puzzle online at : <https://thewordsearch.com/puzzle/9535433/>

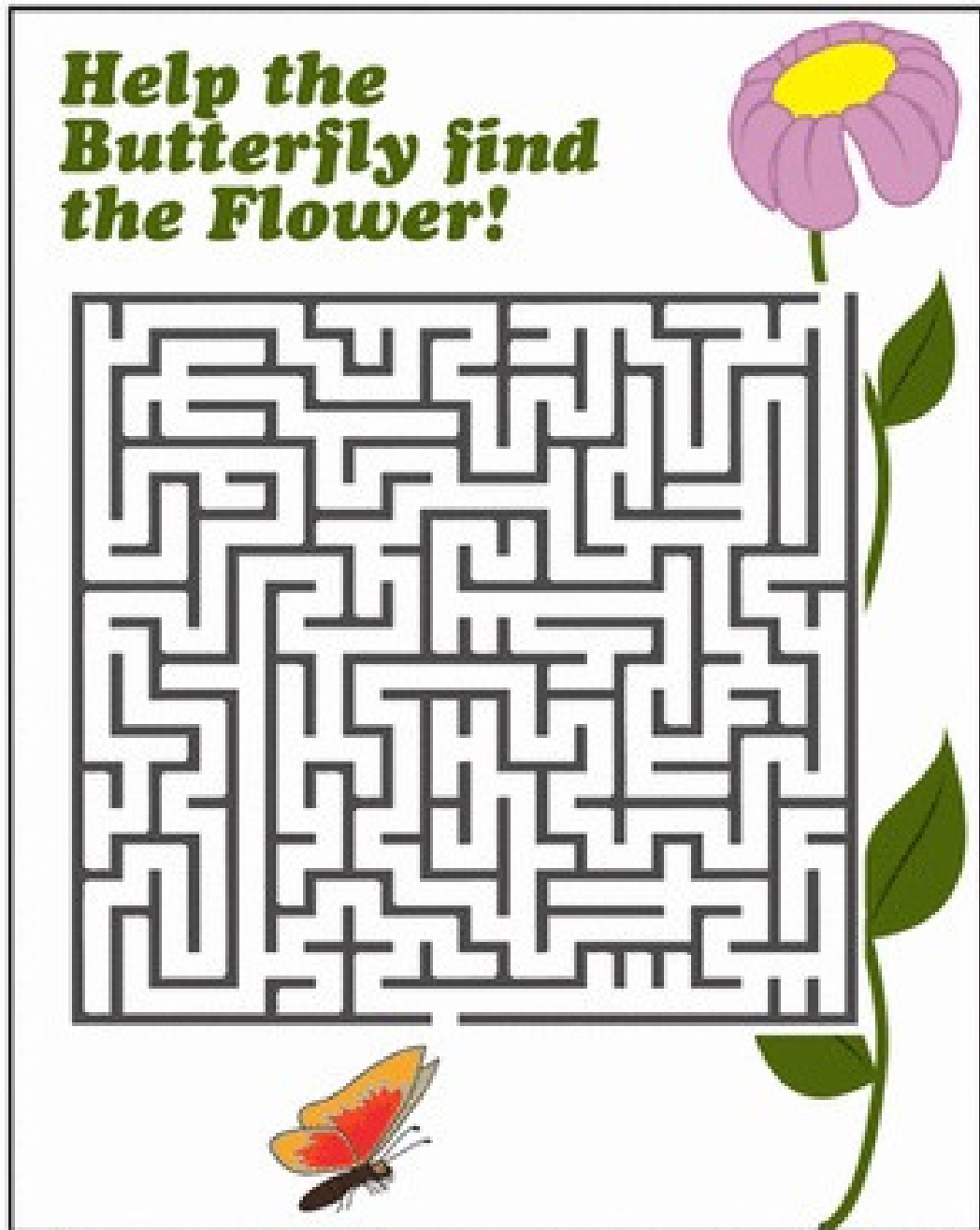


Why do bees  
have sticky hair?

Because they use  
honeycombs!



# Puzzles



**See you soon!**

