

Bushy tails

Learn all about grey and red squirrels, and Big Mac poses for a photo

British Sign Language

Let's start learning to sign

Winner!

Lighthouse's photography winner is announced



Summer's coming!

Check out our ideas for things to do this summer.



More than just books...

What's going on in your local library?



The Summer Edition

Lighthouse



Lookout



Hello

Issue two of Lighthouse Lookout is here! We've got lots of ideas for things to do over the summer, the results of our photography competition and even a new regular feature for those of you who are learning to drive.

We've yet to sample any of the baking you've done from the last issue so if you have a go at the muffin recipe, don't forget to bring in a sample!

We're welcoming some new people to the Lookout team and don't forget if you're with us for the next academic year, you can join too. Just let us know.



Issue 3: We need your help

Issue 3 is going to be a special one and we need something from you. In September, Lighthouse Lookout will be your way of help interns who are moving to a different group: maybe a Pre who is moving to an SI or someone that's never been to Lighthouse at all.



What are your top tips? What do they need to know?

Send your suggestions to Eli, Eleanor or Maria.

eli@lighthousefuturetrust.net
eleanor@lighthousefuturetrust.org.uk
mami@lighthousefuturetrust.net

Did you know?

We talk a lot about our clubs for interns, but did you know that we also have one for your parents, carers and guardians? It's having a bit of a rebrand so what was the Parent/Carer Group is coming back in September as the Lighthouse Village Circle. Watch this space, and get the people at home involved!





Free books! Did that get your attention? We all love getting something for free and that's exactly how a library works. Plus, libraries nowadays are not just about books; you'll find computers, graphic novels, music...all sorts of things that you can borrow. In Headingley, we also have a 'Library of Things' where you can borrow items like tents for a weekend camping rather than buying one you might only use once.

Some libraries offer social groups that you might be able to join and most have a noticeboard that advertises activities and events in your area. So, whether you want to work on your CV and don't have a computer at home, want to join a chess group or even get crafting, your local library has way more to offer than you might first think. Have a look to see what you can do at the library near you.



How to find
your local library...



Visit this website, put in your postcode and find out where your library is. Why not visit over the summer? Remember to look up the opening times first though!





Henry and I sat down for a chat with Mike, the pre internship lead, accompanied by a cuppa and a lovely slice of cake kindly baked for us by Henry's sister. He is based in Carlton House and had a lot of interesting things to say, from his secret cameo in a hit TV series, all the way to his future aspirations and favourite mugs. A truly fascinating chat!

We started off by asking a very hard hitting, investigative question. What time do you have your first cuppa? First thing every morning: 6am on the dot he's up, taking the dogs into the garden rain or shine, and making his first cuppa.

Now you may be wondering, what does a cuppa consist of for Mike, So I probed further, asking him what his go to cuppa was.

He replied that his cuppa was quite simply, a mug of classic Yorkshire Tea with milk and no sugar. His partner in particular said she was a fan of Yorkshire Tea, so that was the preferred brand in their household. Content that we didn't have to take Mike to task for picking a brand such as Dorset Tea, or the dreaded PG Tips, we moved onto talking about his early morning routines and how he starts off his day.

Mike explained that he is a creature of habit. Every morning he - of course - has his cuppa, opens his curtains wide and sits back in bed with the steaming cup of tea, gazing out of his window at the open fields beside his house, where I'm told there are some resident Roe Deer that like to make an appearance.

We then moved onto talking about his job, the very reason he's sat here with us answering our invasive questions. He told us that he sets off at 7:30 sharp, no later. Then once he arrives at work he makes his second cuppa, often making Sarah, Danielle and Stacy cuppas too, then sitting with them in their office. Since, as Mike explained to us, he only works part time (Wednesday-Friday) he then goes upstairs to check his emails, and that's where he remains until college starts, at which point he heads downstairs to greet the interns as they walk through the doors.

Henry then asked about afternoons, and how they vary from his mornings. Mike told us he often leaves college between 5:15-5:30. When the interns leave at 3:30 he once again stands at the door to see everyone off, something Mike thinks is really important to do both on mornings and afternoons. Then once the building is devoid of interns it's time for meetings. On Wednesday (the day he spoke to us) he and Eleanor, who is the other pre-lead, have the Pre team meetings where they sit down with all the job coaches and assistant job coaches

Next, we switched the line of questioning back to cuppas, asking Mike what his favourite mug was, both at home and college. Mike told us at College his favourite mug was the white and blue Lighthouse Futures Trust mugs, due to their clean design.

Quite unexpectedly, his favourite mug at home had quite the backstory. He explained to us it's a Lake District themed mug, from a museum based around the Blue Bird Boat Crash. The boat, named the Blue Bird, manned by a guy called Donald Campbell. Who was attempting to beat his own world record, the water speed record. Tragically, Campbell would die doing so, but his legacy lives on even today, with a reconstruction of the original boat (found years later) being done, and Mike's favourite at home mug, coming directly from the museum.

We then moved on to talking about Mike's past jobs. He told us he'd trained to become a teacher, but then not gotten a teaching role and instead moved into the police force. He spent time on the drug squad, which he described as not a nice job at times, as some of the things he saw could be quite traumatic, he also ended up working security at star studded concerts, from Michael Jackson to Madonna. However after many years an injury forced Mike into an early retirement. Which he told us was a bit of a double edged knife. As it left him without a job and unsure where to go, but as a result it led him to where he is today. To a job that he absolutely loves where he can get involved and help young people. Both roles involved helping people, a common theme in all of Mike's jobs which clearly showcases his desire to make people's lives better, whether he would admit it or not.

By now, our cuppas and cakes were long finished, but alas we continued to chat. Next we went onto how Mike likes to switch off and relax. He has, what is for him, a very simple method. One that worked especially well when he worked for the local authority. Putting things in 'boxes' in his head. After work, he puts work in a 'box', locks it, and doesn't let it bother him until he's back at work again. That way he can switch off, and do things he enjoys such as walking the dogs, kayaking, paddleboarding and spending time in the garden. This way, he can just drive away, leaving the metaphorical box behind until it needs to be opened again at a later date.

We next asked Mike if he had a fun fact about himself that would surprise people, and he definitely delivered on that front. He revealed that he was actually in a TV show. He played a detective in the show "A Touch Of Frost" series 1, made in 1992. Yet it didn't end there. Mike also told us he used to work with the SAS (Special Air Service) as security, AND was the lead singer in a band. He also plays the guitar, both acoustic and electric. He owns 15 guitars and has a music room in his house dedicated to them.

Finally, the last question we put to him was asking what he was most looking forward to in the near future. He had a very quick answer for us. His daughters graduation to become a doctor. He explained how proud he was of her. He also mentioned he was excited to plan for next year at the college too.

That's where we ended things. It was a very insightful chat we had with Mike, and hopefully you learnt something new about him from this article.



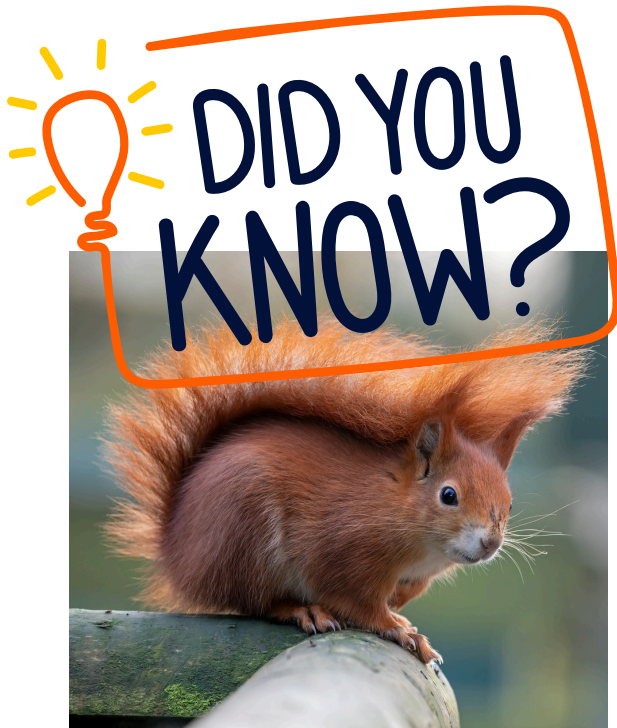
Get in touch!

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



Bushy Tails

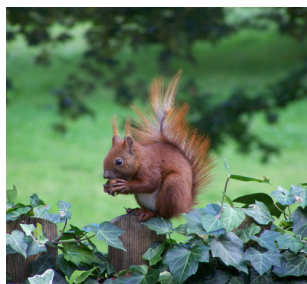
The UK is full of a diverse abundance of wildlife, from tens of thousands of bug species, to amphibians, fish, reptiles and birds. Every species has a purpose in its complex ecosystem. Yet some of these wonderful creatures that call this country home are facing crisis. Approximately 1,500 species of native plants and animals are facing extinction, that's 1 in 6 species at risk of being lost.



One of Britain's most loved animals is on the list. The red squirrel is predicted to be extinct in the UK by 2050! In England, Wales and Northern Ireland there only remains a few strongholds of red squirrel populations. In Scotland where the red squirrels have survived slightly better, an estimated 80% of them live in the Scottish highlands.



**So why is such a beloved little rodent at risk of extinction?
And what are people doing about it?**



Red Squirrels are threatened by many factors, including habitat loss, viruses and competition from Grey Squirrels. The Grey Squirrel is the biggest threat to our native Red Squirrel. Grey Squirrels are an invasive species, which means they aren't really supposed to be here but were introduced in the Victorian era, with wealthy Victorians keeping them in ornamental collections and as "exotic" new editions to their big estates.

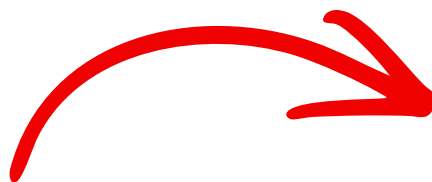
The introduction of the Grey Squirrel is thought to have caused a 91% decline in the Red Squirrels population. The Grey's carry a fatal virus called Squirrelepox. Grey Squirrels also compete for food, nesting sites and habitat. With them being extremely more aggressive compared to their red counterparts.

So what are Scotland doing differently that creates such a stronghold for Red Squirrels compared to the other UK countries? The habitat Scotland offers is one factor, with the luscious pine trees and coniferous forests that favour the Reds. In addition to this Scotland has much stronger conservation efforts, with organizations such as the SSRS (Saving Scotland's Red Squirrels) led by the Scottish Wildlife Trust who have overseen an expansion and resurgence of Red Squirrels, and also another native species to the UK.



The Pine Marten

Pine Martens are an agile cat-sized member of the weasel family. They are tree dwelling omnivores that prey on small rodents such as mice, voles and most importantly. Squirrels. So does a large mammal that preys on Squirrels, really help the Red Squirrel?



Ahhhhhh cute! Pine Martens are undeniably cute. If you ever see one, maybe on holiday or raiding a bird feeder, don't be tempted to stroke them as these little guys bite.

The simple answer is, Red Squirrels are more secretive, agile and smaller than the Greys. So a Pine Marten gets an easier, bigger meal by hunting Grey Squirrels, who are less agile and cannot escape as easily. So with fewer Grey Squirrels in the highlands, and the small population that is present being prime prey for the native Pine Marten. Scotland seems to have formed the perfect recipe to help our native Red Squirrel.

Despite the extensive challenges facing the Red Squirrel, thousands of people across the UK still care. Volunteers and conservationists are trying to make an effort to save these gorgeous, rusty red fluffballs. They have also done a fantastic job raising awareness of such an important, impending issue with news sites such as the BBC, Guardian, Times and Telegraph all picking up the story.

We can also make a difference. Simply by making a donation, however small, to wildlife charities can make a huge impact. Even small actions such as responsible tourism in wildlife and RSPB sites can generate more traction to issues such as the Red Squirrel's fight for survival, but it doesn't stop there.

1,500 species of native plants and animals are at risk of extinction, and it should be our responsibility to save them. Every person's voice matters, and if we don't fight to save our incredible wildlife now, it may soon be too late. Once they're gone we can't bring them back.



**DID YOU
KNOW?**

Squirrels aren't just red or grey! In America you'll also find black and white ones.





Meet Big Mac



If you're moving over to White Rose House in September, there is an important member of the team that you need to get to know: introducing Big Mac.

Big Mac is a Greggs and McDonalds connoisseur, hence the name given to them by this year's supported interns, and although they're not the best advocate of healthy eating, Big Mac is a regular on college days.

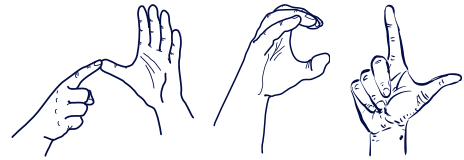


Watch out for them swinging through the trees, running along the balcony edge or even pressed up against the window during a maths lesson. They're a big fan of fractions apparently.

Deep-fried food probably isn't the best thing for us to be feeding to a squirrel through the window, so when you're getting your lunch ready for college think about adding an apple you can share with Big Mac.

And a big thanks to Dave for the photos!

What is BSL?



BSL stands for British Sign Language, which is the primary language used by deaf people in the UK. It is a completely independent language, legally recognised as an official language by England, Scotland and Wales, that has its own grammar and vocabulary. Rather than just visually translating English.

It combines hand shapes, facial expressions, lip patterns and body language to convey meaning, however BSL is not universal. BSL is a completely different entity from ASL (American Sign Language), ISL (Irish Sign Language) and Makaton.

This article will teach you some simple greetings in BSL, so that you can be better equipped to socialise with someone whose main language is Sign Language.



This is the sign for “Hello”. To do this sign you should wave your dominant hand from side to side, at around head height. The sign you can see for “Hello” is also the sign for “Goodbye”.

This is why lip patterns and body language are so important. Miming the word goodbye with your lips whilst making the action ensures someone knows you’re saying goodbye rather than hello.



These are the signs to say “Good Morning” Simply putting your thumbs up in front of your chest with your dominant hand, then bending your hand and moving it across your chest, tapping the opposite side with your fingers will mean good morning. This sign in particular can be really nice to know as it will make people who use sign language feel a lot more included and welcomed, especially in a work place.



Similarly, you can say “Good Afternoon” by doing the thumbs up for “Good” and then rather than the morning sign. To do the afternoon sign, put your index and middle fingers together and place the tips of them on your chin, then move your fingers forward on level with your chin

Those are some basic greetings in British Sign Language. If you’d like to know more such as the alphabet or other key words, the British Sign Language website has them!



Road Signs

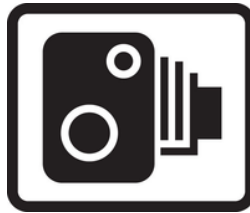
In the first of our, Learning to Drive series, we're going to be looking at road signs. Even if you're not learning to drive, it's important for us all to get to know what these mean. You can find more at www.gov.uk/guidance/the-highway-code



Road works:
delays, changes to
speed, people
working in the road.



Loose stones:
pedestrians watch out too
as you could get hit bit
something!



This sign tells you there is a speed camera coming up. You also see it on the back of police vans parked up to monitoring speed. If you're caught speeding, you can get fined...and in some cases, your licence taken off you!



Motorway signs are always blue. Some roads, like the A1, will switch between being a motorway and not so the colour of the sign helps remind drivers that different rules apply.



No left turn



Stop and wait until
the road you're
joining is clear



Crossroads



This sign tells you that there's a turning coming up that will take you to an accessible toilet. It points in the direction you'll need to turn.



Speed Signs: These tell everyone using the road the maximum speed they can go in that area. Many areas where we live are 30 mph but some are now changing to 20mph, which makes things safer for pedestrians.

Have you seen one with a picture at the bottom? Sometimes schools are asked to design the pictures - look out for the ones we have in Headingley!



This edition marks our first ever photo competition! The theme was “Our Lovely Garden” celebrating the amazing space we are lucky to have at Carlton House.

Each group took photos of anything and everything in the garden; from rocks, grass and trees, to beautiful flowers and even a fluffy bee! However there could only be one winner.

This edition, our prestigious judge of the photos was none other than Caisha, Marketing & Events Co-Ordinator for LFT. Plus, she’s a professional wedding photographer!

Well done to Jacob in Pre 1.1 for winning with this gorgeous photo of a Sweet Alyssum.

It shows a gorgeous Sweet Alyssum flower peeking through the fence of our garden, encapsulated perfectly in the shade of the horse chestnut tree, dappled by the sunlight filtering through its leaves.

Caisha said, ‘This photo stood out because it showed how something as simple as a white flower can be really striking when captured well. The composition and attention to detail made the image feel calm, elegant, and memorable.’

Pop into Carlton House to check out the framed photo in Reception. You can also see the other entries on display in the upstairs chill out space.



Our next theme: Headingley.

Please email you entry photos to Maria by 31st July: Mami@lighthousefuturestrust.net

We look forward to seeing your submissions!



Lighthouse Muffins

With the summer holidays just around the corner, why not try making our Lighthouse Muffins! They're perfect for a picnic, a trip to the beach, or just for sitting in the back garden with your feet up.

Ingredient List

- 1 Egg
- 65ml of Vegetable Oil
- 125ml of Milk
- 100g of Caster Sugar
- 200g of self-raising flour
- Plus 1 topping. Which can be blueberries or chocolate chips

Equipment needed

- 2 Muffin Trays
- Up to 24 Muffin Cases
- Wooden Spoon
- Teaspoon & Tablespoons
- Weighing Scales
- Measuring Jug
- 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: Now, measure your Milk out, then add it to the mixture

Step 5: Begin mixing the mixture with your wooden spoon. Keep mixing until you can no longer see any dry flour



Step 6: You now need to get your muffin trays out, which should look something like this. Once they are out, put 1 muffin case in each of the holes.



Step 7: Place between 1-3 of your topping (choc chips/blueberries/other) into the bottom of your muffin cases.

Step 8: Next, using a tablespoon, spoon your mixture into your muffin cases filling them halfway up. Do not overfill. After this, you can add a couple more of the toppings on top of each case.

Step 9: If the oven is now hot enough, put on your oven gloves and put the trays in. Watch out for the hot air when you open the oven door!

Step 10: Set a timer for 15 minutes and leave the muffins to bake. Once the time is up, put the oven gloves back on and take them from the oven. Leave them to cool for 5 minutes before transferring them to your wire rack for a further 10 minutes of cooling

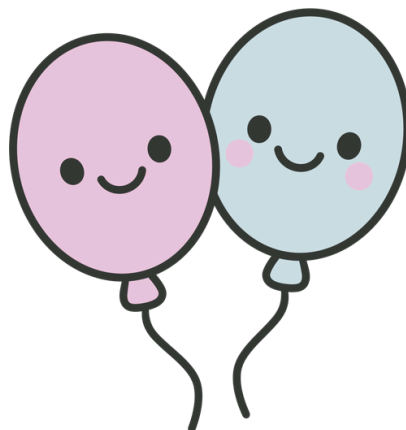
There you go! Now you have Lighthouse Muffins! Enjoy the scrumptious snacks and feel free to take a picture and send them to us! We'd love to see what you've done!



Coming soon...



Sunday 19th July is National Ice Cream Day. Like any of us need an excuse to eat ice cream?



July finishes with International Friendship Day on the 30th. Why not message a friend to check in with them?



Remember to look after yourself too on Friday 24th July! Time for a relaxing bubble bath?

2026		AUGUST						
SUN	MON	TUE	WED	THU	FRI	SAT		
						1		
2	3	4	5	6	7	8		
9	10	11	12	13	14	15		
16	17	18	19	20	21	22		
23	24	25	26	27	28	29		
30	31							

August is jam packed with things to do and get involved in; from World Lizard Day on the 14th, Tell a Joke Day on the 16th to National Dog Day on the 26th there's something for everyone! Late August we have a bank holiday on the 31st and the Leeds Carnival will be back so make sure you get out to see the costumes and floats, and try some tasty Caribbean food!



Upcoming Clubs

We have two monthly clubs left for this academic year, see below to book via the QR code. Kirkstall Connect has now finished but returns in September 2026.

If you're graduating from Lighthouse Futures Trust this year, you can still attend the monthly clubs next year. We look forward to seeing you all!



Tuesday 28th July (18+)
The usual fun at The Box

Tuesday 25th August, Picnic at Kirkstall Abbey. May change depending on weather!



10 things to do for free this summer!

As we head towards the summer holiday, here are some outdoor activities you could give a try - and they don't cost a thing!

1 Roll down a grassy hill (but not in your best clothes!)

3 Skim a stone (or get someone to show you how)

5 Go on a bike ride (or learn to ride a bike!)

7 Make some wild art (ever heard of a sun print?)

8 Go stargazing (download an app, sit out and see what stars you can spot)

10 Get into gardening (even watering the plants can help develop your green fingers!)

2 Build a den with friends (collect some sticks and make a den to hang out in)

4 Fly a kite (not got one? Make one!)

6 Make a daisy chain (Google it if you don't know how)

8 Get up to watch the sunrise (or sit out to watch the sunset)

9 Walk barefoot in the park or on the beach



Don't forget to apply sun cream when you go outside!



Wellbeing Walk

Sometimes a walk in nature is just what we need to feel a bit better. Why not visit Yeadon Tarn for a wellbeing walk?

Yeadon Tarn offers a chilled out, safe nature walk up close with lots of different waterfowl species. It has many facilities such as a lakefront cafe, ice cream trucks, a BMX track and public toilets. 1 loop around Yeadon Tarn takes approximately 20-30 minutes, where you will encounter many different birds, ducks and squirrels alike. There is also a sailing club and model boat club present at the lake!



Yeadon Tarn is a small lake located in Yeadon, West Yorkshire, England. It is easily accessible by car with it having two free to car parks. The buses A2, A3 and 966 all stop within easy walking distance of Yeadon Tarn at the “Cemetery Road Yeadon Tarn Stop”



Puzzles



Summer Holiday Wordsearch

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

HOLIDAY
SUNCREAM
SUNHAT
BEACH
SEASIDE
BARBECUE
TOURIST
SUNGLASSES
SUMMER
PLANE
HEAT
LEMONADE



Summer Holiday Word Scramble

Unscramble these summer related words!



eSsnuhni
aydioH
aedseiS
cle ramCe
mreSmu
edaLeonm



Things to do with friends or where to make new ones



To find out about everything that's going on, visit the Through the Maze website.



People Matters offer a range of social groups join.



Looking for a night out? Try the team behind Popworld.

