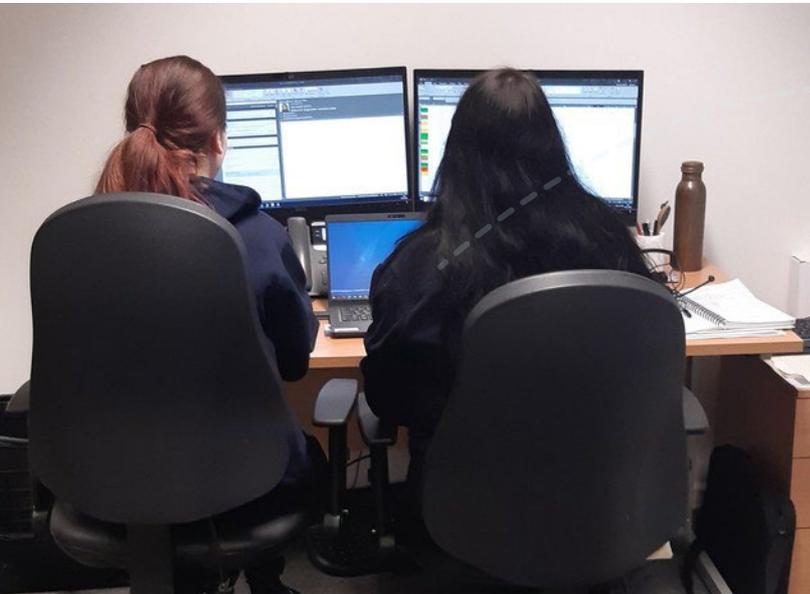


Becca's Case Study



What did you think a Supported Internship would be like?

"My College Tutor suggested doing a Supported Internship to me, I'd never heard of it before. I had been at College studying Vocational Skills and Catering for 4 years. I wanted to get a full time paid job but needed some extra help because it can take me longer to learn new skills. I expected the Internship to be just like College but it has not been. I have been encouraged to be much more independent and have been treated like an adult".

“Where have you worked and how have you been supported?”

"My first two placements were as an Administration Assistant with the Medical Secretaries and the Eating Disorder Team. The teams were very nice and helpful to me. They would always take time to explain things to me if I was unsure what to do. I learnt lots of transferable skills. My Job Coach supported me when learning new tasks and made aids to help me, like check lists, step by step instructions and templates to fold letters".



Where are you now & what is your 5-year plan?

"I have really loved my placement in Domestics and have applied for a job in this department at Westmorland General Hospital. The Job Coach, Tutor and NHS Careers Team helped me to apply for the role and prepare for the interview. Fingers crossed I get it. In 5 years time I hope to be working for the NHS as a Clinical Support Worker".





What have you learnt?

"I have learnt lots of new skills through on the job learning, NHS online training and baseroom training with our Kendal College Tutor (who is always on site to support, with the Job Coach). I have learnt about appropriate behaviour at work, patient confidentiality, self advocacy, understanding a pay slip and how and when to ask for help. I sometimes get frustrated and worked up when I don't get things quite right. I struggle with technology. With support I have got much better at taking a moment, trying to keep calm and trying to solve the problem, asking for help if I need it".



What's been the best thing about your Supported Internship?

"A year ago I didn't think that I'd be working in the Hospital, helping patients everyday. I have made lots of new work friends who have been kind and patient with me and encouraged me to be my best self. I now know what I want my future to look like and I feel ready to step into adulthood, making decisions for myself. I don't need my EHCP anymore and the boring meetings that go with it which I've always found difficult. I am a young adult moving into the world of work".

