

Patrick's Case Study



What did you expect a Supported Internship to be like?

"I felt anxious about leaving the college building and everything and everyone that I knew after 5 years, and being at the hospital. I thought that this was going to be hard for me because I had no experience of work."



How have you been supported and who by?

"Isobel (Tutor) and Sara (Job Coach), they kept me on track and pointed me in the correct direction. I am glad to have had them this year. I have also been supported by the NHS and care home mentors who have helped me develop my skills and get used to working life. I have met some lovely, caring, kind people who I know call my friends".



What skills have you developed?

- Teamwork
- Health and safety
- Following the NHS guide lines
- How to handle stress
- Improved on my cleaning skills
- Road Safety
- Spatial awareness
- Time keeping
- Healthy living
- Personal hygiene
- Appropriate workplace behaviour
- How to use my voice, self advocacy



Supported Internships
DFN Project SEARCH

Be inspired at
kendal.ac.uk/internships

hello@kendal.ac.uk
01539 814700

@kendalcollege

Where have you worked?

"While I was in the canteen I put plates away, cleaned tables, vacuumed and mopped. While I was on Endoscopy I learnt how to clean the changing rooms. I remembered to use a separate cloth for each surface and to leave the toilet brush in the toilet, so the blue cleaner cleans it when you flush. I also learnt time management and how to work as part as a team.

At the care home I started off as a kitchen porter, putting away washing up and helping to prepare the residents lunch. I also worked on the entertainment team running activities like quizzes, dancing and bowls. I loved getting to know the residents."

What have you enjoyed most about your Supported Internship?

"I've enjoyed chatting and working with my mentors. I have forged many more adult friendships this year."

What's your advice to a young person thinking of doing a Supported Internship?

"You will feel nervous, I felt the exact same way as you do now. I felt really anxious and nervous but when it came to it I knew this was my time to show everyone what I had to bring to the table. I have grown in confidence and feel ready for paid work"."

