

SUPPORTED INTERNSHIP ARTICLE



2nd Edition April 2021

First vaccine.....Completed it!



Ashley



Bethany



Bradley



Coree



Daniel



Jordan



Georgie



Liam



Nathan B



Nathan I

WHAT AN ACHIEVEMENT

All ten students on the Supported Internship programme have received their first COVID-19 vaccination. Having the vaccine has certainly put each of our students mind at ease, as they all continue to progress through this difficult year. Well done!!



JOB SHOP LAUNCH!

Students will be able to access a online platform for job alerts and employment support and guidance

Ashley's Story

My name is Ashley Corbett and I am 22 years of age and as part of my internship to gain work experience and employability skills myself and 2 other students were selected to represent West Nottinghamshire College to assist at Woodland Café at Portland College. I hope to further my skills for future employment in 5 to 4 months' time. My ambition is to gain more confidence and find my voice and when necessary, project it.

Working with people for me is a challenge but over the last 7 to 8 weeks it's been a gift as I have had the opportunity to work with some remarkable learners from Portland College who have made me feel very welcome. In my time so far I feel I have engaged fantastically well to work and communicate with them, the staff at Portland are truly amazing at what they do, and they have made a fantastic impact and are a huge credit to their learners and myself.

What I have achieved so far....

So far I am absolutely smashing my goals and doing amazingly well with my communication, co-operation and more importantly engaging myself with either customers or the learners. We organise our routine and we come up with a plan of what jobs we need to do to keep the environment clean and healthy. We clean tables, chairs, dust from top to bottom, clean fridges and freezers. Due to the current situation with COVID it is compulsory to keep on top of the cleaning and laundry. We also must check the fridge temperatures recording in the morning and afternoon readings. We do that to stop the growth of bacteria and keep food stored at a recommendable level. For the last 7 weeks I have developed in various ways, handling food, using different techniques and methods, especially baking in which I have enjoyed, as we get to sample the fantastic food at the end.

It's a real joy to see other people buying and eating our food and getting great feedback is a real boost which motivates me to do even better. My favourite food I have made is a vegetarian curry, I love curry and get critical of the content of spice and flavour, we experimented with the spice to my satisfaction. We have baked some fantastic stuff like chocolate fudge, cream egg gooey cakes, chocolate chip cookies which were delicious, the pastry was just ultimate perfection - gold and crispy in every way possible.





My biggest challenge yet was mastering the till it sure looks easy but it's not. However, it's becoming more familiar the more I do it and the more knowledge it brings. When I had the training on the till it was a huge boost to conquer my own fear and insecurities. I wanted to use it to my advantage to use my voice more and innovate my skills and techniques at the same time as improving numeracy skills. I have also used the debit card machine. I have also identified quietly the rise of my own confidence; this usually comes through gaining trust and building new relationships. I have had to step out of my comfort zone and deal with change, talking to people I do not usually trust or do not talk to as I do not know them very well. I have taken small steps towards those set of qualities by offering help and talking to other learners and staff. I offer help or I ask others assistance. My confidence has certainly flourished, it is credit to work with everyone.

My next steps

I will continue my fantastic work and go a lot further in improving my self-confidence for the first time in 22 years. I have believed in myself and my abilities because I have had wonderful and amazing people to please and I absolutely love pleasing people. I love making people smile, I like to have a laugh and always have time for a chat. I believe I belong in the hospitality area of work. I'm not the best cook or salesman but I am a grafter and I feel working at the Woodland Café has given me a clear perspective of what the next step in my life is, especially for future employment. However, I still want to progress and work on my enthusiasm towards customers when using the till to provide their service with a smile and good customer service.

I understand the importance of my personal presentation such as body language, voice projection when giving a sales pitch and to use persuasive language to captivate the customers. I would like to progress more in this area. One of my goals is to answer the phone, it might sound easy but to get it right it is quite daunting for someone with low confidence like myself and with my autism. I will practice and I would like to do this with no hesitations. I will do this with my incredible team and support coach, so I can become confident.

Overall.....

There are so many amazing learners and staff that I have worked with at the cafe. Every one of them are role models because they have showed me a tower a strength in which has helped me. The knowledge I have learnt has come direct through the team, without working with lovely people it wouldn't have been that worth it.

I want to say that this experience is an absolute joy to be a part of and I will keep the Woodland Cafe experience and Portland College close to my heart.



Clearing out the trash



The students have been extremely busy over the last few weeks at the Animal Care Unit here at West Nottinghamshire College. Due to a number of work placements being put on hold, our students have been putting their skills to good use, where they have been:

Painting fences

Clearing leaves and debris

Using tools—(spades, shovels, rakes, sweeping brushes, wheelbarrows and trollies)



Developing skills such as:

- **Teamwork**
- **Communication**
- **Manual Handling**
- **Following Health & Safety guidance**
- **Problem solving**



Job Coach Luke said “It has been great to see our students out working and gaining more skills for employment. I am so proud of their achievements and how well they have worked together to complete the tasks.”

We will keep you up to date on their progress in our next edition.



Liam & Coree building their skills in the outdoors ready for starting their roles at Gedling Borough Council as Park’s Teams Assistants.



The wheels on the bus

After hearing the news that the work placement at Gedling Borough Council was delayed until May, I set myself on target for a Saturday job at Redfern Travel. If you don't know them, they run the shuttle buses in and around West Nottinghamshire College along with other schools in Nottinghamshire and Derbyshire.

I have run a Facebook group dedicated to these buses since October 2018 and in March 2021, one of the owners saw my amazing photos and they offered me a position as a cleaner.

After the induction on my first day, my daily routines include emptying all the litter from the bins on board and thoroughly mopping several buses which looked dirty. The staff provide me the first bus to clean; the rest are chosen by myself after inspecting which buses looks dirtier than the others. As well as cleaning the interior of the buses, I've also made sure that the driver's cab is kept neat and tidy and polished all the dust off the lights and the buttons on the dashboard.

The first day didn't go very well due to what to me felt like a messed-up timetable and the staff being nowhere to be seen (or to talk to), but as the weeks gone by, I feel more confident and more active cleaning an average of five buses a week (including at least one West Nottinghamshire College bus).



Daniel, feeling proud in his Redfern Travel uniform



The winners are:

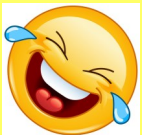
Nathan B Jordan

Well done for coming into college every day since Sept



'I am very proud of myself for getting a job but shocked that the owner of Redfern's messaged me asking me if I would like a job as a cleaner. It is going well and I am happy with it.'

Written by Daniel



Jokes to brighten up your day

Written by Corey



What is the tallest building in the entire world?

The library, because it has so many stories

What Disney character can count the highest?

Buzz Lightyear, to infinity and beyond

What do you call security guards working outside the Samsung shop?

Guardians of the galaxy

NEW RECRUITS JOIN THE TEAM



Bradley & Nathan I will be joining the County Battery team after Easter. Tune in in our next edition to see how they progress!!
NATHAN BURBANKS MAY HAVE SOME COMPETITION ON!!



ORANGE is the colour of the day Raising money for Muscular Dystrophy UK

Learners at Woodland Café have demonstrated some fantastic team work skills by producing and selling cupcakes to staff and students at Portland College in order to raise money for Muscular Dystrophy UK. The team raised over £50, well done everyone!

Woodland Café are currently offering a reduced takeaway service, to staff and students of the college until restrictions are lifted. Here are some of the delights that have been leaving the kitchen. The brownies proved popular with customers resulting in customer requests!



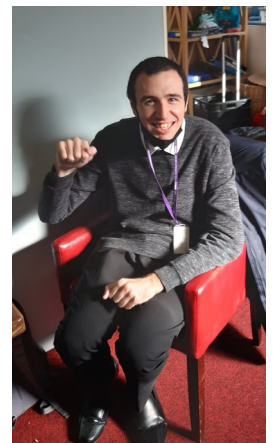
GIVE ME A SIGN!

Not only are our interns learning how to cook up some fantastic treats they are also learning sign language to enable them to communicate effectively with their customers independently.

Fact File

- ◆ One in five people will be affected by any type of disability at some point in our lives.
- ◆ There are 14.1 million disabled people in the UK in 2019 with 8% of the population being children.
- ◆ Almost 2 million people in the UK are blind.

Sourced by Daniel



National Careers Week

NCW

1ST – 6TH MARCH 2021

On Thursday 3rd March 2021, our students were involved in a day of career advice from guest speakers and West Nottinghamshire College Career Advisors.

The students took part in the following sessions:

Rights in the Workplace—Introduction to ACAS (Ken Bamford)

Apprenticeship Workshop (WNC Careers)

Labour Market Workshop (WNC Careers)

'I can' Motivational Talk (Richard McCann)

Daniel said about the day “The Richard McCann story was quite emotional with its ups and downs and was the best activity of the day. It was great to hear his experience from being in prison to how well he gave the speech to so many people”

Nathan said “We learnt about apprenticeships and how to get one and the different types of apprenticeships and getting out to work experience”

Kicking the habit

I quit smoking on the 9th of March, this particular day, I started to smoke a cigarette but then I became ill from it. I had been smoking for 5 years and this has had a negative impact on my health and breathing.

Since then, I have been smoking a E-cig, this is a better and cheaper option in my view. I feel much better in myself for stopping smoking and I can breathe better than I used to when I was smoking, now I am able to exercise more often.



Fight for the RIGHT!

International Women's Day—A brief history



International Women's Day dates back to the early 1900's. In a time of great changes in the industrial sector, population growth and the rise of radical ideologies.

- 28th February 1909 saw the first National Woman's Day celebrated in America and continued to be celebrated on the last Sunday of February until
- 1913 it was decided that the International Women's Day would be held on the 8th March and has been celebrated globally ever since.

- 1975 the International Woman's Day was celebrated by the United Nations for the very first time.
- 1977 the General Assembly adopted a resolution proclaiming a United Nations Day for Women's Rights and International Peace to be observed on any day of the year by Member States, in accordance with their historical and national traditions.
- 1996 saw the first annual theme for International Women's Day, "Celebrating the past, Planning for the future".
- 2011 saw the International Women's Day celebrate 100 year centenary. In America President Barack Obama proclaimed March 2011 to be "Women's History Month"

Today 2021 we see more women in the boardroom, greater equality in legislative rights, and an increased critical mass of women's visibility as impressive role models in every aspect of life, one could think that women have gained true equality.

Information found on

<https://www.internationalwomensday.com/Activity/15586/The-history-of-IWD>



Georgie says: 'I am proud of living independently and having my own flat.'

Beth says: 'I am proud of myself for the effort I put into my college work and placement. All the work I've done has made me feel amazing and really happy.'



1st Edition Feedback

After the distribution of the 1st Edition of our newsletter we have been overwhelmed by the fantastic response and comments. Thank you for taking time to read about our students' fantastic achievements!!

'Can we use this as part of our social media it would be good to encourage more business to help more Nathans' - **Employer**

'Looks amazing. It's lovely to be able to showcase all of your (and your learners) hard work.—
WNC Staff

'The newsletter is absolutely brilliant. I have seen a number of such newsletters over several years, but never one that was so full, richly sourced and comprehensive.
Terrifically well done to you and your inspiring team!' - **Partner**

'Great work and all the students involved. It's good to hear what you have all been up to. I look forward to the next edition and to seeing you in college when restrictions are eased.' **WNC Staff**

'Haven't they all done well? You should be very proud of how far you've brought them.' - **Parent**

'This is awesome' **WNC Staff**

'Thank you so much for making me laugh and cry at the same time!
Just love how the young people have taken ownership of this. So proud of you all.' - **Nottinghamshire County Council**

'It was amazing loved it. I really think you guy's and all the students are fantastic' - **Parent**

THANK YOU

TO ALL OF OUR EMPLOYERS

THAT ARE CONTINUING TO SUPPORT US ON OUR JOURNEY!



West Notts are asking for your support!

We are one of the leading colleges in the East Midlands and we require your help, do you have any friends or relatives that can provide opportunities for an extended work placement/supported internship?



Parents and Carers

Do you have a story or a quote about the college, we will be happy to have it and share it in the next edition of our newsletter

Contact the team

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