I'm Jay Dutton and I've been here a year now. At first, I was a little bit anxious because it was full time and I wasn't sure if I was ready and then I just sort of went for it and turns out it was a good thing, very good.

At first I always struggle to connect with people and stuff, it takes me a little while to get used to them but, as we had been in lockdown for a while as well i hadn't really been socialising so it was quite difficult getting back to working people.

So after a couple weeks of working here I was a lot more comfortable and I actually started being able to work with other people because I haven't always been, I’ve been one of them people who prefer to work on my own.

When I started doing the work experience and stuff I started getting more and more comfortable and then she started noticing how well I got on with all the other clients and how they were sort of similar to how I am, and she started noticing that I was enjoying myself more and happier and then she offered me full time and I said yes.

So since then I've been here almost a year so we all get along, well most of the time we all get along and we always have a laugh and stuff and just mess around.

That’s mostly what it is, they come to have fun. I’ve got an allotment that me and my grandad go to and we've grown a lot of stuff but being here has helped learn more information on how to, how to take care of them and maintain them stuff like that so, it's helped a little bit up there.

I think my mum's definitely noticed a lot I think she definitely has said quite a bit that being at this job sort of made me happier and I just used to sit around in my room, she would say you need to get out and do stuff and then obviously I came here and at first I weren't too happy because like obviously I was just getting used to stuff but then as soon as I started enjoying it a lot more I was like, I actually look forward to it each day so.

Obviously you don't want to be sitting indoors all the time so coming out and doing stuff like this it's even me, it’s helped get me out and do stuff before I wasn't. I was just indoors and I was getting depressed whereas now I've been here and I'm outdoors a lot and it's helped me a lot to just get just get out and do stuff.