

## Mark Sherwood

Conquest Hospital, Hastings



Mark started at the Conquest Hospital, Hastings in 2009. He has gradually built up a range of responsibilities and now works as a kitchen porter, prepares food and delivers meals to patients in the hospital wards. Mark's confidence and independence has grown quickly as his training has progressed.

Mark's manager said: "Mark is a very reliable young man and is always here on time. He is consistently hard working and is a highly valued member of the team."