



MacIntyre

Providing support...your way



MacIntyre No Limits

Emily's Story

With the support of MacIntyre No Limits, *Emily was able to achieve her dream of working alongside critically acclaimed chefs and learn skills that supported her career in catering.

MacIntyre No Limits is a further education model for young people with complex needs aged 16 and over, providing inclusive education in partnership with local colleges.

This is Emily's story.

When MacIntyre first met Emily, she was found taking part in new experiences a challenge, had limited confidence and often felt anxious.

Emily's interest in catering began in her first year with MacIntyre No Limits. With support and encouragement, Emily began working for a local non-profit café, where she slowly began to step out of her comfort zone and take the first step towards working in hospitality.

When Emily reached her final year with MacIntyre No Limits, she and her parents were keen to find new ways to inspire her. Working alongside the team, together they began to discuss other ways to help Emily develop her independence and learn new skills.

Emily enjoyed being around people and throughout her education was fortunate to be able to travel with her family, as her father regularly worked aboard. This is where she found the love of different cultures of food and cooking different dishes.

In her final year with MacIntyre, staff worked alongside Emily to find a suitable work experience placement, which focused on her passion for food and interest in hospitality.

Emily attended an interview at the John Lewis Branch in High Wycombe, who were very supportive.

John Lewis were able to offer a placement in the catering department, which offered Emily the opportunity to work alongside the chefs regularly. This meant she could assist with serving lunchtime meals to staff, visitors and members of the public.

Learning from the team at John Lewis, Emily began to independently serve meals and always went the extra mile to get their cutlery and serve if needed. She was praised for her polite manner.

By serving a series of complex dishes, Emily developed her literacy and numeracy skills which gave her a boost in confidence.

“MacIntyre offered us a unique opportunity to explore what was important to Emily.”

Emily's Mum

Reflecting on Emily's journey with MacIntyre No Limits, Emily's Mum said:

“MacIntyre offered us a unique opportunity to explore what was important to Emily. She was not an independent traveller and so staff provided one on one support, which enabled her to travel to the café. This was the first time Emily had travelled without parental support, but this boosted to her self esteem, whilst preparing her for the future.”

Due to the success of Emily's work experience placement, she was accepted into an internship at the Hilton Hotel.

Emily continues to follow her dream to work in catering armed with confidence and independence from her work experience. She is on her way to gaining employment in the catering industry.

To find out more contact:

Emma Collings, Programme Co-ordinator

t: 01296 588528

e: emma.collings@macintyrecharity.org
