

My name  
is Stuart.



I am doing an entry level  
course in Catering at St.  
John's College, Cambridge.

I would like to be a chef when I'm  
finished. Some of the jobs are  
cleaning the cutlery, laying the  
combination room table, making jam  
rolly-poly, chocolate sponge and  
sandwiches. I enjoy the course.



## **The training and work experience opportunities Cambridge Mencap offers are**

### **Catering and Hospitality Courses**

These courses are for people with learning disabilities age 16 to 30. During the three year programmes, students gain catering and hospitality skills in commercial size kitchens within the University of Cambridge at the St. John's and Girton Colleges.

### **Work Experience and Volunteering at Fare Shares Cafe**

In a friendly and supportive cafe setting, volunteers develop new skills and are able to apply existing abilities. Our volunteers participate in all aspects of running the cafe, from food preparation to operating the till.

### **Work Experience and Volunteering with the Gardening Service**

Volunteers and learners are involved in a wide range of different gardening activities, from growing plants in our green house to conservation work at Anglesey Abbey. The Gardening Service is a great place to learn new skills and to meet new people.

## **About Cambridge Mencap**

Cambridge Mencap offers a variety of services for Children, Young People and Adults who have learning disabilities across Cambridgeshire. These range from family support, befriending and training to specialist support for people with Autistic Spectrum Disorder and Down's Syndrome. We also offer residential care, supported living and respite facilities as well as a hydrotherapy pool.

## **Where the activities are**

All our projects are located within a 4 mile radius of the city centre and are easily accessible with public transport.

## **Contact details**

Edmund House  
9 Church Lane  
Fulbourn  
Cambridge  
CB21 5EP  
Tel: 01223 883147  
Email:  
sabrina@cambridgemencap.co.uk  
Web: www.cambridgemencap.co.uk

