

My name
is Carl.



I have been a trainee at
OWL Café since it opened
in 2003 and love working
there.

I have now got Catering Entry Level 3
City & Guilds and Level 2 Award in
Food Safety. I am now doing a Level 1
RARPA course and work experience at
the Village College Canteen. Since
coming to OWL I have moved into my
own flat and got a girlfriend.





The projects and courses OWL offers

OWL runs 10 different projects and courses, including

Catering at OWL Café

Accredited catering and food hygiene training in a vibrant community café. Students with learning disabilities experience all aspects of catering from food preparation, to pot-wash and serving customers.

Bicycle maintenance and recycling at OWL Bikes

An exciting social enterprise based on the recycling and refurbishment of unwanted bicycles. The students learn a range of mechanical, retail and recycling skills.

World of Work

Students learn the skills needed for work and life through a broad range of vocational courses including; DIY, recycling (aluminium cans, inkjet cartridges and mobile phones), retail (eBay and the Healthy Eating Tuck Shop); gardening at Sawston Village College and designing and weaving eco-bags.

OWL Leisure includes trips out, arts projects, sports club and gym sessions.

More information will be available on our website or phone for brochures

About Opportunities Without Limits (OWL)

OWL provides work, learning and leisure opportunities for adults with learning disabilities in the community and through its social enterprises creates supported employment for people who are disadvantaged by ill health or disability.

Where the activities are

OWL's main learning centre is on the Sawston Village College site, the Café is in the High Street and OWL Bikes at London Road Industrial Estate, Sawston.

Contact details

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