

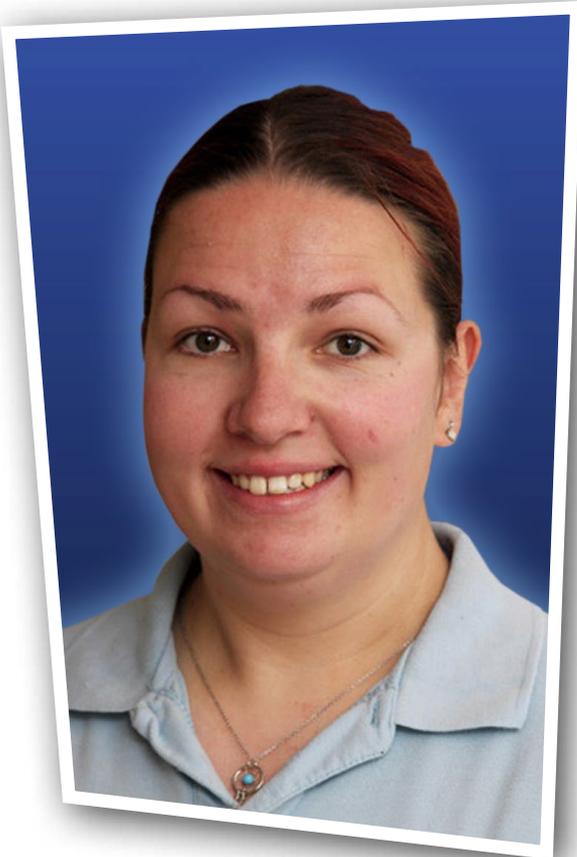
# Crumbbs

Reg Charity  
No: 1151926

Training for independence

## Alex Vallard

Alex has Aspergers Syndrome with some learning difficulties. She attended full-time education at St Catherine's School where she worked towards all areas of the national curriculum. Alex joined The CRUMBS Project in 2013 and has used her time with us well, gaining qualifications in Catering and Hospitality and increasing her skill set. Alex is a motivated young women who enjoys being busy and helpful, she is hoping to find part-time paid employment. Although Alex has found social interaction difficult in her life, she has made great progress in this area and engages well with all staff and other trainees. Alex completed her training in 2015, she now has an internship with us, supporting new trainees and those who are less able than herself with kitchen and dining room tasks. Alex has trained in our cafe, kitchen and bakery gaining good employment skills. Despite her difficulties she is hard working and conscientious with a bright outlook on life.



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I enjoy coming to CRUMBS it has helped me to learn new things, the staff are supportive helping me understand things if I am not sure what to do. I get on well with all the other trainees and have made good friends. I always enjoy making new recipes at CRUMBS, I often take recipes home to make cakes and decorate. The staff say that I am good at baking and I help them to ice and decorate celebration cakes. What I liked best about CRUMBS is making new friends and experiencing new challenges. I am actively job searching and hope to be employed part-time in a cafe.

Alex

Former CRUMBS trainee now an intern

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### The Crumbs Project

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