

Crumbbs

Reg Charity
No: 1151926

Training for independence

Caroline Jones

Caroline joined The CRUMBS Project in 2012 as part of her recovery from a Stroke that changed her life. Caroline faced many challenges which she met full-on. Caroline settled into the training programme with ease, with a good sense of humour and became a very popular trainee. Although Caroline had first thought that voluntary work would now be her way forward, she excelled in her training, gaining confidence and catering skills. CRUMBS recognised Caroline's potential and after several months as an intern with us she became a member of our staff team as a Kitchen Assistant.

"I came to CRUMBS after I had a stroke and I started as a trainee at the Bakery in Southbourne. When I started I was quite bad and was wondering if I could do it. Well I got better and better and I found with thanks to CRUMBS I could do more and more, I then became an intern after I completed my training. I then went on to become a fully paid member of staff with CRUMBS, since then I have been getting to the stage where I am more like myself again, even driving! I am so grateful for all the help and support I have been given from CRUMBS." - Caroline Kitchen Assistant



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Caroline is the same age as myself so I felt I wanted to help her as much as possible. After getting to know her I soon realised she had so much determination and a positive attitude she progressed quickly without any real help from me. I did make it Caroline's job to make puff pastry and roll it out as many times as she could (her left arm had been weakened so much from the stroke), at first she could only roll one side of the pastry thin whilst the other was too thick. In time she got better. After about a year with us she was beginning to feel more confident, the strength in her arm increased and her speech was flowing better. She has been an inspiration to me and with her can do attitude she moved from trainee to intern and then last year she joined the CRUMBS staff team. She has proved that if you put your mind to something you can do anything! We went to A Well-being talk where Caroline had to give a speech. Caroline got emotional as she started to speak, and then said 'I have come long way' and my goodness she has. This is from a lady I first met four years ago, not sure if she would ever work again and now is a valued member of our team....amazing

Erika
CRUMBS Food Service Manager

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The Crumbs Project

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