



Springboard to a cookery career!

The Springboard Charity, which helps young, unemployed and disadvantaged people improve their prospects in life through a career in hospitality, leisure and tourism, held a celebration lunch for the Let's Cook! programme at Fife Colleges Stenton Campus in Glenrothes on Wednesday 24th June.

Thanks to funding from the Big Lottery Young Start Fund and working in partnership with Fife College, the 'Let's Cook' programme saw seven young people from Fife spend ten weeks learning to cook with Chef Lyall at Fife College. They undertook industry recognised qualifications in Food Hygiene and Customer Care, and visited hospitality businesses across the region to learn about different styles of cooking and service. The group organised the celebration lunch event themselves as part of the programme at which they were presented with their portfolios containing a range of certificates.

Vicki Sutherland of Springboard said: "nowadays many young people struggle with motivation and confidence around making career choices. Springboard's Let's Cook! programme has hopefully opened the groups' eyes to the world of hospitality, leisure and tourism and the opportunities that it offers them if they are prepared to work hard to exceed customer expectations. Over the ten weeks the group has improved their cooking skills, learned to work as a team, be creative and have grown in confidence. I am so pleased that several of them are starting Cookery Courses at Fife College after the summer."

One of the participants, Malcolm McCaffrey, said: "Let's Cook was a really good experience. I made friends with new people and I now want to work in a restaurant or hotel in the longer term. I really enjoyed the chance to visit real kitchen environments as part of the course"

Another participant Kai Tibbert said "The course has helped me secure my place at college and I now want to become a chef."

More about Springboard:

The Springboard Charity helps young, unemployed and disadvantaged people improve their prospects in life through a career in hospitality, leisure and tourism.

Springboard provides a range of opportunities for sustainable employment, or vibrant careers in hospitality, leisure and tourism through;

- Free specialist careers information
- Taster work experience opportunities
- Development programmes to help maximise the chances of obtaining sustainable employment
- Pre-employment and mentoring programmes
- Educational teaching resources, information, support and student activities to teachers in schools and colleges

Springboard equips people with the knowledge and skills they need to achieve their potential.

Springboard also works closely with the industry to help attract more talent and address skills shortages. In doing so, it has the support of over 180 different industry establishments and suppliers.

For more information about Springboard, visit www.springboarduk.net

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