



eatpennines



## EAT Pennines – Case Study

### **Catherine Hilton – 20 from Horwich in Bolton.**

Catherine had tried a variety of different courses and training providers and had never found one that worked for her. Within a couple of weeks of starting with us, she told me that she really enjoyed this and was incredibly happy she'd come on board.

#### **How long were you unemployed before you started working with EAT Pennines?**

For as long as I can remember! I've always found sticking to things difficult, especially if I don't enjoy them.

#### **What challenges have you faced?**

I get down quite a lot and can sometimes find it hard to get out of the house. But apart from that, I've been ok.

#### **How have we helped you?**

I have been really supported during the traineeship, with Gillian encouraging me to go to the doctor for counselling and getting me to open up about my past. I feel much more confident and able to move forward.

#### **What have you enjoyed working with EAT Pennines?**

The different things I've tried, including the food! The butcher coming in was rank, but I can see why it's a good idea to be shown those kind of things.

#### **What would you say to a young person thinking of starting one of traineeships?**

I think it's helped me loads. Everyone here cares and really tries to help you out. It's not like other traineeships or courses where you get left out if you don't speak up.