

'I feel like I'm living my own life again.'

Christopher was really nervous and worried when he started a pre-vocational course at his local college. But as the weeks went on he found it got easier and he really enjoyed it.

By doing this short course, Christopher realised he was interested in catering. He enrolled on a three-year Cooking and Food Preparation Course.

Taking up learning was difficult for Christopher as he used to experience panic attacks every time he left the house. Over time, the staff at college and his mental health support workers helped him to build a routine, socialise with other people, grow in confidence and get out of the house.

Christopher also volunteers in a café in his local hospital, run by the WRVS (Women's Voluntary Service). He says 'I've been there three years and I've enjoyed every minute'. The things he learns at college help him in his volunteering – like information about health and safety and food hygiene.

Christopher will finish his course in 2010. He says 'now my plans for the future are to complete my last year of the course, get a paid job in a community café and maybe look into more advanced courses.'

October 2010

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