



Crew-it Programme



About Crew-it

Want to work in catering or customer service?
Want to gain qualifications?
Need to develop skills and confidence?

Volunteering opportunities

Working in Porter's Coffee Shop and Troop Cafe, you will develop skills in a variety of roles, including:

- customer service
- catering and food preparation
- coffee skills and restaurant service

Working as a valued member of a small but dedicated team, you will have access to training and qualifications in the following areas:

- Level 2 Food Safety in Catering
- Level 2 Health & Safety at Work
- Level 2 Emergency First Aid at Work
- customer service skills
- food allergy and labelling
- employability skills
- support in searching for work
- CV writing and interview skills

Participants will be provided with at least two days per week in work experience or training.



0345 06 121 12
www.cais.co.uk

Crewit



Crew-it is for you if

- you live in Conwy and are currently not in employment or education
- you (or a member of your family) have been affected by mental health issues, substance misuse issues, and/or have a history of offending

For more information

To find out more about Crew-it and what we can offer, please contact the Crew-it Co-ordinator on 07788 427 166 or visit www.cais.co.uk

"Before I joined CREW-IT my confidence was at an all-time low, but thanks to the programme I am now dealing with these problems better. I feel like this has been one of the best achievements in my life so far – I have come such a long way. I just want to say a big thank you" - Crew-it graduate



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empowering change
grymuso newid

Crew-it is a 16-week programme which provides training, qualifications and work experience opportunities within the catering and hospitality sector



Cynllun Crew-it



Mae Crew-it yn rhaglen 16 wythnos sy'n rhoi cyfle i chi dderbyn hyfforddiant, ennill cymwysterau a chwblhau profiad gwaith yn y maes arlwyio a lletygarwch. Bydd tîm Crew-it yn rhoi cyngor a help i chi ddod o hyd i waith hefyd.



Ynglŷn â Crew-it

Gweithio yn y maes gofal cwsmer neu arlwyio?
Ennill cymwysterau?
Datblygu'ch sgiliau ac ennill hyder?

Gwaith gwirfoddol

Wrth weithio yn siop goffi Porter's ac yn y Troop Cafe byddwch yn datblygu sgiliau mewn amryw o feysydd gan gynnwys:

- gwasanaeth cwsmer
- arlwyio a pharatoi bwyd
- sgiliau gweini a gwneud coffi

Byddwch yn aelod gwerthfawr o dîm bychan ond ymroddgar a bydd cyfle i chi gael yr hyfforddiant neu'r cymwysterau isod:

- Diogelwch Bwyd yn y Diwydiant Arlwyio Lefel 2
- Iechyd a Diogelwch yn y Gwaith Lefel 2
- Cymorth Cyntaf Brys yn y Gwaith Lefel 2
- sgiliau gwasanaeth cwsmer
- alergeddau bwyd a labelu cynnyrch
- sgiliau gwaith
- help i chwilio am waith
- sgiliau ysgrifennu CV a llwyddo mewn cyfweiliad

Fe gewch chi o leiaf deuddydd o brofiad gwaith neu hyfforddiant bob wythnos.



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Fe gewch chi fanteisio ar Crew-it:

- os ydych chi'n byw yng Nghonwy a ddim mewn gwaith nac addysg ar hyn o bryd.
- os ydych chi (neu un o'ch teulu) wedi cael trafferth gyda chamddefnyddio sylweddau neu faterion iechyd meddwl a / neu wedi bod mewn helynt â'r gyfraith.

I wybod mwy

I wybod mwy am brosiect Crew-it CAIS a'r hyn rydym ni'n ei gynnig, cysylltwch â Chydlynnydd Crew-it ar 07788 427 166 neu ewch i www.cais.co.uk

"Cyn i mi ymuno â CREW-IT roedd fy hyder i'n is na fuo fo erioed, ond diolch i'r cynllun yma dw i'n delio'n well efo'r problemau. Dw i'n teimlo fod hwn yn un o lwyddiannau mwya fy mywyd i hyd yma - dw i wedi dod mor bell. Dw i ond eisio dweud diolch yn fawr iawn" - Un o raddedigion Crew-it.



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