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# Hello!



” **Hello North Ridge Hub!**

**My name is Kane**

**I am 20 years old**

**I left North Ridge in 2020**

**My interests are cooking, comedy,  
cheese, food & acting**





# After North Ridge

As I have said, one of my interests is cheese.

After a meal in Northern Soul, I asked them about work experience.



# Northern Soul

I worked at Northern Soul in the Front of House area once a month to get experience.

# Ancoats Warehouse



I now have a position in Northern Souls Ancoats warehouse.

My jobs include:

- Preparing sandwiches
- Moving boxes and goods using manual handling skills
- Greeting customers
- Washing dishes
- Clearing and cleaning tables

# ... Cup & Cake

When I was at North Ridge, I worked in all the different areas of Cup & Cake. My skills included **using the till, customer service, barista skills and cooking skills.**

My experience in all areas of the café have given me the **transferable skills** to work at Northern Soul.





Having a job gives me purpose and is really good for my **mental health.**

# Acting & Comedy

I have always loved acting and comedy and have pursued it alongside my job goals.

Through the youth zone I have been able to get involved with lots of acting groups.





# Acting & Comedy

I am part of the Contact youth theatre group and Odd Arts drama group who do 1-1 sessions.

At MYZ I was Live performance Choice in 2019!

I have also performed live comedy at Tribeca Bar in Manchester City Centre.





**Doing comedy and  
stand up makes me  
feel fulfilled,  
passionate and  
happy.**

# MANCHESTER YOUTH ZONE



# Volunteering

Through Manchester Youth Zone, I give back to my community by volunteering.



# Volunteering

## I help young people:

- Build their confidence
- To feel safe
- Help them to get involved
- Help them to feel welcome
- Teach them new skills

# Independent Living

As of April 2022, I am now living independently in my own flat in Manchester. This has made me feel more confident.


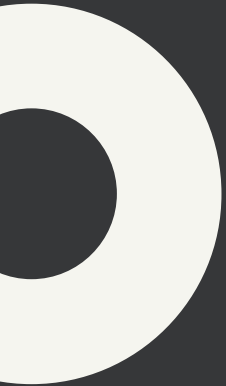




**I have been learning  
how to keep things  
clean and look after the  
house.**

**I enjoy shopping and  
cooking for myself.**

**I am learning how to  
budget my own money.**



**How did  
North Ridge  
help me?**



## Transferable Skills

Gave me the transferable skills from the café and lessons to work confidently at Northern Soul and manage my own household



## Confidence

Gave me the confidence and coping strategies to live on my own





# Communication Skills

Gave me the communication skills to speak for myself and communicate my wants and needs clearly.



# Goals

Helped me to work hard and work towards my goals



# Thank you!

Does anyone have any  
questions?