

CAFE WEST

Catering and hospitality work experience for people with learning/ physical disabilities, autism and mental health needs in York



About us

Cafe West is a modern, bustling café set within City of York Council's West Offices.

It is a practical training environment for people with a range of needs who wish to gain work experience in a safe, supportive and welcoming environment.

Our credentials

United Response has over 45 years of experience supporting people with disabilities and mental health needs to live the lives they want. We're a top 100 charity with a person-centred approach, helping each person we support to do the things they enjoy and reach their goals.

Our support

At Cafe West, we work with each person to set up a support plan which includes learning goals tailored to them. Our support workers help every team member to reach their goals, whether that's learning to cook, handle money or become more confident. Our aim is to give everyone a route to their own version of independence.

Cafe West is for people with:

- Learning disabilities
- Physical disabilities
- Autism
- Mental health needs

We teach people:

- Customer service skills
- Money handling
- Food hygiene
- Hot and cold food preparation
- Creative cookery
- Food service
- Barista coffee-making
- Independence skills
- Employability skills

How does it work?

Cafe West is open from 9am - 3.30pm, Monday to Friday - with full and half days available. The staff at Cafe West are all trained in catering, hospitality and active support skills. They provide support and coaching to help each team member develop their skills and abilities.

Each person has a support plan created in their first few sessions. This plan includes everything they want to get out of their placement and sets mutually agreed goals to work towards. These plans are reviewed regularly to make sure the training stays relevant, focused and flexible.

Cafe West delivers one-to-one and small group support, depending on the task and current skill level.

As everyone learns differently, the training can be adapted to suit a variety of learning styles. This gives all team members the opportunity to learn at their own pace, in a way that makes them feel confident and comfortable.

A proven first step

Cafe West has proven to be a successful first step into mainstream employment for many of our enthusiastic team members. We have proudly bid farewell as they have gone on to paid and voluntary employment, equipped with the skills they learnt at Cafe West.

“I liked working at Cafe West because it gave me the skills to get a paid job.”



Where can I find out more?

For more information about the service we provide or to discuss a referral, please contact:

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