

# CAFE TRACK



## VIRTUAL COFFEE AFTERNOON

THURSDAY APRIL 2ND 12-2

TRACK nn Limited are a Northamptonshire based social enterprise which is supporting people on the autism spectrum to access employment. Through raising awareness and providing personalised training and consultancy, we aim to address the fact that just 16% of autistic adults find themselves in full time employment.

### Café Track

Café Track fully opened its doors to the public in January 2019, with several key aims

- 1) To provide a place where adults could develop employability skills in a supportive environment.
- 2) To provide a social space which meets the needs of individual customers, and host a range of events to allow people to attend, with the overall aim of reducing social isolation.
- 3) To provide high quality food and drink, and become part of the local community.

### What has Café Track done so far?

We run a trainee course with Northampton Town Football Club Community Trust which allows people to practice and develop their skills on a personalised level. This is seeing people develop a variety of skills and moving closer and into employment.

We are also mentoring 10 individuals and supporting them to access a variety of voluntary and paid roles. This is part of the Autism Forward scheme which provides funded 1-2-1 mentoring for individuals; showing success and allowing people to make progress at their own rates.

When we opened we placed an advert asking people to contact us if they were autistic and looking for a job, this led to around 50 people contacting us. We are now helping these people in a variety of ways including helping them to attend social events through to completing job applications.

We believe that innovation is key. Changing the way in which we look at the world and seeing the wider benefits of each decision we make. For example, one of the key barriers to recruitment at the moment is the nature of a “job interview” where people on the autism spectrum can struggle to demonstrate their true abilities. There are alternatives to this, which have been shown to be successful, and these are the ideas which can help to make a real difference.

If you require any further information, please do not hesitate to ask.