

## Profile: Barbara Whitehead - Fry Training

After qualifying as a chef, I worked in catering for three years, than married, and had my son. I was then at home for 15 years, at this time I trained and worked as a youth worker. I gained both basic and advanced qualifications in youth work.

I then took a full time post with KCC as a training instructor for YTS training young people to cook. This gave me the opportunity to get both teaching and training qualifications, and advance food hygiene and Health and Safety. I also achieved an RSA in counselling skills in the development of learning.

I have gone on to be a chef lecturer and to set up and run a cafe as a small business for a charity, after being made redundant I set up my own business, which has been running now for over 20 years. I am also a Dartford Lion in my spare time and help to raise funds for worthy charities including The Darent Valley Hospital.

Training Food Safety and Health and Safety:

I am a registered trainer with the CIEH (Chartered Institute of Environmental Health)

I have recently carried out training for:

- London borough of Barking and Dagenham
- London borough of Hammersmith and Fulham
- Age UK
- Tower Hamlets
- Hygiene Management Solutions.
- KCTA