Ffion Owen, Caernarfon

I was furloughed due to the coronavirus pandemic and unfortunately was let go as there was no work available, I was unemployed for 9 months prior to starting the Kickstart programme.

I was diagnosed with Asperger's at the age of 12, I have always struggled with building good relationships and socialising with people. I struggled with relationships and socialising in school and college and it was only after I turned 18 and I started researching Asperger's and the challenges I face and other peoples experiences that made me realise why I struggle and made me aware of the issues I face.

I am back in a working environment which has helped a lot as its relieved my financial stress worries. The way the programme is structured and the way I have been helped by my Colleagues and Manager has been fantastic. During the programme I have had multiple buddies who have been able to help me and helped me settle in and feel comfortable in work. I have built relationships and friends during my time here and it’s helped me to deal with any difficult situations I have faced. The Manager and colleagues understand I have Asperger's and have structured my timetable and workload into a routine which has helped me settle very well and feel comfortable in work. In summary I am happy here and am growing in confidence everyday and looking forward to the next steps of the programme.

Following the programme I am hoping to gain full time employment with Tesco as I'm happy here, I'm growing accustomed to this working environment and its becoming natural to work here and I would like to develop a career within Tesco.