



FRESH YOUTH ACADEMY 25 Bertram Street, London, N19 5DQ

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Ref: Ravi Jeetoo

Friday 5th February 2010

To whom it may concern,

I have known Ravi for 4 years in the capacity of his employer. Ravi was employed as a Health and Fitness Educator from September 2003 to Feb 2007. His job included working with diverse groups of young people. He has delivered programmes to groups and has worked closely on a one to one basis. Ravi has proved his ability to deliver our service to the following projects, The Leighton Project and The Harrington Group, Leaving Care Group, YOT (Youth Offending Team) and Summer University. His main area was working with LDD (Learning Difficulties and Disabilities) young people with a variety of conditions such as Autism, Aspergers, Cerebral Palsy, Down Syndrome and young people with challenging behaviour and mental health issues. He built up an excellent rapport with all his clients and other professional organisations. Part of Ravi's working day included one to ones with his clients, helping them with health and fitness programmes, supporting them with their basic education and mentoring them in their everyday lives. As an Advanced Instructor, Ravi, also delivered specialised programs to clients with, Asthma, Hypertension, Diabetes, Obesity and other such conditions. Ravi has displayed patience and commitment to all the young people he has worked with.

In 2006, Ravi organised and delivered a successful project called Fresh Look. A project about young people with eating disorders, he wrote the program and secured the funding, which is still ongoing today. He also delivered a Gym Instructor Course at NVQ Level 1 to young students.

Ravi has excellent written and verbal skills, is extremely organized, he can work under his own initiative and as a team player. He is able to multi-task to ensure that all projects are completed in a timely manner.

Over this period of time Ravi has attended a number of training courses we have provided over 4 years he was with us. These are Health and Safety, i.e. activity risk assessments and building, challenging difficult behaviour, child protection, disabilities awareness, sexual health, drugs awareness, eating disorders. Over the four years Ravi attendance was 100%, he had no sick days off over this period.

It has been a pleasure working with him and Ravi would be an asset to any employer. I recommend him for any endeavour he chooses to pursue.

Feel free to contact me if you have any questions
Yours Sincerely

A.Cummings

Avie Cummings
Project Manager
Fresh Youth academy

