

## MEET THE CHEF

For those of you who don't know me I thought I'd write a brief note to explain how I got to where I am now, a London based Private Chef.

I always wanted to work for myself. I'm not entirely sure why, but I'm pretty sure it has something to do with my Granny who is a huge inspiration to me. She ran a turkey farm in Northumberland for over 40 years and thanks to her (not solely of course) I have had a very fortunate life so far. Her hard work paid off and watching her as I grew up taught me a few things about what it means to run your own business.

Of course, like many others I've had to jump over a few hurdles along the way. I faced cancer in my childhood and IBS in my twenties, but I've learnt to take things in my stride and figure out the best solution to the problem in hand.

During university holidays I headed to Scotland and worked the sporting season as a cook. Although I loved the experience, it didn't occur to me that this was something to pursue and so after completing three consecutive seasons I thought it was time to explore the opportunities the corporate world had to offer.

A few years after university I became unwell and it took almost a year of appointments and tests for me to be referred to a Nutritionist. Thankfully I finally had an answer to my issues and I started a new challenge - learning how to manage living with IBS.

By concentrating on my diet, eating habits and exercise I began to see marked improvements and came to the conclusion that my priorities needed to change. It was clear my health needed to come first. Realising that I was in a job that just wasn't right for me, I decided that life was too short and so it was time to take a risk and do something I enjoy/love. I wanted to do something that I'm interested in and thrive at. Catering was the obvious answer.

Now my health is back on track with an increased awareness of the importance of good food and lifestyle. I'm happier, have got my determination back and have been loving life back in the kitchen, even if it is washing dishes in buckets of cold water at a wedding or completing a 16-hour shift in the kitchen!