

Organisation name StartaFresh - Christ Church, Stamford
Opportunity Volunteer Befriending group cook
Address Christ Church, Green Lane, Stamford
Contact name Katie Blay, Project Coordinator
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Volunteer Commitment

Two sessions per month, each session requires approximately four hours.

Description

The Befriending group meets three afternoons a week and provides vulnerable adults with a place to socialise and feel part of the local community. Members are encouraged to form new relationships and take part in a range of activities which will improve their skills for life.

Your volunteer role will be to support and encourage a small group of adults in preparing and serving a meal to group members (catering for a maximum of 25). You will be part of a team, working alongside a volunteer cook, befriending group volunteer and have on hand the support of the project co-ordinator. You will be required to buy the ingredients in advance and during the session offer guidance on preparing food; raising an awareness of the importance of food hygiene and healthy living. Participants in this activity will not only develop new skills they will reclaim their self-esteem and confidence, bringing about real change.

Skills & Qualifications Required

To be able to establish a role based on confidentiality and trust, adhering to the organizational policies and mission of Christ Church

To have fundamental 'cooking' skills and the ability to motivate and enthuse others. An awareness and understanding of the reasons for social exclusion; experience of working with vulnerable adults, in an education or health setting is an advantage.

To be non-judgmental, non-discriminatory and demonstrate respect for other people's point of view.

Policy & Procedures

An informal discussion, followed by an interview, submission of a completed application form, CRB check and two references will be required by all applicants

Successful applicants will be issued with a Volunteer Handbook and copies of policies and procedures.

Training & Support

All volunteers have the benefit of ongoing support from the 'StartaFresh' co-ordinator who will function as their 'line manager' and with whom they will have regular 1:1 meetings and may speak to for advice and guidance as required.

Volunteer team meetings are held every four months; it is hoped that volunteers will attend these meetings.

Date 17 May 2011