



## Social Inclusion Begins with TRUST

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## Kitchen Volunteer

## Belmont Lane

Assisting within our busy Kitchen the volunteer role involves working alongside service users, supporting their engagement in a range of activities including coordinating the preparation of healthy meals, menu planning and supporting the kitchen team to maintain systems for food hygiene. You will have the opportunity to liaise with the garden department and use fresh, seasonal produce grown in the CHT market garden. This position would be ideal for someone who already has experience of working within a busy kitchen or cafe environment with vulnerable groups such as, learning disability, mental ill health, homelessness etc. however this experience is not essential as training will be provided. This is a great opportunity for you to contribute your existing skills and knowledge to others within a therapeutic environment and to become part of the wider CHT team.

You will receive an induction and day to day guidance and support from a staff member. You will also have the opportunity to participate in training including mentoring skills, mental health awareness, group working and risk awareness.

Applicants for this position will be required to complete a PVG (Protection of Vulnerable Groups) check. This will not incur any cost to the volunteer. Applicants for this position are required to be available for a minimum of 1 day or more per week, from 9.30am until 4.30pm, and preferably be available for a minimum of six months after the initial trial period. We are looking for a volunteer with:

### Knowledge and Understanding

- Solid knowledge of food and kitchen hygiene
- Good understanding of nutrition and how to prepare / serve healthy meals

### Skills and Abilities

- Must have Basic Food Hygiene certificate
- Ability to communicate with vulnerable adults with additional support needs
- Ability to work as a member of a team or independently when necessary
- Ability to cook a range of simple healthy meals

### Personal Attributes

- Positive, self motivated and enthusiastic
- Reliable

Contact Kelly Ann Stewart for an application pack on 0141 334 6888 or [kellyann@thecht.co.uk](mailto:kellyann@thecht.co.uk)

