

# Volunteer Role

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Are you friendly, organised and good with people? This role is all about supporting and enabling young people to get involved in our Kitchen Kick Start cookery sessions and is a really fun opportunity for you to get experience in this area.

## A little about Kitchen Kick Start

This project supports young, 16-25 year olds who are living insecurely to improve their cooking skills and confidence in the kitchen, covering things like healthy diets, budgeting and weekly meal planning.

Sessions are run in local community kitchens and youth centres, or in the shared kitchens within the housing the participants live in.

## Purpose of volunteer role

Volunteers will help our cookery leaders in our Kitchen Kick Start cookery project to ensure the smooth running of our courses, whilst helping to enable participants to get involved.

## Locations

- Brighton and Hove
- East Sussex – for example: Eastbourne, Hastings, Newhaven
- West Sussex – for example: Bognor, Worthing, Shoreham

## Key tasks

- Helping the cookery leader with prep and cleaning and washing up before and after each session
- Welcoming participants as they arrive
- Communicating and engaging with members of the group and to help them to participate in the session
- Ensuring health, safety and food hygiene standards are met
- Supporting the cookery leader with registration and evaluation paperwork as required

## Person specification

- Good listening skills
- Good communication skills
- Experience of working with diverse and vulnerable people
- An empathetic and non-judgemental outlook
- The ability to work as part of a team in a confidential, safe and boundaried way
- A flexible approach in supporting people
- An interest in food and cooking
- Outgoing, friendly and supportive individual who is able to demonstrate patience and understanding

**Time commitment**

- Roles vary from flexible hours to a regular weekly commitment, but we ask you to commit to a minimum of 3 months. Day time and evening shifts available.

Travel expenses and will be covered and food provided, and relevant training will be when required.

Please note – all successful volunteer applicants will be subject to a DBS check upon registration, as this post is exempt from the Rehabilitation of Offenders Act 1974. Requests can be made for our Recruitment of ex-offenders policy. All information will be kept strictly private and confidential.

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