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**Volunteer Cooking Assistant**

**3-4 hours per week**

**Thursday afternoon 2:30 till 6:30**

**Monday 10:30 till 2:30**

**Tuesday or Wednesday 10:30 til 2:30**

**Cyrenians Cook School**

**66-68 Jane street Leith**

**EH65HG**

**Overview**

At the Flavour and Haver Cook school we endeavour to create a welcoming space for people to come together and eat food together.

Our aims are to improve nutrition and cooking skills by offering a 6-week block of cookery classes. Participants attend 1 class a week that are designed to assist them in developing basic cooking skills, in order to help them to live more independently and cook confidently. The recipes are easy to follow and all on a ‘health’ theme in order to promote awareness of healthy eating.

We run five 6-week blocks a year and participants upon successful completion gain an accredited REHIS Elementary Cooking Skills certificate.

**What are the aims and expectations of the role?**

* To assist the cookery tutor in the delivery of a cooking class once a week (maximum 5-7 participants)
* Assist in setting up the class, welcoming participants (with new participants given an induction in simple hygiene and safety in the kitchen), cooking with the participants and clearing up with the participants at the end of the class.
* To work in a busy kitchen and respond to a variety of scenarios as they occur.
* Participants will be from different backgrounds, will not have met before and will have varying needs: you may be working with participants who have a criminal record and have served their sentence or are out on parole; most will have experienced homelessness and many are still in temporary or hostel accommodation; some will have moved or be moving into their own accommodation; and some participants have mental health issues, learning difficulties, or have addictions.

**What kind of volunteer are we looking for?**

**Essential**

* 18 +
* Being a member of the PVG Scheme (we process)
* Able to work with individuals with different support needs.
* Enthusiasm for cooking and to enjoy being with people.
* Reliable and good time-keeping.
* Non-judgmental
* Respectful of confidentiality

**Desirable**

* Good listening skills
* Friendly and approachable personality
* Cooking skills

**What can you gain from this opportunity?**

* You will be offered training in an Elementary Food Hygiene course unless you can show that you have recently undertaken one.
* Be a part of the food education community
* Certificate at 50 hours volunteering
* Meet new people
* Gain further understanding in food insecurity

**Further Info**

**Expenses**

We cover local travel costs at public transport rate or mileage, and £2.50 or a meal if volunteering over 4 hours at one time.

**About Cyrenians**

Cyrenians is over 50 years old. We began with the creation of an innovative community to meet the needs of a group of homeless people who had fallen through the cracks of whatever support was available at the time. Our roots lie in responding to the injustice of homelessness.

We have spent the last five decades journeying with people grappling with the causes and consequences of homelessness through building and nurturing of trusted relationships and engaging with social exclusion and inequality which has so often been at the root of their tough reality. We are values-led and relationship based; our core values are Compassion, Respect, Integrity and Innovation.

Cyrenians’ head office is based in Edinburgh, with smaller offices in other areas, including Falkirk and West Lothian. Cyrenians is a Scottish Charitable Incorporated Organisation (SCIO), registered charity SC011052.