



## Midlothian Garden - Volunteer Cooking Assistant

**3 to 4 hours a fortnight**

**Second Tuesday and last Thursday of the month, 10am – 2pm**

**Midlothian Community Hospital Garden**

**70 Eskbank Road**

**Bonnyrigg**

**EH22 3ND**

### Overview

At the Midlothian Community Hospital Garden we invite people to come together to garden and eat. By bringing people together in a safe space, we help to combat social isolation, make friends, enjoy a home-made nutritional meal while learning about volunteering and training opportunities in the garden. It directly aligns with the organizational goal of addressing homelessness by tackling underlying causes like social isolation and lack of support networks. By nurturing a sense of belonging and community, the garden helps mitigate factors contributing to homelessness while empowering participants with essential life skills and resilience. This is a proactive approach to addressing the root causes and consequences of homelessness.

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

Love cooking? We're looking for volunteers to help support the Volunteer Head Cook to prepare and make community meals in the gardens using our outdoor kitchen. Meals are for around 25 people from the volunteer team and wider community.

You'll work as part of a team to make soups and meals using ingredients from the garden and the FareShare Larder as well as local purchases.

On arriving at your volunteering session, you will work with a team to set up the outdoor kitchen by cleaning it down and bringing all the necessary equipment into the space. Then you will take guidance from the lead cook to prepare and cook the meal. After enjoying the meal with the rest of the team, you will work together to wash dishes, wash down the kitchen and clear away all of the equipment. Any leftovers are divided up for community members to take home.

Meals take place twice a month on the 2<sup>nd</sup> Tuesday and last Thursday of the month.

## What kind of volunteer are we looking for?

### Essential

- 18 +
- Content working in an outdoor environment whatever the weather
- 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?

- Enjoy delicious food in a warm community
- 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 and garden community
- 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.