



Volunteer Role Description:

Role Title: Cooking Session Volunteer

Location: Training kitchen, Wellspring Site, Beam Street, BS5 9QY

Time Commitment:

- 4 hours
- Fridays 10.30-2.30

Role Purpose:

To assist in the delivery of cooking sessions designed to support and empower adults in the community by teaching them valuable cooking skills, promoting healthy eating, and fostering a sense of community.

Key Responsibilities:

1. Session Preparation:

- Assist in setting up the cooking area, including arranging utensils, ingredients, and equipment.
- Ensure that all necessary materials are available and ready for use.

2. Participant Support:

- Welcome participants and create a friendly, inclusive environment.
- Provide guidance and support to participants throughout the cooking session.
- Assist participants with various cooking tasks, ensuring they are engaged
- Promote good hygiene and safe food handling practices.

3. Instruction and Demonstration:

- Demonstrate basic cooking techniques and recipes as directed by the session leader.
- Offer tips and advice on cooking and nutrition to participants.

4. Health and Safety:

- Ensure the cooking area is kept clean and tidy.
- Adhere to health and safety regulations and guidelines at all times.

www.wellspringsettlement.org.uk info@wsb.org.uk
Settlement Site, 43 Ducie Road, BS5 0AX - 0117 955 6971
Wellspring Site, Beam Street, BS5 9QY - 0117 304 1400

5. Post-Session Duties:

- Assist in cleaning up the cooking area after the session.
- Help with the storage of equipment and leftover ingredients.

6. Community Building:

- Encourage social interaction among participants to build a sense of community.
- Support participants in gaining confidence and developing independence in the kitchen.

Skills and Qualifications:

- Basic knowledge of cooking and kitchen skills.
- Patience, empathy, and understanding of the needs of vulnerable adults.
- Good communication and interpersonal skills.
- Ability to work as part of a team and follow instructions.
- Reliability and punctuality.
- A positive and encouraging attitude.

Benefits:

- Opportunity to make a positive impact in the community.
- Gain experience in supporting and working with vulnerable adults.
- Develop cooking and teaching skills.
- Meet new people and be part of a supportive team.

Training and Support:

- Initial induction and training on food safety and hygiene.
- Ongoing support and supervision from the session leader.
- Opportunities for further training and development.

Application Process:

To apply for this volunteer position, please contact Harriet at harriet.wylie@wsb.org.uk

This role description outlines the main duties and requirements for volunteers supporting cooking sessions for vulnerable adults. It's designed to attract individuals who are compassionate, reliable, and interested in making a positive difference in their community.

JRG date: 26.06.24

www.wellspringsettlement.org.uk info@wsb.org.uk
Settlement Site, 43 Ducie Road, BS5 0AX - 0117 955 6971
Wellspring Site, Beam Street, BS5 9QY - 0117 304 1400