

# The Stuart Low Trust



bringing people together for better health and wellbeing

## Friday Evening Food Preparation Volunteer Role

We are looking for people who would like to join our friendly and dedicated team of kitchen volunteers in preparing a cold, nutritious buffet meal at our Friday Evening Events.

This is a good opportunity if you are looking for a regular volunteering commitment with lots of opportunity to interact with participants, Hosts, kitchen team and staff.

We are looking for people who can offer a regular Friday evening commitment, from 5.30pm to 7.30pm, for at least 6 months.

As a Friday Evening Food Preparation Volunteer you will:

- have training and support from a kitchen mentor
- be part of a committed, fun and dedicated kitchen team whose roles include buttering bread; washing and chopping salads and fruit; preparing sandwich fillings; making hot drinks
- be offered something to eat and drink whilst you are volunteering
- be a valued member of The Stuart Low Trust team
- be invited to regular kitchen team meetings
- be invited to regular volunteer get togethers
- have individual support available
- be eligible for a reference from The Stuart Low Trust

Qualities we are looking for include:

- Willingness to be part of a team
- Ability to arrive punctually in time to start preparing the food at 5.30pm
- A mature, courteous and professional disposition
- An awareness of mental health issues
- It would be desirable to have previous volunteering experience, but not essential
- A sense of humour and an ability to stay calm and centred
- Willingness to abide by The Stuart Low Trust Code of Conduct

Please return your completed application to Hannah Kalmanowitz, Chief Executive, The Stuart Low Trust, Office 3, Claremont, 24-27 White Lion Street, London N1 9PD or email [hannah@slt.org.uk](mailto:hannah@slt.org.uk)

If you have any questions about the application please contact Hannah on 020 7713 9304 or email [hannah@slt.org.uk](mailto:hannah@slt.org.uk)

Claremont, 24-27 White Lion Street, Islington, London, N1 9PD  
Tel: 020 7713 9304 Email: [info@slt.org.uk](mailto:info@slt.org.uk) Website: [www.slt.org.uk](http://www.slt.org.uk)  
Company limited by guarantee registered in England No. 5001948  
Charity Registered in England & Wales No. 1102325

