

# The Stuart Low Trust



bringing people together for better health and wellbeing

## Friday Evening Tea & Food Servers Volunteer Role

We are looking for people who would like to join our friendly and dedicated team of kitchen volunteers in serving hot drinks and the freshly prepared cold 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 6.30pm to 8.30pm, for at least 6 months.

As a Friday Evening Tea & Food Server Volunteer you will:

- have training and support from a kitchen mentor
- be offered something to eat and drink whilst you are volunteering
- be part of a committed, fun and dedicated kitchen team
- 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 serving hot drinks, then food at 6.30pm
- A mature, courteous and professional disposition
- Feeling confident in asking participants what choice of food/drink they would like
- Willingness to help clear up afterwards (we use paper cups/plates, so minimal washing up)
- 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)

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