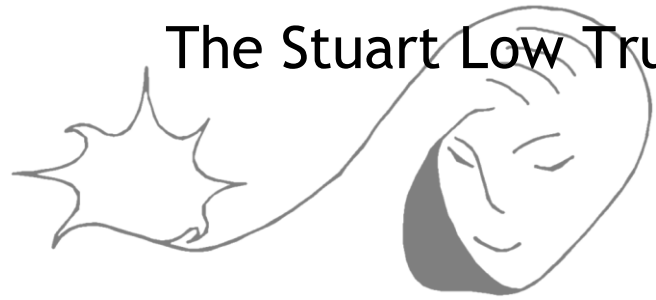




The Stuart Low Trust



bringing people together for better health and wellbeing

Friday Evening Food Preparation Volunteer

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:

- be part of our volunteer Reward and Recognition scheme 'Tempo Time Credits'
- 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 Rosie Gaston, Operations and Communications Manager, The Stuart Low Trust, Office 1, Jean Stokes Community Centre, Carnoustie Drive, London N1 0DX or email info@slt.org.uk

If you have any questions about the application please contact the office on 020 7713 9304 or email info@slt.org.uk

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