**Eat Well – Community Support Role Description**

**Purpose of the role:**

To set up or assist with cookery classes, events and talks to promote healthy eating within the community.

**What a community support volunteer might do in this role:**

* Set up and run Healthy Eating workshops which demonstrate good food choices, kitchen skills and menus
* Set up and run cookery courses on a specific theme or with specific audience in mind e.g. Beginners for Men
* Give talks about the benefits of healthy eating
* Assist at Healthy Eating events by manning stalls, leafleting, promoting events
* Provide practical support at events or classes, food preparation, tidying and washing up, meeting and greeting, laying out chairs etc

**Personal qualities most suited to this role:**

* Good communication skills
* Understanding of confidentiality
* Sense of humour
* Understand the needs of and be able to empathise with older people
* Patient and sensitive
* Reliable and honest
* Commitment to the project and agreement to attend training sessions
* Interest in nutrition/ Knowledge of healthy eating
* Culinary background

**Training:** Food hygiene certification will be necessary for event organisers, which we can arrange and pay for. Further training and support is also available.

**Location:** Various venues in the borough of Barnet

**How much time is involved?** Varied, as agreed with the Eat Well Live Well Project Manager. Courses run weekly and are between 3 -10 weeks.

**What you can expect from us:** Age UK Barnet will cover agreed out of pocket expenses for volunteers (e.g. travel costs). We will also insure you for personal and public liability for the time you are volunteering with us providing what you do is risk assessed and agreed. We are happy to provide references for our volunteers.

We accept volunteers from all backgrounds and welcome applications from those with disabilities or health conditions.

**Responsible to:**

Karen Williamson, Project Manager Eat Well Live Well

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