



**KINGSTON CARERS'
NETWORK**
Improving the lives of carers in Kingston



Cooking Volunteer Wednesday Evenings – Term Time Role Details

Background:

Kingston Carers' Network is a charity that supports carers in the Royal Borough of Kingston upon Thames. Young carers are children and young people who have a caring responsibility for someone in the family home who has a disability, long term illness, mental health problem or substance misuse issue. Our Young Carers' Project supports carers who are between the ages of 5 – 18.

How you can help:

We are looking for an enthusiastic volunteer with a passion for cooking to prepare a healthy meal for the young carers who attend our drop-ins on a Wednesday evening (term time only).

Our Wednesday evening drop-in provides a safe space where young carers can have a break, spend time with friends and enjoy a healthy meal. There are usually up to 15 young carers.

Possible tasks include:

- Food preparation
- Cooking the meal
- Serving food

Time Commitment:

- Wednesday evenings (term time only) 5:00pm – 7:30pm
- A commitment of at least 6 months

Location:

- Searchlight Youth and Community Centre, Kingston Road, New Malden, KT3 3RX

We ask that you would:

- Carry out Food Hygiene training (we will cover the cost of all training)
- Undergo an Enhanced DBS check

Benefits:

- Use your cookery skills to help young people in your community
- Provide a hot meal for young people who may be living in food poverty
- Gain experience
- A chance to give back

Expenditure:

- Your travel expenses will be reimbursed
- We will cover the cost of food hygiene training
- We will provide the ingredients and equipment

The qualities and attributes we are looking for:

Ideally you will have a certificate in food hygiene; however, we are happy to fund training.

A great Cooking Volunteer will be:

- Confident in the kitchen
- Reliable
- Friendly (often the young carers like to lend a hand)

What happens next?

- **If you are interested in applying for the role, or would like to find out more, contact Aisha at volunteering@kingstoncarers.org.uk or 07458 305 350**
- Aisha will then send you an application form to complete
- Once this is returned, Aisha will invite you to have an informal chat, either over Zoom or in person
- If you decide to go ahead, Aisha will send off for your references and DBS (criminal records) check, and you will complete your online food hygiene training and safeguarding training
- You will then be ready to get started! You will start on a 4-week trial basis before committing to the role

At Kingston Carers' Network we are committed to safeguarding and promoting the welfare of children and vulnerable adults. We expect all volunteers to share this commitment. Safer recruitment practice and background checks will be undertaken before any role is offered.

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