



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



**Young
Carers'
Project**



Kitchen Volunteer (Wednesday evening or Monday afternoon) - Role Details

Background:

Kingston Carers' Network is a charity that supports carers in the Royal Borough of Kingston upon Thames. A carer is someone who is providing support, unpaid, to a friend or family member who has a physical illness, disability, ill mental health 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 a kind, friendly volunteer who will prepare and serve food and drinks at our 'drop-in' for young carers on a Wednesday evening or Monday afternoon. The drop-ins are an opportunity for young carers to meet together, take part in fun activities and seek advice from our Support Workers. We always provide tasty and nutritious food and snacks for the young carers.

Possible tasks include:

- Food preparation
- Serving food
- Washing up
- Interacting with the young people
- Others – if you have a skill that you think would be beneficial, please let us know!

We ask that you would:

- Lend a hand in the kitchen at the Young Carers' Drop-In
- Carry out Level 1 Child Protection Training and Food Hygiene training
- Undergo an Enhanced DBS check

Time Commitment:

- **Monday afternoons (term time) 3:30pm – 5:30pm
AND/OR**
- **Wednesday evenings (term time) 6:00pm–8:30pm**

- Do not worry if you can't commit to every week, we are grateful for any help you can offer
- A commitment of at least 6 months

Location:

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

Benefits:

- Gain experience working with young people
- A chance to give something back to the community
- DBS check
- Ongoing support from the YC team and Volunteer Coordinator

Expenditure:

- Your travel expenses will be reimbursed.

The qualities and attributes we are looking for:

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

A great Kitchen Volunteer will be:

- Reliable
- Committed
- Patient
- Non-discriminatory
- A good communicator/listener

If you would be willing to drive a group of young carers to and from the drop-in this would be extremely helpful, but is not necessary.

Training will be provided on:

- Child Protection
- Food hygiene

Due to the nature of the role, all volunteers must undergo an enhanced DBS check.

Feel inspired?

If you would like to become a Kitchen Volunteer, or would like to find out more, contact **Lyndsey** at volunteering@kingstoncarers.org.uk or **0203 375 8226**.

Supported by...



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