



Wellbeing Volunteer

Role Description

Role: Wellbeing Assistant (to support the delivery of Wellbeing sessions)
Responsible to: Community Food Worker
Days/Hours of Work: Flexible 2-3 hours per session

Activities:

- Assist at Wellbeing events:
 - Eat Well, Be Well 4 week course:
 - Support Community Food Worker in the delivery of sessions (e.g. prepare good, arrange equipment, go shopping if necessary)
 - Help Community Food Worker to prepare information and participants hand book
 - Respond to Community Worker's needs in the session (no direct session delivery involved)
 - Help Community Food Worker to wash up and tidy after the session
- Cook and Eat/Try and Taste sessions
 - Support Community Food Worker to:
 - Help shop if necessary for session, prepare food, talk with the participants, help set out equipment etc
 - Help wash up and tidy after the session
- Community Display/Public Information
 - Support Community Food Worker to:
 - Help shop if necessary for display
 - Help arrange and set up displays, give out leaflets etc , welcome members of the public who attend the display
 - Help take down the displays and help to tidy and pack up



Support from SCFI

- Full support/guidance will be given to complete any activities involved with the role
- Supervision will be tailored to ensure that both you and SCFI are happy with all aspects of the role.
- Opportunities will exist for any related training or professional development
- All associated expenses will be covered by SCFI

Person Specification

- You should be a friendly, reliable and committed individual. No previous experience is required but you should be motivated to help your community and have some skills that would enable you to carry out the above activities (SCFI are committed to Equal Opportunities)
- In all activities close liaison with a Community Food Worker and the Project Manager would be anticipated and an expectation of reliability and commitment would be expected from those wishing to get involved with Skelmersdale Community Food Initiative on this voluntary basis
- Volunteers would be expected to avail of training and in-house workshop opportunities provided by SCFI on a regular basis

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