

**Cooking and Community Support Volunteer**

**1 day per week on Tuesdays**

 **Deadline: Friday 23 August 2019**

**About Us**

Room to Heal is a human rights charity and therapeutic community based in London. We support refugees and asylum seekers who have survived torture, trafficking and other gross human rights abuses to rebuild their lives in exile through an integrated programme of therapeutic and casework assistance. At the heart of our work lies the cultivation of community, through which our members can restore meaningful relationships with themselves and others, overcoming the legacy of their traumatic experiences. We have over 100 members from 30 different countries.

**About the role**

Tuesdays are the busiest days for our community – being the day that our members attend for group therapy, a community lunch and afternoon activities. We are looking for a volunteer to support us throughout the day.

* Supporting our existing volunteer chefs to shop for and prepare a meal for the community. Take charge of preparing the meal when they are not available.
* Facilitate the tidying up process (which our members take an active part in).
* There’s also the opportunity to help facilitate afternoon activities if this is something that would interest you (such as therapeutic gardening, winter craft workshops, etc).

We would provide regular supervision to you in this role and we would need to do a DBS check. We are looking for a minimum of 6 months commitment.

**We can offer:**

* monthly non-clinical supervision with a therapist
* travel fare reimbursed

**Person Specification**

Essential:

* Available on Tuesdays (minimum 9.45-2.30pm with the opportunity to stay until 4pm for activities)
* Excellent interpersonal skills
* Ability to deal sensitively and empathically with vulnerable people
* Enjoys cooking
* Adaptable to our organisation’s needs
* Ability to work independently and to take initiative
* Significant interest and/or experience in working in a community setting and in a team.
* Flexible to any other roles that might come up
* Commitment to adhering to confidentiality

Desirable:

* Knowledge and understanding of issues facing asylum seekers and refugees
* Interest in helping to facilitate activities

**How to apply**

Please send a CV and a cover letter outlining how you meet the person specification and why you are interested in volunteering at Room to Heal to Anna@roomtoheal.org and feel free to get in touch if you have any questions.