



## **Community Cooking and Gardening Support Volunteer**

**Friday afternoon (1.00-6.00pm)**

**Minimum 6 month role**

Room to Heal is a human rights charity and therapeutic community based in London. We support refugees and people seeking asylum 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 support over 100 members from 30 different countries.

### **About the role**

As a volunteer working with vulnerable people we will ask you do complete a DBS check. This is an exciting opportunity to get involved with our community. You will be working as a team with another volunteer.

### **Your tasks will include:**

- Opening up the garden and setting up the kitchen, together with the chef of the day
- Helping to organise all aspects of the meal: arranging to meet at a clear time with our daily chef on the day, shopping together, helping our chef prepare the meal.
- Following our food safety and general health and safety guidance at Culpeper.
- Helping with our garden plot at Culpeper Garden (this could potentially include weeding, harvesting and maintenance together with our members).
- Potential to help with casework and admin tasks if available in the morning as well, but no expectation of this.
- Have fun and become part of our community! Fridays are a core part of our community model, as we believe in the power of sharing food and gardening are beneficial to therapeutic work.

### *We can offer:*

- Regular supervision with a therapist

- Delicious freshly cooked dinner
- Travel fare reimbursed

### **Person Specification**

#### *Essential:*

- Available on Friday 1.00-18.00pm
- Excellent interpersonal skills
- Ability to deal sensitively and empathically with vulnerable people
- Enjoys cooking and gardening
- Likes working collaboratively in a team
- Adaptable to our organisational needs
- 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
- Basic gardening skills or interest in contributing to our small garden plot together with our garden volunteer.

### **How to apply**

Please send a CV and cover letter outlining how you meet the person specification for this role and explain why you are interested in volunteering at Room to Heal to Elli

elli.free@roomtoheal.org and feel free to get in touch if you have any questions, tel: **07515 461745**