



## YOUR VOLUNTEERING COUNTS!!

### Become a Cooking Support Volunteer

Help people with a learning disability and/or autistic people to learn cooking skills!

#### About the project:

We are looking for volunteers to help our participants to build their skills & confidence with cooking and to socialise and meet new people at the cooking sessions. This is a fun and rewarding way to help people develop their independent living skills and make meals they may not normally eat at home.

#### We are looking for Volunteers happy to:

- ✓ help with setting up/clearing tables, washing dishes and sweeping floors.
- ✓ support & encourage participants to follow recipes, meal preparation & cooking.
- ✓ help participants who wish to volunteer, to get involved in the project by offering prompts and guidance.

#### What we will offer you:

- ✓ friendly & supportive experience.
- ✓ Personal & professional development.
- ✓ training & certificates.
- ✓ references after 3-6 months.

#### Our ideal volunteers:

We would love to hear from people who:

- ✓ have a friendly & positive outlook.
- ✓ have good communication & listening skills.
- ✓ are kind, helpful & caring.
- ✓ are passionate about making a difference to the lives of others.
- ✓ basic cooking knowledge & experience.

An DBS check & 2 references are required to volunteer for this role.

**When:** weekly on Mondays, 10am – 12pm & 2pm – 4pm.

**Where:** South Shields.



Rachel enjoys helping people at the weekly cooking class. She is training to be a teacher and has found volunteering really useful.

For more information contact us on **0191 478 6472** or **volunteers@yvc.org.uk**.  
Please visit our website: **www.yvc.org.uk** to make an enquiry.