



Volunteer Role Profile



Eating Together Host (Wednesday or Saturday)

The Food Chain provides nutrition services including essential groceries, communal eating sessions, cookery classes and nutrition advice to people living with HIV. We aim to ensure that no one living with the virus has their ability to get well and stay well adversely affected by lack of access to appropriate food. All our services are provided with the help and support of around 150 volunteers.

What is Eating Together?

Eating Together is a communal lunch held every Wednesday and Saturday at our kitchen in Kings Cross. The service aims to combat isolation amongst people living with HIV in London by bringing groups together for a hot, nutritionally-tailored meal and some good conversation. It is also designed to improve participants' mental wellbeing, energy levels, confidence and independence by offering the opportunity to meet new people, share experiences and learn more about healthy eating and other relevant topics. At every sessions there is a guest speaker, past speakers have included Love Food Hate Waste, YMCA and CAB. Service Users can attend as many Wednesday and Saturday sessions of Eating Together as they like over a three month period.

What does the role involve?

Eating Together Hosts ensure that sessions run smoothly and that Service Users have the best possible experience. There are two volunteer Hosts at every session. Tasks include setting up and laying tables, welcoming Service Users, preparing any hot drinks required and ensuring that Service Users, particularly any first timers, are integrated and are involved in the group responding to any issues as they arise. You will also need to reinforce The Food Chains' messages of the importance of maintaining health and wellbeing and provide emotional support to Service Users. Many attendees at Eating Together may also be managing a mental health issue, commonly anxiety and/or depression and you will be trained in how to provide support to anyone should you need to. You get to eat lunch too! After the meal you'll join the kitchen volunteers clearing plates, washing up, making sure the kitchen is clean, stacking tables and chairs. This role is subject to amendments as the service evolves.

How often do I need to volunteer?

We hope for a commitment of one shift per month. Shift times are Wednesday or Saturday 10.00 – 3.00pm. This allows time for a briefing and set up before guests arrive and clear up time after the meal. You can volunteer on either or both days..

What training do I need to complete and what support will I get?

Volunteer Induction including basic HIV awareness

Food Hygiene Quiz (online)

Kitchen Skills and Health & Safety session

Service User Support training session

Support from staff whilst on shift and from The Food Chain's Volunteer & Services Manager in the office

Expenses: Travel expenses can be reimbursed in line with the Finance Policy, up to a maximum of the value of a zone1-6 travel card

What skills do I need to be a really good Eating Together Event Host?

AGED 18 OR OVER

Able bodied as there is lifting and carrying involved

Supportive and confident nature

Ability to demonstrate an inclusive and non-judgemental attitude

Willingness to provide a level of emotional support to service users

An interest in promoting health and wellbeing

Ability to remain calm in a busy environment

Ability to read and remember information

Organised and able to work in a systematic way