



Volunteer Role Profile



Eating Together Nutrition Assistant (Saturdays)

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. Service Users can attend as many Wednesday and Saturday sessions of Eating Together as they like over a three month period. At every session we have a talk – either about nutrition (Saturdays) or other support services (Wednesdays).

What does the role involve?

You'll start your shift by helping with the set up of the room and bagging up ingredients for the weekly raffle where five lucky attendees will win the ingredients for a two person portion of the recipe you'll talk through. At 11am our Service Users will start arriving and you'll be on hand to answer any nutrition based questions they may have. At 12.00 noon you'll deliver a talk on a specific nutritional topic e.g. lowering salt, fast food, the Mediterranean diet etc. and talk through a recipe related to that theme. All our talks come with pre-prepared lesson plans, which you will have access to in advance, but we're very open to hearing new ideas on how to make the topic engaging and interactive. Your Dietetic knowledge needs to be broad enough to field questions about the week's topic, plus any other questions that you may get asked. If you are unable to answer a question you can pass it on to the Dietitian to pick up. The talk and recipe run through will last about 30-40 minutes, leaving time for questions before lunch is served at 1pm. Over lunch (which you get to eat too!) you'll be available to answer any other questions people may have about nutrition – and just have a general chit-chat! After lunch you'll join the other volunteers to help make sure everything is washed up and the kitchen is left clean and tidy.

You *must* be a qualified Dietitian or Nutritionist to volunteer in this role and HCPC or AfN registered as appropriate. You also *must* have your own Public Indemnity insurance. **If you are a qualified Nutritionist you need to be aware of your own limitations if asked specific dietary questions.** You *do not* need to have specialist knowledge in HIV and nutrition. The talks are from a Public Health perspective.

How often do I need to volunteer?

We hope for a commitment of one Saturday per month. Shift times are 10.00am – 3.00pm

What training and support will I get?

- Volunteer Induction including basic HIV awareness
- Service User Support training session
- Food Hygiene Quiz (online)
- Kitchen Skills and Health & Safety session
- Support from The Food Chain's HIV Specialist Dietitians
- Support from Training & Volunteer Coordinator and other staff when at The Food Chain

Expenses: Travel expenses can be reimbursed in line with the Finance Policy, up to a maximum of a return tube journey from Zone 6

What skills do I need to be a really good Eating Positively Nutrition Assistant?

- Qualified Nutritionist or Dietician and AfN or HCPC registered– **essential**
- Have your own Public Indemnity insurance – **essential**
- Confident public speaker
- Ability to relay nutritional information in a user-friendly way
- A can-do approach and willing to chip in with whatever tasks might be needed
- BE AGED 18 OR OVER