

CAPE Kitchen Voluntary – Acton, London

About CAPE

Community Activities Project Ealing (CAPE) was founded 21 years ago, to meet the needs of individuals living with mental health needs in the local community. Our founding service was a safe place in the form of a Café where people could meet and take up peer support. This service continues to this day. However, over the years we have recognised that we are working with a wide range of needs that have an impact on an individual's mental health and wellbeing, so we have developed and continue to develop a suite of services, voluntary and training positions to respond to a wide range of needs. We focus on the individual not just the diagnosis, which encourages us to recognise that each person is different and has complex needs and so our response needs to be multi-layered.

Role outline and the difference you will make

We are looking for a passionate and dedicated person to join the team in our busy café in Acton West London. CAPE Recovery Centre Café operates as a professional business which is open to clients, staff and visitors 3 days a week.

The person we are looking for will have some skills in cooking. able to cook from a recipe. Ability to work with other volunteers who have mental health needs.

Think for themselves and be proactive.

What you will gain

- Catering and food preparation skills including making fresh food to order
- Support from Chef Manager
- Experience working in a busy environment
- Leadership skills
- Opportunity to put your own dishes on the menu
- Experience in communicating with people from diverse backgrounds and needs.
- lunch expenses reimbursed where appropriate.
- Basic till experience and cash counting.
- Monthly supervision by a professional
- Although we do not offer formal qualifications at this stage, you will be provided with a certificate of attendance and attainment at the end of your placement. This will include a food hygiene certificate. Which may be completed on line or by attending a course.
- Towards the end of your placement you will have access to CAPE Employment Coaching service to explore how you would like to use your acquired skills in the future.

Core tasks and what you will achieve

- Fresh food preparation and cooking to order for café

- Supporting café team with a range of tasks as required including health and safety tasks
- Counter work including training on the till
- Washing up and storage of equipment
- Baking skills and producing cakes for sale.
- Cleaning and food hygiene skills.
- Knife usage and catering skills.

The skills and experience we are looking for

- A desire to learn skills and gain experience in the catering field that will support you in the future.
- Ideally experience from working in a kitchen (at work or home)
- Sensitive to the needs of others and working with people from diverse backgrounds
- Passionate about food
- Flexibility and an ability to undertake a range of tasks
- Ability to follow guidance but also take the initiative when required
- Enthusiasm, patience and respect for others
- Reliable, adhering to the agreed days and times for training.
- An understanding of the importance of confidentiality and maintaining boundaries

Additional information

All CAPE volunteers

- Comply with CAPE policies including health and safety, data protection and code of conduct at all times
- To maintain the privacy and confidentiality of all accessible information about members and the organisation
- Be positive, productive and have the passion to learn

Some of the reasons you may be applying for this volunteer position might be

I'm interested in meeting new people

To make myself more employable

Sharing my skills and experience to help others

Give something back in my community

I want to develop new skills

To keep myself busy

Something enjoyable to do with my time



Time Commitment:

Flexible 4 hours per day. Mon, Wed and Friday. Minimum 2 hours per shift.

Locations:

CAPE Community Activities Projects Ealing
239 a/b High Street
Acton
London
W3 9BY
How to apply

Please see CAPE website for application form

For further information please call or email as below.

020 8896 2552 or email shelagh@capeproject.org.uk

CAPE Community Activities Projects Ealing
239 a/b High Street, Acton, London W3 9BY

