

Volunteering Opportunities

Friends, Food and More

At the Healthy Living Network we run a number of food projects in the community which require volunteers.



Wembrook Community Centre Superkitchen. Mondays 12 – 1.30pm

What Is A Superkitchen? It is a social eating space where people can eat a meal affordably, socially and for environmental benefit. There isn't a fixed menu because superkitchens are run using surplus food, which is just the same as what you buy in a supermarket.

We also run Friends, Food and More sessions at

The Newtown Centre, Nuneaton. Wednesdays 9.30 – 1pm

The Methodist Church, Bedworth. Thursdays 10 – 1pm

and there is Growing Families at Stockingford Community Centre, Nuneaton. Tuesdays 9.15 – 1pm.

Opportunities Available:

Breakfast Assistants (Superkitchen only)

Join us in the early slot where we serve around fifty breakfasts the school children and their families every week.

Volunteers are needed to take orders, prepare simple breakfasts such as scrambled egg, toast and cereals along with hot drinks and juice.

You will also be serving customers, making sure the kitchen and eating area are clean

Kitchen Assistants

A friendly and approachable person is needed to help set up the tables, clean the table clothes and work spaces.

You will then be responsible for laying out the tables, preparing vegetables, assisting with service, washing up and clearing the room away at the end of lunch.

There are also opportunities to help distribute the menu to local residents and to assist with food collections from Sainsburys in Nuneaton, taking food to the Wembrook Community Centre.

Volunteer Cooks

You will take an active role in cooking the food for the session.

Ideally you will have an active role in coming up with menu ideas and dishes to suit the people that attend our sessions.

You will need to be confident in the kitchen and be able to work to food safety regulations.

As a volunteer cook you will be DBS checked and required to complete a food safety certificate.

Shop Volunteer (Superkitchen Only)

At the Wembrook Community Centre we run an honesty shop where people can donate what they want for items of surplus food.

Volunteers are needed to run the shop. You will be required to create a display of all the food. You will then look after the shop, serving customers by taking whatever money they want to give.

At the end of the SuperKitchen you will be responsible for packing the shop away.

Bingo / games volunteer

We are looking for a confident, outgoing person who can play games with people.

You will be based at one of our Friends, Food and More sessions where we feed people as well as entertain them.

One week you might be a bingo caller, the next a card dealer.

You will encourage people to get involved, set up the games and show people how to play them.

We even don't mind if you come up with the games to play!

You will be required for a couple of hours a week. All expenses are paid.

Arts and Crafts Volunteer

At some of our sessions we run arts and crafts sessions where people can make a greetings card or have a go at knitting.

We need people to come and help run the sessions, showing off their arts and crafts skills and sharing them with others.

Greeter

A warm and friendly person is needed to welcome people to our food sessions.

You will sit on the door with a big smile as people come in.

In some cases you will be required to take entrance fees and keep a register of who has attended that day.

If you are interested in any of the volunteering opportunities listed, please give Michelle or Sally a call on 02476 322048. They will arrange to meet you for a chat and register as a volunteer. You are welcome to just turn up to any of the Friends, Food and More sessions and see what they are like.