



Role Description

Volunteer Cooks

About Foothold Cymru

Foothold Cymru is a social justice charity. A community-based organisation working to reduce poverty and helping people exercise their own strengths and skills to achieve lasting change.

We:

- Provide practical support for those on low incomes e.g. community-led growing schemes, our mobile Food Forward Clubs and community stores, lending schemes for tools, clothes and toys store, uniform bank, laundry facilities and ICT facilities.
- Offer learning opportunities for young people and adults both accredited training and practical skills such as DIY.
- Provide support to help people get back to work.

Our vision is to create strong, cohesive communities where individuals have the power to thrive and not just survive; with dignity and social and economic justice for all. We work with people to help them build the life they want by enabling them to take action.

We live in an unequal society. In Carmarthenshire alone the poverty rates stand at 35% of households. Too many people still fall through the gaps and don't have access to the same opportunities. Poor mental health, inadequate education, addiction, a low income, lack of affordable and secure housing and insecure or no work all contribute to a life of hardship that can be very hard to change.

Come and join us as a volunteer to be part of the change.

We are able to provide a range of opportunities and you will help us make a real difference to people.



Foothold Cymru is a charity registered in England and Wales No: 1188696

The Lord Arthur Rank Centre, Trostre Road, Llanelli, SA14 9RA

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CHANGING LIVES STEP BY STEP

What will you be doing?

Join the kitchen team to produce delicious, nutritious meals using surplus food. The meals are distributed in our Community Store helping people of all ages who are struggling to make ends meet. You'll be peeling, chopping, frying, mixing, boiling, serving and washing up and also having a lot of fun.

You don't need to have any previous cooking experience; you just need to get stuck in!

What's in it for you?

- Friendship, support and fun. You'll build lasting relationships with your local community, other volunteers and our participants.
- Build confidence and feel good about yourself - your contributing your valuable time to a community led project.
- Gains skill to add to your CV and a reference if / when you need it.
- Opportunity to participate in fundraising activities to help raise vital funds to support our work.
- Time credits for every hour of your time.

How will we support you?

- One to one support as required - this can either be done face to face (currently socially distanced) or on-line.
- Continued skill development through access to our e-learning platform offering a range of courses for which you get a certificate.
- Travel and expenses are covered.
- Support to move into employment or further training.

Key Commitment

Time Commitment: Flexible - as much time as you feel you can afford. What's important to us is that you keep helping us. Ideally 2 hours a week would be a fantastic help to us.

Getting in Touch

Just fill in our volunteer form or video your answers and we will be in touch asap!

For help with the form please email us at helenm@footholdcymru.org.uk



Cynllun Cymunedau y Dreth Gwarediadau Tirlenwi



Llywodraeth Cymru
Welsh Government