

## What will I do as a volunteer with FEAST?

Get involved in cooking and kitchen tasks such as cleaning, chopping and organising stock.



## How old do I need to be to become a volunteer?

You need to be over 18 years old to volunteer.

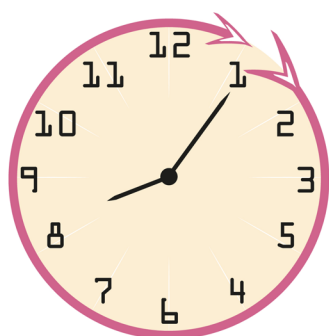
## Can I have one-to-one support during the sessions?

No. Unfortunately, we are unable to offer one-to-one support and volunteers must be able to be independent in the kitchen. If you need on-to-one support we can still talk about how you can help but you would need to be accompanied by a support worker.



## I don't have much time – Can I still volunteer?

Our cooking sessions are 3 to 4 hours long and we ask volunteers to attend at least 1 or 2 sessions a month. If you think you can commit to that we are happy to talk to you.





## Will volunteering affect my benefits?

Volunteering shouldn't affect your benefits but speak to your advisor to be sure.

## Will volunteering cost me money?

We will discuss at the initial meeting what expenses we are able to cover.



## How do I apply to become a volunteer?

The first step is booking a call to speak with us to see if volunteering with us would be a good fit for everyone. Use the link below:

<https://www.feastwithus.org.uk/volunteer>

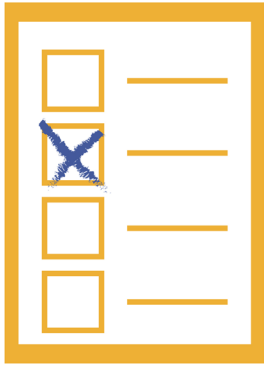
## Will I have to do an interview?

We would have a short call to talk to you about what you are looking for and what tasks you can help with. If all goes well during the first call we might book a meeting in one of the kitchens to discuss more details.



## Will I need to give references?

Depends on the role. We will talk about it during your phone call.



## What is a DBS check?

A DBS check is a Disclosure and Barring Service. This looks at if you have a criminal record.

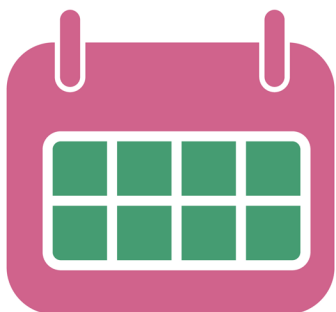
## Will I need a DBS check?

Depends on the role. We will talk about it during your phone call.



## I have a criminal record can I still volunteer?

It depends on if the role requires a DBS check. We will make a case-by-case decision about whether or not you can volunteer in this role.



## How long will it be from when I apply to when I start volunteering?

After you have completed your interview and training you can start immediately.



## If I apply, will I definitely become a volunteer?

We will see if your skills match the volunteering role, and see if there are any positions open that would be suitable for your skills.



## What training will I get as a volunteer?

We require cooking volunteers to complete a Basic food hygiene course, kitchen introduction and read our Volunteer Handbook.



## What support will I get?

Induction, Training, and follow-up calls and/or meetings. You will also have our Volunteer Coordinator whom you can go to for help, support and guidance.

## Can I get a reference when I finish volunteering?

Yes, you can, but require a minimum of 25 hours of volunteering work to be able to provide references to you.

A graphic element for the reference section, featuring the word "reference" in a bold, pink, sans-serif font. The text is enclosed within a thick, orange, hand-drawn style oval shape.

reference

## Whom should I contact if I have more questions about volunteering with FEAST With Us?

[Volunteer@feastwithus.org.uk](mailto:Volunteer@feastwithus.org.uk)

0207 871 0094

