

“I have no doubt that this has been the singular most effective mental health project I’ve seen in my 30 years as a social worker.”

Volunteer Healthy Eating Kitchen Assistant

About Us

Sporting Recovery provides an exercise programme to assist adults on their recovery journey. The uniqueness of our programme is that we combine a range of team and individual sporting activities and nutritional / lifestyle advice along with the opportunity for clients to gain nationally recognised qualifications. We support clients on their recovery pathway back into their communities. Our recovery model for mental wellness gives clients structure and promotes social interaction and peer group support.

This innovative community-based service is focused on adults with complex care requirements who often have concerning co-morbidity problems (e.g. illicit substance misuse and/or offending behaviour) and have difficulties accessing, trusting and re-engaging.

If you provide a safe, friendly and fun environment you can engage these hard to reach adults. First, treat them like regular people with the same desires to enjoy and succeed in their chosen sport/exercise.

About the Role

We are looking for volunteers to help deliver healthy food options for the users of our sports programme.

Volunteers will be supporting the Healthy Eating Kitchen Supervisor to:

- prepare food
- assist with cooking
- keeping the kitchen clean and tidy
- Helping to serve lunch
- Assisting with clearing up

The role will be very interactive with our programme users and there will be opportunity to meet a variety of adults from different backgrounds.

Volunteers will be required Wednesday 11:30 - 3pm and/or every other Thursday 10:45-2pm

What we are looking for?

We are looking someone:

- Who has an interest in preparing and delivering healthy food
- Interested in working with adults from a variety of backgrounds
- No experience necessary or qualifications required
- Friendly and approachable
- Able to work part of a team
- Over 18+

Benefits and other information

1. Volunteers will be required Wednesday 11:30 - 4pm and/or every other Thursday 10:45 - 2pm
2. On the job training and induction
3. Opportunity to develop coaching qualifications
4. Gain experience that can enhance their own employment
5. Perform a valued role within our programme
6. All travel expenses reimbursed to the value of a London Travel card and free lunch provided

You are more than welcome to visit one of our programmes to see if it is for you!