

Volunteer Role Profile



Volunteer Role

Healthier Me Cooking Volunteer

Volunteer Manager

Healthier Me Coach

Where you will be based

Community

Why we want you

Our Healthier Me programme plays a vital role in championing health and wellbeing across our community. The programme encourages others to make positive lifestyle choices and sharing practical tips on topics such as healthy eating, exercise, and mental wellbeing. By being visible, approachable role models, our volunteers help create a culture where everyone feels empowered to take steps towards a healthier, happier life.

What you will be doing

- We want volunteers who can help our Mencap Service teams and the people we support to learn how to cook healthy, tasty, and affordable meals.
- This role is about inspiring confidence and creating positive experiences around food.
- By sharing your passion for health and cooking, you'll empower people with a learning disability to make informed choices and develop practical skills that improve their wellbeing.
- You'll also help staff feel more confident in preparing nutritious meals within our services.

The skills you need

- Passionate about health and cooking and have knowledge of food hygiene.
- Good communication skills and ability to engage with people with a learning disability.
- Confident to lead sessions (with initial support provided).
- Encourage participation and create a welcoming, inclusive environment.
- Reliable and committed to Mencap's values.

What's in it for you

- To support people with a learning disability to live their lives. Induction and ongoing support from our team.
- Opportunities for relevant training (e.g., communication, safeguarding, health promotion).
- Reimbursement of agreed out-of-pocket expenses

Disclaimer

This role requires a DBS check - Enhanced Child and Adult