



Volunteering Title: Cooks

About Role: The Silver Lunch Club is held every Thursday from 11am – 2pm at the Goldsmith's Community Centre. The lunch is open to any older person who would like a bit of fun, some companionship, and a nourishing meal. We keep the meals simple so that they can be prepared on-site in 2 hours. The guests are very friendly and enjoy interacting with staff and volunteers.

Key Activities: To prepare a simple meal (main, vegetable/salad and dessert) for 15 people. Menu and shopping will be pre-organised, and we do encourage the cooks to be involved in the planning of meals.

Person Specification: You will need a Level 2 Food Hygiene Certificate (we can arrange for a training session if you do already have one)

Time Commitment: Thursdays, 11am – 1pm

Contact Details:

Anne Howell

Programme Manager

020 8698 3735

ann@ageingwellinlewisham.org