

## CAPE Kitchen Trainee (Voluntary) – Acton, London

### About CAPE

Community Activities Project Ealing (CAPE) was founded 20 years ago, to meet the needs of individuals living with mental health needs in the local community. Our founding service was a safe place in the form of a Café where people could meet and take up peer support. This service continues to this day. However, over the years we have recognised that we are working with a wide range of needs that have an impact on an individual's mental health and wellbeing, so we have developed and continue to develop a suite of services, voluntary and training positions to respond to a wide range of needs. We focus on the individual not just the diagnosis, which encourages us to recognise that each person is different and has complex needs and so our response needs to be multi-layered.

### Role outline and the difference you will make

We are looking for a passionate and dedicated person to join the team in our busy café in Acton West London. CAPE Recovery Centre Café operates as a professional business which is open to clients, staff and visitors 3 days a week.

You will train alongside the professional staff, trainees and volunteers learning essential catering skills, supporting the team in the delivery of freshly prepared contemporary food from a set menu, as well as daily specials.

### What you will gain

- Catering and food preparation skills/training, including making fresh food to order
- Support and direction from experienced kitchen team.
- Experience working in a busy environment
- Leadership skills
- Opportunity to put your own dishes on the menu
- Experience in communicating with people from diverse backgrounds and needs.
- lunch expenses reimbursed where appropriate.
- Basic till experience and cash counting.
- Monthly supervision by a professional
- Although we do not offer formal qualifications at this stage, you will be provided with a certificate of attendance and attainment at the end of your placement. This will include a food hygiene certificate. Which may be completed on line or by attending a course.
- Towards the end of your placement you will have access to CAPE Employment Coaching service to explore how you would like to use your acquired skills in the future.

### Core tasks and what you will achieve

- Basic fresh food preparation and cooking to order for café
- Supporting café team with a range of tasks as required including health and safety tasks

- Counter work including training on the till
- Washing up and storage of equipment
- Baking skills and producing cakes for sale.
- Cleaning and food hygiene skills.
- Knife usage and catering skills.

### **The skills and experience we are looking for**

- A desire to learn skills and gain experience in the catering field that will support you in the future.
- Ideally experience from working in a kitchen (at work or home)
- Sensitive to the needs of others and working with people from diverse backgrounds
- Passionate about food
- Flexibility and an ability to undertake a range of tasks
- Ability to follow guidance but also take the initiative when required
- Enthusiasm, patience and respect for others
- Reliable, adhering to the agreed days and times for training.
- An understanding of the importance of confidentiality and maintaining boundaries

### **Additional information**

All CAPE volunteers and Trainees are asked to:

- Comply with CAPE policies including health and safety, data protection and code of conduct at all times
- To maintain the privacy and confidentiality of all accessible information about members and the organisation
- Be positive, productive and have the passion to learn

Some of the reasons you may be applying for this trainee position might be

I'm interested in meeting new people

To make myself more employable

Sharing my skills and experience to help others

Give something back in my community

I want to develop new skills

To keep myself busy

Something enjoyable to do with my time

To help me in my journey to recovery

**Time Commitment:**

Flexible 7 hours per day. Mon, Wed and Friday.

**Locations:**

CAPE Community Activities Projects Ealing  
239 a/b High Street  
Acton  
London  
W3 9BY  
How to apply

To apply for the role please either [download our application form](#) and return by email, or follow the link to apply at the bottom of this page. If you need a printed copy, please contact us and we will be happy to arrange this.

Once we receive your application we will acknowledge receipt and explain the next steps to you.

For more information contact our Catering Coordinator on 020 8896 2552 or email [shelagh@capeproject.org.uk](mailto:shelagh@capeproject.org.uk)