



Improving the quality of life in our community by helping people to help themselves

LUNCH CLUB VOLUNTEERS

Background

The Ripple is a community organisation started by local people. The Ripple works alongside its dedicated volunteers to provide a wide range of well-used services in our community of Restalrig, Lochend & Craigentenny.

The Lunch Club

The daily Lunch Club provides a hot meal and valuable companionship to up to thirty vulnerable local older people in a community which has one of the highest concentrations of elderly in the Lothians. For many, attendance at the Club provides a focus for their day and an opportunity to get out the house to have a hot meal while enjoying the company of others. Users are provided with door-to-door transport to and from the club to ensure that those who are frail or lack mobility are included. The Club runs Monday to Friday 11.15am to 1.00pm and a team of volunteers serve the meals cooked fresh from the Hub Grub Café.

What does being a Lunch Club volunteer look like?

- You enjoy working with older people and are willing to work as part of a team.
- You are reliable, flexible, caring and enthusiastic.
- You can commit to around 3 hours on a given day during the week.
- You will be sensitive to any mobility and health restriction and believe in treating people with dignity and respect.

What will you do as a Friday club Volunteer?

- Welcome members and help them settle in.
- Help set tables and serve food with the ability to safely carry plates of hot food.
- Help clear up whilst observing good kitchen hygiene practices.
- Work independently in an often busy environment.

Protection of Vulnerable Groups

The Ripple will ask individuals to whom we are offering volunteering opportunities that fulfil 'regulated work' with children and/or protected adults to become PVG Scheme members.