

## Thursday & Friday Lunch Club Kitchen Take-over

We welcome groups of volunteers who take over cooking meals for our members on their Lunch Club days. This volunteering activity is the most popular of all the volunteering opportunities. A great day for team building and getting to know our elders in the community.

We need groups of between 8 – 10 people.

Each day runs 9am – 4pm.

Plan, cook, serve and clear up a two course menu, with meat and a vegetarian options, and arrange some afternoon entertainment for the members.

### THURSDAYS:

- Thursdays members (up to 50) drop in during the day
- Club day starts with chair-based Yoga, followed by a two-course lunch and activities in the afternoon (dancing, film, arts and craft, presentations, quizzes, etc.), ending with our 'Nightingale' singing practice
- Volunteers will cook a meal, set tables and serve the meals (up to 50 members come for lunch)
- Lunch is served at 12.30.
- Volunteers are welcome to organise an activity for the afternoon
- Volunteers will engage with members and motivate them to join in with activities, and general conversation
- Volunteers will help with coffee/tea preparations
- Volunteers will wash and clear up at the end of the day

### FRIDAYS- CRUSOE CLUB FOR VISUALLY IMPAIRED MEMBERS:

- Up to 25 Members attend this club
- Members attend this club by supported Transport
- The day starts with music, chair-based Yoga, followed by two course lunch and activities in the afternoon
- Volunteers will cook a meal, set tables and serve the meals
- Volunteers are welcome to organise an activity for the afternoon
- Volunteers will engage with members and motivate them to join in with activities, and general conversation
- Volunteers will help with coffee/tea preparations
- All volunteers will wash and clear up at the end of the day

**The Positive Ageing team will provide guidance and support to make the cooking and the day a success. Please get in touch if you have any questions: [Positive Ageing@blackfriars-settlement.org.uk](mailto:PositiveAgeing@blackfriars-settlement.org.uk)**

### Costs:

£50 per volunteer. This covers the costs of the food and helps us pay for the management of the group.