



Volunteer baker – role description

The Centre for Better Health (CBH) is a community charity that supports wellbeing and recovery from mental ill health. Our services include a low-cost integrative counselling service; the Better Health Hub, which offers movement, craft and therapeutic courses; and our social enterprise (comprising of Better Health Bikes, Better Health Bakery and Better Health Products), which offers 12-week training placements for individuals that have been distanced from work owing to mental ill health.

Role objective

The Better Health Bakery is an artisan bakery in Hackney created with the aims of producing quality sourdough bread, pastries and lunches while providing training placements for individuals to support their employment prospects as part of their recovery. The Volunteer baker's primary role is to assist with the production of sourdough bread and pastries, as well as support trainees on placement with us. This is an interesting, fun and rewarding role for someone who is passionate about "real bread" and supporting good mental health in the local community.

Main activities

- General bread production: mixing, bench, and oven work
- Collaborating with fellow bakers and trainees on placement to create a supportive learning environment
- Supporting safe work practices and food preparation standards

What we're looking for

The following will be assessed during the application process and trial shifts:

- Practical knowledge of bread making and baking with good attention to detail. We will be looking for a minimum of:
 - Awareness of food safety & hygiene principles
 - Being able to follow recipes and operate weighing scales
 - Basic shaping techniques
- Methodical, calm and tidy approach to work
- Good communication (including spoken English) and teamwork skills
- Strong appreciation of customer service skills
- Flexible and motivated team member
- Proactive and able to take on responsibility
- Commitment to equality and diversity
- Willingness to sensitively support and engage trainees in their learning (Our trainee programme is currently on hold due to Covid19, but is set to return in the near future)

What we offer

- In-house training in a professional bakery
- An opportunity to develop your skills in sourdough and long fermentation techniques
- An opportunity to support good mental health in the local community
- Experience of commercial bakery operations and customer service/front of house
- This is an unpaid volunteer role and we are unable to refund any expenses, however a complimentary lunch will be provided



As part of the Real Bread Campaign's Friends in Knead pay-it-forward scheme, for a limited time only they are offering a copy of Knead to Know...more, their unique microbakery handbook, to selected Better Health Bakery trainees and volunteers who run (or are working towards setting up) their own bakery businesses. The aim is to help encourage and support a greater diversity of people (in all senses) to become Real Bread entrepreneurs. The Campaign asks that people selected to receive a copy of the book give feedback on it and progress reports of their business.

Commitment

The role requires a commitment of one day per week for six months. Roles can be extended beyond this point upon mutual agreement.

We require volunteers to attend two trial days and to supply at least one employment and/or character reference. If these are completed successfully, upon mutual agreement the placement will start shortly thereafter.

With assistance from CBH, all volunteers will need to apply for a DBS Disclosure Certificate as part of their induction process.

How to apply

For further details, please contact training@centreforbetterhealth.org.uk