Wellbeing Champion

Background

The Health, Wellbeing and Inclusion team deliver community cooking workshops that build confidence, promote healthy, affordable eating, and bring people together. Sessions include air-fryer and slow-cooker cooking, budget-friendly meals and wellbeing through food. Many workshops support families and individuals facing food insecurity or health challenges, helping people develop practical skills and enjoy social connection.

Purpose

As a Wellbeing Champion, you'll help deliver welcoming, hands-on workshops that achieve the above. You'll support individuals and families with friendly guidance and help create an inclusive space where everyone feels encouraged and supported.

Skills and qualities

You'll thrive if you are warm, approachable and non-judgemental, with good communication skills and the ability to engage respectfully with people from a wide range of backgrounds. A genuine interest in healthy, affordable cooking and confident modelling safe food-hygiene practices are essential.
You'll be comfortable both pitching in alongside others and taking the lead.

Key responsibilities

- Build people's confidence in cooking healthy, affordable meals.
- Support individuals and families to understand recipes, use equipment safely and feel capable in the kitchen.
- Create an atmosphere that encourages learning & connection.
- Contribute to MEC's food and wellbeing projects by helping deliver targeted community cooking sessions.

Training provided

In addition to core volunteering training, more specialist training will be linked to the workshops you'll be delivering:

- Food hygiene
- First Aid
- Manual handling

What you'll gain

You'll build confidence in cooking, facilitation and community engagement. Support will be provided to develop transferable skills useful in catering, public health, social care or education. You will become part of a friendly team making a meaningful difference.

Staff lead

Project Manager - Health, Wellbeing and Inclusion