

**Bridgend Inspiring Growth – BIG
SCVO Resilient Communities**

A partnership project brought together by:

**Richmond Church Cafe Project
Bingham Community 50+
Cooking up a Storm**

DATES

The project starts on Monday 26th June. (If a trainee wishes to start after this date, we may be able to accommodate them, if places remain.)

We would like to met with candidates beforehand to ensure they understand the commitment. This will take place during the week beginning 19th June. Times, dates by arrangement.

The PLAN

Trainees will run a cafe for 12 weeks over Summer '17. The 1st 6 weeks at Richmond Church, Craigmillar; the 2nd 6 weeks at Bingham Community Centre.
The course runs for 13 weeks in total with 1 week initial training.

The café will run on a Monday tea-time at 4.30-6pm (approx.)

Preparation will begin at 2pm – cooking, table laying, presenting the cafe.

SQA training will be 2 hours per week – venue tbc. 11-1pm. (There may be a degree of flexibility on this to fit with trainees' other commitments).

There will be **1 week of training prior to starting the cafe** – with a 'dummy' run of the café, with invited community, friends, family, volunteers as 'customers' willing to critique and feedback constructively.

Trainees will also have the opportunity to work for an *SQA Working with Others* Level 3 - Wednesday 11am-1pm.(venue tbc). There will be literacy/numeracy support, but this qualification focuses on verbal contribution. Trainees will also use ICT - with support as necessary – to research aspects of running their café and to communicate instructions to chef and other staff.

All trainees are required to work towards:

- **REHIS** (Royal Environmental Health Institute of Scotland) - **Food Hygiene** certificate, which they take over 2 days (certification paid). It is taken following a simple training programme, followed by an on-line test.

This qualification is a prerequisite for most entry level employment in the food-service industry.

- REHIS – **Health & Nutrition** – (certification paid) - as above in respect of testing.
- SQA Level 3 - **Working with Others** - this is an employer led initiative/qualification to ensure that people can effectively communicate and work with others. There is little written work - but trainees, in addition to committing to café hours, have to commit to attending an additional 1 day (Wednesday), for 2 hours. We try to make this as much fun as possible - quizzes, games, discussion, debate.
 - Their verbal input is recorded
 - They are interviewed for feedback on how they are progressing within the café
 - The café tutor feedbacks on their progress. i.e. can they take instruction and criticism; support others; listen; deal with customers; take responsibility.
- SQA also accept photographic evidence; film, digital recording - so trainees have to agree to this. Wherever possible, if necessary, we keep this low-key in respect of any privacy issues.
- We aim to have trainees take 'ownership' of their café; their enterprise. Accordingly, during the first weeks, both at the café and during SQA work, trainees decide the 'style' of the café; make invites; make key decisions on roles they will take – i.e front of house; clearing; serving; waiting tables; washing up; responsibility for overall standards of cleanliness etc.
- At the end of the cafe period, we will provide supplementary support for CVs; job search; learning about interviews etc.
- We can offer help for trainees living outside the area with bus fares.

Over our last 2 cafe projects, trainees, in addition to running a very popular and successful café:

- ran a Vox Pop awareness session in the local library on hidden sugars in food
- took part in a film (see YouTube: <https://www.youtube.com/watch?v=1m0OFZSDcc0> click to see, or use the QR code here)



- created a magazine based on their food research
- ran a Christmas dinner for local people *without* their tutor.
- Took overall responsibility for researching recipes, menus
- provided takeaways for the more socially isolated

2 trainees moved into food industry related jobs.

3 moved onto further training/education.

1 started a self-employed project.

4 committed to related volunteering.

However ALL reported a significant improvement in their overall sense of well-being and confidence. Friendships were made, support was found.

Our funding – both direct and ‘in kind’ comes from:

- Bridgend Inspiring Growth
- SCVO – Resilient Communities Funding
- Lottery
- One City – Provost’s fund
- Richmond Church
- Cooking Up a Storm
- Bingham 50+

For further info and to **refer potential trainees:**

email: bridgendprojects@yahoo.co.uk