

**Bridgend Inspiring Growth – BIG  
SCVO Resilient Communities  
Richmond Church Cafe Project  
Bingham Community 50+  
Cooking up a Storm**

A partnership project brought together by:

## **DATES**

**The project starts on Monday 26<sup>th</sup> 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 19<sup>th</sup> June. Times, dates by arrangement.

## **The PLAN**

**Trainees** will run a cafe for 12 weeks over Summer '17. The 1<sup>st</sup> 6 weeks at Richmond Church, Craigmillar; the 2<sup>nd</sup> 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:**

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