



The Grange Centre for People with Disabilities

Volunteer Worker (Healthy Eating)

Background

There is a growing culture of healthy living at The Grange. Healthy living generally leads to a better quality of life, a reduced chance of serious illnesses and an improved sense of wellbeing.

People with learning disabilities are more likely to have problems with their weight. Some people may be underweight because their disability means they have difficulties with eating or swallowing, for example. Others may be overweight because they have a condition that increases their risk of obesity, such as Down Syndrome and Prader-Willi Syndrome.

For some of the people supported by The Grange, the daily routine can create a focus on meals and snacks as a way of punctuating the day. Buying unhealthy treats or binge eating can also be responses to boredom, which is always a possibility for those living alone.

Whilst many of the people supported by The Grange have adopted healthier lifestyles, including improved diets and more physical activity, we are keen to see more done to inspire healthy eating habits wherever we can. People supported by The Grange are adults and are entitled to make their own choices. But The Grange aims to offer inspirational services, and this is an area where we may be able to inspire an even healthier culture by more focussed support and advice.

In order to help us, we are looking for volunteers who can spare some time on a regular basis to support our Healthy Living Co-ordinator and other staff who are helping to create and deliver our 'Healthy Living Action Plan'.

Role Profile

Purpose	To assist the people we support at The Grange to understand the benefits of and ultimately adopt the principals of a healthy lifestyle.	
Summary of duties	<p>To provide support, encouragement and advice for people supported by The Grange on all aspects of healthy eating, including:</p> <ul style="list-style-type: none"> • raising individual awareness to the importance and impact of healthy food habits; • building greater understanding of food hygiene and health and safety in cooking and food storage areas; • providing support for menu planning and budgeting; • offering creative and accessible guidance on food, drink and snacks choices; • Demonstrating simple but effective methods of preparing and delivering healthy meals. 	
Support from	Volunteer Co-ordinator	Day to day practicalities
	Healthy Living Co-ordinator	Guidance on specific activities and agreement as to how to achieve specific tasks
	Support Workers in Supported Living and Residential Care	Liaising with support staff regarding the needs and goals of individual people we support
Working location	Across the site and off site, including in the flats/homes of individuals	
Desirable skills and experience	<ul style="list-style-type: none"> • Understanding healthy living principles and practice • Experience of working in nutrition would be an advantage • Experience in the care sector with an understanding of the need of policies and procedures would be useful 	
Personal attributes	<ul style="list-style-type: none"> • Confidence to work on own initiative • Good communicator, able to use simple and concise advice / instructions. • Clean and tidy worker, ensuring good hygiene • Willingness to read policy documents • Discretion in dealing with sensitive information 	
Suggested time	½ day per week: timing completely flexible - could be evenings/weekends to suit.	
Training	If specialist training would be beneficial in carrying out the role, The Grange will consider paying for this.	