

1. Parent and Toddlers – this affordable tots group provides a play space for local children and their families. We encourage play between children and guardians to support relational bonding, and our role is to provide more practical support, such as set up, making snacks and providing tea/coffee for adults.

Volunteer's remit will be: Setting the playground, support during the activities or clearing after the playground or supporting the administration of the activity.

2. Chatea & Mapping Mondays – Monday afternoons are used a space for conversation with local people, where we listen to and engage with their views on the local community and the work we do within it. We use these conversations to shape future work. We also run an ongoing community mapping activity, in which local people use arts and crafts materials to create a map of Shettleston, highlighting their likes and dislikes, the strengths and gaps in the area, and adding to it what they would like to see in the area. This space is important for allowing local voices to be heard and valued – whether it be simple conversations about their day, or discussions on important issues in the area, such as a need for support with financial issues.

Volunteer's remit will be: Setting the area, helping with potential refreshments, clearing and/or washing dishes.

3. Tuesday Lunch Club – Our first lunch club of the week provides a 3 course, hot lunch for £3.50. The food is provided by the local council, so our main responsibility is serving the food to those who attend. This involves some kitchen work, and so an opportunity to increase knowledge around health and hygiene. Beyond simply serving food, this lunch club provides a space for companionship – particularly amongst older people – and is one way we aim to tackle isolation and loneliness. Between serving courses our volunteers get

the opportunity to eat lunch with participants, allowing us to get to know local people and signpost where needed.

Volunteer's remit will be: Setting the serving area, serving food, clearing and/or washing dishes, clearing the eating area.

4. Thursday lunch club – Unlike Tuesday lunch club, we prepare all the food for this lunch and so this provides a greater and fuller opportunity for kitchen work/experience. This is currently our busiest day and so also provides a greater opportunity to be a “community chatter”, where you commit your time to sitting in amongst local people and talking to them in order to build relationships. We are aware that for some people this may be one of few opportunities to speak to someone that week, and so this is just as important as kitchen-based work. This lunch club serves soup and sandwiches (made to order) alongside an array of pastries and cakes. We are supported by the Co-op, Greggs and local businesses in running this lunch. We also run a “Free Community Food Market”, where we give away our surplus donations.

Volunteer's remit will be: Setting the serving area, serving food, clearing and/or washing dishes, clearing the eating area, listening and conversing with participants over lunch to get to know them.