

Abundant Life For All Christian Community.

ALFA CC is a newly formed charity, setting out with the purpose of giving people with learning disabilities in particular, a fulfilling experience of life, where their abilities can be nurtured and their achievements celebrated and valued. The Lunch Club is the first step along this path.

The Charity is founded in the Christian faith, and is supported specifically by two local churches. It takes place in the premises of one of these churches.

Registered Charity Number: 1149610

Registered Company Number: 8277571

Contact Address:

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ALFA Training Lunch Club



Learn to cook for guests in a friendly place.

The ALFA Training Lunch Club teaches people with learning difficulties the basics of good cooking with fresh ingredients in a positive and supportive environment, where you will prepare lunch for our elderly guests who attend the Lunch Club. Not only will you learn, but you will be appreciated for your achievements by the guests.

How to Join us:

If you would like to attend the ALFA Training Lunch Club, please contact Chris at:

E-mail: info@alfacc.org.uk

Tel: 0117 9826455

Mob: 07941580802

He will then arrange to meet you and your carer / key worker, to discuss the possibility of you spending a term with the Training Lunch Club.

Funding for the service will come from either your personalised budget, or the Council purchasing the service on your behalf. The service is accredited by Bristol City Council Community Services Department.

What we do:

The ALFA Training Lunch Club runs for one full day each week, the day plan is:

- **9:30 – 10:00** Meet and plan menus over coffee
- **10:00 – 10:45** Go shopping for the food
- **10:45– 13:00** Cook lunch
- **13:00 – 14:30** Serve eat & enjoy lunch
- **14:30 – 15:30** Wash up
- **15:30 – 16:00** Tea / Coffee / Cake, Training and Planning.

What you will learn:

The Training Lunch Club aims to teach the whole process of preparing a 3 course meal,

- planning the menu,
- choosing the food in the shop,
- working to recipes,
- preparing vegetables
- preparing meat dishes
- preparing sweets
- serving food to the guests,
- washing up
- the basics of food hygiene
- the basics of looking after a kitchen.
- Trainees can complete a competency based training course and build up a portfolio of competencies.

Most importantly, you will learn how much fun it is to cook, and to do things for other people, who will appreciate and enjoy the food you prepare.



Where:

The Training Lunch Club is based at the Etloe Evangelical Church,

Cossins Rd

Redland

BS6 7LY

Our Guests:

The Lunch Club cooks lunch for about 8 elderly people from the local area, who don't often get out, and may not often have a good 3 course meal. They enjoy the company and the excellent food you have cooked for them.

Terms

The Training Lunch Club runs on Tuesdays during term time, following closely the school terms. The 2015-16 terms are:

Summer Term 2015:

14th April – 14th July

Autumn Term 2015:

8th Sept – 15th December.

Spring Term 2016:

5th January – 5th April

Transport

We may be able to provide transport, based on individual need. This will be using the ordinary cars of members of staff, or linking with the council's transport service. We will discuss this with you before you start coming to the Training Lunch Club.

Equipment

Our kitchen is equipped with good new equipment, including an induction cooking hob for safety. It is set up to feel like a home kitchen, rather than a hotel kitchen, and you will recognise everything you see. You will however, dress up in a chef's uniform to work in the kitchen.

Staffing

The Training Lunch Club operates with one member of staff to two trainees, though often there will be extra staff and occasionally volunteers.

Moving on opportunities

If you enjoy your time of one or two terms with us, you may like to move on to learn more about catering, to gain catering qualifications, or to a variety of work experience or college options.