



Hands of Hope

Charity Volunteers

Introduction

Hands of Hope are a newly registered charity operating in East Sussex and Kent. Our goal is to reconnect people with where their food comes from, teach them how to grow and cook healthy, nutritious food and use this process to ultimately reduce childhood obesity and loneliness levels.

Our Mission:

To use Growing & Cooking to bring our communities together in order to help address the challenges of loneliness and obesity and, through education, encourage people to lead, healthier, happier lives.

Our Aims – TO:

- Raise awareness of the consequence of poor diet and lack of exercise in our Communities.
- Provide educational programmes that enable more people in our communities, to eat better and become more active
- Improve current take up of school dinners across Hastings, Rother & West Kent
- Tackle childhood hunger
- Help tackle loneliness

Volunteers Matter:

From experience in growing, maintaining, preparing and cooking food, to fund-raising, managing food-vans, or simply running our Lunch Clubs for the Elderly, HOH desperately need to hear from people who can spare as little or as much time as they have available to support these fantastic projects.

Grow to Show:

Our Grow to Show programme gives people the opportunity to donate their surplus fruit and vegetables or to grow specifically for Hands of Hope charity, to assist us in generating vital funds.

Prepare to Care:

Our Prepare to Care programme needs volunteers in food preparation to cook both sweet and savoury food that we can sell in order to generate vital funds required in order to run our projects.

Sow to Grow:

Help required in Sowing, Growing and Harvesting our produce in 4 acres of glorious East Sussex countryside in Peasmarsh as well as our new site in Hawkhurst.

Helping Hands Lunch Club Programme:

We are interested in launching our **Helping Hands Seniors Lunch Club Programme** and would like to start by establishing a lunch club in Peasmarsh and in Brede. We are genuinely interested in hearing from anyone who could offer their support or who would be interested in either attending or volunteering.

Hands of Hope Charity Cook Van:

If you enjoy socialising and attending festivals and events, then manning our Cook Van during the summer season could be right up your street!

Please tell us about any specific skills and interest you may need?

- **Growing Fruit and Vegetables**
- **Preparing and Cooking Food - both sweet and savoury**
- **Driving Small Van**
- **Driving Cook Van**
- **Fundraising**
- **Communication**
- **Socialising**