



S.T.E.P. NEWS

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Community Achievement Award

Getting Involved in Community Activities

For more info contact Angela White, Community Learning and Development Worker, Glasgow Kelvin College

Tel: 0141-630-5000

E: awhite@glasgowkelvin.ac.uk

Or

Frances McKinlay, Team Leader, Skills Development Training and Employability Project, The Marie Trust

T: 0141-221-0169 (option 2)

E: FMckinlay@themarietrust.org.uk

Website:

www.themarietrust.org.uk

SCQF COMMUNITY ACHIEVEMENT AWARD

Mark Gray takes part in a brand new pilot scheme which will give volunteers at The Marie Trust a recognised qualification for the vital work they do at the centre.

Mark has been volunteering as a Kitchen Assistant since June 2015 and will gain a Community Achievement Award (CAA) SCQF Level 5 for his volunteering work. The centre's Skills Development, Training and Employability Project (STEP) are working alongside Glasgow Kelvin College to deliver the qualification. Mark is the 6th person to undertake the award at the centre

And their Peer Employment Programme (PEP) – whose motto is Learning, Developing and Participating - offers volunteering opportunities to people who are affected by



homelessness, addiction, mental health or offending backgrounds. This issue focuses Mark's undertaking of the Community Achievement Award, the milestones he set and what he achieved in his time at The Marie Trust. A fantastic read!

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WHAT IS IT? THE CAA EXPLAINED

The CAA means that people volunteering get recognition for the work that they are carrying out in their community.

They are designed to support, recognize and accredit learning and achievement in a community setting.

It allows people to get involved in assisting in the delivery or development of community activities.

It is self directed learning allowing participants to design their own learning by designing personal milestones and achievements

while working in a community setting. Volunteers are supported by Community Learning and Development Workers from Glasgow Kelvin College and The Marie Trust

There are four levels: SCQF 4, 5, 6, and 7.

MARK'S JOURNEY

It makes the difference having a kitchen porter in the kitchen. It means you can get on with preparing and cooking the food. It's good for everyone to get involved in the kitchen though and muck in and do the dishes as well.

I worked at The Royal Northern & Clyde Yacht Club in Rhu, Helensburgh. I was only 14 at the time when I worked there. I refused to go to school so my dad took me to work with him. Sometimes we were catering for about 200 folk. Sometimes you learn to make things quicker because you are catering for different things and special occasions, weddings and BBQ.

My dad would do the BBQ for the rugby games and I would help out but mostly I in the kitchen tidying up. I think I was on about £3 an hour back then; but that was okay for a 14 year old. The tips were good. The tips could be around £30 a night, we would work a 12hour shift and sometimes more. It was good.

I would like to have done things differently now that I'm older; qualification and like, but it taught me quite a lot. My uncle he was a chef as well. I would like to get my Food Hygiene course. I'm looking forward to doing my

qualification at the centre. I'm not very good at writing things down.

The favourite place I worked was the West Kilbride Golf Club. I was a kitchen porter and a kitchen assistant. I worked with my dad for Beta Catering who have franchises. I worked in Helensburgh Golf Club and Gourrock Golf Club and the West of Scotland Rugby club in Milngavie.

I like making pastas, stir fries, I'm quite good at making a salad., steak; sirloin and T Bone, what I usually do with my steaks is that I tenderise then, fry the off, put them in a tray with my onions and mushrooms and braze then slightly in the tray and put them in the over, just to make sure its all cooked through properly. I confident that I can do this and I like cooking meat. I don't have much experience in baking but I like it.

My favourite hobby is fishing; I go a place called the Snipes Damns at the back of Neilston. I catch rainbow trout, between 3-4llbs each fish. I use a thing called power bait, it stinks of fish, you put in in a ball and out in around the hook. It entices the fish because of the smell of the water; the scent. I began fishing last year so I have been fishing for about a year now. It's £22 for 6 hours for 3 fish. If you catch 3 fish your time is fin-



ished. There is pike in the loch but you don't catch as many of them.

I'm going to get some new fishing gear. I



haven't had some much time latterly to do so much fishing as I've been busy volunteering and my weeks have been busy. I hope to do some more fishing on a Thursday when things ease up for me.



My goals I set for The SCQF Level 5 Community Achievement Award were:

1. To get my REHIS Food hygiene Certificate
2. To learn new recipes and learn to bake
3. To apply for college and get onto a course in cooking
4. To get support to write a personal statement for college and help me prepare for college

Mark achieved his goals and put his heart and soul into the opportunities which were open for him through the Community Achievement Award and developed a fantastic portfolio of evidence of his work in the kitchen at The Marie Trust, build a cataloged of menus which he has shared with service users in the café. He has already been cooking new recipes and introducing some of his own to the Centre's menu, and recently completed an evening class in World Cuisine at The City of Glasgow College and progress onto a Chinese Cookery Course. Mark has a place on an Introduction to Baking course in April 2016!. Mark is planning on applying for an NVQ in Baking to start in August 2016 and the skills he has learned in The Marie Trust kitchen and at college will stand him in good stead. Not only that Mark has even stepped up to the plate and has run the kitchen—there was one week Karen was unwell and could not make it in so Lesley “supervised” as she puts it, “I was so glad Mark was there, he knows the kitchen better than he realizes and he took charge, advising the newer volunteers what needed to go on when and even gave them a master class in how to make the best Macaroni Cheese. I would have been lost without him’ and he helped keep me and the other volunteers calm and on

Brenda, the dietician who took the food history course, is also pleased with how Mark is getting on. “Mark was an active participant at the Glasgow history, food and health course at The Marie Trust. He arrived early for every session and was well prepared. He took a keen interest in all the topics covered and asked appropriate questions.

Mark showed a willingness to help and support others, especially during the cooking tasks. Mark took copies of recipes and reported back to the group the results of his cooking endeavours. Overall, as each week passed, Mark grew in confidence and skill, he was a pleasure to work with! “ His cheeky sense of humour wins every one over.

Mark was also the first to suggest a theme day for the centre, something Lesley, his mentor was keen to encourage him to do. ‘Mark has a great imagination when it comes to food and likes to suggest things to do in the kitchen, like the theme day and making desserts from pastry and jam.’ Mark has secured a volunteering placement at the Project Café in Glasgow where he will be putting his baking and cooking skills into practice.

Mark also undertook his REHIS Food Hygiene Certification in partnership with Jobs Business Glasgow so is ready to move into college in August and have accumulated a wide range of skills and experience as well as qualifications to gain a place on the course. Lesley was determined to find an opportunity which would let him make the most of his talents in the kitchen “It has great taking him for the interview as he is so enthusiastic and knew all the right questions to ask I am sure he will be an asset to them” Mark has taken what he has learned here at The Marie Trust and has ensured the good practices we have here in recording details have been passed on to Restart another organization he volunteers for.

Mark's Caranachan

Ingredients

2 tbsp medium oatmeal

300 g fresh british blueberries

A little caster sugar

350ml Crème fraiche

2 tbsp heather honey

Method

To toast the oatmeal spread it on a baking sheet and grill until it smells rich and nutty. It will not darken quickly, so use your sense of smell to tell you when it is nutty enough. Cool the oatmeal

Make blueberry puree by crushing half the fruit and sieving. Sweeten this to taste with a little caster sugar. Whisk the double cream until just set, and stir in the honey, trying not to overwhip the cream. Taste the mix and add more if required.

Stir in the oatmeal and whisk lightly until the mixture is just firm. Alternate layers of the cream with the remaining whole blueberries and puree in 4 serving dishes. Allow to chill slightly before serving



32 Midland Street
 (near Central Station)
 Glasgow
 G1 4PR
 Contact the STEP Team:
 T: 0141-221-0169
 E: MSteel@themarietrust.org.uk

www.themarietrust.org.uk

The Peer Employment Programme

The Peer Employment Project is a Supported Volunteering Service based within the Skills Development, Training and Employability Project which provide opportunities for individuals to volunteer in the center with support from an named mentor. The Project engages with individuals who have experienced mental health and addiction issues with the aim of reducing offending behavior and preventing repeated homelessness and supports them to plan their next steps into education, employment, volunteering or training and widening access to mainstream services and reconnecting individuals with services within their communities. Employability has been cited as one of the main factors in the prevention and alleviation of homelessness, enabling individuals to develop their identity, promote self esteem and confidence, remove labeling and stigma which certain sections of society experience, and provide a route out of homelessness.

What people are say about Mark.....



A word from the Sandy, Mark has been a valuable member of the volunteering team and his efforts have been greatly appreciated by myself as Director of the Marie Trust.

Robert, a fellow volunteer says “Mark really helped me break out of my shell he helped me cook and showed me how to make macaroni cheese, we are now friends”

“A diligent worker and just a good guy to be around” said Jamie from the S.T.E.P Team

Joe from the kitchen spoke of how Mark had helped him settle into his role rounding off by saying he was “Helpful, friendly and a true gentleman”

Karen our Cook said “I can’t believe the difference in him from when he started, he was so quiet and unsure of himself now he is a skilled and confident cook who I will be sorry to lose, especially that sense of humour of his!”

Pat, Karen’s right hand man was quick to agree saying that he really enjoyed working with Mark as he gave his all to any tasks given but ensured the kitchen was a great environment as he is “Very comical”

Team Leader of the Skills Development, Training and Employability Project, Frances McKinlay, is delighted with Mark’s contribution and progress. Frances, who has been with The Marie Trust for over ten years, said: “Mark’s motivation and enthusiasm blows you away-he has come into the centre and wholeheartedly got involved and given 100% to his community achievement award. He knew from the very beginning — to go to college and set his goals as a pathway to achieving this. He has come to every meeting with ideas on how he can develop his role in the

kitchen and planned and prepared meals and written recipes up so that other people can use them. He nurtures shy and quieter volunteers, encouraging their confidence and is generous with his time and knowledge in supporting them to learn cooking skills.

We are so proud what he has achieved since coming to the centre and wish him luck in his new volunteering role at The Project Café and at college next year. Well done Mark!!!



A delighted Frances