



Canterbury Food Bank (CFB) – Paid Internship Opportunity

Build experience and gain skills that will last a lifetime.

Length of internship – 6 Months

Hours – 15 hours a week over three days working between 9am and 2pm

Pay - £12 an hour

Location - Based in Whitstable

This internship is open to anyone 18 or over.

About CFB Internship programme.

This internship will provide school leavers, undergraduates, graduates and people changing careers a taster of what it is like working for a large food bank. The opportunity is open to anyone looking to develop their skills and gain experience in the workplace. No previous experience of working in the charity sector is needed. Mostly, you need to be enthusiastic and committed to making the most of your time with us.

During the internship you will receive ongoing advice and support.

What will you cover

- Helping in the warehouse with sorting donated food and packing food parcels.
- Helping to oversee stock control.
- Learning skills to help oversee our volunteers.
- Helping staff and volunteers to collect donations.
- Assisting our signposting team who take calls from clients. Book the food parcels onto our systems and refer to supporting agencies where appropriate.
- Assisting with supermarket instore days.
- Assisting with parcel pick up points in the community.
- Learning the basics of the charity finance programmes.

Benefits of an internship

A chance to learn new transferable skills to add to your CV. These would include listening and communications skills, signposting skills, logistics, time management, managing volunteers, health and safety, stock control and IT systems.



An opportunity to gain insight into the voluntary sector.

Show you roles you may not have previously considered.

Gain an insight into the way charities operate and the challenges they face.

How to apply

Please send your CV and covering letter to info@canterburyfoodbank.org before the closing date.

The covering letter is a critical part of your application. The selection process for interview will be based on your CV and information you provide in your covering letter.

In this letter, please explain why you want to be considered for this internship and what skills you hope to learn. Please also include any hobbies, personal achievements, and interests you may have.

Closing date **Friday 25th October 24 at 12 noon.**

CV and covering letter to info@canterburyfoodbank.org