



THE BURNT CHEF
PROJECT
AMBASSADOR

The Ambassador Pledge

In order to apply to be an ambassador you will have needed to have first completed some form of mental health training. This includes: mental health awareness, mental health first aid (MHFA), active listening or peer support training.

- 1) Encourage employers to sign up to **The Burnt Chef Project Membership Scheme.**
- 2) Build and strengthen both community awareness of, and support for, The Burnt Chef Project
- 3) Show enthusiasm and commitment to The Burnt Chef Project's work through volunteering of time and resources
- 4) Spread The Burnt Chef Project's message by speaking to friends, colleagues and family members to challenge the stigma of mental health
- 5) Encourage people to learn more about The Burnt Chef Project by visiting The Burnt Chef Project's website, attending events and talks, signing up for the e-newsletter and following the organisation via social media
- 6) Encourage more industry professionals and business owners to donate to The Burnt Chef Project as a matched gift or ongoing donations as a part of product sales or menu donations
- 7) Commit to raising funds alongside the Burnt Chef Project to offer subsidised mental health training courses to their workforce. At least one of the leadership team or line managers should be trained in mental health awareness and as a peer-to-peer supporter
- 9) Commit to improving wellness and mental health within the workplace by promoting and ,where possible, enforcing the following:
 - Regular break times away from the working environment for at least 20 minutes every 6 hours (or two 10 minute breaks) (ACAS)
 - Provide at least 11 hours' uninterrupted rest between finishing work and starting work the next day (ACAS)
 - Aim for 2 consecutive days off each week
 - A zero tolerance towards mental health stigma
 - Comply with legal obligations including making reasonable adjustments
 - Develop a mental health strategy to change attitudes
 - Ensure senior management champion awareness and fight stigma
 - Tackle work-related causes of mental ill health
 - Train staff by taking part in mental health training as 'Burnt Chef Champions'
 - Creation and implementation of a mental health policy
 - Regular social events that do not involve alcohol or drugs such as shared meal times, out-of-work activities
 - Continue to talk mental health with 1:1 meetings, awareness days / weeks, team meetings and noticeboards / newsletters

Signed: _____

Dated: _____