

# Southend Foodbank





# What We Do

**We rely on the generous support of donors and volunteers to be able to deliver our vital work. We're working to build a future where everyone can afford the essentials. Not a simple task, but it can be done.**

If we're to reach a future where no one needs a food bank, we need to make sure everyone currently in crisis can access the best possible support while we work in the long-term to tackle the structural issues that push people to needing a food bank in the first place.

In the UK, more than 14 million people are living in poverty – including 4.5 million children.

**HUNGER IN THE UK ISN'T ABOUT FOOD.  
IT'S ABOUT A LACK OF INCOME.**



# Who We Are

We are supported by Trussell, and together we campaign for change for people locked in poverty and hope to end the need for food banks.

**We are more than a foodbank.**

We are a dedicated team of individuals who not only organise 3-days emergency food for those most in need in Southend and Rochford, but we campaign for change.

- We highlight services that can help those in difficult circumstances
- We provide a safe space, free of judgement but full of support
- We provide access to practical assets such as SIM cards and bus passes to help make things easier
- We are here to help those who are facing financial crisis.





# Why We Do It

We don't think it's right that anyone should ever need to use a food bank, that's why our vision is for a future without the need for food banks.

Too many people in our communities don't have enough to cover the essentials and are forced to make impossible decisions, like whether to buy food or pay household bills.

**This isn't right.**

Working together we know change is possible. Your support means we can help those people most in need in our local communities, while working towards a better future, where nobody is forced to use a food bank.

**It doesn't happen without you.**





“

By supporting Southend Foodbank, you become a vital part of our incredible team, dedicated to helping our local community when they need it the most.

Your support is truly appreciated!

”

**Samantha**  
Community Fundraiser





# Corporate Teambuilding



# 1.

## What We Offer



# Corporate Days

1.

## Supermarket Dash Challenge

*For groups of ten or more people*

2.

## Full Day Volunteering

*For up to ten people*

3.

## Half Day Volunteering

*Morning or afternoon shifts for up to five people*



# 1. Supermarket Dash Challenge

Our supermarket dash challenge is lots of fun and great for groups of 10 or more people

We get started at **9.30am** with your team coming to the warehouse for a tour, a talk about the need we're seeing and the work we're doing in the local community.

The team is then broken into 2 (or more) smaller teams and after establishing your team names and running through the schedule, you will be given shopping lists with our most needed items and instructions on the rules of play... then it's over to you!

The aim is to head to the local supermarkets, shop for essentials and compete with the other teams to bring back the most points for your team!

**Up for the challenge?**

*There's a fun trophy for the winning team!*

## Points are awarded for;

- The heaviest haul of shopping (everything is weighed in at the end of the task)
- Getting at least one of everything on our list (you may need to visit more than one shop)
- Getting 5 of each of our starred items (these are the key items)
- Having pictures taken with certain things along the way

# Example Day

## *Supermarket Dash Challenge*

9.30am

9.30am – 10.00am

10.00am – 10.30am

10.30am – 10.45am

10.45am – 12.15pm

12.15pm – 1.15pm

1.15pm – 2.30pm

2.30pm – 2.45pm

2.45pm – 3.00pm

3.00pm – 3.30pm

3.30pm – 4.00pm

### **Arrival Time**

Meet & Greet & Intros

**About the Foodbank**

Rules & Team Names

**Challenge**

- Lunch Break -

Resume Challenge

**Return to Warehouse**

- Tea Break -

Tour & Q & A Session

**Results Announced**

& Time for Q&As





# The Rules

Each team will be given a payment card which they can use in any of the local supermarkets.

The aim is to visit the supermarkets (there is a wide choice) and shop for essentials (from the list) and compete with the other teams to bring back the most points for your team!

There are some fun photo challenges to complete along the way too - the more you complete, the more points you earn for your team.

We ask that you stick to the list and refrain from buying non-essentials. Whatever is not spent will remain on the card and be returned to the foodbank at the end of the day. Whatever remains will be counted against you, so spend as much as you can and as wisely as you can!



## 2. Full Day Volunteering

A full day of assisting in the warehouse taking part in all tasks, for groups of up to 10 people

We start the day at **9.30am** by coming to the warehouse for a tour, a talk about the need we're seeing and the work we're doing, then we will begin the agenda for the day.

After running through our warehouse volunteering jobs and the importance of each of the roles in the overall function of the foodbank, the team will then be broken into 2 smaller teams. After establishing your roles & responsibilities for the day we will get you to work... then it's over to you!

From weighing in donations, marking up the stock, right through to picking and packing an emergency food parcel, you will get to see the role we play in the local community and the work our fabulous volunteers do on a daily and weekly basis. You will get to see the inner workings of running Southend Foodbank.

### Some of the tasks;

- Marking up donation items  
(this can be prolonged periods on your feet)
- Packing Room  
(involves following instructions and using your initiative)
- Crate Packing  
(this involves heavy lifting of 25kg)



# Example Day

## *Full Day Schedule*

9.30am	Arrival
9.30am - 10.00am	Meet & Greet & Intros
10.00am - 11.00am	Shift 1 - Activity 1
11.00am - 11.15am	Tea Break
11.15am - 12.15pm	Shift 2 - Activity 2
12.15pm - 1.15pm	Lunch Break
1.30pm - 2.30pm	Shift 3 - Activity 3
2.30pm - 2.45pm	Tea Break
2.45pm - 3.45pm	Shift 4 - Activity 4
3.45pm - 4.00pm	End of Day Wrap-Up & Time for Q&As



# 3. Half Day Volunteering

Half a day of assisting in the warehouse taking part in all tasks, for groups of up to 5 people

We start the day at **9.00**am by coming to the warehouse for a tour, a talk about the need we're seeing and the work we're doing, then we will begin the agenda for the day.

After running through our warehouse volunteering jobs and the importance of each of the roles in the overall function of the foodbank, the team will then be broken into 2 smaller teams. After establishing your roles & responsibilities for the day we will get you to work... then it's over to you!

From weighing in donations, marking up the stock, right through to picking and packing an emergency food parcel, you will get to see the role we play in the local community and the work our fabulous volunteers do on a daily and weekly basis. You will get to see the inner workings of running Southend Foodbank.

## Some of the tasks;

- Marking up donation items  
(this can be prolonged periods on your feet)
- Packing Room  
(involves following instructions and using your initiative)
- Crate Packing  
(this involves heavy lifting of 25kg)



# Example Day

## *Half Day Schedule*

9.00am	Arrival
9.00am - 9.30am	Meet & Greet & Intros
9.30am - 10.30am	Shift 1 - Activity 1
10.30am - 10.45am	Tea Break
10.45am - 11.45pm	Shift 2 - Activity 2
11.45pm - 12.00pm	End of Day Wrap-Up & Time for Q&A's





# Our Costs





# Corporate Days Costs

As the cost of food, fuel, and essential resources continues to rise—and with increasing demand for our support in the local community—we're facing greater financial pressure than ever. To help us continue making a meaningful impact, we kindly ask corporate volunteers to consider making a donation in support of our work.

- 1. Supermarket Dash Challenge**  
(9.30am – 4pm)  
*Suggested donation of £50PP based on at least 10 people (please contact us if you have a smaller team)*
- 2. Full Day Volunteering**  
(9.30am – 4pm)  
*Suggested donation of £500 for the day based on up to 10 people*
- 3. Half Day Volunteering**  
(9am – 12pm)  
*Suggested donation of £300 per shift suitable for up to five people*

# Contact Information

## Enquiries

For any general enquiries regarding any of the corporate packages, please contact Samantha.

[Samantha@southend.foodbank.org.uk](mailto:Samantha@southend.foodbank.org.uk)

## Health & Safety

If you have any questions regarding Health & Safety, please contact Simon.

[simon@southend.foodbank.org.uk](mailto:simon@southend.foodbank.org.uk)

## Accessibility Needs

If you have any accessibility needs or require any assistance to attend the corporate workshops, please contact Simon

[simon@southend.foodbank.org.uk](mailto:simon@southend.foodbank.org.uk)

## Press Enquiries

If you have any questions regarding PR & Comms, please contact Cass

[Cass@southend.foodbank.org.uk](mailto:Cass@southend.foodbank.org.uk)

## Other Ways to Support

Please visit our website [southend.foodbank.org.uk](https://southend.foodbank.org.uk) for further information on ways you can support Southend Foodbank.

If you can't find what you are looking for, please reach out to us and we will do our best to assist you  
[info@southend.foodbank.co.uk](mailto:info@southend.foodbank.co.uk)



Ending hunger together

Will you play your part?