

# Supporting Us

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at your  
**School or College**



# How Your Donations Help

The staff and volunteers at Southend Foodbank - and foodbanks all over the UK - are working really hard to help people in their communities. More and more people are struggling to afford the basics, like food and toiletries, and are having to make really difficult choices.

By helping us spread the word about what we do, hold your own food collections and raise money through fundraising activities, you're helping us move closer to a future where no one needs to use a food bank. Thank 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



# Dear Supporter,

We're so glad you're getting involved!

By supporting Southend Foodbank, you're joining a fantastic group of kind and caring people helping others in our local community. Without amazing supporters like you, we wouldn't be able to support people in Southend and Rochford during really tough times.

There are lots of ways to help – from organising food collections and inviting us to speak at your school, to running your own fun fundraising events.

However, you choose to get involved, we'll be here to support you every step of the way.

This pack is full of instructions, helpful tips, and resources, plus links to our team and others taking part too. We're here to help make your plans a success – let's do this together!

Thank you from everyone at Southend Foodbank for being part of our journey towards a better future!

Thank You X



# Host your own Food Collection



# How to Run a Collection

## 1. Decide on a date for your collection

You can run a food collection anytime of the year but there are some key dates in the next slide that are worth thinking about, these dates are where we might need donations more than other times of the year.

## 2. Tell your school office

They can then get in touch with us and let us know what you are doing and when. We might even be able to come in and do an assembly for you (if you'd like). The school office can then tell all your adults at home and at school when the collection is.

## 3. Decide where you will put the collected food

Are you going to put all the food collections in reception, in boxes on a table in your classroom or is each class going to bring the donations to the main hall?

Have a chat to your teachers about this and find the best place for your collection.



# How to Run a Collection

## 4. Time to shout about It!

Design posters telling people what food they can donate (we can help here). Then stick these posters up on the noticeboards, on Class Dojo or in your sports or dinner halls so everyone can see them.

Then, don't forget to tell your friends, your family, anyone who will listen, that you have organised a foodbank collection! Well Done!

The more people you tell, the more donations you are likely to get and the more meals we can provide for those in need in our local community.



# When to Run a Collection

We collect food all year round to make sure we always have enough for people who need it.

Sometimes, like in the winter or during school holidays, more people need our help, so we often need more food donations during or leading up to these times.

Running a collection can be done at any time of the year and is nice and easy for you to do at school with the help of your teachers and/or student council and maybe your PTA.

## NOTE:

When you have finished your collection and the donations are all in, simply get your adults to get in touch with us and we can arrange a collection for you. We will then weigh everything in and let you know how many meals you have donated to people in your local community.



# When to Run a Collection

## **HARVEST COLLECTIONS (Sept/Oct)**

There is no fixed dates for Harvest collections but they tend to take place from late September through to mid October.

## **CHRISTMAS COLLECTIONS (Nov/Dec)**

Many places close during the Christmas holidays and as it's the coldest time of year, this can be a particularly difficult time for many families. We often provide support for more families over this time period than any other time of the year.

## **EASTER COLLECTIONS (Mar/Apr)**

During this time, we like to try and collect some additional things for our foodbank parcels - we often run Easter Egg collections during to help local families give their children a little Easter treat.

## **SUMMER COLLECTIONS (Jul/Aug)**

During this time of year, you are all hopefully all enjoying your school holidays and having a rest. However, we have families during this time who need a bit of extra help, so don't forget that you can still donate at your local supermarket. Many of them have collection points just after the tills, so please grab a tin of fruit or vegetables and pop it into the collection points if you are able to.



# Example Calendar

## Autumn Term

### September

Select Your Charity of the Year  
(Plan ahead & make an event plan)

### October

HARVEST COLLECTION

### November

Design a Decoration  
(Plan to sell it at the Xmas Fayre)

### December

CHRISTMAS COLLECTION  
Christmas Jumper Day

## Spring Term

### January

New Year - New Ideas  
Think about how you can raise money -  
organise a Cake Sale or perhaps a  
Sponsored Run or a Dog Walk

### February

Adlent Collection

### March

EASTER COLLECTION

### April

Design Competition  
(Entry details will be out this month)

## Summer Term

### May

Make a Mess / Madness May  
(Do something crazy for charity)

### June

End of Term Events  
Book Sales  
Dances  
Summer Fairs

### July/August

Set Yourself a Summer Challenge  
Swimathon or Walk 5k  
Afternoon Tea or BBQ  
Charity Quiz Nights  
Marathons or Nuclear Races

# Running an Event

This is the really fun bit!

Have a think about whether you plan to do your activity with your friends or whole class or maybe you plan to do it as a whole school.

Whatever you decide there is always a huge number of fundraising events/activities you can choose from. Here's just a few ideas:



Team/Sports Events



Bake Sales



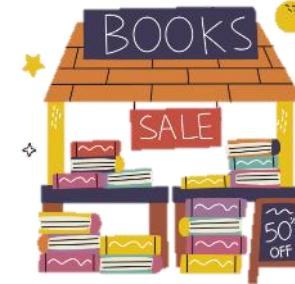
Marathons & Running Events



Themed Days



Music Events



Book Sales



Cycling Events



Arts & Crafts Competitions



Adventure Walks/Treks



Sponsored Challenges

# Example Event - *Foodbank Friday*

Here's a super fun and easy event your school will love!

Get ready for **Festive Foodbank Friday!** 🎅🎄

Here's how it works:

1. Pick your day - make it a special *Festive Foodbank Friday!*
2. Ditch the school uniform and come dressed in something Christmassy - think sparkly jumpers, tinsel in your hair, or even a Santa hat!
3. Bring £1 to join in the fun.
4. Watch the total grow!

Before you know it, you'll have raised hundreds of pounds for your local Foodbank.

It's quick to organise, full of festive cheer, and all for a great cause. 🎅



Themed Days



# Example Event - *Tin Challenge*

Here's a fun and super easy challenge for your school to try!  
Get ready for **The Tin Challenge!** 

## Your mission:

See how many tins your school can collect before the big deadline!

## Here's how it works:

1. Your school sets a **tin target** (how many you want to collect).
2. Spread the word with cool posters and let everyone know what's happening.
3. Each student brings in **one tin** to help reach the goal.
4. When you hit your target — ta-da! We'll come and collect all the tins!



## Team/Sports Events

It's quick to set up, fun to do, and every tin counts toward the big team goal.  
Can your school beat the challenge?



# Example Event - *Sticker Challenge*

Here's a fun and super easy challenge for your school to get involved with - and it doesn't involve collecting food or money. Get ready for **Sticker Challenge 2026**!

## Your mission:

Design a BRAND NEW thank you sticker for Southend Foodbank for 2026/2027

## Here's how it works:

1. After Easter, we send the challenge details to your school. Your teachers will tell you all about it!
2. We send **cool posters** with the rules so everyone can see how to take part.
3. Each student designs **one sticker** and gives it to their teacher by the deadline.
4. A special team of **foodbank volunteers** choose the winning design and we will then make this into a thank you sticker.
5. The winner of the competition will be awarded a certificate and their very own pack of stickers, professionally printed to use and share. How cool is that?

It's easy to get involved and it involves no set-up for your teachers or parents.

Will your school take part this year?



A promotional poster for the '2026 DESIGN CHALLENGE'. The top half is blue with the Southend Foodbank logo and the text '2026 DESIGN CHALLENGE'. The bottom half is green with a yellow handprint. A yellow box labeled 'THE CHALLENGE' contains the text: 'Design our 2026 thank you sticker. Your challenge is to design a BRAND NEW thank you sticker for Southend Foodbank!'. Below this, a smaller text box says: 'The winning design will become our official sticker for 2026/2027 and will be printed and handed out to all the lovely people who support the foodbank by donating food or money to us throughout the year. Can you help us?'.

## What you will need:

- One piece of paper
- Colouring pens or pencils
- Your amazing imagination!

# Sign Up to Our Newsletters

Our newsletters are a great way of us sharing important information about the foodbank on a regular basis. We have our ***Monthly Newsletter*** and a new quarterly ***Fundraising Newsletter*** - sign up for them [HERE](#). Sign up to one, or both, or neither of the newsletters - this is just to let you know they exist.



**Southend**  
**Foodbank**  
Together with Trussell

## Fundraising Gets A Facelift!

As a current subscriber to our monthly newsletter and someone who has been on our mailing list for a little while, we thought you might like our **BRAND NEW** Fundraising Newsletter, launching

We are very excited about it!

The fundraising newsletter will be entirely focused on our fundraising aimed at those who attend our events and/or want to run their own support Southend Foodbank.

It is an **additional** newsletter, so it won't be e

Please Note - Signing up to this **additional** newsletter is entirely receive the **new quarterly** fundraiser email if you click the button below

This new fundraising newsletter will arrive quarterly (April being the include detailed information about our events along with the followi

- Our upcoming events and easy booking options
- Tips & advice on running your own fundraising events
- How to request support with your company fundraising event
- Details of all other areas of fundraising we are working in
- You can also request our attendance at assemblies/meetings your workplace.

If you are interested in being involved with future events, after events throughout the year, or maybe you are currently running looking to do so in the future - either way, this is the newsletter

Get ready - our fundraising newsletter is launching this month! Packed with energy and excitement, this newsletter is designed to inspire and support those ready to join our events and/or for those looking to launch their own fundraising activities in support of Southend Foodbank.

Your involvement and support means the world to us, and we're so excited to have you onboard!

[Sign Me Up](#)

## WHAT IS THE PLAN FOR 2025?

To all those who chose to give, fund and volunteer last year, THANK YOU, your contributions have helped us continue to feed our community throughout 2024. We are incredibly grateful to all the individuals, families, local businesses, foundations, trusts and local community groups who have reached out to us to help us keep up with the demand in 2024.

Money collected to us will be collected on fundraising and food to ensure we can continue to provide food and currently averaging approx £15,000 a month on food and we keep up with the demand in our local community.

Given with all our necessary donations there are now funds available to support local foodbank. To ensure we are able to support food in our local community.....

Well, we are looking forward to see fundraising and new campaigns to hopefully appeal to new donors and the ones who have given time and food to us and are involved with the community and local foodbank help we can get, and are giving people we meet.

We have some exciting projects in the pipeline you to be involved. We are hoping to encourage their own donations are

With your support we can continue to help those in need.

## FUNDRAISING EVENTS

Our new fundraising campaign to do with a small local business.

We want to encourage people to work and volunteer here.

### QUIZ NIGHT

**Friday 31st January 7pm**

**THE SPREAD EAGLE**  
100 High Street, Bognor Regis, West Sussex, PO22 9AB

£5 per person, £10 per team  
Bookings essential, [www.southend.foodbank.org.uk/foodbank](http://www.southend.foodbank.org.uk/foodbank)

Records on general knowledge, football, music, football, quiz, foodbank, local news, Let us know to open tables, email [foodbank@southend.foodbank.org.uk](mailto:foodbank@southend.foodbank.org.uk)

### Pub Quiz - TONIGHT

Join us at the Spread Eagle pub, Victoria Ave near Roots Hall, on Friday 31st January for a pub quiz hosted by Farm Supermarket. The quiz will consist of 5 rounds on football, general knowledge, music and general knowledge. £5 suggested donation to join in.

Let us know to save you a table, email [foodbank@southend.foodbank.org.uk](mailto:foodbank@southend.foodbank.org.uk)

### WINE TASTING EVENING

**Saturday 1st February 7pm**

Our fantastic wine tasting event is now just days away, and we have only have 5 tickets left!

Don't miss out on this wonderful evening of rich flavours, aromas, and expert insights from Aston of Worcester Wines.

Reserve your spot by emailing [samantha@southend.foodbank.org.uk](mailto:samantha@southend.foodbank.org.uk)

### QUIZ NIGHT

**Saturday 3rd February 7pm**

Are you a keen quizzer? Then don't miss our upcoming Quiz Night!

Teams of 5/6 people £5 per person to the door

Light refreshments will be available to purchase on the night. Please bring your own (no alcohol please).

Reserve your table by emailing [samantha@southend.foodbank.org.uk](mailto:samantha@southend.foodbank.org.uk)

Please Note: This is an alcohol free event

If you would like to organise your own fundraising event? [Click Here <<](#)

The image is a collage of various web page snippets and images from the Southend Foodbank website. It includes:

- A banner for "FEBRUARY" with the tagline "show some love this FEBRUARY" and a "Foodbank for All" logo.
- A "January Monthly Newsletter" section featuring a colorful bunting graphic and the text "January Monthly Newsletter".
- A "What's been happening?" section with a list of events:
  - Final Collection of 2024
  - Foodbank Figures 2025
  - Volunteers needed
  - Shop & Eatery opening in February
  - Smiley Movement Film
  - Donation Point
  - Upcoming Foodbank Collections
  - Southend Community Cup
  - Fundraising Activities
- A "ASDA" section showing two staff members in blue vests standing in a supermarket aisle.
- A "Foodbank Figures for 2024" section with a woman in a blue vest working at a foodbank counter.
- A "PE: SOUTEND TRAIL VOLUNTEERS IN ACTION" section featuring a YouTube video thumbnail.

# Get in Touch We're Here to Help

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**Samantha**  
Community Fundraiser  
07599264908  
[samantha@southend.foodbank.org.uk](mailto:samantha@southend.foodbank.org.uk)

