

This sheet provides practical information for your team on ways you can make a difference by volunteering, organising a collection and/or donations.

## 1. VOLUNTEER WITH US

Book a group slot to help serve our guests at Bow Foodbank. This can be for a one-off volunteering session or a regular monthly or quarterly group volunteering session. This is a rewarding way to support us and to serve the community together with your team!



These shifts may consist of packing food parcels, cleaning/organising the space for distribution, and the distribution of food parcels to guests. Please be aware that most of these sessions are quite physical and you will be on your feet. To arrange a booking, please contact [leticia@bowfoodbank.org](mailto:leticia@bowfoodbank.org)

## GROUP VOLUNTEERING SESSIONS

### Tuesdays

*Pack bags, take in deliveries, organise stock, distribute food parcels to guests*

**9.30am - 4pm** for 3 - 6 ppl

### Wednesdays

*Welcome guests, 'shop' for food parcels, distribute food. All-day shift also includes packing bags and organising stock*

**11 am - 6 pm** for 4 - 8 ppl

**1 - 6 pm** for 3-5 ppl

**1.30-3.30** or **3.30-5.30** for 2-3 ppl

### Thursdays

*Pack bags, take in deliveries, organise stock, distribute food parcels to guests*

**12.30 - 4.30 pm** for 3 - 6 ppl

We kindly ask that you provide us with **at least two weeks' notice** for group cancellations or **48 hours** for individual changes to your session. This allows us to make necessary adjustments so we can plan effectively and continue serving our community without interruption. ♥



We are located at **Bow Community Hall** just off the Roman Road at **William Place, E3 5ED**. We are a 15-20 minute walk from Bow Road and Mile End Tube Stations or a 5-minute walk from the end of Roman Road via the Number 8 bus.

## Your Support Makes a Difference!

As a small and dedicated team, we rely on the generosity of volunteers like you to continue our vital work. While we are deeply grateful for any contribution, we suggest a donation of £200 for a day's support or £25 per person per shift. This helps cover essential administrative costs and ensures we can keep making a difference together.

We understand that not everyone may be in a position to donate, especially if you're a small business. **Please know that your willingness to volunteer with us is incredibly valuable, and we would never turn away a group based on the ability to give.** Your time, energy, and passion are what truly drive our mission forward. Thank you for considering supporting us in any way you can!



## Other Ways to Support Us:

- Consider setting up a donation fund through platforms like *Localgiving*, or
- Explore charity initiatives offered by your workplace, such as payroll giving through *Benevity*, *Charities Trust*, and similar programs.

## 2. ORGANISE A COLLECTION

On average, we serve **4-600 guests a week** and distribute **4-5 tonnes of food every week!** Most people don't realise that we purchase most of the food that we give out and there's a lot of work involved to stock up on the core items we need. This means that we are always grateful for any item donations.

### CORE ITEM DONATION DRIVE

We ask you to focus on the core items we distribute to guests and ensure all items are unopened, in good condition and within use by dates. This is an important part of ensuring an equitable and dignified offering. Core item information can be found on our [Donate Food](#) page on our website.



### SINGLE ITEM BULK DONATION

Some teams opt to source a single item in bulk for us. You could choose an item that represents something close to the mission statement or hearts of your team. In the past this has included period products, pet food, fresh fruit and veg, or treats for children.

Where possible, please make arrangements to have your donation delivered to us. However, we do have a small team of volunteer drivers who may be able to collect the donations. Please contact [donations@bowfoodbank.org](mailto:donations@bowfoodbank.org) if you'd like to organise a collection.



## 3. CORPORATE GIVING & FUNDRAISING

### Donating money to us is the most cost effective way to support us!

As mentioned above, we purchase the majority of the food we give out. We have wholesale routes and supplier partnerships that help us buy items in bulk at cost-effective prices. The food bill runs to several thousand pounds each week, so every pound we raise is vital in making sure our food parcels are full, balanced and nutritious.

If you are able to arrange a fundraiser or a direct company donation, we'd love to hear from you at [finance@bowfoodbank.org](mailto:finance@bowfoodbank.org)



**Thank you for wanting to support Bow Foodbank! We centre ourselves on being the community serving the community and truly appreciate your desire to support us.**