



## VOLUNTEER AS A GROUP



Join us for a rewarding and hands-on day supporting the community!

Volunteering may include:

- Packing food parcels
- Organising donations and stock
- Distributing food to guests
- Cleaning & setup

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## GROUP SESSIONS AVAILABLE

DAY	TIMESLOT	GROUP SIZE
Tuesdays	9.30-16.30	3-6 people
Wednesdays	11.00-18.00	4-8 people
Thursdays	12:30-16:30	3-6 people



## DONATION POLICY

To help us manage and sustain our group volunteering programme, we ask all groups to consider a donation of **£35 per person** when booking. We'll issue an invoice once your session and number of volunteers are confirmed.

Your donation helps us keep things running smoothly covering everything from volunteer coordination and logistics to supplies for up to hundreds of guests each week.

🙋 If a financial donation isn't possible, we're always open to other meaningful ways your team can support whether that's a food collection, a fundraiser, or in-kind skills or services!



**Booking:** Email [isabella@bowfoodbank.org](mailto:isabella@bowfoodbank.org)

⚠ Please give at least **2 week's notice** for cancellations or **48 hours** for individual changes so we may serve our community without interruptions. ❤



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.



## ORGANISE A FOOD COLLECTION

Running a team collection drive is another impactful way to help. We distribute 3–5 tonnes of food each week, and most people don't realise that we purchase most of the food that we give out. There's a lot of work involved to stock up on the core items we need, so we welcome core item donations!

### Options:

- **Core Item Drive:** Donate staple items we always need. Check our [Donate Food page](#) for an up-to-date list.
- **Single-Item Focus:** Choose something meaningful to your team (e.g., period products, baby formula, pet food).

📦 **Delivery preferred**, but we can sometimes collect — email [donations@bowfoodbank.org](mailto:donations@bowfoodbank.org) to arrange.



## CORPORATE GIVING & FUNDRAISING

Your financial support helps us purchase food in bulk, cover operating costs, and serving our guests weekly.

### Ways to Give:

- Financial donations are the most efficient & cost effective way to support us!
- Team fundraisers
- Company matching
- Or let's brainstorm something that fits well with your team culture!

✉ Email [finance@bowfoodbank.org](mailto:finance@bowfoodbank.org) to get started!



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