

# SUMMER OF GIVING

Summer of Giving is a series of challenges throughout the months of April, May and June. We are inviting you to participate in three challenges that will help us reach our goal of a UK without the need for food banks and allow us to tackle the immediate needs of the cost-of-living crisis.

Inflation has reached a thirty year high; fuel and energy costs have dramatically increased and this is on-top of the recent Universal Credit cut of £20 a week – the largest cut since the Second World War.

We fear this situation is only going to become even worse for the many thousands of people who are already struggling, regularly facing impossible decisions where their only option is to either skip meals to provide food for their children or heat their home. Everyone should be able to afford the essentials in life and have the dignity of buying their own food.



## GIVE YOUR VOICE

### WHAT IS THE GIVE YOUR VOICE CHALLENGE?

Our April challenge has been inspired by the Trussell Trust's goal to build awareness and understanding among the wider public and to influence action to help end the need for food banks. Come along to one of our Lunch & learn sessions to understand more about our cause and the ways we are fighting to end the need for food banks in the UK. We hope to inspire you to have conversations with your friends and family around what we can all be doing to tackle poverty and create change.

**GIVE YOUR VOICE TO OUR CAUSE!**



## GIVE YOUR MONEY

### WHAT IS THE GIVE YOUR MONEY CHALLENGE?

This May, come together to fundraise for the Trussell Trust. We challenge you to raise vital funds for the Trussell Trust by taking part in our epic fundraising challenge.

Don't have time to fundraise? Please consider donating to us or sponsor a colleague who is fundraising.

Fundraising for the Trussell Trust allows us to support people in poverty where it is needed most. The money could be used in several ways, like funding our Help Through Hardship Helpline which provides advice and support to those locked in poverty.

**JUST £100 COULD HELP US TRAIN A SPECIALIST FINANCIAL ADVISOR.**



## GIVE YOUR TIME

### WHAT IS THE GIVE YOUR TIME CHALLENGE?

Starting on National Volunteer's Week in June 2022, and running throughout the month, our June challenge is to Give your Time. You can organise a food drive in your office, take part in a supermarket collection or apply for one of our other volunteer roles.

Donations of food, hygiene and household products are essential for our food banks to continue serving their local communities. As more people than ever are facing poverty and forced to turn to food banks for the basics. This isn't right. Your generous support will help make a difference to people who can't afford the essentials. These donations will go directly to people in need in your local community, providing them with some relief and comfort at a time of crisis.



## HOW TO GET INVOLVED?

These challenges have been set-up to inspire everyone to get involved with the Trussell Trust – anyone can take part. If you would like to participate in a challenge, simply follow the monthly guides. You can choose to take part in all three challenges or just one, as you'd prefer!

If you decide to do something in aid of the challenge, please keep us informed so we can support you as best as possible!

## WHAT NEXT?

We will be following up with prompts throughout the months of April, May and June to remind you to encourage participation and get involved!

Thank you so much for making change happen and for supporting the Trussell Trust. Here's to a Summer of Giving!

**THANK YOU SO MUCH FOR MAKING CHANGE HAPPEN AND FOR SUPPORTING THE TRUSSELL TRUST. HERE'S TO A SUMMER OF GIVING!**

