

CHANGING MINDS VOLUNTEER SESSIONS THE CASE FOR SUPPORT?



WHAT IS IT?

The sessions will be run jointly between you and the Trussell Trust. Expert speakers from the Trussell Trust will explain the work of the charity and our programmes., ensuring your colleagues understand our strategy and how your session is making a tangible difference to people facing hardship in the UK.

Your session will deliver a thought-provoking volunteering experience with identifiable outcomes, as well as providing an awareness-raising platform for the Trussell Trust and, of course helping your local food bank.

The session will finish with the groups creating packs of small items that the food banks typically do not get donated or that are very inefficient for them to process.

**WE ALWAYS WORK CLOSELY WITH FOOD BANKS
IN OUR NETWORK TO MAKE SURE WE MEET
THEIR NEEDS.**

WHAT ARE THE BENEFITS?



- Volunteering hours – easy to log and mass participation
- A great team building activity for colleagues
- Simple, easy to get involved with, inclusive and minimal time away from desks
- Changing Minds - you can help us build a movement of people who share our values and want to create a better future
- Direct monetary support to the Trussell Trust services
- Direct support to the local community and the beneficiary food banks



FORMAT

We'll work with you to create a format that best suits your requirements. Sessions are a minimum of one hour, but longer sessions or back-to-back volunteering shifts can also be arranged.

TESTIMONIALS

'Creating Food Parcels felt great because we could actually take action and help'

'You got a little bit closer to the issues people are facing. Sure you can pack food parcels, but reading actual stories helps understanding the mission.'

'The opportunity to give back to a community was the most useful.'

