



# 3food4u.org

Thank you for reaching out about volunteering at our community surplus hubs. We have sessions on;

Monday at Waltham Abbey at 11.30-1pm (volunteers need from 9.30am-1.30pm aprox)

Tuesday at Loughton at 11.30-1pm (volunteers need from 9.30am-1.30pm aprox)

Wed at Chigwell Row 5-6.30pm (volunteers need from 3.30p-7pm aprox)

Thursday at Ongar at 1-2.30pm (volunteers need from 11-3pm aprox)

Friday at Waltham Abbey at 11.30-1pm (volunteers need from 9.30-1.30pm aprox)

We are very conscious that it can be embarrassing and awkward asking for support for the most basic essentials, food and clothes, especially when you have been self sufficient all your life. Most importantly we are not assessing people or asking for a referral with so much surplus food and the stress and delay that it causes there is no need. If people are brave enough to ask for help we will support them. Our ethos is **treating and supporting people humanely with dignity and respect**. We want the whole process to be as natural as possible. We will lay out the food/essentials/clothing and people will be given a basket and they will be able to choose what they like (within reason/quantities). We are not labelling this as a foodbank, it is a community surplus hub. In addition our big motive is to stop much of what we have been given by large PLCs going to landfill. Over the last 8 months my colleagues and I have distributed 100s tonnes of food/drink which was overproduced and surplus to requirements, and would have been destroyed.

I hope you agree with our sentiments above and would like to volunteer, can you please forward me;

1. Full name:
2. Address/tel contact details:
3. Availability for sessions and other days for admin/organising:
4. Confirmation if you are able to collect foodstuff from local shops/supermarkets:
5. Are you willing to complete a DBS check? Yes No

If you have any criminal convictions (except those 'spent' under the Rehabilitation of Offenders Act) please give details:

PTO

Registered Charity in England and Wales. Registered number: 1192310

Head Office: 13 Sun Street, Waltham Abbey EN9 1ER



: info.3food4u@gmail.com



: <http://www.3food4u.org/>



: 01992 842642 / 07973166940

: <https://www.facebook.com/3food4u/>



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6. Do you have any health problems that we should be aware of?      Yes    No

Please give details:

7. Please tell us any relevant work experience, skills or qualifications that you are happy to share and think may be useful to us:

8. Please state your reasons for volunteering and any other information that would be helpful for us to know:

You can find more information about 3food4u on our website and Facebook page and get updates by liking it.

<https://www.facebook.com/3food4u/>

Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Please email your form at the address below. Thank you!

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