

# Volunteer Days at FareShare

“Rewarding, enlightening and fun”



## Before we start...

**Welcome to FareShare!** You are about to volunteer for the UK’s leading charity fighting food waste and tackling hunger and the root causes of food poverty. You will have an eye-opening day with lovely people doing a brilliant thing. Please bear in mind though, that this is a working warehouse and we need you to be prepared to dive in and help our brilliant army of volunteers from the off. Ready?

## Food Hero Challenge

Is it a bird? Is it a plane? No, it’s a Food Hero!

No cape needed; your shield will be a FareShare hi-vis vest. Your mission is to live a day in the life of our amazing volunteers and get right to the heart of our ongoing fight against food waste and hunger. Your day could include:

- Working with staff and fellow volunteers to make up orders for each of our Community Food Members receiving food that day.
- Labelling orders and help load the vans.
- Going out on a van run across London, making several drops to our Community Food Members. (Occasionally, we collect donated food too.)
- Cataloguing and sorting food we receive in the warehouse. You could be preparing anything from tinned tomatoes to stacking sticks of celery!

## Food Hero Challenge Timings

**8.45 prompt** - Arrival and registration. Tea and coffee.

**9.00-9.30** - Welcome and tour of the warehouse

**9.30** - Health & Safety brief (includes putting on boots and safety vests)

**9.45 - 17.00\*** - Let’s do this!

*\*17.00 is the guide finish time - occasionally due to traffic or other unforeseen circumstances, this may be later. Please let the warehouse coordinator running your shift know in good time if this will be an issue.*



## Feedback

Please fill in one of our feedback forms before you go. Not only is this great to share with our volunteers when they have made a good impression on someone, it also helps us make these already sought after days even better wherever possible. The forms are in reception, which incidentally is where you should leave your locker key at the end of the day too.

*“Surprised at extent of surplus food quantities, and need. Very impressed with the level of dedication of volunteers. Great seeing the impact of the work you do when visiting clients.”*

*“It was great to see what FareShare do, what they plan to do, who they help as well as the fact they help volunteers get back into work.”*

*“Absolutely brilliant day! A welcome break from sitting at a desk”*

## Food Hero Factfile

### What to wear...

Please wear clean, casual clothes that are suitable for manual work. It can be chilly in the warehouse in winter and warm in summer so we suggest that you wear layers. We have small lockers which have space for shoes, phone, wallet/purse, so please keep personal items to a minimum.

Safety boots **must** be worn and will be provided on the day, so you need to wear socks or bring socks with you. If you have your own safety boots (steel toe-capped), you are very welcome to wear them.

### Health & Safety

There will be a short Health & Safety briefing on the day and further information is available in the warehouse. You must be physically fit and aware of own ability especially when lifting and loading.

### Refreshments

Tea, coffee and water are freely available at the warehouse. We recommend you bring a packed lunch and/or some cash in case you're out on a van over lunch.

### Taking Photos

We encourage people to take photos of their team on the day. Prior permission will be needed before photos are taken of FareShare volunteers, staff and our Community Food Members. We can provide a consent form on request.

### Logistics

Please email us the full names of all team members at least 2 weeks in advance and keep us updated with any changes in staff attending. Please take our contact details in case anyone has trouble finding us or is running late on the day. These days are designed for our corporate supporters and not family members.

Our London Regional Centre is an operational warehouse and the timing of the day has been agreed to provide a safe environment for your team whilst maximising support for London's day-to-day operations. Because of this we cannot accommodate late arrivals.

### Please bear in mind

Last minute cancellations have a genuine impact on our ability to deliver our mission on the day. We therefore encourage participants to really commit to volunteering and to have a reserve list in case there are any drop outs. If the number of volunteers drops considerably or we do not get confirmed names in advance, then there is a possibility the day will be cancelled.

### Get in Touch

For more information, contact **Katie Greaves** on: 020 7394 2469 or [katie.greaves@fareshare.org.uk](mailto:katie.greaves@fareshare.org.uk)

Find us on Facebook, Twitter (@FareShareUK) and our website [www.fareshare.org.uk](http://www.fareshare.org.uk)



## Our Address

FareShare - Unit 7, Deptford Trading Estate, Blackhorse Road, London, SE8 5HY.

Nearest Rail Station: Deptford

Nearest Overground: Surrey Quays

Nearest Underground: Canada Water

Bus routes: 47, 188

### Directions from Deptford Station

When you arrive at Deptford Station, turn left and walk north up Deptford High Street before turning left again onto Evelyn Street. Keep walking for 10-15 minutes until you reach a KFC on the corner of Blackhorse Road. Turn left down Blackhorse Road and walk for approximately 5 minutes until you reach the FareShare sign.

### Directions from Canada Water

Take Bus 188 from Stop: B2 towards North Greenwich or Bus 47 towards Bellingham, Catford Bus Garage. Get off at Deptford Fire Station bus stop. You will see a KFC opposite the bus stop. To the right of the KFC as you face it, is Blackhorse Road.

### Directions from Surrey Quays

This is a good 15 minutes walk down Lower Road (turn right when you get out of the station). It is a straight line until you reach KFC. At KFC, turn right down Blackhorse Road.

**Walk all the way down Blackhorse Road (that's the long road by KFC). At the end you will see some flats on your left and just opposite is a white door to unit 7. Ring the bell. If no one answers, please call 020 7394 2469**

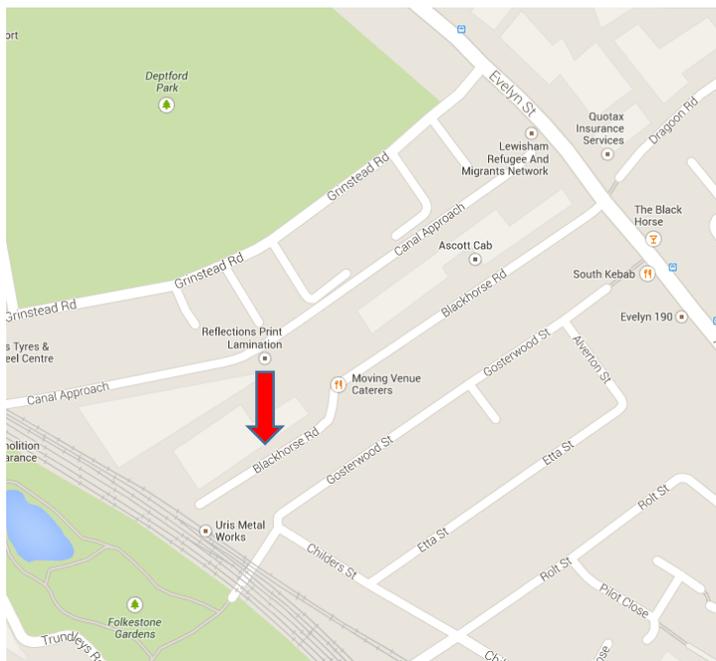
### Getting here by bike

If you are coming by bike then please secure it to our bike rack by the back entrance of the warehouse.

### Getting here by car

If you wish to come by car we encourage you to share lifts where possible. Also, just to bear in mind that we cannot be responsible for your personal property. There is free car parking either outside our offices on the street or towards the back of our warehouse using the following directions (see map):

- Turn left into Deptford Trading Estate entrance
- Turn left again
- Drive to the far end and there are 15 parking bays along the wall



### One last thing...

A word of advice to people using smart phones/Google maps: when you enter our postcode, it brings up a location on the road parallel and to the north of Blackhorse Road (Canal Approach). You cannot access our road or the trading estate from this road. See the map above with the correct location.



THANK YOU

