

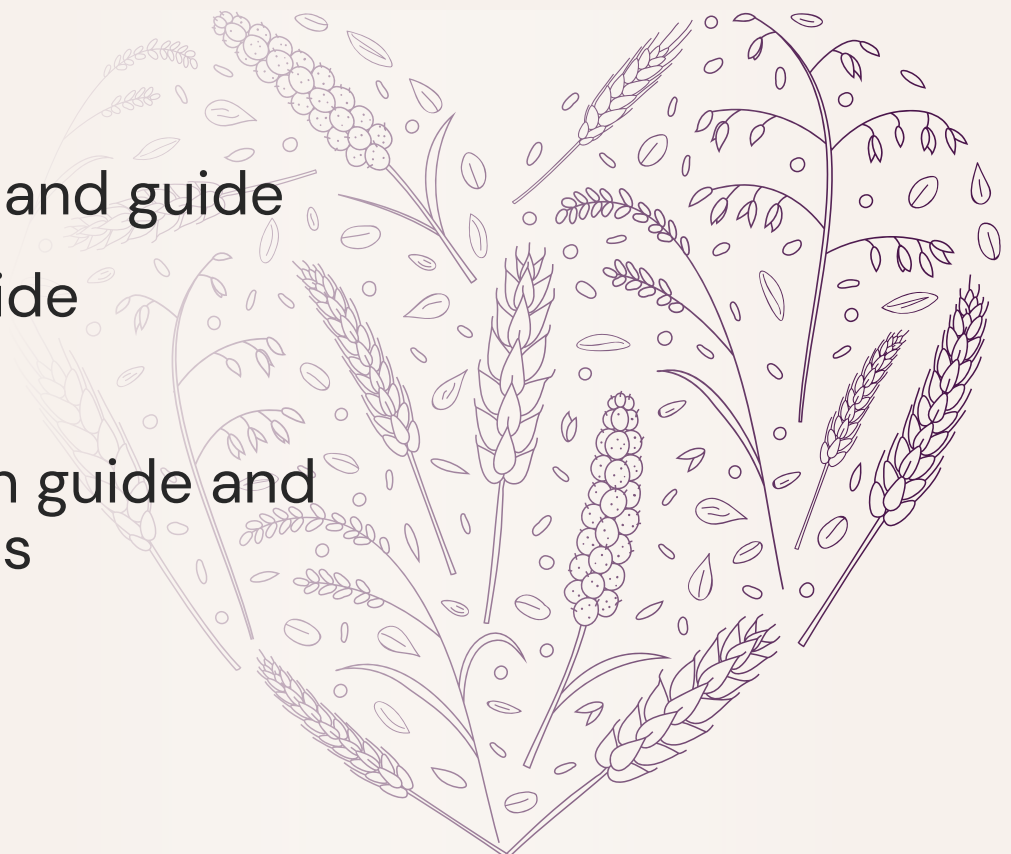
Harvest

Resource Pack

Welcome and thank you

Contents:

- Checklist and guide
- Online guide
- Posters
- Promotion guide and downloads



HARVEST COLLECTION CHECKLIST & GUIDE



GET IN TOUCH

Register your Harvest Collection Point on our website:
weareac.org/harvest



LOCATION, LOCATION, LOCATION!

Decide the best place for your collection point, somewhere that's easy for people to see & access.



IT'S ALL IN THE DETAILS

Decide the dates your collection will open & close.
Provide a box or table for donations to be left.
Print & display copies of our "Harvest Donations" posters



SPREAD THE WORD

Tell friends, family, colleagues, club members, classmates etc about your collection and what & how to donate – display posters, send emails, post on social media [#HarvestAgainstHunger](#) we've even prepared some for you



READY TO GO

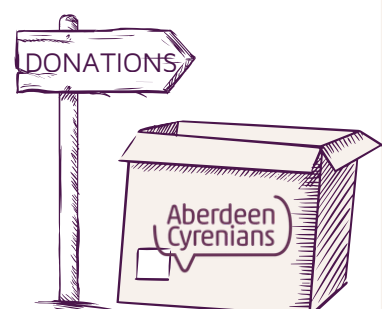
Pack up your collection in bags/boxes. Book a time slot on our website (weareac.org/book-a-time) to drop your donation off at our Warehouse.

Or If you have a large number of items please get in touch (warehouse@weareac.org) as we may be able to arrange a collection.



FEEL GOOD

You've made a difference and supported those in crisis in our community! Spread the feeling by thanking those who donated to your collection!



HARVEST COLLECTION ONLINE

If you're unable to host a physical donation collection point there are still a number of ways you can support our Harvest Appeal.

1. Collect financial donations and send us a supermarket shop
2. Promote our Amazon Wishlist or set up your own
3. Collect financial donations and donate it to Aberdeen Cyrenians

Please let us know about the donation you are sending by emailing Warehouse@weareac.org to ensure someone is available to accept it.

1. COLLECT DONATIONS FOR A SUPERMARKET ORDER

Spread the word and collect money you can use to do a supermarket shop for us. You can do the shop in store and drop it off, or do it online and send us a delivery.

Please arrange delivery to: Aberdeen Cyrenians, Unit 6, Crombie Road, Torry, Aberdeen, AB11 9QQ, Monday to Friday, 9–4pm

2. USING AMAZON WISHLIST

You can also keep it all online by promoting our Amazon wishlist:

<https://amzn.eu/fuOqCKr>

Under 'Business order information' you can enter or leave the PO box empty, then select 'Continue'. Under 'Choose a delivery address', select Aberdeen Cyrenians

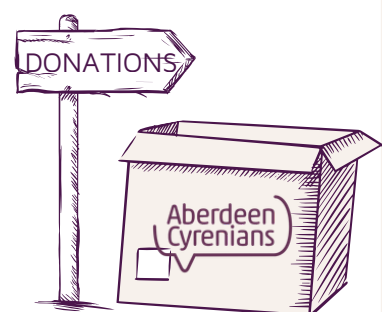
Or if you would like to know how many donations your organisation collects, you can create your own wishlist and set the delivery address to the above. This handy guide takes you through the steps for setting it up:

lifewire.com/make-and-share-amazon-wish-list-4685515

3. DONATE YOUR COLLECTION TO ABERDEEN CYRENIANS

You can transfer a collection to us in a number of ways. We accept cash, cheques, bank transfers or online card payments.

Find out how here: weareac.org/donate



HARVEST DONATIONS

WITH ABERDEEN CYRENIANS

We're in urgent need of:



Tinned food
Meat, fish, pulses,
vegetables, and fruit



Instant meals
Pot noodles and
tinned pasta



Sauce jars
Curry and
pasta sauce



Longlife Milk
UHT, milk
alternatives



Toiletries
Shower gel, shampoo,
conditioner



Hygiene items
Deodorant,
body wash
and soap



Thank you for donating

Fundraising@weareac.org

☒ Priority shopping list:

Food:

☒ TINNED MEAT AND FISH

☐ TINNED VEG, PULSES & FRUIT

☐ CEREAL, PORRIDGE & UHT MILK

☒ PASTA AND CURRY SAUCES

☒ POT NOODLES, SOUP & CUP A SOUP

☐ JAM & MARMALADE

Toiletries:

☐ SHAMPOO & CONDITIONER

☐ SHOWER GEL

☐ TOOTH BRUSH AND PASTE

☐ SOAP & HANDWASH

☐ RAZORS & SHAVING CREAM

☒ DEODORANT

Other:

☐ NEW SOCKS & UNDERWEAR

☐ TOILET ROLL

Tins

- ✓ Meat
- Fish
- Vegetables
- Pulses
- Fruit

Ready meals

- ✓ Pasta sauce
- ✓ Pot noodles
- Snacks
- Cup a soup
- Cereal

Harvest



Donate food to ease hunger in the north-east



Drinks

- Tea
- Coffee
- Hot Choc
- Sugar
- ✓ UHT milk

Toiletries

- Shampoo
- Toothbrush
- Razors & cream
- Shower gel
- ✓ Deodorant

Thank
you

OUR PURPOSE AND AMBITION

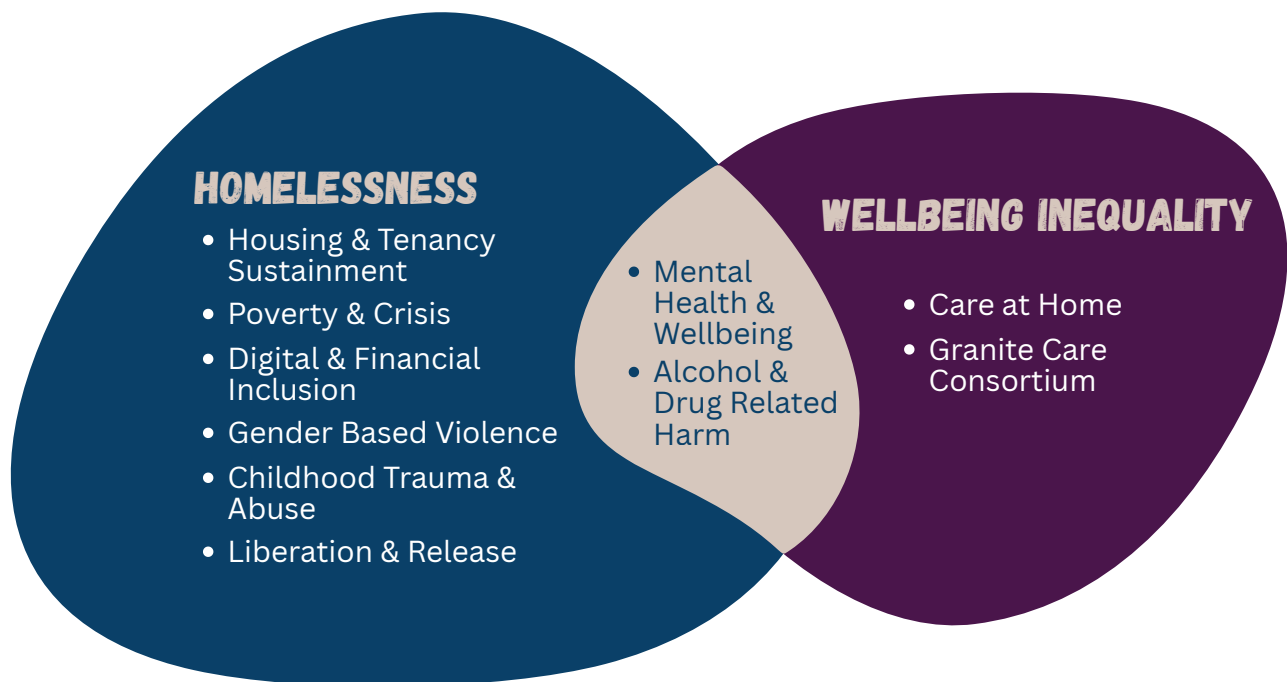
ABERDEEN CYRENIANS IS FOR SOCIAL GOOD - PARTICULARLY HELPING THE MARGINALISED AND VULNERABLE

Aberdeen Cyrenians helps people in need, especially those who are struggling or left out by society.

We focus on:

- helping people find and keep a place to live
- offering a welcome space where people can drop in for support
- providing health and care services to improve people's wellbeing

We work closely with other organisations and use our combined skills and experience to raise aware about the issues people face, and support people in making lasting, positive changes in their lives.



Our ambition is to prevent homelessness and hospital admissions through a community-based, public health approach that addresses wellbeing disparities. By focusing on prevention and community support, we will reduce pressure on emergency and statutory services, improving wellbeing in the city.

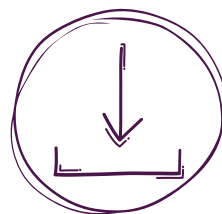
SOCIAL MEDIA, INTRANET and LETTER GUIDE

Thank you for taking the time to organise a Harvest Collection on behalf of Aberdeen Cyrenians. We aim to make it as easy as possible so we've put together some social posts you can share internally or externally to help get your staff, customers, families, and members donating to your collection.

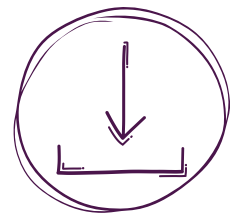
It's entirely up to you if you'd like to use them, but if you find it helpful, just download to use the materials provided and help make your collection a success as well as taking the opportunity to share your commitment to social inclusion.

If your collection point is at work, remember to check if your company might match the donations. If they do, let people know, it's a great incentive to contributions!

Harvest Launch Post



[Download
physical
collection version](#)



[Download
online collection
version](#)

Suggested text:

We're fighting hunger by joining the @AberdeenCyrenians #HarvestAgainstHunger appeal. We'll be collecting donations of food and hygiene items to help people experiencing crisis and ensure no one struggles alone.

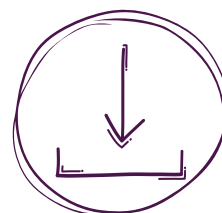
If you're able to contribute, you can add some extra items to your shop and drop off your donations at our collection point:

 Start and End dates

 Times Open

 Location

Donation priorities post

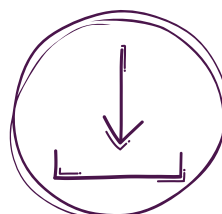


[Download the image](#)

Suggested text:

Not sure what to donate to our #HarvestAgainstHunger collection in aid of Aberdeen Cyrenians? These are the items that are most in demand. Why not add a little extra to your shop and donate it to our food drive? 🥫 😊

Collection Point Open post

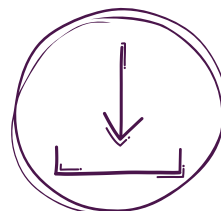


[Download the image](#)

Suggested text:

Our collection point for #HarvestAgainstHunger is now open!! Please help people experiencing hardship by donating from today. We'll be collecting all donations by <end date> so don't miss out on your opportunity to make a difference.

Thank you and reminder post



[Download the image](#)

Suggested text:

Our huge thanks to everyone that has contributed to our #HarvestAgainstHunger appeal. You still have a few days left to bring in any contributions if you haven't managed to yet. Thank you to everyone for helping people experiencing hunger, hardship, and homelessness.

Draft Email/letter

We recommend attaching the information flyer on priority items included in this pack. You can download it here.

Dear all,

We wanted to let you know that we are hosting a Harvest Donation Point in aid of Aberdeen Cyrenians. The appeal helps provide vital food and essential items for those experiencing poverty and hardship in our local community. If you are able to make a contribution it would be greatly appreciated.

We will be setting up a Donation Point from START DATE to END DATE at LOCATION which will be open at TIMES.

Any food items can be donated so long as it doesn't contain alcohol. The most needed foods include tinned meat, vegetables and pulses, sauces for pasta or curry, instant meals such as noodles, or UHT milk. Other essential items needed are hygiene goods including shower gel, shampoo, and deodorant. For more information please visit: weareac.org/harvest-items

Last year, communities created 44 collections across the city and shire, delivering over £6,127 of food and essentials for people unable to afford it.

Recent findings show that here in Aberdeen nearly 1 in 8 residents have gone hungry, with many more limiting their diets just to get by. A considerable increase since 2019 when 1 in 14 were struggling. Emergency food providers are also struggling to meet demand, as high costs have reduced public donations, with Harvest collections dropping 58% last year.

These are not just numbers – they represent real people in our community that together, we can help.

Thank you in advance for any contributions you are able to make. If you are struggling yourself and in need of support then please remember that you can reach out to Aberdeen Cyrenians for advice and practical support on 0300 303 0903 | www.weareac.org | Hello@weareac.org

Draft Email/letter for virtual Harvest

We recommend attaching the information flyer on priority items included in this pack. You can download it here.

Dear all,

We wanted to let you know that we are supporting Aberdeen Cyrenian's Harvest Appeal. As we are unable to host a donation collection point, we will be [collecting donations to arrange a supermarket delivery direct to Aberdeen Cyrenians (/or) gathering donations via an Amazon wishlist] The appeal helps provide vital food and essential items for those experiencing poverty and hardship in our local community. If you are able to make a contribution it would be greatly appreciated.

If you are able to contribute, please pay your donation to NAME, ROLE by DATE so that we can plan our food delivery order.

OR If you are able to contribute, please purchase an item from Aberdeen Cyrenian's Amazon Wishlist: <https://amzn.eu/fuOqCKr>

OR If you are able to contribute, please purchase an item from our Harvest Amazon Wishlist: [amazon.co.uk/hz/wishlist/lz/<your wishlist code here>](https://amazon.co.uk/hz/wishlist/lz/your-wishlist-code)

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