

# Cook for Crisis Fundraising Pack

**Crisis**

Together  
we will end  
homelessness

**COOK**  
[ FOR CRISIS ]



# Thank you for joining Cook for Crisis

This is your chance to host your very own Cook for Crisis event. From getting together for tea and cake, hosting a cook-a-long, arranging a team picnic or even a bake sale, we want everyone to get involved so that together we can help end homelessness.

Hosting a Cook for Crisis event is the perfect opportunity to catch up with colleagues whilst raising money for Crisis. We all find comfort in our favourite foods, but for some, having a home cooked meal is not so easy.

Still working from home? No problem! Check out our fundraising ideas for lots of options that will suit any working environment.

**Don't forget to download our social media toolkit on the web page and let us know about your Cook for Crisis event.**

**#CookForCrisis**

**f in** @Crisis

  @Crisis\_uk



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# What is homelessness

Homelessness is the lack of safe, secure accommodation – the lack of a home. It can be visible or hidden.

Homelessness is often caused when people do not have secure work and cannot afford the high costs of housing. Homelessness has consequences for society – not just individuals. At least 200,000 households (families or individuals) were experiencing the most acute forms of homelessness in Britain in December 2020. This year, a large number of people are facing homelessness for the first time due to coronavirus. Homelessness can be solved. Homelessness can be prevented.

## What we do

Crisis is the national charity for homeless people. We know that homelessness is not inevitable. We know that together we can end it. Every day we see the devastating impact homelessness has on people's lives. Every year we work side by side with thousands of people, to help them rebuild their lives and leave homelessness

behind for good. Together, with others who share our resolve, we bring our knowledge, experience and determination to campaign for the changes that will solve the homelessness crisis once and for all. We will end homelessness. Ending homelessness means understanding the causes, finding practical solutions for the individuals, and building

the political will to solve it for everyone, for good. Until that day, we'll work side by side with thousands of homeless people. Our education, housing, employment, and health services help people leave homelessness. We offer one-to-one support, advice, and a variety of courses for homeless people in 12 areas across England, Scotland and Wales.

**"Crisis taught me life and employment skills such as barista training so that I can be ready to work."**

**"Crisis has helped me to be connected and to improve my wellbeing and to live life and keep going rather than keep waiting and being stressed."**

**"It would be so much worse if I didn't have Crisis. I wanted to improve my social life and well-being and Crisis has really helped with that."**

Matt, Crisis member

# Getting started

There are plenty of ways you and your colleagues can get involved in Cook for Crisis. Whether you want to organise something at home, in the office or online, we've put together a host of exciting ideas to get you started.

Here are some suggestions of the sort of events you can hold and the prices to charge.

- **Afternoon Tea** Get together with colleagues to catch up in-person or online – you could even arrange this on a weekly basis. Suggest that each attendee makes a donation – why not £3 each, the cost of a fancy cup of coffee?
- If you have a family recipe or a favourite dish, why not host a live **cook-a-long** online? Invite colleagues and share the ingredients list with them beforehand so that you can have a goal cooking together.
- Host an **office lunch** and encourage your team to bring a dish. You could even showcase a Cook for Crisis recipe for the event. Invite colleagues to donate £5 and let them help themselves to your team delicacies. Make sure you have enough sides and mains to cater for all of your guests.
- **Team picnic?** Why not? Bring your favourite packed lunch to work and donate what you would have spent buying lunch out that day.
- Challenge yourself to cook a **Crisis Recipe** for your team and nominate someone else to take on the challenge next. For each nomination, match that with a donation.



# Emma's story

I came to London in 2015 to be closer to my sister but my partner became abusive and controlling and I ended up developing a drug addiction. After that I was homeless and on my own.

I just kept myself to myself and walked around all night. I was too embarrassed to ask for help. My sister took me to the Community Detox Service. I had counselling sessions, then I went into rehab. I spent six months there and then came out. I've now been clean for three and a half years.

When I went to Crisis, I'd been through treatment and was living in a hostel. Having Crisis has helped me remain clean and sober and helped me turn my life around.

They found me a job in a pub, just washing up and doing the dishes. If it wasn't for the Crisis employment team, I wouldn't have got a job. They've been outstanding, they set me up interviews, gave me support throughout. But then because of universal credit, I had to choose between having somewhere over my head through the benefits or leaving where I was living and then I could work. So, I was stuck in that situation. I had to quit that job and I went back to Crisis.

My Crisis Coach put me in touch with the housing team. They met with me once a week, helped me search for a house, and attended viewings with me. Crisis also paid the deposit and a month's rent. I didn't have that money. I didn't know what I was entitled to, I didn't know where to look. They helped me work all of this out.

They managed to get me into a studio flat. I was there for 18 months, and they helped me find a new job. I started as a pot washer but within three months, I became a prep chef. They started training me up to be a chef but then Covid hit, and I lost my job. I was made redundant. I lost my flat and universal credit couldn't cover my rent. I was homeless again.



There have been times where I could have given up, but my Crisis Coach wouldn't let me. There have been days when I've said there's no point, but she's just said you haven't found the right place yet. I even stood outside an underground station with a plaque saying I needed a job.

I have a new job now. I'm training to become a chef –By the time I'm 36, I want to be running a kitchen somewhere – there's no reason why I can't run a kitchen in two or three years.

**"You shouldn't be judged. At the end of the day, everyone is a human being: everybody deserves a home, everybody deserves a life and freedom."**

Emma, Crisis member



# This flapjack ends homelessness

## Fern's flapjacks #2 (Vegan)

- 500g Dairy free spread
- 300g Golden syrup
- 190g Soft brown sugar
- 100g Coconut oil
- 900g Rolled oats
- 170g Sultanas
- 70g Pumpkin seeds
- 1 rectangular baking tray, lined with paper.

Preheat the oven to 170°C.

Weigh the dairy free spread and coconut oil and put into a heavy bottom pan on a medium heat. Add golden syrup and sugar, stirring occasionally until melted. Take off the heat. Add the oats, fruit and pumpkin seeds (hold a few back for the top), mix well.

Gently press the mixture evenly into the tin with a flat utensil, sprinkle a few pumpkin seeds evenly over the top and cook for 25 mins.

Leave to cool in the tin, overnight if possible, with an even weight (placed on top of another tray) to gently compress and ensure even portioning.

Cut into 20 portions (5 on the long side, 4 on the short, of a 24cm x 33cm tray).

## MENU CARD



Our delicious vegan flapjack is made fresh in Kitchen from Crisis. It's a special product, as it's the first recipe our café trainees make on their first day in the kitchen – offering a chance to create a tasty treat, while building their confidence and self-esteem.

Our flagship Café from Crisis in Shoreditch, London, works to end homelessness through providing hands-on hospitality training, whilst serving fresh, ethically sourced food and coffee. The live environment training programme and skilled, friendly staff make it the perfect spot to fill up, relax and learn about all the ways we are using hospitality to end homelessness.

# What your fundraising can do

- **£10** could provide a warm welcome to a Crisis service and help someone take their first steps out of homelessness
- **£25** could support someone to access volunteering opportunities, helping them to give back to society and gain valuable work experience
- **£50** could provide someone with the basic essentials they need to settle into a home, such as a kettle, pans and microwave
- **£100** could provide support, training and equipment to help someone find their way back into employment
- **£250** could provide specialist advice and one-to-one support to help someone find a place to call home and leave homelessness behind for good

## How to donate

If you are hosting an event, set up an online fundraising page with JustGiving.

[Click here to get started.](#)

You can also share a QR code with colleagues so they can easily make their donations online – just speak to your account manager or Crisis contact about setting this up.

If you are an event host and collecting donations from colleagues, you can also make a bank transfer. Get in touch with your Crisis contact for bank details, and make sure to reference 'COOK' and your company name when making the payment.

If you have any questions about getting started, get in touch via:

**[corporatepartnerships@crisis.org.uk](mailto:corporatepartnerships@crisis.org.uk)**



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Emma, Crisis member



# I'm taking part in

## Cook for Crisis

Date:

\_\_\_\_\_

Time:

\_\_\_\_\_

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