

:UPDATES

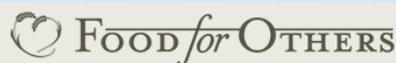
As an education provider, INTO understands the importance of quality education and the difference it can make to a life. That's why all INTO employees are being offered TWO days paid volunteering leave every year, for community and humanitarian causes, that are close to your own heart! Since it started, over 100 of you have spent over 900 hours volunteering for your chosen charities including services for the elderly, homeless or refugees, medical charities, food banks and local schools. A resounding success and a reflection of your ethos of caring and giving and taking action to make change! Since 2008, you have helped INTO Giving support children, young people, teachers and their communities through 27 projects in 19 countries, and now you're getting more involved than ever!



INTO Mason

Superstars from INTO Mason have used their time to volunteer with Food for Others, an incredible food rescue program that supports families in need.

"Leading up to our volunteer shift, we held a food drive competition that engaged all of our center's faculty and staff. We collected 247 food items to donate to Food for Others! Plus our Center Director won a pie to the face for having the most food items put in his box!" - **Nia Bendy, Office Coordinator, INTO George Mason University**



<https://www.foodforothers.org/>

"It was great to have the opportunity to volunteer at Food for Others, a local nonprofit, and to learn about hunger and poverty in our community as well as the ways in which local initiatives are serving and supporting children and families in need. Organizing food and assembling meal packs during this group volunteering trip was a small but formative way to understanding the bigger picture of food insecurity in our local community." - **Shelby Kruczek, Student Housing and Arrivals Coordinator, INTO George Mason University**



"I would totally recommend it! I wasn't sure about what to expect, but it was something different, fun and very rewarding!" - **Jorge Guixerias, Financial Planning and Analysis, Brighton**

"I really enjoyed our day volunteering with Posh Club. It was great to have some time outside of the office and the usual day to day to give something back to the community. The day itself was both hard work and really fun. It was great to spend time with the elderly and to ensure they had a fab time and were well looked after. I would highly recommend it!" - **Julie Fenton-Elstone, Financial Planning and Analysis, Brighton**

Finance Brighton

Brighton Finance have been volunteering to help combat loneliness and isolation amongst older generations. The Posh Club is styled as a tongue-in-cheek 'posh' 1940's afternoon tea with live shows, vintage crockery and an in-house pianist.

"Going into my day of volunteering at the Posh Club, I wasn't sure what to expect but it turned out to be one of the most rewarding and positive experiences ever. It was great fun and clearly made a big difference to the elderly folk who attend it. I came out of the event absolutely buzzing and would recommend it to anyone who is considering doing some volunteer work." - **James Luckin, Financial Planning and Analysis, Brighton**



<http://theposhclub.co.uk/history/>

Stuart Coleman

Stuart is a superhuman. End of.

"In a fit of over competitiveness liberally sprinkled with an increasingly entertaining mid-life enlightenment, I entered this year's London to Brighton run. It's my first ultra-marathon, in fact I've never even attempted a marathon so I'm not going to lie... I'm unsure if my body will even make it to the start line. The 20 week training programme and the race is going to hurt like hell. Thankfully I have a healthy addiction to Lycra and K-Tape so somehow or another I'll strap myself in, haul my ass along the 100km route and then celebrate by getting Hermes wings tattooed on my ankles...."

In all seriousness, I've taken on this event as I wanted a serious challenge. That's something the children supported by the two charities I'm running for face every single day of their lives. The Oakley School in Tunbridge Wells is a Special School for day pupils, aged from 2 to 18 years, all of whom have severe and/or complex needs, with associated communication and learning difficulties. My good friend's amazing son attends Oakley which provides an incredible environment for children to learn and have fun, all the while giving parents essential support to ensure the families live their best lives.



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<http://www.oakleyschool.co.uk/>

Sponsorship page:
<https://www.justgiving.com/fundraising/ruth-edge1>



Ruth and Thomas

When encouraged at school to fund raise, Thomas knew who he wanted to support. Now with the help of his mum, he is raising funds so that other children can be given their right to education.

"We had a visit from Chris Walker a couple of months ago and it just so happened to coincide with my son's school setting up their own initiative to encourage their pupils to support a charity. Thomas and I talked about the projects that INTO Giving support and we thought that with the link to education this would be a great charity to raise money for. It also helps that the money raised is matched by Andrew Colin (INTO Giving Chairman) – a win win!. It took us while to settle on what he would do to raise the money and the inflatable run looks fun so we thought, why not!"

- Ruth Edge, Programme Manager, INTO University of Gloucestershire



Committee Catch up Column! Chloe tells us about joining the team

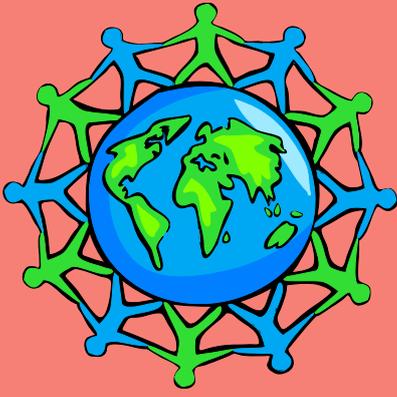
You may know us as the people who come around in bright t shirts and sell you food or roses or raffle tickets. But after a year at INTO and six months on the INTO Giving committee in Brighton, it seems a good time to reflect on what I've learnt and give you a peek into what it's like being a member of this amazing committee. The first thing you should know is that the INTO Giving Committee isn't synonymous with INTO Giving itself. Lots of INTO Centres have a committees and we are the Brighton HQ branch. The committee is given a budget each year and it is our responsibility to manage this and make as much profit for INTO Giving as possible! Old timers will be well aware of the classic events such as Halloween and Easter food festivals, but it is also important to diversify events to keep them fresh and keep people engaged (watch this space!) Pitching up to my first meeting, not quite sure what to expect, I was greeted by the most warm and friendly people you'd ever have the pleasure of meeting! I suppose that makes sense for a group of people either working for or volunteering for a charity as good as INTO Giving. (And there are snacks). I learned that we meet once a month, to discuss upcoming events and monitor the way the committee is running.

You can imagine it's quite some feat to balance everyone's busy work loads with committee meetings and assisting in events! There's a place for everyone in the committee whether you want to take more of an active role in leading events, or help in other ways like sending out comms, taking minutes, or coming along to pose for a classic INTO Giving photoshoot. The first event I had most active involvement in was the raffle. Which is one of the biggest events of the year. I really enjoyed going around the office selling tickets, it was a great way to meet people from different departments and have a bit of a chat (playing to all my strengths!) I realised during my time helping out with this, that the committee is really a place where you get out what you give. It was amazingly rewarding to see how much money was raised from raffle ticket sales, and to know that you helped with this is incredibly gratifying. Since then I've continued to help out where I can, baking goodies for food festivals and manning the stall. I was also extremely happy to assist with the International Women's Day event, and the upcoming Assassin office game. So after six months of learning as I go along, I am a happy and (hopefully) helpful member of this amazing team! If any of this sounds appealing and you are interested in joining, why not come along to the next meeting?



HOW TO GET INVOLVED

- 1) **Volunteering** - Your time is very valuable to us so why not help out at an event or join your committee?
 INTO provides two paid days volunteering leave! - Speak to your manager!
- 2) **iGive** - An amazing program designed to help you fund raise for your favourite charity (We will even top up your fundraising by 20%, PLUS it will be matched for INTO Giving projects - win win!)
- 3) **Donate** - All donations are matched by our chairman; your money goes twice as far with us!
- 4) **Payroll** - Payroll Giving - If you pay UK income tax, you can give regularly from your salary, TAX FREE. Donations are deducted before tax, so each £1 you give only costs you 80p!
- 5) **Spread the word!** - A simple like, share or retweet can make all the difference. Find us online at:
<http://www.into-giving.com/>
 or search for us on FB and Insta!



In 2019 we will:

- Reduce plastic use, for example ordering paper collection tins, and avoiding all single use plastics in our fundraising.
- Continue to support and promote plant based food diets at company sales/events.
- Only provide vegan and vegetarian food at INTO Giving training/meetings.
- Provide fundraisers with an eco-friendly check list: Is the event going to have an environmental impact, and how to off-set this.
- Encourage our office to reduce, re-use and recycle where possible!

INTO GIVING IS GOING GREENER!



FOR 2019 WE ARE PLEDGING TO CONTINUE OUR EFFORTS TO HELP SAVE THE PLANET

Ways you can help:

- Use less water
- Recycle cans and paper
- Walk or take public transport to work
- Avoid single use plastics



INTO »
GIVING

#INTO CYCLING

BE PART OF THE YEAR'S BIGGEST SPORTS FUNDRAISER WITH OUR CYCLING CHALLENGE!

Don't forget to drop some pennies in the collection tin and support your cyclists!

Date	Centres
23/05/2019	Team Manchester, Glasgow Caledonian, Oregon
06/06/2019	Exeter, Queens, Newcastle
13/06/2019	Gloucestershire, Team London, Brighton, Marshall
20/06/2019	Stirling

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