



# LENT LUNCHES WITH CUF

**CHURCH  
URBAN  
FUND**⊕

## Your Fundraising Success Guide for Lent and Easter



## Thank you for fundraising with us this Lent and Easter!

**This last couple of years have taught us how important it is to work together and help local communities. We are all facing challenges due to the rising cost of living – none more so than people, families and communities who were already struggling due to inequality and financial stress.**

During the year 2021, 3,482 households were supported by food security projects, such as food pantries and holiday meal schemes through CUF's Together Network. This figure is surely going to increase with the ongoing crisis. That's why it is so important that thousands of amazing people like you, take action to help people in need.

Whether you want to run a Lent Lunch, encouraging people to donate the money that you have put aside through giving things up or fasting during Lent, or feel moved to do some other fundraising during Lent, we are here to help make sure your fundraising is as successful as it can be so you can help make a real difference.

I'm so grateful that you have chosen to support the Church Urban Fund with your time and fundraising. We know that fundraising may be difficult at this time as we all face a squeeze on our finances, but we know that our efforts will be worth it. Together, we can help local people, churches and communities recover and build a strong future.

**Adam Edwards**  
Acting Group CEO



**3,482**  
**households**  
supported by  
food security  
projects  
through  
CUF's  
Together  
Network  
in 2021.

# CONTENTS

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**This guide contains all the information you need to make your fundraising a success!**

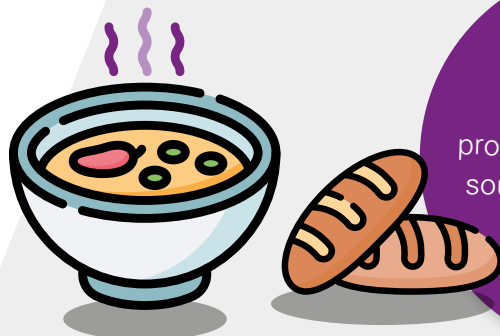
- 04** Your Lent Lunch
- 06** Give in Lieu donations
- 07** The impact of your fundraising
- 10** Safety tips for you and your sponsors
- 11** Sending us the funds from your event
- 12** Thank you!

**LENT  
LUNCHES**  
WITH CUF



# YOUR LENT LUNCH

**Host a Lent Lunch** with CUF and raise essential funds to support people and churches struggling with the cost-of-living crisis.



**The idea of a Lent Lunch is simple:**

provide a frugal lunch of soup, bread and butter and donate the money you save.

## GET STARTED TODAY BY FOLLOWING THESE SIMPLE STEPS:

### 1. GET YOUR CHURCH INVOLVED.

Will you need volunteers? Make sure you give them plenty of advance warning. You can hold regular meetings to make sure everyone knows what they're doing and when. Finding people who are good at organising and cooking will help you!

### 2. SET A DATE AND TIME FOR YOUR LENT LUNCH.

Select a date during Lent that works for your church. Make sure you leave enough time to get organised and give people space to RSVP.



### 3. SET UP A FUNDRAISING PAGE.

Creating a fundraising page on Just Giving will make it easy for people to donate online. Make sure you select Church Urban Fund as the charity you are raising funds for.

Of course, you can also take a collection and pay in the funds directly via our website or bank transfer.

Set a goal for your fundraising. It should be at least double what you plan to spend, so be ambitious!

### 4. INVITE PEOPLE.

Use our resources, your social media, and newsletters to invite people to your lunch. Don't forget to tag **@churchurbanfund** to let us know.

Share the link to your fundraising page on social media. Drum up interest in what you're doing – tell people why you're doing it and what drew you to support us. Make sure your friends and family share your updates and fundraising page as well!

### 5. START COOKING

Once you have your RSVPs back plan your menu based on numbers attending, dietary restrictions, and your budget. If you need some inspiration, please go to our website where you will find some suggested recipes. Make sure you buy sustainably sourced and nutritious ingredients where possible.

### 6. ENJOY YOUR LENT LUNCH!

Enjoy your lunch and conversation together. You can also explore our prayers and reflection resources if you want to add other activities to your lunch. Go to [www.cuf.org.uk/church-fundraising-lent](http://www.cuf.org.uk/church-fundraising-lent) if you want these resources.

You can find additional resources including a short reflection and all-age activities on our website.



**Your Lent Lunch is an opportunity to invite more people into the life of your church, sharing conversation and God's love with more people in your community.**

# GIVE IN LIEU DONATIONS

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You can also help support the Church Urban Fund this Easter by asking for donations instead of Easter eggs. Or you could organise a collection during one of your services. Does anyone have a birthday or wedding anniversary during this time that they could ask for donations instead or a gift?

If you need any help collecting donations please contact us at **hello@cuf.org.uk** and we will be happy to help you.



# OTHER FUNDRAISING

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If you are not planning on organizing a Lent Lunch but would still like to fundraise for CUF, you will find some ideas of events in our General fundraising guide which you can find on our website -

**<https://cuf.org.uk/uploads/img/Fundraising-brochure-linked.pdf>**

Just remember to let us know if you are planning an event so we can help you in any way we can.





# THE IMPACT OF YOUR FUNDRAISING

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**We believe in the power of community to change lives.**

At the heart of our work is the belief that each individual has gifts and skills, and each community – no matter how disadvantaged it may feel – has valuable assets. So, when we respond to issues in local communities, we work in a way which taps into these assets and which empowers local people to take the lead in determining what is best for them.

Your support through fundraising makes you a special and important part of our community.

"We also have a food bank for families in need. We have approx 200 participants/volunteers. They feel part of the community and are welcomed without judgment. We send at least 10 bags of food to local schools each week and some of the food is donated by people who attend our Place of Welcome."

**A volunteer from Christ Church Thornton Le Fylde**

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# THE IMPACT OF YOUR FUNDRAISING

## Building relationships through the **Together Network**.

In 2021, it is estimated that **the network helped 80,923 people** in communities across the country, addressing issues including food poverty, loneliness, community cohesion and financial exclusion.

During 2021, the Together Network also helped to **support 3,482 households** experiencing food insecurity by helping new community spaces food spaces open in communities where the need is greatest.



## Reaching people affected by the pandemic through **Positive Pathways**.

During 2021, there were **475 Places of Welcome** open with **366 of these run in or by churches**. They are helping many people across the country feel welcome and important as well as helping them out of isolation.





## Helping people experiencing homelessness with **Positive Pathways**.

In 2022, **443 people** were supported by our Positive Pathways programme.

Our work is led and carried out by local people who know the unique challenges facing their community. Often, they are people like Joe, who have survived homelessness, poverty and loneliness themselves.

"We cooked Christmas dinner for everyone who needed it... It helps you feel a bit normal, a bit recognised."

**Joe, recovering from homelessness**

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If you would like to read more about the impact your fundraising has across the country you can read our latest impact report:

[https://cuf.org.uk/uploads/resources/CUF\\_Impact\\_Report\\_2021.pdf](https://cuf.org.uk/uploads/resources/CUF_Impact_Report_2021.pdf)

# Safety tips for you and your sponsors

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Taking part in a fundraising event should be safe and enjoyable. Please read these guidelines carefully and make sure you follow them.

- **Carry out a risk assessment** – whether that is a venue or at home.
- **Check the insurance for the venue** you have chosen and make sure it provides cover for your Lent Lunch.
- **Collecting money:** You cannot collect money in a public space or street without a licence.
- **Permits and Licences:** It's a good idea to check with your local council or authority if you need a special licences – especially if holding entertainment or selling/providing alcohol.
- **Make sure you have access to a phone** in case of emergencies.
- **Make sure you have a first aid kit** available if there is a risk of injury with your chosen event – think about food prepping, serving hot food etc.
- **Follow food handling guidelines** and take great care when supplying food. Remember to check for allergies!
- **Data protection matters.** If you are taking personal details, ensure this is done in a safe and secure way. Please ask us for help with this if you are unsure.
- If **under 18s** are participating, please ensure they are **appropriately supervised** at all times, especially around hot food.
- **Get consent:** if you are taking photos of your event to share with us or on your own social media, please make sure you gain written consent first. You can find a consent form in the Resources section of our website.

# Sending us the funds from your event

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You've hosted your Lent Lunch – **WELL DONE!!** We hope that you had fun while taking part. Now all your hard work is done, you will need to send your money to Church Urban Fund.

You can send your money in the way that suits you best:

- 1. Just Giving?** If you have raised money on Just Giving you do not need to do anything more - they will send the money directly to us.
- 2.** You can **write a cheque** made payable to Church Urban Fund and send it with a note to: Fundraising Team, Church Urban Fund, The Foundry, 17 Oval Way, London, SE11 5RR.
- 3.** You can **call us on 0203 752 5655** and make a payment using a credit card or debit card. Make sure we know it is because of your fundraising efforts
- 4.** You can make a **direct bank transfer** to Church Urban Fund. You can find these details on our website - <https://cuf.org.uk/what-can-you-do/church-giving>.  
  
When you have made the transfer, please email **hello@cuf.org.uk** to confirm that the money has been paid in and what it is for. This way we can make sure that you get an acknowledgement letter for your hard work.



# THANK YOU

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## Thank you for fundraising with us during the Lent and Easter period!

Church Urban Fund believes in the power of community to transform lives. Your efforts and generous donations will go towards our work with people, churches, and communities across England, helping them to come together to address local need.

**[www.cuf.org.uk/church-fundraising-lent](http://www.cuf.org.uk/church-fundraising-lent)**



Funds raised will be used to support the work of Church Urban Fund wherever the need is greatest.  
If you would like to change how you hear from us please get in touch using the contact details in the footer.

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The Foundry, 17 Oval Way, London SE11 5RR

**0203 752 5655 | [hello@cuf.org.uk](mailto:hello@cuf.org.uk)**

**[www.cuf.org.uk](http://www.cuf.org.uk) | [f](#) [t](#) [i](#) [@churchurbanfund](#)**

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