

GLASGOW CARE FOUNDATION

"A helping hand, not a handout"



If you could donate and it cost you NOTHING - would you do it?

What is Amazon Smile?

It is a shopping website operated by Amazon – when you shop on this website, AmazonSmile Foundation donates 0.5% of the purchase price of eligible products to a charity of your choice.

It is so easy - just do your normal shopping but use Smile.Amazon and choose **Glasgow Care Foundation** as your chosen Charity!

We are working directly with the vulnerable, providing food vouchers and funding to top up and help those in need.

Where does your money go?

We helped a 49 year old single lady living with her 8 year old daughter and her nephew whose mother was deceased. Then her older daughter moved in with her newly born child. The child's father has no contact and she had nowhere to go.

The grandmother now had a household of 5 and no cot or highchair or spare money available after paying for food.

This grandmother was doing what any parent would do - support her family in any way she could. We were able to help by providing a cot and highchair to help them out.



Is depression affecting your life?

We helped a lady who was widowed and raising her child on her own. She was suffering from depression; despite struggling with her grief she continued to work part-time in a low paid job, earning what she could to support both herself and child.

When her cooker broke down she was unable to afford to replace it so using a microwave oven to prepare meals which weren't nutritious and in the long term more expensive. We supplied and fitted a new cooker to lend a helping hand.

Could you help someone in a similar situation?

If you are able to make a small donation we can keep supporting people living in poverty in Glasgow. <https://bit.ly/2JTpTkM>



Fundraising during Covid!

We appreciate at these times the standard fundraising options need to be adapted.

There are so many ways you can donate to **Glasgow Care Foundation** – no matter where your interests lie!

Health & Fitness

👉 Walk or Run at Home – Marathon, 5k, 10k

👉 Climb a Mountain – Use your stairs at home to climb Ben Nevis or even Everest!

👉 Get the kids involved! How many Hop, Skip & Jumps can you do?

Celebrations

👉 Birthday Bar – Restrictions stopping you having a proper birthday party? Get all your friends to donate the price of a drink they would buy you on your birthday!

👉 Christmas Secret Santa – as we all go online for Christmas, your colleagues can donate their Secret Santa money rather than gifts this year

👉 Events – while we can't meet in person why not add £1 to all online events and donate to **Glasgow Care Foundation**?

Gaming

👉 Fancy a game-athon? Here is a brilliant guide as to how you can turn a hobby into a fundraiser! (<http://ow.ly/n9WA50BJVJT>)

Could you make someone happy today?

Helping us to overcome poverty in Glasgow is not as difficult as you might think. If you become a Friend of **Glasgow Care Foundation** - we don't ask you to go out with a collection tin and shake it in front of people; all we ask, is for you to give us a small amount of your time to help us raise awareness.

By helping us spread the news and about **Glasgow Care Foundation** you are making a difference and putting a smile on the faces of people in Glasgow really in need.

As a Friend you will:

😄 Receive an email occasionally with stories of our work

😊 Follow us on our Social Networks and attend our Events

😊 Share Our Story with their Friends and Business Contacts

We appreciate not everyone has the money to help - however if you have the connections this can be as valuable.

Email us for more details elaine@glasgowcarefoundation.org.



We appreciate we are all in unprecedented times just now however if your company would like to make a donation however small to support us in our efforts, we would be very grateful.

DONATE at www.glasgowcarefoundation.org or email elaine@glasgowcarefoundation.org for more information.