

Banc Bwyd a Chyngor Ariannol Caerfyrddin

CFMA

Carmarthen Foodbank and Money Advice

Your community fundraising guide



Carmarthen Foodbank & Money Advice

We provide emergency food and practical support to people in their hardest moments.

We rely on the support of local people and groups – just like you.

We don't think anyone in our community should have to face going hungry. That's why we provide three days' nutritionally balanced emergency food and support to people in Carmarthen and the surrounding area who are referred to us.

We are part of a nationwide community of food banks, supported by Trussell and we work with partners in our local community to ensure everyone gets the right help long before they need a food bank.



What we offer

As well as three days' nutritionally balanced emergency food support we also offer:

- Friendly and warm welcome with a cup of tea
- A listening ear for you

As well as practical advice such as:

- Access to our Money Advice service and their support
- Support from over 40 different partnering agencies in our community

You can transform lives in our community.



2011

the year our food bank launched



2,860

three-day emergency food parcels were provided in 2025



£2.2 million

of debt was managed by our Money Advice service in 2025

How does your support help

£35

could help cover the average cost of a food parcel for someone in crisis or a money advice meeting with a client in debt.

£65

could help us purchase essential food when there is a shortage or pay for a debt advisor to advocate for a client by contacting their creditors.

£100

could help cover the running cost of the Foodbank Van which is used for collections or to cover keeping our debt advisors up to date on changes in law and training to remain FCA (Financial Conduct Authority) approved.

Lastly,

Monthly regular donations help us sustain our vital services longer term, so we can focus on our service users and clients to give them the best support possible.

Whether you give £5 or £50 a month, it makes a big difference to making sure our service continues for people who need time to get back on their feet and become independent and financially stable again.

“

Your financial support means we can finally end the cycle of food poverty by addressing the cause together. One client at a time.

”

Siân Myfanwy Wood
Fundraiser, Carmarthen Foodbank and Money Advice

Sarah's story

Sarah came to the Foodbank asking for help with basic toiletries. The Foodbank gave her supplies and a food parcel. She then was directed to the Money Advice service for further support.

She is not a debt client, but we were able to refer her onto a partnering agency Foothold - who are going to support her applying for PIP, and we have referred her to The Cae (an agency who assist with migrant support).



Sarah is now gaining support for an employment tribunal for unfair dismissal. She called CFMA and wanted to pass on her immense gratitude for the whole project and in particular the ladies at the Foodbank who enabled her to get in touch with so much support.

John and Helen's story

A couple visited Carmarthen Foodbank with debts of over £30,000. One had lost their job over 12 months ago, and since then they were surviving by borrowing money.

“

The monthly saving means they do not need to return to access the Foodbank.

”

We referred them to the Money Advice service and over 3 appointments their debts were managed with a debt management plan. Prior to accessing support their monthly expenditure on debts was £700 per month. They are now paying £32 per month and the monthly saving means that they do not need to return to access the foodbank.

"The Job Centre connected me to the Foodbank, they have been so welcoming. I was so isolated now I have met a community." - Gentleman who received a food parcel and additional hat and gloves

Your fundraising calendar

January

Why not set a personal challenge for yourself/family this year?

February

Use the money you would spend on a romantic meal and donate it to your food bank

March

Spring is here! Take on a cycling or running challenge this spring!

April

Hold an Easter Egg hunt, any money raised can be donated to your local food bank

May

Set yourself a challenge or hold an event over the two bank holiday weekends.

June

Can a school or club you know have a non-uniform day in exchange for £1 donation.

July

Enjoy the sunshine and hold a garden party – charge an entry fee and hold a raffle

August

School holidays are here – will the kids be silent long enough for a sponsored silence!

September

Get active every day for a month and get a team involved to raise even more!

October

Collect food as part of Harvest and donate them to your local food bank

November

Reverse advent calendar – donate the money you would spend on buying food

December

Instead of a secret Santa donate the money to your local food bank

If you have any questions or need any support, please reach out by emailing fundraiser@carmarthen.foodbank.org.uk

Quotes from those who support us

One of our volunteers shared an experience that impacted them, "A health visitor and her husband worked locally for years. He sadly developed cancer and she stopped working to care for him. When he passed away her carer's allowance stopped immediately, Foodbank was a lifeline for her while she got back on her feet."

Having volunteered the last 3 months it's been fascinating to see the range of food donations from 16kgs to 166kgs, just showing the challenge the Foodbank faces being able to consistently help those in need. It's been a real eye-opener, I personally have never experienced real poverty but I really enjoy being part of a social system that really makes a difference. It gets us out the house and feel valued." - Carmarthen Foodbank Volunteer

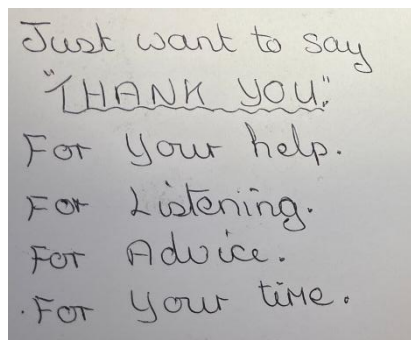
“

"Working at the Foodbank keeps me grounded and puts my life into perspective. So many clients are incredibly grateful but also feel embarrassed - only but for the Grace of God this could happen to any of us."

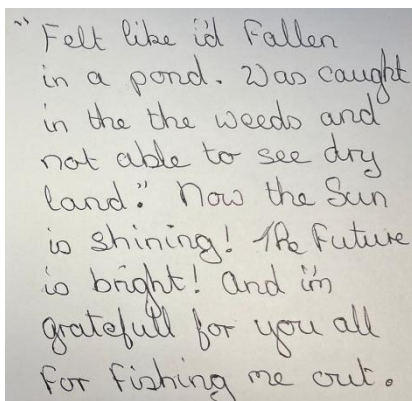
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Carmarthen Foodbank Volunteer

Thank you message to the Money Advice service from a client:-



Just want to say
"THANK YOU"
For Your help.
For Listening.
For Advice.
For Your time.



"Felt like I'd Fallen
in a pond. Was caught
in the the weeds and
not able to see dry
land." Now the Sun
is shining! The Future
is bright! And I'm
gratefull for you all
for fishing me out.

Fundraising ideas



Make it social

- Brunch
- BBQ
- Tea party
- Dinner party
- Give something up
- Live-streaming



Get creative

- Head shave challenge
- Car boot sale
- Craft sale
- Community bake off



Bring people together

- Auction
- Car wash
- Easter egg hunt
- Garden party
- Games night
- Theatre groups



Celebrate life and support others

- Weddings and civil partnerships
- Birthdays
- Anniversaries
- In memory



Let's get moving

- Sponsored walk
- Sponsored run
- Sponsored bike ride
- Bungee jump
- Football match
- Golf day
- Swimming
- Zumba
- Skydive



Local events

- Mayors Fun Run
- Cardiff Half Marathon
- Swansea Bay 10k

<http://www.healthylifeactivities.co.uk/mayors-fun-run>

<https://www.cardiffhalfmarathon.co.uk/>

<https://www.swanseabay10k.com/>

National events

- Snowdon Climb
- IRONMAN Wales
- London Marathon

<https://www.climb-snowdon.co.uk/>

<https://www.ironman.com/races/im-wales>

<https://www.londonmarathonevents.co.uk/london-marathon>

Fundraising success

1. Choose your activity

Pick something you're passionate about! Whether you follow our ideas or come up with your own, choose an activity that excites you.

2. Plan your event

A great plan helps everything run smoothly. Set a date, gather your resources, and reach out if you need a hand – we're here to help every step of the way.

Laws and legality – [Fundraising legally and responsibly - GOV.UK](#)

Health and Safety – [HSE: Information about health and safety at work](#)

Raffles/lotteries – [Gambling Commission website](#) information can be found on these links.

3. Create your fundraising page

Get your page up and running – it's quick and easy! Share your story and updates to inspire donations and make sure to personalise it with photos and goals.

Top tip - Donate to kick- start your fundraising – this helps encourage others to support you. Remember to ask your supporters to Gift Aid their donation if they can.

4. Start spreading the word

Shout about your fundraiser! Use every platform you have - email, social media, WhatsApp, posters – to let people know what you're doing and why.

5. Get started!

It's time for your challenge or event! Don't forget to take photos to share with your supporters – post online using #TeamCFMA And don't forget to have fun!

6. Collect and pay in your donations

You've done the hard part, now you can collect your donations and look with pride at the total you have raised! You can find information on how to send the donations on our website: <https://carmarthen.foodbank.org.uk/give/donate-money/>

If you are counting cash, please make sure to have 2 or more people present. Remember to ask your supporters to Gift Aid their donation if they can.

7. Take a moment

By taking on a challenge or event, you have done something really amazing, so take a moment to acknowledge what you have achieved.

By raising funds, you are helping us build a future without the need for food banks, and we're so grateful that you are standing with us! Thank you for your support.

Thank you for supporting
Carmarthen Foodbank and Money Advice

You are truly amazing! With your help, we're building stronger communities and creating a future where no one faces hunger.

Banc Bwyd a Chyngor Ariannol Caerfyrddin

CFMA

Carmarthen Foodbank and Money Advice

Carmarthen Foodbank and Money Advice (CFMA)

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Carmarthen Foodbank and Money Advice (CFMA) is a registered charity in England and Wales (1217609).