

The Nurtured Village  
Hampers



# Information kit for hamper coordinators



 @thenurturedvillagehampers

 fb.com/thenurturedvillage

 hello@thenurturedvillage.org

[www.thenurturedvillage.org](http://www.thenurturedvillage.org)

The Nurtured Village is a national charity who recognises a gap in the traditional 'village of support' in early parenthood. In a campaign to advocate for and prevent maternal mental health, The Nurtured Village organises home cooked meals, store bought foods and gifts in the form of a 'hamper' that is randomly gifted to a young family each month in each town and city. All of this is done through a private Facebook group of local families.

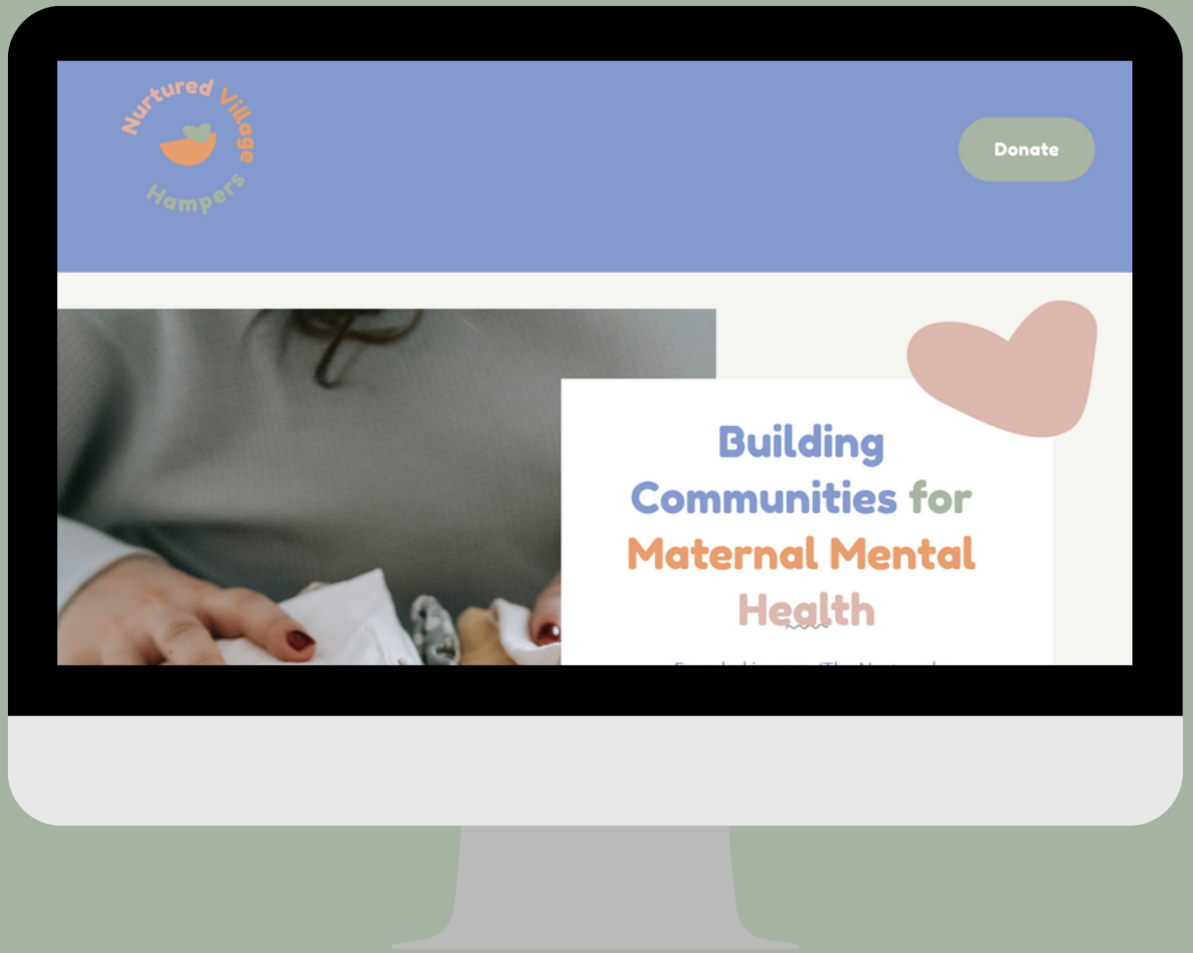
We hope that by gifting a hamper we can forge a sense of support and solidarity to families who may be navigating some of their worst days.

The World Health Organisation declared maternal mental health is a global health challenge. 1 in 5 women and 1 in 10 dads will be diagnosed with postnatal depression and anxiety and we hope to bridge the social isolation gap.

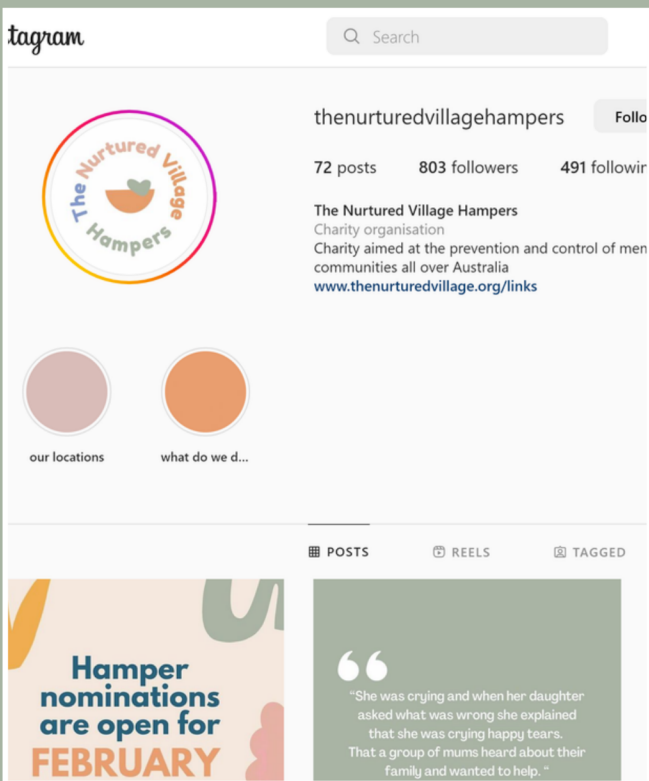
Thankyou for expressing that you are interested in facilitating this beautiful movement in your city or town. This document outlines what is involved, but, feel free to contact us! no question is a silly one!



[WWW.THENURTUREDVILLAGE.ORG](http://WWW.THENURTUREDVILLAGE.ORG)



you can find us advocating for and sharing resources for mental health here





# Our locations

January 2023



We have locations all over Australia and over 30 volunteers.

## QLD Locations



- Brisbane QLD +
- Northern Gold Coast +
- Southern Gold Coast +
- Townsville, QLD +

## NSW Locations



- Northern Illawarra, NSW +
- Forbes/Parkes, NSW +
- Northern Beaches Sydney +
- Port Macquarie, NSW +
- Bathurst & Blayney, NSW +
- Gunnedah & Coonabarabran, NSW +

Our website



Has a full list of locations and the links to the corresponding Facebook group



## Step 1

start a private Facebook group  
(Emma to do)

## Step 2

Encourage people who live locally to join that private  
Facebook group

## Step 3

Go live with your first ever hamper nominations.

Usually happens from Friday to a Sunday and they are either run over  
the website, via direct message or emailed to us. Recipients must be  
a childbearing age

## Step 4

Randomly select a recipient

## Step 5

Get in contact with the successful recipient and organise a hamper  
delivery date (has to be within that month), find out any specifics about  
the families needs/wants, an allergies or dietary requirements. If they  
would like to share their story and/or an image of them and their family

## Step 6

Announce to the Facebook group  
including when you are delivering/allergies etc and that you are  
collecting donations

## Final step

collect donations for the next few weeks and deliver  
to the recipient



# My Role

*Emma*



I will initially establish a Facebook group titled 'The Nurtured Village Hampers (insert town or city name) which I will admin and continue to support for the duration of the community.

I will continue to support it by promoting the group and encouraging people who reside in that location to join the page. I will also help in any way with contacting businesses in your city or town to enquire about their ability to support the hampers.

I will be as dispoable to you as possible and will support you as much as I can.

This includes a Facebook messenger dedicated to your locaion for continuous communication if necessary.

I will also run a private Facebook group called Volunteer The Nurtured Village Hampers were all volunteers will be in and we can communicate and share experiences across the locations.



# Your role



You will need to help encourage local friends and families to join the Facebook group that you will admin. Encouraging these people to add their families and friends in that area and hopefully grow a successful village/community.

- Coordinate local hampers
- - Work in a team of up to 3 to run the community you are in (we hope to always have 3 coordinators to lighten the load for our area coordinators).
- Admin the Facebook group for your area
- manage emails
- engage local businesses to donate
- Share resources/events/relevant social media content to the Facebook group
- Run local events/mums meet ups/nights out (a chance to connect mums and women in the community) ✨
- Engage local members/local politicians for local grants
- Continue to advocate for The Nurtured Village in your community byt sharing TNV in local Facebook groups, with local businesses/daycare centres etc

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## What can we donate?

Donations can be home cooked meals, baked goods, gift vouchers, store bought food, small gifts and services, gifts can include anything you would like – some previous examples have been colouring-in books, candles, sensory bottles, distractions for older kids, breast pads, nappies, wipes etc. Literally anything.

## How do we donate it?

(Example of answer) We can arrange delivery/drop off/pickup together. There are always people from somewhere in your area who will be donating, or I will be on my way past.

## When do we donate it?


Depending on what the donation is. Either during the week, people have posted things to me, however, home cooked food is preferably donated as close to delivery as possible (day before, morning of delivery).

## Can I donate money to go towards the hampers?

Yes. Every location has their own dedicated bank account. All donations over \$2 are tax deductible. Individuals must email the charity and admin will provide a tax receipt after donation

## What if I don't have the means to donate?

No one is forced to donate anything. There are absolutely no expectations to donate if you are part of the community.



## Can we donate second hand belongings?

Use caution with second hand belongings. We don't want to gift families unwanted goods from someone else. I would ask the recipient family if they are interested in receiving second hand books, clothes, toys etc but more often than not I would decline these items.

## When is it delivered?

I liaise with the recipient or with the individual who nominated them to agree on an appropriate time for delivery and I currently hand deliver it to the family, the family is always aware and expecting the delivery. I usually knock on the door and give it to them but can leave it and run if the family prefers.





# Misconduct

-If the board suspects any misconduct or any behaviour that we don't agree with the board will notify all parties in the hamper region (town or city) and we will promptly cancel all Nurtured Village hamper activity and correspondence within the week.

Behaviours includes, but is not limited to:

- Taking of products/donations for personal use
- Using The Nurtured Village hamper name in instances where the hampers aren't actually involved
- Using hampers as a way to facilitate donated products to family and friends in that location
- No effort from the organising committee to sustain the hampers in that region
- No effort to respect the confidentiality of personal information including individuals personal circumstances that have been eluded to you and individuals addresses and contact details.

# Other ways the community/FB group can be used to create the 'Village'



- Organised catch ups
- Collaborate with local organisations/charities/playgroups etc
  - Mothers groups
  - 'Waste nothing Wednesdays'
- Post/promote community events within the Facebook community.

## - Giveaways

If there are random donations of nappies, wipes, furniture, bags of clothes etc. You are most welcome to run random giveaways of these when the time comes and in the same manner to the hampers.

You are also more than welcome to join other hamper pages to see what other areas/towns are doing.

I strongly recommend other initiatives within the community. It is an opportunity to organise meet ups/mothers groups/coffee dates.

Post questions that local families in the group send through

The opportunities are endless. Each group is totally different from the others and that's what it is all about.

Looking forward to growing on this wild journey together if you are interested



X  
*Emma*



Check out our website for more information.