



WOW!

In 2016, a million tonnes of clothes were thrown away in the UK – a third were sent to landfill or destroyed, even though they were still perfectly wearable.



You can help other people and the environment if you...

There are so many benefits to donating your clothes. You'll declutter your wardrobe for a start, but most importantly, you'll help others who need affordable clothing, make a positive impact on the environment and help charities raise much-needed funds.

According to Allison Swaine-Hughes, retail director at the British Heart Foundation (BHF), donating clothes to charity has several positive effects. "Clothing donations play a vital role in helping the BHF to raise funds for our life-saving heart research," she says. "Your donations not only help us to beat heartbreak for families across the UK, but also help people who may be managing a tight household budget to buy new items and to keep warm in winter. Also, by donating your clothing to charity, you are making a huge environmental and social impact, saving tonnes of perfectly wearable items from ending up in landfill, while offering affordable clothing to those who are not as fortunate as you."



So how should you decide which clothes to donate? Swaine-Hughes recommends starting with a plan. "Ensure you put time aside to clear out your wardrobe – think about when the last time you wore something was," she says. "If it's been more than a year, maybe you don't need it any more. You could even get your friends involved and have a trying-on session before you pick items to go to charity."

"IT'S A GREAT THING TO DO"



Name:
Fenn
Year: 5

"I like to donate my clothes to help homeless people and people who don't have enough money to buy brand-new clothes. I normally donate to the British Heart Foundation or Mind charity shops. It's good to recycle so you can help people buy clothes they can afford and also raise money for charity. If you're thinking of giving your clothes to charity, do it! It's a great thing to do, as it can help the homeless or people who have less money to keep warm."

HOW, WHAT,



What is sold at charity shops?

Almost anything and everything. It's not just clothing that people donate or buy. "The team recently sold a handwritten letter from best-selling children's author Enid Blyton, and a full brass orchestra



What happens to the clothes we donate?

Many people will relish being able to buy your clothes at affordable prices, and sometimes your clothes are given a new lease of life. "Recently we've noticed people getting crafty by transforming clothes into wonderful new creations with some basic sewing skills and creative imagination,"



Where should I donate?

Use the Charity Retail Association's online tool to find charity shops near you (tinyurl.com/TWJ-charityshops). Once you've found one, don't forget to have a rummage around the charity shop

Learn more...

- Play the BHF's clear-out game at tinyurl.com/TWJ-clearout to help you decide what to keep.
- The Gone for Good app, which makes donating easier, can be found at goneforgood.org.uk

Donate to your local food bank



Items that food banks need

(Check with your local food bank to see what is most needed before you donate.)

- Cereal
- Soup
- Pasta
- Rice
- Tinned tomatoes/pasta sauce
- Beans, lentils and pulses
- Tinned meat
- Tinned vegetables
- Tea/coffee
- Tinned fruit
- Biscuits
- UHT milk
- Fruit juice
- Deodorant
- Toilet roll
- Shampoo
- Toothbrushes
- Toothpaste

Instructions

Food banks give food and other household goods to people who are finding it hard to buy enough for themselves. There are about 2,000 food banks in the UK, and more than 1.6 million people used them in 2019. These food banks rely on donations of items such as cereals, pasta and tinned food, which are given to those who need help. Many food banks have said that they can't supply enough food at the moment because they are getting fewer donations – just when more people than ever are in need. The good news is that it is easy to donate. You can give long-life foods and toiletries but it's a good idea to ask your local food bank first what is needed. Many supermarkets have a place where you can leave items that will be given to the food bank, or you can find your nearest one at tinyurl.com/TWJ-foodbank. If you want to help in another way, you could ask an adult to give some of your pocket money to one of the charities helping people in need.

