



Feast  
For Life

12-19 of October

# Host Guide

Change begins around your table.

[www.feastforlife.com.au](http://www.feastforlife.com.au)



**fusion**  
AUSTRALIA

# Change begins around your table



In Nagaland (North-East India) there was a tradition known as a Feast of Merit; when a member of the community came into wealth they hosted a feast for the whole village to celebrate the sharing of wealth and the joy it brings.

More than a shared meal, Feast for Life is a gathering of community, committed to helping young people and their communities flourish.



Whether a dinner at home, a morning tea with colleagues or a lunch with your church, change can begin around your table.



You provide the food,  
we will provide prompts for reflection.  
Together we will provide the resources necessary to help young people and their communities thrive.

# Feast For Life

Questions? Ideas? Good news story?  
We would love to hear from you.

Contact Steph at

[fundraising@fusion.org.au](mailto:fundraising@fusion.org.au)

03 9579 3955





# Our Story

A young woman who was supported by Fusion for some time and eventually became a leader in our work stated, "I now have life, not life as in I get up in the morning and do my daily things and go to bed at night. But I now have a good life with hope and a future."

With the support of Fusion, she learnt to live with others harmoniously, manage conflict and became aware of the impact of her own actions. She learnt important life skills such as cooking, cleaning and home maintenance. With mediation support, she restored the relationship with her mum. She was encouraged to improve her health and take up sports. She is now studying to become a PE teacher and giving back by volunteering to mentor other young girls.

Motivated by Christian values and the belief that people matter, Fusion is a Youth and Community organisation with a deep and ongoing commitment to developing resilience in individual lives and the community through local initiatives.

Fusion brings a unique perspective to each community and relies on the help of locals to make a real and lasting change. Our programs are tailored to the unique needs of each community; we work with individuals, families and schools that have been struggling with things impacting on their ability to thrive. It may have been bullying, poverty, homelessness, loneliness or someone who didn't take the time to see through the behaviour, to see the struggle going on underneath.

With 60 years under our belt, we remain committed to finding creative ways and means to ensure that a person's past doesn't need to determine their future; that where they're 'from' can be a gift rather than a burden; and that their experience of life can be transformed from this moment forward.

That vision is only possible together.



Thank you for being part of the story.

# Planning your Feast For Life

## What we will provide:

- Invitations that you can personalise
- Graphics to share on social media
- A reflection to share with your guests over the course of the meal.
- Certificates of Appreciation that you can personalise

But most of all, our support! We are here to help at any stage, just get in contact and let us know how we can help.

You will receive all resources via email. Alternatively, you can download them from [feastforlife.com.au](http://feastforlife.com.au)

## What you need to do:

### 1. Choose a Date and Location

Home, work, church, community hall or in your street, anywhere is fine.

If you do choose to host your Feast for Life outside of your home, you will need to ensure Public Liability Insurance is in place.

The official week for Feast for Life is 12-19th of October.

### 2. Teamwork makes the dream work.

Running an event is always easier if you have some helpers. Ask friends, family or colleagues if they can help with the cooking, fundraising or spreading the word.

### 3. Spread the word

Let your guests know about your Feast by setting up a Facebook event, or personally inviting people via email, sms or old-fashioned snail mail.

Whichever way you do it, remember the more the merrier.

**4. Raise the funding** to help young people, their families and community thrive. There are some tips on the next page

### 5. Develop your reflection

As well as an opportunity to raise crucial funding, Feast for Life is an opportunity to reflect on the importance of hospitality. Keep an eye on your emails for your reflection and other resources to use over your meal.

### 6. Keep your guests safe

Following the 10 Golden Rules for safe Food Preparation will help keep your guests well.

1. Choose foods processed for safety
2. Cook food thoroughly
3. Eat cooked foods immediately
4. Store cooked foods carefully
5. Reheat cooked foods thoroughly
6. Avoid contact between raw foods and cooked foods
7. Wash hands repeatedly
8. Keep all kitchen surfaces meticulously clean
9. Protect foods from insects, rodents, and other animals
10. Use safe water





# Raise the Funding

to help young people, their families  
and community thrive.

**There are so many ways you can do this,  
here's just a couple of ideas:**

● **Donation upon entry**

Think about the value of the meal and what you hope to raise to help young people, their families and communities thrive.

Based on this, ask your guests to donate a set amount.

● **Ask for a donation during the night.**

We will provide you with a reflection to use over the course of your meal. This reflection will use the imagery of an empty bowl (which we will encourage you to place as a focus point for your meal).

As part of this reflective process, guests can place a donation in this bowl as part of a representation of our part in helping young people, their families and community thrive.

In this cashless economy, it's a good idea to also set up a laptop or iPad with your fundraising page open so guests have the option to make an online donation.

● **Dollar matching**

Why not ask your employer or community group, if they can match what you raise? Every dollar raised will help support young people, their families and communities thrive.

● **Fundraising Games and Silent Auction**

See if your employer and local businesses can donate prizes to use for your fundraising games or items for a silent auction.

**Need some more Ideas? Want to share a win?**

We would love to hear from you.

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# Put Your Funds to Work

**After the last plate is cleaned and your Feast for Life is finished, put those funds to work and bank the money raised.**

## **Step 1:**

Deposit Cash and Cheques within one week of your event:

Deposit the cash into our account at your local Westpac branch.  
Bring your completed remittance form to be stamped by the bank teller.

If you can't get to a Westpac Bank, connect with us regarding alternative options.

### **Account Details:**

**Account Name:** Fusion Community Care

**BSB:** 037 012

**Account:** 127 200



## **Step 2:**

Send us a completed Donation Details Form within one week of your event.  
Download the form at **[feastforlife.com.au](http://feastforlife.com.au)**



### **Email or post to:**

PO Box 2063 Oakleigh Vic 3166  
[fundraising@fusion.org.au](mailto:fundraising@fusion.org.au)

This is so we can match all donations we receive, acknowledge receipt of your gifts and supply tax receipts to those who have taken part.

**The sooner you bank your funds, the sooner we can put it to work!**