



# County Commissioner's Good Turn 2026

As this is my 5<sup>th</sup> and final winter as county commissioner, I'm again challenging Essex North East units to help in their own communities. This might be contributing to a food bank, litter picking or even marshalling at a community event. Your unit might send Christmas cards to the lonely or elderly, adopt a small piece of land or help clean a community space.

Thank you to everyone who has taken part over the years and collectively we have shown that even the smallest of individual contributions, be it time or giving, makes a difference.

As a volunteer at a local food bank, I know how much the support from units has helped them over the years, so thank you!

If you do wish to contribute to a food bank this year here is a list of items that all food banks are in need of. Please don't put in fresh or chilled items. All items should have a reasonable best before date to allow for distribution.

Tinned ham, corned beef, tinned salmon, boxes of sweets, boxes of savoury biscuits, boxes of shortbread, mince pies, selection boxes, ready-made custard, festive biscuits, Yule logs, snacks, crisps, pickles, chocolate spread, hot chocolate, Christmas puddings, period products, washing up liquid and toiletries.

Please try and get any Christmas themed donations to your local food bank or the county office by 1st December.

To receive your free badges you will need to register your gift/act of service: please email [office@girlguidingesssexne.org.uk](mailto:office@girlguidingesssexne.org.uk)

\*the name of your unit

\*main contact name

\*name of donation recipient/details of act of service as well as a photo

\*confirmation of who will be collecting your badges from county office.

*Postage can be arranged at cost by bank transfer, cheque payments will incur a 40p fee.*

The number of badges you require will be taken from unit GO records.

Please ensure these are up to date before applying.



Best Wishes

Sue Sutton

County Commissioner,  
Girlguiding Essex North East