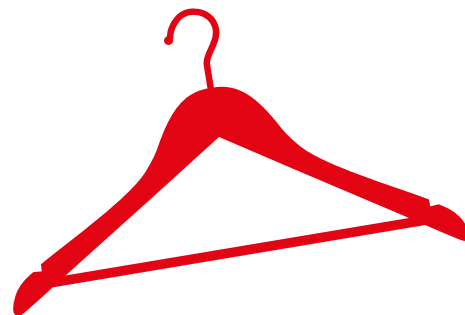


# SUPER SWISH



## What is Super Swish?

Super Swish is a chance for you to get together with friends, neighbours or colleagues and update your look by swapping clothes you no longer want for ones you do.

Simply invite people along to your Super Swish with clothes they want to swap and collect a donation on the door – we suggest £5 per person.

The more people who swish, the more choice on offer. You can hold your swish at a church hall, community centre, school or even a pub.

Wherever you choose, why not boost your fundraising by serving refreshments and cakes too?



## Why should I Super Swish?

Who doesn't love new clothes? Super Swish is a great way to update your wardrobe without the price tag of shopping.

It's also kind to the environment. Did you know around 350,000 tonnes of used clothing goes to a landfill in the UK every year?

By hosting a Super Swish you can clear out your wardrobe without putting your old clothes to waste – quite literally.

It's also a really fun way to meet new people and raise money to help end poverty. So what are you waiting for? Get swishing.

## How do I host a Super Swish?

- 1.** Find a venue, finalise a date and decide on the cost of your entry fee.
- 2.** Promote your Super Swish wherever you can, inviting people to come along with clothes, shoes, bags and accessories – and hangers if they have them.
- 3.** On the day, organise hangers, mirrors and tables to display items. Clothes racks are even better if you have them.
- 4.** Arrange a collection point at the door for your guests to pay their entry fee.
- 5.** Give each individual a token for every item they bring. They can then exchange each token they have for an item on offer.
- 6.** If two people want the same item, toss a coin or draw names.
- 7.** Make sure everyone plays nice – keep it friendly.

**And there you have it. You are ready to swish.**



# How can I make my Super Swish extra super?



## Our top tips

- Find a date and a venue early.
- Give your guests plenty of notice so they have time to sort through their wardrobes.
- Encourage guests who can to arrive an hour earlier to give time to arrange some of the clothes before they get swishing.
- If you have a particular interest, why not plan a themed swish? You could choose a distinctly vintage affair, a baby-themed swish and so on – the possibilities are endless!
- Make your event as sociable as possible. Whether you provide drinks and nibbles or host an afternoon tea before your swish at an extra charge, these additional activities can help create more of a buzz around your event and raise more money.
- Have a mirror and, if possible, a private area where people can try on clothes.
- Ask guests to bring their clothes to the swish in reusable bags that

they can reuse to take their new clothes home – another win for the environment.

- Make sure you remember to take some photographs on the day and share them with us on social media #SwishingForCA.

Check out our website for more hints, tips and resources.

[caid.org.uk/super-swish](http://caid.org.uk/super-swish)





## What to do after your Super Swish

- Collect all your donations and tell your guests how much you raised.
- Send in your donation through our website or by using a donation envelope.
- Tell us how you discovered our Super Swish and what inspired you to host one.
- If you haven't already, share your photographs from the event on social media using the hashtag #SwishingForCA.



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**SUPER  
SWISH**

# Swap clothes you don't want for ones you do

Join us for our Super Swish to update your look while being kind to the environment.

Date \_\_\_\_\_ Time \_\_\_\_\_

Venue \_\_\_\_\_

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To find out more, speak to:

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