



# Outreach Q&A

## **How old do you have to be to do an Outreach Run?**

We suggest no children under 10 years old and all children under age 12 must be accompanied by an adult. Teenagers are always welcome. Also, a group of children will need multiple adult volunteer chaperones, so please plan accordingly. For younger children, please contact us and we can discuss the kind of work that is to be done to see if it is a good fit for you and your child. Outreach Runs are held in Newark in bustling neighborhoods. We understand that all children are different and it is essential for your safety and the safety of all of the volunteers that everyone be as vigilant as possible. If an Outreach Run is not the right fit for you and your child, Bridges offers other opportunities for younger children to help.

## **How long does the Outreach Run last?**

The run will last a little less than two hours, from the time that the van arrives at the location around 10:15 AM or 10:30 AM until 12:00 PM.

## **Is it safe?**

For decades, we have been conducting Bridges Outreach Runs for the community. Although nothing is ever entirely safe. The community that we serve knows us and relies on our services for support.

## **What should I bring?**

Leave all of your valuables at home and bring as little as possible to the event. You do not want to have to worry about keeping an eye on a bag while you are working.

## **What should I wear?**

Wear comfortable weather appropriate clothing and shoes. During the colder months, it is especially important to wear something warm as you will be outside the entire time. It can also be helpful to wear layers at the beginning or end of the seasons, in case you are hot or cold. Check the weather before you leave, especially for rain.

## **Do you do the Outreach Run in the rain or snow?**

Yes, people need our support regardless of the weather. In the event of a State of Emergency, the run will be canceled for the volunteers and you will be notified by the Bridges staff.

## **How do I get to the Outreach Run location?**

You will have to provide your own transportation to and from the Outreach Run location.

## **Is there parking?**

Yes, the locations do have street parking available.

## **Can I help to heat up the soup before the Outreach Run starts?**

Absolutely, Yes! You can come to the kitchen in Summit and help to heat up the soup and then follow the van to Newark. The soup warming process is a quick, easy, and a great way to start your volunteering experience.

**Can you provide documentation for my school so that I can receive volunteer credit hours?**

Yes, we can send you a letter by email. If you need a letter by print, please let us know in advance so we can print it ahead of time and bring it to the run.

**Can I bring donations with me to the Outreach Run, for example, clothing or lunches to donate?**

Yes, you can bring packed lunches. For the lunches, you can sign up in advance to bring 150 fresh lunches to the Outreach Run, so each client can receive two of them. All other items, please drop them off at the Summit location during the drop off periods on Tuesday and Thursday. This will give us an opportunity to check them.

**Should I bring plastic gloves and a mask with me when I am volunteering?**

No. You will not need to bring a mask or gloves, we will provide it.

**Is the run only for groups of 8, what if I have a bigger group?**

No, we can accommodate groups of up to 15 volunteers. If you have a larger group, please email Christina Zamor at [czamor@bridgesoutreach.org](mailto:czamor@bridgesoutreach.org). We would be happy to work with you.

**Is there anything else that I should know?**

We will send out a reminder a few days before your scheduled run.

**Who do I contact if I have a problem on the day of the run?**

Having trouble finding us or need to contact our team leader? You can reach them in the morning between 9:00 AM and 10:00 AM. Our team members can be reached at (908) 346-5357.