



Teesside
HOSPICE

Your guide to

Second Hand September!

THE
NORTHERN
SCHOOL
OF ART

Welcome to your Second Hand September Guide!

Your challenge of saying no to buying new clothes for the next 30 days starts now!

Second Hand September is back – and this year, we're making it bigger, bolder, and more creative than ever. This month, we're celebrating the power of second-hand fashion and all things thrifting, are you ready to get involved?

Whether you're new to second-hand or already love a good charity shop find, this guide is packed with tips, ideas, and inspiration to help you shop in a way that's kinder to people and the planet.

Our goal? To support you in building lasting, sustainable shopping habits not just for September, but for life. Together, we can create a brighter, greener future — one pre-loved item at a time.



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A map of our charity shops!



Online Retail:

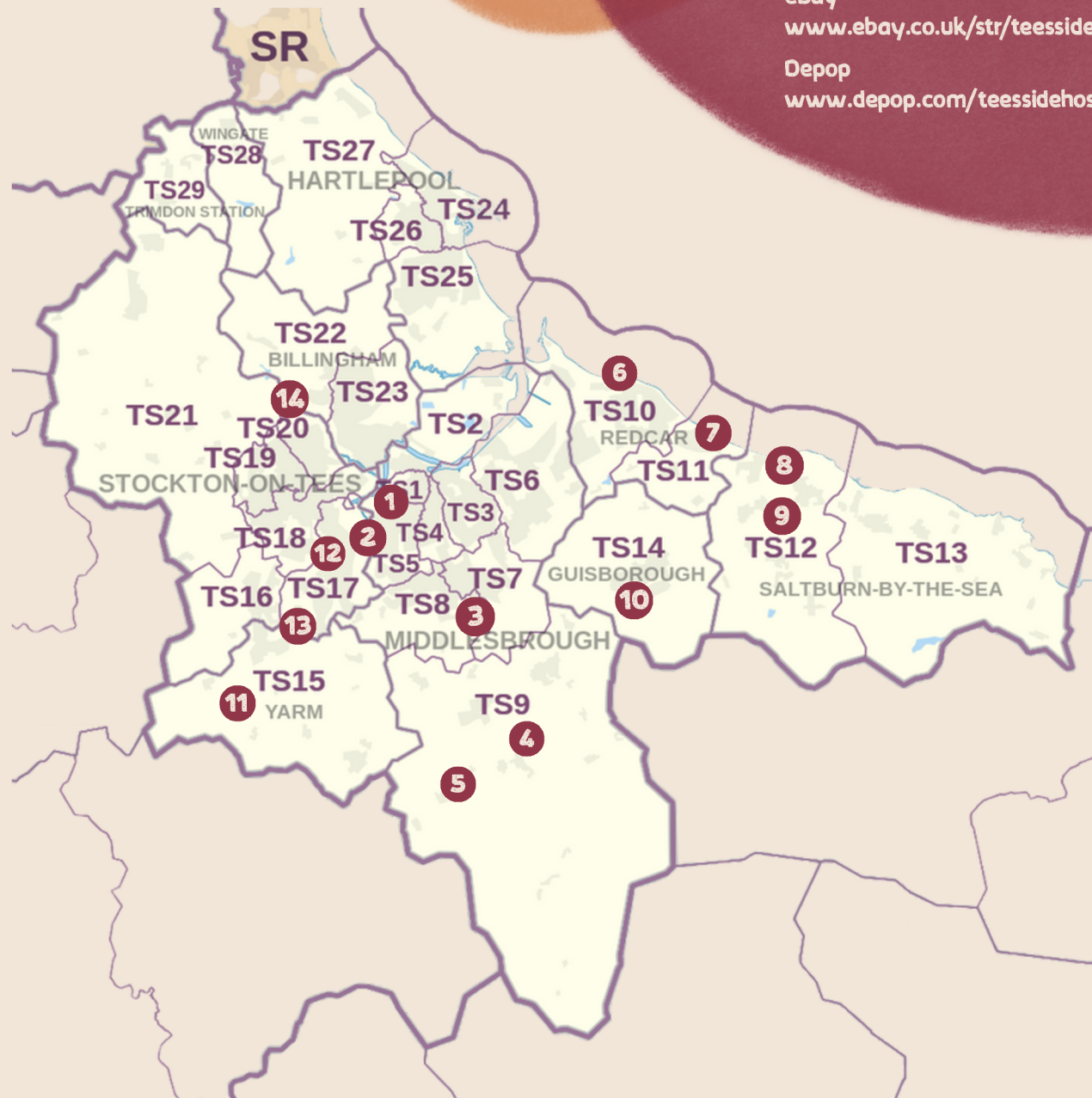
eBay

www.ebay.co.uk/str/teessidehospice

Depop

www.depop.com/teessidehospice

- | | |
|----------------------|---------------------------|
| 1 Linthorpe | 8 Saltburn |
| 2 Acklam | 9 Skelton |
| 3 Coulby | 10 Guisborough |
| 4 Great Ayton | 11 Yarm |
| 5 Stokesley | 12 Thornaby |
| 6 Redcar | 13 Ingleby Barwick |
| 7 Marske | 14 Norton |



To find out the opening times for your nearest store,
visit www.teessidehospice.org

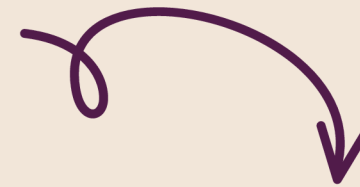
Creating your thrift mood board!



One of the best ways to shop smart during Second Hand September is by having a clear vision of what you're looking for — and that's where a mood board comes in! Creating a mood board on platforms like Pinterest or Instagram helps you head into our charity shops with intention and inspiration, ensuring that you are shopping mindfully and looking for what your wardrobe really needs. Start creating yours today!



Globally, we produce around 2.16 million tonnes of denim waste every year. That's the equivalent of hundreds of millions of pairs of jeans ending up in landfill, and we can help reduce this together. Shop your denim second hand from our charity shops and help us work towards a greener future!



By shopping second hand suede and leather, you're reusing existing materials instead of contributing to new production. Make ethical shopping choices and see what you can find in our charity shops...

Your Second Hand September Checklist...



Here are some fun Second Hand September challenges to get involved in — tick off as many as you can throughout the month and share every challenge that you complete on your social media by tagging us to feature on our stories!

1. Shop second hand for a wanted item, rather than buying new
2. Donate a piece of unwanted clothing to one of our charity shops
3. Share with your followers, friends and family about Second Hand September
4. Donate a piece of unwanted furniture or home décor
5. Shop second hand for a wanted piece furniture or home décor, rather than buying new
6. Volunteer your time at one of our charity shops or find a friend/family member who wants a clear out
7. Educate yourself on the impact of shopping fast fashion using social or TV media
8. Share your purchase/s on socials to inspire others to shop second hand too
9. Explore pre-loved and renting fashion apps
10. Visit your local charity shop and learn more about the impact of you shopping with them
11. Do a book swap with a friend
12. Make a thrift wish list (include in your pack)
13. Get a much-loved damaged item repaired by your local seamstress, dry cleaner or cobbler
14. Lend an item from a friend, rather than buying new
15. Repeat an outfit you loved
16. Upcycle an item
17. Repurpose an item
18. Hand me downs – gift to your younger gen or ask for fashion from your elders
19. Pledge your shopping fund to a better cause and donate to Teesside Hospice
20. Visit one or all of our of our Teesside Hospice shops
21. Research sustainable brands who sell items you shop most
22. Sell something you no longer wear on a re-sell site such as Vinted, Depop or eBay
23. Explore clothes swap shop options in your area
24. Clear out and donate/sell your shoe collection
25. Clear out and donate/sell your jean collection
26. Clear out and donate/sell your jacket collection
27. Clear out and donate/sell your bag collection
- 28. Attend our Fashion Show on Sunday 28th September!**
29. Create a Pinterest board of outfits inspired by the clothes you have in your wardrobe
30. Re-wear a statement piece



@teessidehospice



Your Fashion Calendar!

Use this fashion calendar alongside your Second Hand September checklist — every time you complete a challenge, tick it off right here! You can even complete multiple challenges in one day - why not use your weekends to explore our charity shops, style up your finds, and learn more about the impact of second-hand fashion?

SUN	MON	TUE	WED	THU	FRI	SAT
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	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28 ✓ Fashion Show!	29	30				



Total:

/30

How can you fundraise this Second Hand September?



Host your own SHS sale - take your preloved items to your workplace and leave a collection bucket for donations!



Combine a second-hand sale with a coffee morning or bake sale and raise funds through refreshments and donations.



Do you sell on Vinted, Depop or eBay? Donate a proportion of your sales to our hospice!



Put out your pre-loved items at the end of your drive and host a SHS drive sale with proceeds going to our hospice!



Attend an upcoming car boot sale with your pre-loved items and donate the proceeds to our hospice!



Every time you buy something new, donate an old item and a small donation to our hospice!





You are invited!

Second Hand September Fashion Show

Sunday 28th September

Northern School of Art, TS1 1LA

Fashion Show Finale!

What to expect...

- A fashion show finale with all one-of-a-kind items styled by students, available to purchase.
- Drinks & canapés on arrival.
- A pre-loaded My Card with £5 worth of loyalty points to spend in any Teesside Hospice shop!
- Live music & DJ.
- Second hand market stalls where you can shop reimagined fashion and accessories from our charity shops and eBay store.
- Screen-printing station where students will be printing our Second Hand September design on your own clothes or a repurposed tote bag which are available to purchase.
- College car boot where every penny goes towards supporting Teesside Hospice.
- Tips and tricks on how you can style and repurpose second hand clothing.
- Raffle & mini thrift shop.
- Refreshments & tuck shop
- A plastic-free, sustainability-first event.



Don't underestimate the difference you can make – every small change adds up. One month of choosing second-hand, saying no to fast fashion, and building better habits can turn into something much bigger.

Make a difference.

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Thank you for getting involved in
Second Hand September – your actions matter.
Let's make this our most impactful
Second Hand September yet!