As part of the Big Help Out, Papworth Trust is collecting items for local charities to support those in need, and you can help us by having a clear out.

We're asking for donations of small, good quality, unwanted items that will fit in a shoebox. The items will be sorted by our customers and volunteers, and donated to relevant local charities who are supporting young and older people, homelessness, and women's refuge across the local community.

## Suitable items could include:

Papworth Trust

- Books •
- Cuddly toys

Abington

Post Office

and Shop

- Small items of clothing socks, gloves, hats, scarves, flannel
- Games, puzzles and playing cards •
- Craft kits, Pens and crayons for colouring books or drawing •
- Personal care items (unopened) soap, deodorant, • shampoo, toothbrush and toothpaste, combs, hairbrush, wet wipes etc

Everything must be in good condition and fit in a shoebox.

No food items or things that require batteries or electricity please.

If you would like to volunteer with us, please contact Paul Sands, Volunteer Manager: paul.sands@papworthtrust.org.uk - 07772 252526 www.papworthtrust.org.uk -

Donate here

Lend a hand. Make a change







81 High St, Abington, Little

Abington, Great Abington,

Cambridge, CB21 6AB



Refugee, Asylum seeker & Migrant Action Action is the antidote to despair formerly Refugee Action Colchester

Monday to Saturday - 07:00-20:00

Sunday - 08:00-16:00