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:

- Books •
- Cuddly toys
- 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 -







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



Ipswich Dove Street Inn

Lighthouse

76 St. Helen's Street, Ipswich, IP4 2LH

Jimmv's

Mostly 14:00-23:00

formerly

Refugee Action Colchester

CAMBRIDGE