

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.

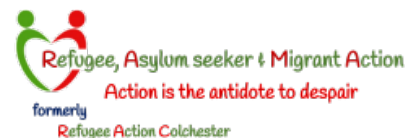
We're asking for donations of small, good quality, unwanted items that will fit in a shoebox. The items will be sorted by our customers and volunteers, and donated to relevant local charities who are supporting **young and older people, homelessness, and women's refuge** across the local community.

## 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.**



Ipswich  
Rugby  
Club

Humber Doucy Lane,  
Ipswich, IP4 3PZ

Games, training and events

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