



TEECH

Christmas 2019

SHOEBOX APPEAL

The charity **TEECH** is going to Romania & Moldova for Christmas 2019, to visit schools & people in their own homes, taking gifts & food parcels, as well as clothing & blankets. TEECH provides aid & improves basic living conditions, has worked in orphanages, school & homes for the elderly. Please support us by completing a shoebox, which will be hand delivered by the team, to those who require a little help at Christmas time.

Gifts Ideas for your shoebox:

Toys: Soft Toys, Balls, Building Blocks, jigsaws, musical instruments, toy cars, dolls, jewellery

Educational Items: Pens, Pencils, rubber, ruler, colouring or puzzle books, notepads, pencil case, stickers etc

Personal Items: toothbrush & paste, hairbrush/comb, deodorant, shampoo, shower gel, sanitary items, soap, flannel etc

Food: Please do not mix food with other items but make up food parcels separately. All items to have a use by date of at least 6 months. Dried foods are best. **Other Items:** Sweets, Gloves, Hats, Scarves

1. Find an empty shoebox, wrap the lid & box with wrapping paper

2. Decide if your box is to be for a boy or girl, what age group and put the label on the box, or if its a food parcel

3. Fill your box with gifts. See the list of ideas and the 'no thanks' list

4. Make a donation of £1 per box towards transportation by visiting www.wonderful.org/charity/telecommunicationseasterneuropeanchallenge

IMPORTANT: If you are doing a number of boxes as part of a group, then please complete even numbers of boys and girls boxes so we have a good range for allocation or consider Unisex boxes which provide the charity with more flexibility.

MAIN AGE RANGE FOR BOXES IS 3 YEARS TO 18 YEARS

No Thanks List:

Medicine / War Related Items / Fragile items like mirrors or glass containers / Dangerous items like scissors or any sharp objects / Nothing of a political nature

Please have your parcels with us **by Friday 29th November 2019 at the latest**. Contact holly@teech.org or on 07786015784 to find out how. Make contact for a box label also.
Charity No 1074765