

# TEECH



## Christmas 2022 SHOEBOX APPEAL

The charity **TEECH** will travel to Moldova for Christmas 2022, to visit schools & people in their own homes, taking gifts & food parcels, as well as 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. Many Ukraine refugees are currently living in Moldova, therefore they will receive gifts also this year.

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. If possible make a donation of £2 per box towards transportation by visiting:  
[www.teech.org](http://www.teech.org)

### 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. For 2021 Face covering and hand gel for older children.

**Other Items:** Sweets, Gloves, Hats, Scarves or age suitable item of clothing (i.e. t-shirt, socks)

**Please get in touch to be allocated age/gender for the boxes we are aiming to take.**

### 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 the 18<sup>th</sup> November 2022 at the latest** .

Contact [holly@teech.org](mailto:holly@teech.org) for any further info or queries.

Charity No 1074765