



# TEECH

## Christmas 2013 Shoebox Appeal

TEECH is going to Romania and Moldova for Winter 2013 to visit several orphanages and schools, so we need your help with gifts and food parcels, as well as winter clothes and shoes to take with us.

The TEECH motto is 'to help those less fortunate create a better future for themselves' and we do this by providing aid and improving basic living conditions for the lives of the young and the elderly. Over the years we have worked with many schools and hospitals and a home for the aged in Eastern Europe.

### Gifts for your shoe box

**TOYS:** Soft toys, balls, building blocks, jigsaws, musical instruments, toy cars, dolls and jewellery

**EDUCATIONAL ITEMS:** Pens and pencils, pencil sharpener, rubber, colouring or puzzle books, notepad, pencil case, ruler, stickers etc.

**PERSONAL ITEMS:** Toothbrush and paste, hairbrush, comb, deodorant, shampoo, shower gel, sanitary items, soap, flannel etc.

**FOOD:** Dried foods like rice, lentils or pasta, biscuits (sweet or savoury), tins of beans, meat or fruit, coffee or tea.

**OTHER ITEMS:** Sweets, gloves, scarf, hat, ear muffs

**IMPORTANT NOTE:**  
Please ensure all food has a use by date of at least 6 months



## What to do!

1. Find an empty shoebox (any size), wrap the lid and box with wrapping paper
2. Decide if your box is to be for a boy or girl and what age group and write this on the box, or if your box is a food parcel for a family
3. Fill your box full of gifts and/or food, see the list of ideas below but also the No Thanks list
4. Make a donation of £1 per box towards transportation by visiting [www.mydonate.bt.com/charities/teech](http://www.mydonate.bt.com/charities/teech)

## 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 ready by Friday 13th December at the latest. Contact Holly on 07786 015784 or email [holly@teech.org](mailto:holly@teech.org) to find out your local drop point; locations throughout the UK this year thanks to our main sponsor BT. On behalf of TEECH many thanks!

