

How you can help

The food and financial donations we receive in December help ensure our Guests do not go hungry throughout the year. At Christmas time, we also

appreciate nice items we can put into our much-loved gift bags. We always need certain types of men's clothing too – read on for details

+ Donate food items

- Tinned meat and fish
- Tinned fruit and puddings
- Tinned ready meals
- Tinned spaghetti
- Tinned potatoes/instant mash
- Instant or pot noodles
- Chocolate, biscuits, chewy bars
- Jams or spreads

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+ Donate clothes

- Men's jeans
- Men's joggers
- Men's T-shirts
- Men's trainers

- We're sorry, we cannot accept...**
Men's shoes or shirts; women's clothes/shoes; household items; bedding/blankets/sleeping bags; children's items.

Prefer to make a financial donation?

You can donate money using the form or at www.cheltenhamopendoor.org.uk/donate

Help to fill a gift bag

Toiletries: shower gel/bath products; shampoo and conditioner; sprays/mini perfumes; gift sets; cosmetics etc.

Edible treats: chocolates; nuts; sweets; biscuits; savouries; small pop or juice cartons.

Games & puzzles for adults: puzzle books; small puzzles; craft kits; colouring books; jokes, etc.

Brand new pants and socks: for men or women

New gloves

Books: of a cheery nature!

Stationery: pens; notebooks etc.

Got a brilliant idea for a gift?

The only items we cannot accept are alcohol, medication and anything with a blade (except safety razors, which are fine!)

Please ensure donations are:

- **unwrapped** as we try to personalise our gift bags as much as possible
- **marked as 'gifts'** and separate from any other items you are donating.

Find out when and where to drop donations at www.cheltenhamopendoor.org.uk/christmas