

Imagine Christmas without presents, decorations, or special food: this is a reality for many people today.

You can make a difference this year and bring a bit of sparkle into homes which have so little.

How you can be involved

- Put together hampers of Christmas goodies which will then be distributed to those in need.
- The recipients will range from single mothers to families in temporary accommodation and people living alone with mental health problems, to the elderly and infirm.

Ideas for your hamper

- It is lovely when hampers include a range of items from basics to Christmas luxuries. The shopping list on the next page may give you a few ideas as to what you might like to put in.
- Find a box (ideally the low fruit tray available from supermarkets) and decorate it with Christmas paper.
- You may wish to make your box more specific, for example:
 - ... for a single mother with a small baby you could include some baby food jars and perhaps a treat for the mother.
 - ... for a family box you might like to include something like a cereal selection pack or a special kids Christmas pack of goodies

Food items.

(it's especially lovely if the items are from the luxury range rather than value range, as people are often used to buying the value range)

Christmas cakes mince pies
Soups cereals
Honey jam
Tea and coffee hot chocolate
Tinned foods chocolates & sweets
Fruit juices Biscuits
Cranberry jelly stuffing mix
(please do not include alcohol, perishable or home-made items)

Household items

Washing powder
Soaps
Bubble bath

Christmas decorations

Candles baubles
Napkins and paper table cloth
Crackers
(About 4 is probably enough, remember to leave plenty of room for the food!)

You may also like to add small wrapped presents (please include age and sex of the children they are intended for) and a Christmas card

Please return this form with your hamper

Guildford Besom

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Your name (or title of group)

Address

Tel

Church