

6 STEPS OF ACT OF KINDNESS

Christmas Hamper Pack Collection for Less Fortunate People

By Yoga with the Crow Community

Find an average-size shoebox/drawstring bag. Decide who to fill it for: a child (boy or girl), a teenager (male or female), an adult (male or female)?

Wrap your box and lid separately so that the lid can be removed without tearing the paper.

Pack the items, remove all plastic and cardboard packaging and pack into the box – individual food pack/wrap is ok. Please choose items that will last rather than those with a short life and can't be recycled.

Check on the checklist, tick the items you have put in your shoebox / drawstring bag and note any that are not on the list.

Label your hamper pack securely with the content, gender, size and age group on the outside of the shoebox lid using sticky tape or on the drawstring bags.

Deliver it to the collection point after securing the lid or the drawstring bag with durable strings / ribbons.

For Christmas delivery your hamper boxes / bags should be handed in between 13th November, World Kindness Day & 10th December, Human Rights Day to Epping Golf Club (upstairs ladies changing room – get in touch with me if not sure).

DON'T PREPARE THE BOXES AND BAGS FOR MIXED GENDERS, AGES OR SIZES. ALL ITEMS MUST BE NEW AND FOR A SPECIFIC GENDER / GENDERLESS, AGE OR SIZE!

DO NOT INCLUDE >> your personal contact details, money, gift card, used or damaged items; home cooked food, end of life food, short or out of date food; bubble bath; duvet, pillows; coat hangers; war related items such as toy guns or knives or military figures; hand-made or knitted stuffed toys; chocolate or any food such as Chocolate Eclairs and Chocolate Limes- sweets are ok; books that are mainly words should also not be included but magazines are ok. We are unable to accept white goods, electrical goods, or kitchen utensils.

WHAT CAN YOU DONATE?

Tinned/Dry Food

Tinned Soups
Pot Noodles
Tinned Vegetables
Tea/T-bags
Tinned Meat
Tinned Tuna/Fish
Tinned Fruit
Bottled Water
Baked Beans
Plum Tomatoes
Chopper Tomatoes
Weetabix
Any cereals
Porridge
Peanut Butter
Chocolate Spread
Runny Honey
Nuttella
Brown Sauce
Ketchup
Pepper
Salt
Squash
Biscuits
Sugar
Instant Hot Chocolate
Coffee
Condense Milk
Shredded Wheat
For kids: Sweets (No chocolate or any other food) 'Best before' date no earlier than 31 March next year. No loose sweets, lollies or undated bags of sweets.

Toiletries

Toothbrush and Toothpaste
Shampoo
Soap/Shower gel
Face cloth/ Moist wipes
Deodorant
Moisturising Cream (Face and Hand)
Comb/Brush
Sanitary Products
Shaving foam/Razors

Toiletries cont.

Body Lotion
Body Wash
Shower Gel
Roll-on Deodorant
Spray Deodorant
Talc Powder
New Ladies Make-up
Sanitary products
Nappies

Miscellaneous

Small Rucksacks
Sewing Equipment
Torch with Batteries
Screwdrivers/Pliers
Pillowcases
Hand Towels
Bath Towels

Stationery & Toys

Pens/Pencils/Sharpener
Notepads/Colouring books
Rulers/Rubbers
Small Toy for boys and girls such as cars, dolls, balls. Please only include new shop-bought toys or toys like brand new.

Clothes And Other Items (NO MIXED GENDER OR AGE)

T-shirts/Pyjamas/Jumpers/Shirts etc
Woollen > Hat / scarf / gloves
Baseball Caps
Underwear/ Socks/ Tights / Boxers / Knickers & Bras
Jeans / Trousers 28"-36"
Jeans / Trousers 36" waist and above
Light Sweaters
Suits
Padded Shirts
Shoes / Trainers
Babies' / children's / teen clothing
Winter Jackets / Coats

Some Other Resources

A BBC Film to watch: **Rosie** - <https://www.bbc.co.uk/programmes/p09lk76z>

Mother-of-four Rosie tries to keep her young family afloat as they become homeless when their rented house is put on the market for a price they can't afford. The story unfolds over 36 hours, as Rosie's partner John-Paul works long hours in a restaurant kitchen, while she spends the day driving around with the kids and making countless phone calls in the search for emergency accommodation. Irish drama based on a script by Roddy Doyle.

Find out more about the participatory action research that Focus E15 campaign undertook under the direction of Dr Kate Hardy (University of Leeds) and Dr Tom Gillespie (University of Sheffield) between September 2015 and April 2016. The Sociological Review have hosted the report online. Read the report in full here: [Homelessness, health and housing: Participatory action research in East London](#) by Dr Kate Hardy (University of Leeds) & Dr Tom Gillespie (University of Sheffield), December 2016

The UK's biggest winter coat drive – [WrapUp London](#) - Rhyanne will be collecting ONLY Winter Coats / Jackets for children, adults & dogs between 25th October & 25th November at the same collection point. You may consider donating a hamper pack AND coat / jacket separately for both causes.

*May we all live at ease like a lotus on the surface of muddy water!
With Love, Gratitude & Solidarity!
Aslihan (YogaCrow.UK)*