

MOST NEEDED ITEMS

- **Volunteers!**
- Mobile phones (must be unlocked and have working battery)
- Oyster cards
- Coats (men, women and children)
- Jogging bottoms or jeans in sizes 26-34 waist
- Trainers in sizes 38-45
- Backpacks
- Hoodies (men and women)
- T-shirts (men and women)
- Underwear (new)
- Bras (new)
- Boxer shorts (new)
- Socks

NOT NEEDED!

- Anything dirty, torn or damaged
- Any homeware
- Women's evening wear
- High heels
- Electrical goods
- Handbags
- Towels

FOOD

- Many people have told us that food in the hotels is not great – neither in taste nor nutrition.
- In some cases we have arranged distributions of **fresh fruit and snacks**, or **food that doesn't require cooking**.
- In others, we have found local groups to **bring in hot food** in the evenings.

CHILDREN

- Nappies
- Prams
- Baby grows
- Clothes
- Shoes
- Children's toys and books (not a priority)



There are over 3,000 people sleeping rough across northern France and Belgium with no protection from the weather. Each night as it goes cold we think of them outside with nowhere to go.

WE NEED DONATIONS

👇 **WINTER COATS**
👇 **TROUSERS**
👇 **HATS & GLOVES**
👇 **SOCKS**
👇 **SLEEPING BAGS**

👇 **BLANKETS**
👇 **COFFEE**
👇 **TEA**
👇 **SUGAR**
👇 **CHOCOLATE**

YOUR LOCAL DROP OFF POINT IS

TO VOLUNTEER OR DONATE MONEY VISIT CARE4CALAIS.ORG

Please try to remember our friends scattered across the countryside not so far from where you are.

PHOTO: KIRAN RIDLEY DESIGN / POLARIS STUDIO

