

# REVERSE ADVENT CALENDAR for CHANGING LIVES

**CHANGING LIVES** are a national charity that supports **21,000 people each year, including those experiencing homelessness, domestic violence, addictions, unemployment and more.**

Your donations will go directly to our local projects, providing vital items for people who use our domestic violence refuges, recovery centres, emergency and long-term accommodation, women's hubs, and more.

**Thank you! Together, we are CHANGING LIVES.**

Registered charity number 500640

## 1. GET A CARDBOARD BOX

**It is a simple concept.** Over 25 days in the run up to Christmas, pop one item a day into your cardboard box... any box will do! Then donate it to Changing Lives, for us to sort and distribute to vulnerable people in the local community.



## 2. POP SOMETHING LOVELY IN IT EACH DAY

**We have men, women and children in urgent need** of clothing, toiletries, and other items. Suggested donations include:

- Unwrapped gifts suitable for all age groups, including books, DVDs, games, colouring books (for kids and adults), jigsaws etc
- Unopened toiletries for men and women (such as body wash, moisturiser, deoderant, shampoo, conditioner, razors, toothpaste, alcohol-free mouth wash, toothbrushes, perfume, make up bags etc)
- Warm clothing (new or quality secondhand) such as gloves, slippers, scarves, hats, socks. Or if you're feeling really generous, coats, pyjamas, dressing gowns and slippers!
- Decorative ornaments, to make a house a home
- **No food, alcohol or toy weapons please.** Please don't wrap the donations but feel free to include gift bag/s if you'd like to.



## 3. DROP IT OFF IN TIME FOR XMAS

**Drop your box off at your local CHANGING LIVES location - Monday to Friday, 9am-5pm - by no later than 15th December, and we'll sort and distribute your kind donations in time for Christmas.**

Find the address of your local drop-off point online at: [www.changing-lives.org.uk/news/reverse-advent-calendar-2017](http://www.changing-lives.org.uk/news/reverse-advent-calendar-2017)

**Please note:** the donations we receive will go directly to our projects to distribute to the people most in need. Anything that is kindly donated but unsuitable for our clients will go to our Gateshead charity shop to sell, with all proceeds going back into our services.



[www.changing-lives.org.uk](http://www.changing-lives.org.uk)

