

Thank you for collecting the items below to help young people who are experiencing homelessness in the city. We greatly appreciate everything we receive, but due to limited storage space it is important that we just get in what we need, so please contact us if you have anything else you are thinking about donating.

Deliveries - **we can receive goods before 12pm – Monday to Friday EXCEPT Wednesdays**. As the Day Centre is a busy place, we would appreciate it if you could **email info@thects.org.uk or call 01273 722 353** to arrange a time to come by.

STORE CUPBOARD ESSENTIALS

- Jars of cooked sauce (tomato + bolognese)
- Ketchup and mayonnaise
- Olive oil /cooking oil
- Tinned fruit
- Long-life milk
- Vinegar
- Instant noodles
- Butter beans / kidney beans
- Rice / precooked rice packs
- Small bottles of squash
- Sugar
- Muesli bars

TOILETRIES

- Conditioner
- Shave gel
- Toilet paper
- Moisturiser

CLOTHING

- Joggers (all genders)
- Small & large boxers / trunks (men's)
- Small & large pants (women's)
- Non-thermal socks

OTHER ITEMS

- Small rucksacks
- Hiking rucksacks
- Nail clippers
- Sleeping mats
- Sleeping bags (inside a bag, 3 season & clean/good condition) eg. winter
<https://www.mountainwarehouse.com/p/023158/mw/summit-250-sleeping-bag/grey/>
- Plugs for USB cables