

Surplus from the Christmas box appeal will go to support our projects - tackling poverty and preventing modern slavery.

## How do you change a life lived in tears?

Valerija's mum dealt with her daughter's cerebral palsy by locking her indoors all day and forcing her to do the housework. Abused by her own brother and sister, Valerija endured beatings and derision for years. She tried running away from home. Her family remained unmoved.

Feeling desperate, Valerija was able to phone a special helpline, which put her in touch with the House of Opportunity. And now things are different. She is supported, she has friends. She is studying psychology and wants to be able to help young people who have suffered like she did.

Valerija told us that she "spent most of my time in tears" before joining the House of Opportunity. Now she sees the possibility of putting her past experiences to some positive use. It will take effort, and yes, more tears, to reclaim the years she has lost, but at the House of Opportunity, we will give Valerija all the time she needs.

Will you help combat modern slavery?

[www.fscinet.org/donate](http://www.fscinet.org/donate)

*giftaid it*

I want to Gift Aid my donation and any donations I make in the future or have made in the past four years. I am a UK taxpayer and understand that if I pay less Income Tax and/or Capital Gains Tax than the amount of Gift Aid claimed on all my donations in that tax year it is my responsibility to pay any difference.

Date:

I would like to receive updates from FSCl and I am happy for FSCl (UK) to use my e-mail for this purpose:

YOUR DETAILS: PLEASE PRINT CLEARLY so that we can process and acknowledge the shipping donation for your boxes.

I enclose a cheque (to "FSCl (UK)" please)  or cash  for £           for (no. of)  shoeboxes

Title:  I am over 18 years old:

First name:

House number/name:

E-mail:

Postcode:

Surname:

Recommended donation: £3 per box

*Thank you!*

## Filling your box

Please try to include the following in every box you make: toothbrush and toothpaste, soap, sweets, toy (for children), scarf, gloves and hat.

Here are some more suggestions to help you fill your Christmas box.

-  **Toys:** soft toys (with CE labels), vehicles, dolls, balls, small Lego sets, jigsaws
-  **New clothes:** hat, gloves, scarf, socks, underwear, baby-grows, t-shirts
-  **Stationery:** pens, pencils, notepads, erasers, colouring and sticker books
-  **Toiletries:** soap, shampoo (in a clear plastic bag), toothpaste, toothbrush, facecloth, sponge, comb, brush, roll-on deodorant, razors, shaving foam
-  **Other:** Sweets, make up (new only), sewing kits, candles, small household tools, hair accessories

We always need more boxes for boys/men!

Please **DO NOT** put these into your box: Food (except sweets), books, seeds, talc, aerosols, medicines, battery operated toys, homemade soft toys and clothes.

## Contact Details

FSCl (UK), St Paul's Church,  
Fisherton Street, Salisbury, SP2 7QW  
[rich.parsons@fscinet.org](mailto:rich.parsons@fscinet.org)  
01722 580192

[www.fscinet.org](http://www.fscinet.org)

FSCl (UK) is a Reg. Charity in England & Wales (1170914)

FSCl is a Reg. NGO in Bulgaria (175633540)

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**FSCl**  
Foundation for Social  
Change and Inclusion

Christmas  
Box Appeal

2022



[www.christmasbox.org](http://www.christmasbox.org)

We are changing our name from  
**FSCl to House of Opportunity**

## Making your Christmas box

More detailed instructions and helpful hints are available on our website: [www.fscinet.org/christmas-box](http://www.fscinet.org/christmas-box)

### STEP 1 - Fill your box

Find an old shoebox. Ideally a regular sized one (max size 39cm long x 24cm wide x 12cm deep). Wrap the bottom of the box and the lid separately in festive paper.

Decide who you'd like the box to go to and tick the appropriate box for age/sex on the **Category & Contents** label, and stick it to the lid of the box.

Fill your box with goodies, leaving them unwrapped. See the 'Filling your box' panel for instructions (overleaf). Fill out the "Contents" section of the Category & Contents label to let us know what's inside your box. Use an elastic band to secure the lid.

### STEP 2 - Make a shipping donation

Getting your box to Southeast Europe is expensive, so we also ask for a **£3.00 donation per box** to help cover the cost. If you are making more than one box you can make a combined donation.

You can do this online - it's easy and helps cut costs [www.fscinet.org/christmas-donate](http://www.fscinet.org/christmas-donate)

**OR:** This leaflet turns into an envelope that you can use to put your donation inside the box.

Remember to fill in **YOUR DETAILS** (only if you are aged 18+) on the envelope. If you are a UK tax payer you can allow us to claim a further 25p for every £1 donated by filling in the Gift Aid section. Cheques to "FSCI (UK)".

### STEP 3 - Deliver your box

...to a participating school, church or organisation (check with them for deadlines), or to **Salisbury foodbank**, (6b Ashfield Trading Est. SP2 7HL) weekdays 10am - 3pm, from 1st - 25th Nov. Visit [www.fscinet.org/drop](http://www.fscinet.org/drop) for alternative drop-off points. Collections by arrangement.

Cut out this label and stick it to the lid of your Christmas box. Doing more than one box? More labels are available at [www.fscinet.org/christmas](http://www.fscinet.org/christmas)



## Category

This box is for a:

<input type="checkbox"/>	Woman	<input type="checkbox"/>	Man
<input type="checkbox"/>	Girl 11-15	<input type="checkbox"/>	Boy 11-15
<input type="checkbox"/>	Girl 7-10	<input type="checkbox"/>	Boy 7-10
<input type="checkbox"/>	Girl 4-6	<input type="checkbox"/>	Boy 4-6
<input type="checkbox"/>	Girl 2-3	<input type="checkbox"/>	Boy 2-3
<input type="checkbox"/>	Girl 0-1	<input type="checkbox"/>	Boy 0-1

## Contents

Items inside this box:

<input type="checkbox"/>	Toiletries	<input type="checkbox"/>	Toys/treats	<input type="checkbox"/>	Stationery
<input type="checkbox"/>	Soap/shampoo	<input type="checkbox"/>	Cars/vehicles	<input type="checkbox"/>	Pens/pencils
<input type="checkbox"/>	Toothpaste/toothbrush	<input type="checkbox"/>	Dolls /teddies	<input type="checkbox"/>	Noteпад/colouring book
<input type="checkbox"/>	Face cloth/sponge	<input type="checkbox"/>	Sweets/chocolate	<input type="checkbox"/>	Eraser/sharpener/ruler
<input type="checkbox"/>	Deodorant	<input type="checkbox"/>	Miscellaneous	<input type="checkbox"/>	Other Please state
<input type="checkbox"/>	Comb/brush	<input type="checkbox"/>	Make-up	<input type="checkbox"/>	
<input type="checkbox"/>	Razors/shaving gel	<input type="checkbox"/>	Sewing kit	<input type="checkbox"/>	
<input type="checkbox"/>	New clothes	<input type="checkbox"/>	Candles	<input type="checkbox"/>	
<input type="checkbox"/>	Gloves/hat/ scarf	<input type="checkbox"/>	Household tools	<input type="checkbox"/>	
<input type="checkbox"/>	Underwear/socks	<input type="checkbox"/>	Baby/clean wipes	<input type="checkbox"/>	
<input type="checkbox"/>	Baby-grows	<input type="checkbox"/>	Jewellery/hair accessories	<input type="checkbox"/>	



FOLD THIS FLAP OVER AND SEAL DOWN TO TAB



\*See back of leaflet

Want to make a box? Follow Step 1 opposite and then go to:

[www.fscinet.org/christmas-donate](http://www.fscinet.org/christmas-donate)

Thank you!

Bring joy to a life

this Christmas

Everyone loves to receive a present at Christmas. But for many vulnerable children and families in Southeast Europe the season serves as a reminder of their isolation and poverty.

You can help us to spread joy to thousands of people, fight poverty and prevent modern slavery\* by joining in with this year's Christmas box appeal.

GLUE OR TAPE

GLUE OR TAPE

GLUE OR TAPE

GLUE OR TAPE