



Dear Patients,

This year we, as a surgery, are hoping to support one of our wonderful voluntary agencies – AVSED. To those of you who know and are part of the AVSED community you will know the brilliant work it is achieving. For those who may have never heard of AVSED, it is a local charity working to prevent social isolation and loneliness throughout the Aireborough area.

### **How we would like to help**

AVSED distribute hampers over the Christmas and winter period. They give out the hampers (and complete home visits) in the week before Christmas as most people receiving hampers / care packages are living alone or on their high needs list for loneliness.

Ideas can include:

- Coffee / Tea / hot chocolate sachets
- Cereal / Porridge
- Long-life UHT Fruit Juice / Milk
- Microwavable Rice / Pulses / noodles
- Long Life UHT Milk (Full Fat Or Semi Skimmed)
- Jar Sauces (Pasta Sauce / Curry Sauce etc)
- Tinned Spaghetti / beans
- Tinned Rice Pudding / Tinned Custard
- Jars Of Jams / Marmalade
- Tinned Fruit
- Instant Mashed Potato
- Chocolate Bars / Sweets / long life puddings / Biscuits
- Deodorant / perfume / aftershave (small bottle)
- Basic Toiletries: Shampoo / Shower Gel / Soap or gift sets of this nature
- Winter Warmers (one size fits all); hats, scarves, hot water bottles, gloves, warm socks, small blankets
- Books
- Games (cards)
- Writing paper, pens / notebook and pens
- Handkerchiefs
- Colouring sets

These are some of the many items that could be donated, please feel free to donate other items suitable for a wellbeing package.

Aire Valley Surgery and AVSED would need the hampers ready for the week of the **18<sup>th</sup> December** so please drop in to the surgery and Donate!

Many Thanks

Aire Valley Surgery