

# Parcels of Care "Father Ted Massive"



Serving in Afghanistan with basic amenities, 10man tents, ration packs and no means of purchasing these items, this isn't most people's idea of 'Luxury'. So we are collecting items to send out to those lads serving without families or support. Anything received from home is a real boost to morale!

## How Can You Help?

Any of the items below will make a huge difference and will be gratefully received:

**Soap, Shower gel, Toothpaste, Roll on deodorant, Toothbrushes, Hand cleanser, Travel clothes wash, First aid items, Baby wipes, Cup-a-soups, Sweets, Crisps, Chewing gum, Pringles, Biscuits, Pot noodles, Small cartons of juice, Magazines, Playing cards, Puzzle books, Pens, Letters**

**(No aerosols, chocolate dairy or meat due to the heat)**

**\*\*Postage charge out to Afghanistan is free! \*\***

**\*\*Boxes no bigger than a shoe box & **MUST** weigh less than **2kg**\*\***

## **Collection points**

For More Information on how you can make a difference contact us by

**Email**

[parcelsofcare4rifles@live.co.uk](mailto:parcelsofcare4rifles@live.co.uk)

**Web**

<http://parcelsofcare.tripod.com>

**Facebook**

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