

## Women's Refuge

As our branch representative on the Women's Committee, Jacqui Stewart is urging branch members to help women who find themselves helpless and homeless through violence. They may arrive at the door of a refuge with just the clothes they are wearing.

As a way of helping them over the first few days, the CWU North West Women's Committee are putting together shoe boxes filled with essentials (and a few treats) to give to new arrivals. Many churches have done this for several years under the banner of "Operation Christmas Child" for deprived or displaced children in foreign lands. Now we have a chance to help a section of our own community.

Jacqui has listed a few suggestions below but feel free to tailor your contribution as you wish. And to make the women feel special, why not decorate the box with a bit of sparkle and bling.

### Suggestions

- Brush / comb
- Shampoo / conditioner
- Toothbrush / tooth paste
- Deodorant / body spray
- Shower gel / soap
- Panty liners / tampons
- Nail polish remover / pads
- Nail polish
- Small mirror
- Lip gloss
- Face flannel
- Pair of tights
- Socks
- Bar of chocolate
- Mints
- Chewing gum
- Pen
- Post-it Notes

Don't just use this as a shopping list, use your imagination.

And those little bottles that appear in hotel rooms could magically re-appear for this worthy cause.

If you want to help but don't feel able to fill a box, then a handful of items (or even just one) will be gratefully accepted.

Members of the branch committee will be happy to pass your contribution on to Jacqui, or drop them off in the offices in Blackburn and Preston. We are working to a timescale of passing them on just after the next Branch Meeting on 18<sup>th</sup> August, so why not come along loaded up with boxes. You will be made very welcome.

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