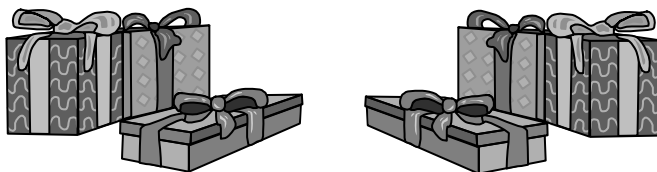




Churches of Brundall,
Braydeston & Postwick

Gift Services



Sunday 4th December

This year we are supporting the YMCA Norwich and if you are able to bring some of the items listed below, it will be very much appreciated:

Toiletries for Males

- Body Spray/ Deodorant for men
- Roll-in deodorant for men
- Shower Gel
- Shave Foam/Gel - Sensitive
- Disposable Razors - small pack 5 or 10
- Toilet Soap
- Shower sponge
- Flannel - dark colours
- Towel - dark colours - Bath size (not hand or sheet)



Toiletries for Females

- Shower Gel - fruit or floral
- Body Spray - e.g. Impulse - small handbag type
- Shampoo - fruit or floral
- Tampax - Super or Mini

Flannel - light colours

Towel - light colours - Bath size (not hand or sheet)

General Toiletries

Toothpaste

Toothbrush - or multipack

Please note: YMCA Residents have showers only



YMCA Norfolk house homeless young people between the ages of 16-25 years at Norwich Central YMCA and 18-35 years at St Giles YMCA. At Central YMCA we house males and females. St Giles houses males only. We also house young people at Throckmorton Yard, Norwich and in Supported Lodgings.

Young people come to the YMCA for many reasons. The most common is family or relationship breakdown and unemployment and/or debt problems. They are generally young people who cannot be housed in the normal way – they have no deposit for private accommodation, for example. Most have complex needs, including dependency issues, mental health issues or educational needs. Some of our young men come from prison.

Many of these young people are very personable and gifted. Some of you may remember seeing the YMCA Elephant as part of the Go Elephants Trail, summer 2008. The YMCA elephant, now 'living' at Norwich Central YMCA, was designed and produced by St Giles' residents.

We see many returning to education or training. Some will join Norwich City Football Club's Street Life Soccer programme, which provides education & work opportunities through sport.

Our desire is to serve the whole person, Body, Mind and Spirit – as the world famous YMCA Triangle represents. When young people arrive at the YMCA they will probably have not money and very few possessions. Your generous gift this Christmas will be much appreciated by all our residents.