



# Help the Ukraine refugee crisis

We have all been deeply affected by the terrible situation in Ukraine. We all sit there helplessly watching the atrocities unfold wishing we could do something to help.

I am therefore thrilled to say that we have teamed up with a group of people who are taking a convoy of vehicles to the stricken refugees in various locations on the Ukraine border.

This convoy is delivering vital supplies where they are needed most.

We have teamed up with them to provide crisis boxes for those people displaced and I'm delighted that we can all come together to help this important humanitarian cause.

We can all get involved and this is how...

Simply get a shoe box or a box of a similar size and follow the instructions below and create a crisis box which can be easily handed out to those in need.

## **SIX simple steps:**

### **Get your box**

- 1. Decide who you would like to help. You can choose a boy, a girl, a woman, a man, a baby, a cat, a dog or a box for small animals (or you can do them all)**
- 2. Fill your box with items listed below**
- 3. For an extra lovely touch write a small note of support for the person receiving the box**
- 4. Seal your box**
- 5. Print off your box description label or write on the box who it is intended for**
- 6. Lastly weigh your box and write the weight on the label or on the box**

There are no limits to the number of boxes you can create.

If you wish to supply a pet box please fill with none perishable goods.

Please bring your completed boxes into Dartmouth Yacht Club at the start of the week commencing 28th March where they will be collected ready to be distributed in the next week or so.

This is just a simple and small way we can all help and I know you will all want to get behind this and make a difference.

**Thank you - on behalf of Dartmouth Yacht Club**



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## Ideas for box contents

### Child - Girl

- scarf, woolly hat, gloves
- crayons, pencils, paper, colouring books
- toothpaste, toothbrush, facecloth, soap, body wash
- a game or a puzzle
- Small towel/face cloth
- non-perishable snacks

### Male Adult

- scarf, woolly hat, gloves
- toothpaste, toothbrush, facecloth, soap, body wash, deodorant
- New socks, new underwear
- Small towel/face cloth
- non-perishable snacks

### Baby

- Nappies, wet wipes, cotton wool
- blanket, baby formula, disposable bottles
- small towel

### Child - Boy

- scarf, woolly hat, gloves
- crayons, pencils, paper, colouring books
- toothpaste, toothbrush, facecloth, soap, body wash.
- a game or a puzzle
- non-perishable snacks
- Small towel/face cloth

### Female Adult

- scarf, woolly hat, gloves
- toothpaste, toothbrush, facecloth, soap, body wash, deodorant
- Female sanitary products
- Small towel/face cloth
- New socks, New underwear
- Non-perishable snacks

**All boxes to be clearly labelled**

**THIS BOX IS FOR A**

weight

Please print off label or make your own.  
Please state if it is for a male / female adult / boy or girl child or animal - Cat, Dog or small animal.