

Dear Parents and carers,

These past two years have been extremely difficult; challenging our resilience and humanity. Now we are faced with another significant incident that impacts our entire world. The invasion of Ukraine is disconcerting and unsettling. Our thoughts and prayers are with the residents of Ukraine as they endure an attack on their country.

The Inspiring Futures through Learning (IFtL) Trust, we offer our support and resources for our pupils and families who are affected by the unfolding tragic events. We hope our Ukrainian families stay strong and we are hopeful for a swift end to this violence. Please reach out to us if you are in need of any support.

We will be collecting donations, from the list below, which we will pass these onto the correct organisations. Many of the Inspiring Futures through Learning Schools are collecting donated items as together we hope to make a sizeable donation.

Please send anything that you can spare / afford from the list below into school by **Friday 11<sup>th</sup> March 2022.**

### **Personal hygiene products**

- soaps, shower gels, shampoos and hair conditioners, hairbrushes
- toothbrushes and toothpaste, for children and adults
- antiperspirants and deodorants (mainly for women but also for men)
- face creams and tonics, hand creams for women.
- sanitary towels, tampons, panty liners
- larger sanitary pads for women in puerperium and nursing pads (breast feeding pads)
- wet wipes, nappies of various sizes, tissues, cotton pads

### **Medical supplies**

- first aid kits
- bandages, gauze and swabs, tourniquets, plasters, disposable gloves
- painkillers, anti-fever and anti-inflammatory drugs for children and adults
- vitamins for children
- cough medicines, sore throat relief, stomach problems remedies, nasal drops.

**For children**, to keep them occupied and distracted, to make them smile:

- colouring books and crayons / markers
- small puzzles
- small soft toys/ cuddly toys
- sweets: chocolates, bars, snacks, etc.

### **And also:**

- baby porridge, baby rice, fruit / vegetable snacks in tubes (not jars),
- instant foods such as soups, etc.,
- long-term foods such as canned food, etc.,
- paper towels, cutlery and disposable plates
- sleeping bags, mats, blankets
- power banks, batteries, flashlights

Thank you,