'Little bags of love and hope'

At Christmas and the New Year many will want to support the Calais migrants. We plan to repeat a previous initiative – 'Little bags of love and hope'.

Despite the "bags" in the title, you can pack in boxes, bags or parcels, as is most convenient - you may even be able to raise money to buy small back-packs as containers which will be useful after their contents have gone. Whatever the containers, please avoid single-use plastic!

Typical contents should include some or all of the following:

- shower gel, shampoo, soap, unisex deodorant, toothbrushes and toothpaste, individual razors, dark-coloured socks, scarves, gloves (fabric or leather- not knitted), hats and a small pack of nuts or dried fruit.

(And include a greetings card or message, if you so desire.)

Please don't send unhealthy sweets; and don't use Christmas wrapping paper or mention the Christian festival in greetings – most recipients will be Muslim, just make things generically festive, perhaps expressing hope for better times in 2017. Gifts for Northern France should be mainly for teenage-to-twenties young men, so please don't include teddy bears and ladies' cosmetics! Keep your words simple, as few recipients will be accustomed to reading our Western alphabet.

If your parish or community would like to take part, please let us know by emailing migrantsupport@aol.com or calling 07887 651117.

It is very important that all your bags have similar contents. You may prefer to arrange this by getting your community to donate items and then finding a group of people who are able to pack them with you. If people are also allowed to donate money you can use that to buy goods and use them to compensate for any contents that are in short supply.

Separately, Secours Catholique needs hair clippers that are used by their "hairdressers" at their Day Centre and which need replacing every month or so.