



Women in Rail is proud to support the UK's most vulnerable people and struggling families by encouraging everyone to create a

Reverse Advent Calendar

Now more than ever vulnerable people and families are struggling to provide for their loves ones. A Reverse Advent Calendar is a wonderful act of kindness, love and generosity and a way to support those less fortunate and help recreate some of the wonder and magic that children find in Christmas.

How does a Reverse Advent Calendar work?

Using a basket or box wrapped in gift paper, simply put aside every day for 24 days an essential item.

When it is full, deliver it to a local food bank, care home, refuge or charity so people and families in need have something special to open for Christmas.

Please share your inspirational stories and images with us:
#WRCares #WRReverseAdventCalendar





Women in Rail is proud to support the UK's most vulnerable people and struggling families by encouraging everyone to create a

Reverse Advent Calendar

Not sure what to include in your Reverse Advent Calendar? Here is a helpful guide of what you can put in your basket or box. Simply add an item each day!

Store Cupboard

- Cereal
- Pasta
- Rice
- Lentils, Beans & Pulses
- Tea
- Coffee
- Sugar
- Biscuits
- UHT Milk
- Fruit Juice
- Stuffing Mix
- Cooking Sauces

Tinned Items

- Soup
- Meat
- Tomatoes
- Beans
- Spaghetti
- Vegetables
- Fruit
- Puddings

Baby Supplies

- Nappies
- Baby Wipes
- Baby Food
- Baby Formula

Toiletries

- Deodorant
- Toilet Paper
- Shower Gel
- Shaving Gel
- Shaving Razors
- Shampoo
- Soap
- Toothbrushes
- Toothpaste
- Hand Wipes
- Wash Clothes

Feminine Products

- Sanitary Towels
- Tampons

Household Items

- Laundry Detergent
- Washing-up Liquid
- Sponges
- Face Masks
- Hand Sanitiser

Christmas Gifts

- Chocolates
- Sweets
- Colouring Books
- Arts & Crafts
- Jigsaw Puzzles
- Books
- DVDs
- Games
- Christmas Crackers
- Clothing
- Slippers

Please share your inspirational stories and images with us:
[#WRCares](#) [#WRRReverseAdventCalendar](#)





Reverse Advent Calendar

Not sure which organisation to support?

Below are links to charities who accept donations at Christmas time and organise for them to be delivered to struggling and vulnerable people and families.

- [Crisis.org](#) for food and clothes
- [FareShare](#) for food
- [Salvation Army](#) for Christmas toys and gifts
- [Great Ormond Street Hospital](#) for games and entertainment gifts
- [The Trussell Trust](#) for food
- [Samaritans](#) for toys and toiletries
- [Barnardo's](#) for toys and toiletries
- [The British Heart Foundation](#) for toys and clothing

Please also consider your local [care homes](#) and [refuges](#) which details can be found online and with your local council.

We encourage you to contact your chosen organisation before you start your Reverse Advent Calendar and check what they need or will accept. Also, when donating, you may want to provide details the content so as to make sure it is donated to those who need them most.

