





# RHOWCH GARIAD MEWN BOCS ELEN GIVE LOVE IN A BOX THIS CHRISTMAS

[www.teams4u.com](http://www.teams4u.com)

pobl gyffredin yn  
gwneud gwahaniaeth  
go iawn  
real people making  
a real difference



Byddwch yn ymwybodol plis, fod gan bob ardal ei dyddiadau a manau casglu ei hun. Gollyngwch eich bocys yma erbyn y dyddiad a roddir o.g.y.dd:  
Please be aware that each area has its own collection dates and drop-off points. Please drop off your box here by the date given:

*Ysgolion/Grwpiau Nodwch eich dyddiad a'ch man casglu yma:  
Schools/Groups please write/stick your deadline and drop-off point here:*

Neu ewch i'n wefan neu alw'r swyddfa 01978 310110 am restr o'r manau a dyddiadau casglu yn eich ardal chi.  
Otherwise visit our website or call our office on 01978 310110 for a list of your local drop-off points and the collection dates in your area.

[www.teams4u.com](http://www.teams4u.com)

Mae Teams4U yn elusen rhestredig rhif 1114131.  
Teams4U is a registered charity No. 1114131.  
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f [@teams4u](https://www.facebook.com/teams4u)thecharity

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# T4U

Gwylwch ein DVD ar [www.teams4u.com](http://www.teams4u.com) - Watch our DVD on [www.teams4u.com](http://www.teams4u.com)

## Beth i roi yn fy mocs 'sgidiau?

Medrwyh ddewis o'r rhestr isod ond plis peidiwch â chynnwys unrhyw beth o'r rhestr NA.

**I Fechgyn a Merched:** brws a past dannedd, Brws crib, addurniadau gwallt, Sebon a gwlanen 'molchi, Papur 'sgrifennu,pennau ac ati Yn ogystal.

**Plis rhowch:** teganau medal,gemau a phosau, jig-so; yo-yo; offeryn cerdd bach, tryciau, ceir,doliau,pelau . Melysion/ y dyddiad terfyn ar ôl Mehefin Het, scarf, menig, sane, dillad isa' newydd.

**Bocsys Cartref:** canhwyllau, offer coginio (dim cyllyll) \*bocsys bach plastig, \*sospan fach, pegiau dillad, lliain llestri lliwgar, brws gwallt, llestri plastig (platiâu /dysglau/ffyrac a llwyau) addurn bach Nadolig, addurn bach i'r tŷ sebon, cadachau llestri.

\*Dewiswch rai o'r rhestr uchod yn unig os gwelwch yn dda, a chofiwch fod yn rhaid i bopeth ffitio i mewn i focs cymhedrol.

**NA:** dim bwyd (ag eithrio losin/melysion), Dim meddyginiaeth, Dim eitemau yn gysylltiedig â rhyfel (e.e. drylliau, milwyr) Dim eitemau bregus (yn cynnwys gwyr, drychau ac ati), Dim hylif o unrhyw fath (siampw ewyn bath, erosalau), Dim eitemau peryglus (pethau miniog fel cyllyll neu raseli), Dim nofelau.

## What can go in my shoebox?

Please choose a selection of items from the ideas below – this is not meant to be an exhaustive list but please do not include anything from the 'NO' list.

**For boys or girls:** toothbrush & toothpaste, hair accessories/brush, soap & face cloth, stationery & paper, gloves, hat & scarf, new socks/underwear.

**Please also include:** a soft toy, game, puzzle, small musical instruments, toy vehicles, small rubber ball/inflatable ball, sweets (use by date from June), a photo of yourself.

**For the Family/Home:** candles, cooking utensils (no knives), \*plastic containers, \*small saucepan, t-towels (preferably decorative), hairbrush, plastic utensils, bowls & cups, small Christmas decoration, small decorative item, soap, washing up cloths, clothes pegs.

\*remember items selected have to fit in a standard sized shoebox. Please only choose items from the above list for this box.

**Please DO NOT include:** food (only exception is sweets), medicines, war related items (such as toy soldiers/tanks/guns), fragile items (such as glass/ceramics), aerosols or anything highly flammable, sharp items, novels.



Gofalwch fod pob eitem mewn cyflwr da ac nad oes unrhyw beth yn y bocys sy'n ymddangos fel pebai'n fwyfadwy (e.e. playdough, plastisîn, gwm chwythu a.y.y.b.). Mae'n angenrheidiol inni checio pob bocys – os down ni ar draws eitemau anaddas a ddoedwyd trwy gamgymeriad, cadwn yr hawl i'w cymryd allan. Yn achlysurol efallai bydd angen newid bocys i gwrdd â'n anghenion pacio.

Please ensure all items are in good condition and undamaged. Please do not put anything in your box that might be mistaken for something edible (i.e. playdough/ plasticine/bubblegum etc.). All shoeboxes are checked and we reserve the right to remove any unsuitable items. Sometimes we may have to change a shoebox to meet our packaging requirements.



Pwysig: Gludwch yr amlen y tu fewn i glawr eich bocys 'sgidiau o o.g.y.dd. Diolch.  
**Important:** Please attach this envelope to the inside of your shoebox lid, Thank you.

## I would like to help change children's lives

I enclose my donation of £  -  Please make cheques payable to Teams4U and write your name and address on the back.

If you choose to donate online please write your donation reference here:

Title:

Forename:

Surname:

House No:

Street:

Town:

City:

Postcode:

Make every £1 worth 25p more and Gift Aid your donation (e.g. a £2.50 donation becomes £3.12) \*You must have paid or will pay an amount of Income Tax &/or Capital Gains Tax for the current tax year (6 April to 5 April) that is at least equal to the amount of tax that all the charities and CASCs that you donate to will reclaim on our gifts for the current tax year. Be aware that other taxes such as VAT & Council Tax do not qualify.

Yes, please Gift Aid my donation  (tick) *giftaid it*

Signature \_\_\_\_\_

Please tell us who your shoebox is for:

BOY  GIRL  HOME  (tick)

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**T4U**

Once you have filled your shoebox, please pop this form together with your cheque/cash in the envelope and attach it to the inside of your shoebox lid. Please do not seal your shoebox. Take your shoebox to your nearest drop-off point and we will do the rest, thank you!