



# Audenshaw Lodge No. 4828



## Support our Soldiers



Care or welfare packages are much appreciated by members of our Armed Forces serving on overseas operations. They represent the support & goodwill of people other than their own families & let them know that we are thinking about them.

If you would like to send a parcel but do not have a named person to send to then we can offer you the following option:

Drop off your parcels at Stanley House by the 31<sup>st</sup> October 2009 and we will see that they are dropped off with SOS and delivered to our overseas troops.



For further information please contact:

Bro Lee Marsh, on 01925 812 205 or enquires@audenshawlodge.org.uk



# Audenshaw Lodge No. 4828



## Visiting the National Memorial Arboretum

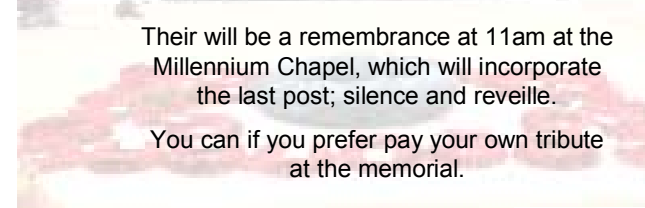
Staffordshire



### Saturday 31<sup>st</sup> October 2009

Bro Marsh of Audenshaw Lodge and his wife Joanne have arranged a day trip to the National Memorial Arboretum in Staffordshire departing from Stanley House at 8am.

A 17 seater minibus has been booked and places are on a first come first serve basis, so book now to avoid disappointment.



The memorial also has a visitors centre, shop and the Arbour Restaurant.

Always & Forever



**The trip is open to Brethren, Ladies, Family and Friends and is £10 per person.**

To book travel from Stanley house or to arrange to meet us at the NMA please contact:

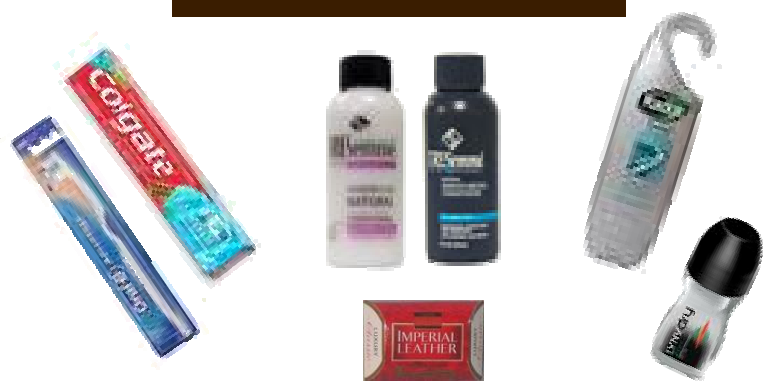
Bro Lee Marsh, on 01925 812 205 or enquires@audenshawlodge.org.uk

# Support Our Soldiers

Registered Charity No 1120684

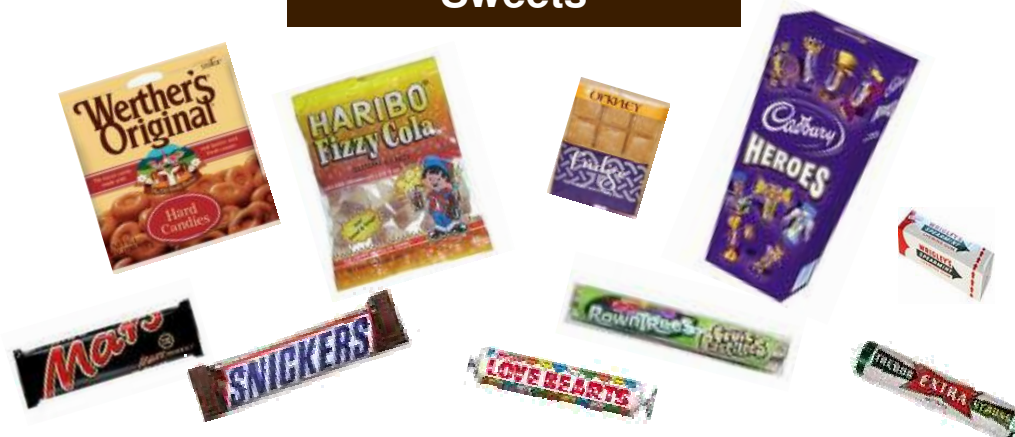
## Suggested Parcel Fillers

### Toiletries



Toothbrush, Toothpaste (50ml), Soap, Shower Gel, Shampoo & Conditioner (travel sizes ideal), Roll On Deodorant

### Sweets



Toffees, Boiled or Jelly Sweets, Fudge, Chocolate Bars, Mints, Wrapped Chocolates or Sweets for sharing, Chewing Gum

### Cakes & Biscuits



Cake Bars, Packets of Biscuits, Shortbread, Flapjack, Muffins

### Snacks



Cereal Bars, Crisps, Nuts (100g), Cheese Biscuits, Pringles, Dried Fruit, Noodles, Soup

### Drinks



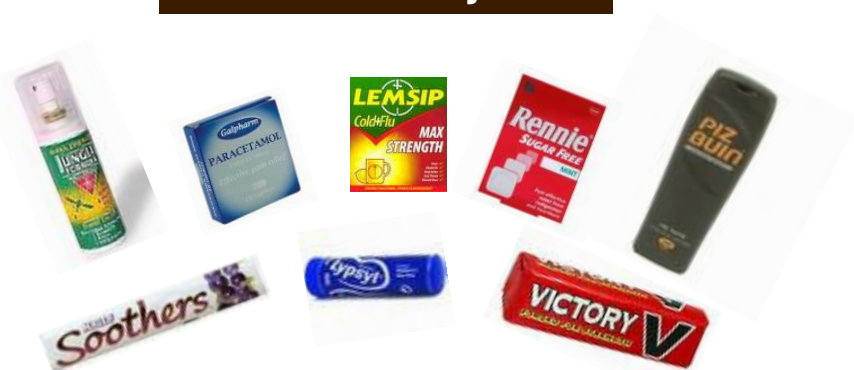
Coffee, Tea or Chocolate Sachets, Small Cartons Fruit Juice, Mini Cans Fizzy Drinks

### Recreation



Puzzle Magazines, Playing Cards, Travel Games, Dominoes, Books, Magazines

### Pharmacy



Paracetamol, Rennie, Lypsyl, Insect Repellent, Sun Cream, Throat Lozenges, Lemsip

### Other suitable items include –

Socks, Underwear, Gloves (during Winter months), Pens, Pencils, Notebooks, Batteries, Bootlaces – the list really is endless!

The key is to keep items SMALL and LIGHT as they are packed into shoeboxes which are weight and size restricted. Travel or individual sizes are ideal rather than family or bulk packs

**NO AEROSOLS, GLASS ITEMS, ALCOHOL OR LIGHTERS**

Please do include a CARD or LETTER with your MESSAGE OF SUPPORT – these are always appreciated!