**Rucksacks for prisoners on the day of their release**

Contents:

Toiletries: soap, disposable razors, toothpaste, toothbrush, comb, deodorant, nail clippers

Towel, flannel

Underwear (boxers), socks

T shirts

Jogging bottoms (**not grey**, as that is the colour of prison wear)

Fleece or jacket

gloves and woollen hat

The collection points for Prisoner rucksacks are:

For North Tyneside:

Linda Benneworth [lindabenneworth@sky.com](mailto:lindabenneworth@sky.com) who is visited by Norma Willmott, the lady who coordinates MU prison volunteering and rucksacks once a month

For Newcastle: Lillian Broatch  [lillianbroatch@live.co.uk](mailto:lillianbroatch@live.co.uk)  She is happy to collect

For North Northumberland:

Diana Macnaughton [dmacnaughton18@gmail.com](mailto:dmacnaughton18@gmail.com)  07789199337

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