**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 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  She is happy to collect

For North Northumberland:

Diana Macnaughton dmacnaughton18@gmail.com  07789199337

10 Glamis Hill, Berwick upon Tweed,TD15 1NX