FreshStart

helping people make a home for themselves

For those who have been homeless, they have no belongings. When they move into a flat, they cannot make a cup of tea, light a lamp, shut their curtains or snuggle up under their duvet. YOU can help.

Below is a list of household items that can help make a house a home.

Dishes and Cutlery • Dinner Plates • Side Plates • Bowls • Cutlery • Glass Tumblers • Mugs • Tea-Towels

Cleaning Items • Washing Up Liquid • Toilet Cleaner • Toothbrushes • Toothpaste • Hand Soap • Toilet Rolls • Bin Bags & Liners • Dustpan & Brushes • All Purpose Cleaners • Laundry Tablets • J-Cloths

Pots and Pans • Soup Pots • Frying Pans • Milk Pans • Cooking Utensils • Can Openers • Potato Peelers • Wooden Spoons

Bed Linen and Towels • Single, Double & King • Sheets • Duvets • Pillows • Duvet Covers • Pillow Cases • Blankets • Towels • Curtains • Face Cloths

Small Household Electric Items • Kettles • Toasters • Lamps • Irons • Vacuum Cleaners • Radios • DVD Player • Microwaves • Music Systems

Long Lasting Food Products • Tins & Jars of: Beans / Spaghetti / Soup / Vegetables / Meat / Fish • Cooking Sauces • Packets of Pasta • Rice • Cereal • Porridge • Biscuits • Sugar • Tea Bags • Instant Coffee • UHT Milk

We are an accredited Revolve organisation, meaning that the goods that we re-use must meet the required standard set out by Zero Waste Scotland. In order to reduce waste, please can all donated items be in a clean, reusable condition as we do not have the facilities available to wash items. We are charged for the disposal of all items that we are unable to use, which impacts on the services we are able to provide. Please can you also avoid hard plastics, such as buckets, as they cannot be used in our packs and end up in landfill.

FOR MORE INFO PLEASE CALL **0131 476 7741**
OR EMAIL: **ADMIN@FRESHSTARTWEB.ORG.UK**

VOLUNTEER WITH US!

Do you have some spare time during the week?
Would you like to make a difference while meeting new people, staying active and having fun? Maybe you should consider joining one of our teams of volunteers.

Hit Squads Team
Hit Squad Volunteers help Fresh Start to deliver a painting and decorating service for people who have recently moved into a new home after being homeless.

Gardening Team
Come and join our friendly and informal gardening team who grow fruit and vegetables in our community growing spaces. Learn new skills whilst staying fit, having fun and supporting others.

Cooking Team
Do you enjoy cooking and sharing your skill with others? Our Cooking Volunteers help Fresh Start to deliver our cooking courses including our small, supportive classes and larger social cooking groups.

Starter Packs
Our Starter Pack volunteers make up over 12,000 packs of essential items each year. Come and join our fun and friendly teams and help someone make their new house feel like a home.

For information on any of these opportunities or to request an application form, contact: admin@freshstartweb.org.uk or call: 0131 476 7741

For more info contact: admin@freshstartweb.org.uk or Tel: 0131 476 7741

Fresh Start (Scotland) is a company limited by guarantee registered in Scotland no.SC197784. Scottish Charity no.SC029184