



# The Shrewsbury Ark



The Ark is a safe haven in the heart of Shrewsbury. They provide practical and emotional support for those in need or distress. Adams College is supporting Shrewsbury Ark this Christmas by running a 'reverse Advent calendar'. The staff and students at the college will donate items each college day in December to support The Ark and those in need.

Donations can be something simple that a vulnerable person would need, or something they could sell in their shop to raise funds.

Toothbrushes, deodorant, toothpaste, combs, brushes, tissues, toilet paper, feminine hygiene products, soap, shampoo, sleeping bags, blankets, reading glasses, underwear, socks, thermal underwear, gloves, hats, scarves, chocolate, flasks, torches, clothing etc.

There will be a small box in each form room, any large items can be left with Sam Evans, Student Reception, Ruscoe Centre. Please give generously, and remember the true spirit of Christmas



The Ark provide the basic things that most people take for granted. Their clients can rely on them for warm clothes, bedding, personal items and a hot meal or cup of tea and a chat when they need it. If their clients require professional advice or help, they are there to support them.

When they are ready, they give them opportunities to build self-confidence and develop their potential. They are there when perhaps no-one else is and (with the help of their supporters) they always will be.

Further details can be found here: <http://www.shrewsburyark.co.uk/>