

ELF x Exeter Racecourse Christmas Gifting Items



Please note Due to incredibly weakened immune systems for our patients, we advise that donations are newly packaged items. Below I've given some examples of the type of items that are useful, alongside gifts, a lot of practical items that help patients pass time whilst in hospital and help with treatment side effects. Eg. fruit juices that help sooth dryness of the mouth and a metallic taste.

Children

- New boxed toys and/or new tagged soft toys
- Board games
- Colouring & activity books
- Colouring pens & pencils
- New children's books
- Sweet treats
- Fruity flavoured juices
- New beanie hats and headscarves
- Blankets
- Small bravery gifts - Small pocket sized gifts given out for bravery during treatments, tests and injections, etc.
- Toy shop gift cards/vouchers (these make Christmas feel a bit more normal for parents, allowing them to go and buy presents more personal to their child from their Christmas list).

Adults & Young Adults

- Sensitive non-scented toiletries & make-up (e.g. lip balms, shower gel, hand creams, moisturiser)
- Non-slip socks
- New beanie hats and headscarves
- Pocket games (eg. Playing cards, rubix cube, mind teaser games)
- Notebooks
- Puzzle books & adult colouring books
- Colouring pens/pencils
- Thermometer
- Fruity flavoured juices
- Sweet treats
- Ginger biscuits
- Hand sanitizer
- Rescue pastilles
- New or second-hand novels for our waiting room book stand
- Supermarket gift cards/vouchers (these make Christmas feel a bit more normal for families facing financial hardship, allowing them to get a good Christmas food shop).

Gifts to be dropped into the Main Office or The Information point, based in AP's bar. Last Gift drop off day is Friday 5th December. Thank you for your support!!