



# 4 gift ideas that can make a change

Your friend's birthday is coming up and you cannot think of what to buy them. The SCPN can help! Experiment with these charitable gift ideas to bring to joy to your friend while supporting a good cause.



## DONATE TO YOUR LOCAL FOOD BANK.

You can donate toilet roll, toiletries (including sanitary products), wholegrain cereals, tea and coffee, and tins of interesting fruits and vegetables. Give the gift of health.



#### DONATE TO A CROWDFUND FOR AN IDEA YOUR FRIEND IS PASSIONATE ABOUT.

With crowdfunding, you can really see where your money is going and have a direct impact on the projects which interest you the most.



## BUY A 'SUSPENDED MEAL' FOR A HOMELESS PERSON.

It costs £5 to buy a meal for a homeless person – about the same cost as a box of chocolates. So why not give a hot meal to somebody less fortunate?



# SUPPORT THE SOCIALLY DISADVANTAGED.

Support Grassmarket Community Project by buying e.g tartan and woodwork items. A socially responsible gift is a real investment in the future of Scottish people.



The Scottish Cancer Prevention network is focussed on moving evidence on cancer risk reduction into everyday life, practice and policy.

We are supported by the Scottish Cancer Foundation (SC028300).

Want to get involved? Visit our website for more information at www.cancerpreventionscotland.org.uk and sign up for our newsletter!

You can also find SCPN on Twitter and Instagram (@thescpn).