



# CHRISTMAS CATALOGUE



**TICK OFF YOUR FAMILY'S GIFT WISH LIST WITH  
BARNARDO'S AND AT THE SAME TIME HELP  
MAKE A DIFFERENCE FOR THOSE IN  
NEED THIS CHRISTMAS:**

**£3** COULD HELP PAY FOR A CHRISTMAS GIFT  
FOR A VULNERABLE CHILD

**£10** COULD HELP PAY FOR A YOUNG CARER TO  
ATTEND A FUN CHRISTMAS PARTY

**£25** COULD PROVIDE A YOUNG PERSON WITH BEDDING  
AND A SAFE PLACE TO SLEEP

**£50** BUYS TOYS AND BOOKS FOR A BARNARDO'S  
PLAYGROUP IN A DEPRIVED AREA

**£100** GIVES VITAL THERAPY SESSIONS TO A CHILD WHO  
HAS SUFFERED ABUSE





# ECO GIFTS



- £3.50 -



- £1.75 -



- £2 -



- £2 -

**15 PIECE TAG & ACCESSORY BOX**

Large eco gift bag range

Kraft paper – FSC and fully recyclable

**8 SHEET CHRISTMAS TREE TISSUE PAPER**

Plastic free packaging on tissue paper

**KRAFT STAG & SNOWFLAKE LARGE GIFT BAG**

Large eco gift bag range

Kraft paper – FSC and fully recyclable

Gift bags available in three sizes. Prices may vary.

**KRAFT GIFT TAGS X20**

Plastic free packaging on gift tags



- £2 -



- £1.75 -



- £1.75 -



- £1.75 -

**KRAFT HOLLY LARGE GIFT BAG**

Large eco gift bag range

Kraft paper – FSC and fully recyclable

Gift bags available in three sizes. Prices may vary.

**CHRISTMAS TREE WISHES MEDIUM GIFT BAG**

Large eco gift bag range

Kraft paper – FSC and fully recyclable

Gift bags available in three sizes. Prices may vary.

**8 SHEET NORDIC SNOWFLAKE TISSUE PAPER**

Plastic free packaging on tissue paper

**KRAFT GONK GIFT TAGS X20**

Plastic free packaging on gift tags



- £2 -



- £15.65 -



- £8 -



- £1.75 -

**KRAFT GONK LARGE GIFT BAG**

Trend driven gonk range large eco gift bag range

Kraft paper – FSC and fully recyclable

Gift bags available in three sizes. Prices may vary.

**PALM TO SOUL YOGA RING - PURPLE**

The Palm to Soul yoga Wheel is designed for people wanting to improve their flexibility and posture.

33cm diameter by 13cm wide.

Benefits of using the wheel include increased blood circulation and general stretching and strengthening of the core muscles. The Exercise Wheel is made with a strong and durable 10mm inner ring. Supporting up to 200kg while offering comfort in the form of a 7mm outer foam cushion

**PALM TO SOUL YOGA BLOCKS PURPLE - PACK OF 2**

Yoga blocks are ideal for adding lift in all manner of poses in both yoga and pilates.

They can help stabilise and add height in standing and balancing poses or can be placed between the knees to activate the outer leg muscles.

made from high grade, non toxic foam stylish design with rounded edges and corners for additional comfort and an easier hand grip. Extra durable and scratch resistant. Light enough to carry between classes, yet sturdy enough to bear your weight in postures. Please note the price is for 2 matching blocks.

Size 22cm x 15cm x 7.5cm

**KRAFT GONK BOTTLE GIFT BAG**

Trend driven gonk range large eco gift bag range

Kraft paper – FSC and fully recyclable

Gift bags available in three sizes. Prices may vary.



- £40 -



- £40 -



- £40 -



- £20 -

**PURPLE CORK YOGA MAT WITH BIO RUBBER BACKING SPIRIT DESIGN - PALM TO SOUL NATURAL**

Palm to Soul Natural cork with bio-rubber backing. The more you sweat, the grippier natural cork becomes. A great choice for those who like to work hard. All mats supplied with our unique carry bag.

Anti-microbial.

Eco-friendly

Size 183cm long x 65cm wide x 5mm thick

**VEGAN SUEDE YOGA MAT WITH BIO RUBBER BACKING SUN DESIGN PURPLE - PALM TO SOUL**

Palm to Soul Vegan Suede with Bio-rubber backing yoga mat. Beautiful detail in the design, which is unique to Palm to Soul Yoga. High Grip bio-rubber backing to help stop movement when practising.

A great choice for those who like to work hard. Vegan suede is a man made material that gives that beautiful suede feel and allows us to digitally print in fantastic detail using vibrant colours. All mats supplied with our unique carry bag.

Size 183cm long x 68cm wide x 5mm thick

**BLACK HI GRIP YOGA MAT BIO RUBBER ALIGNMENT DESIGN - PALM TO SOUL**

Palm to Soul Hi Grip Bio-rubber alignment yoga mat black. Use our unique alignment system helps guide you to get the positioning right every time.

A great choice for those who like to work hard. All mats supplied with our unique carry bag.

Size 183cm long x 68cm wide x 5mm thick

**SHARED EARTH WOODEN HEXAGONAL BEE/BUG HOUSE - SAVE OUR BEES**

Designed to provide nest cells for solitary bees of which there are 240 species in the UK.

Shared Earth Species such as the red mason bees and leafcutter bees nest in tubes or tunnels.

You can encourage these busy pollinators by providing artificial nest sites such as this house.

Bee houses must be positioned in full sun, facing south or east, and be at least a metre off the ground.

Diameter 18cm