



Helping Our Ukrainian Friends

1500 days on – Spring 2026 update.

We often get feedback from our many supporters congratulating us on our continued efforts to help our Ukrainian friends, but sadly congratulations are not really in order. By any standard of human decency, respect for law, and Christian values, we should not have to be offering Ukraine any humanitarian help.

And yet Russia's brutal invasion continues into its fifth year: attacks on Ukrainian towns, villages, and critical infrastructure are a feature of daily life and very sadly the loss of life (on both sides) goes on.

Ukraine may be out of the headlines, but the tragedy of the invasion is as current as ever.

The need for our support hasn't diminished, indeed over the winter as Ukraine faced critical energy shortages and the coldest winter in years, perhaps it was needed more than ever.

Since the war began, Helping Our Ukrainian Friends has raised nearly £500,000, sent out 21 deliveries of aid, and supported five Summer Camps for Ukrainian war widows and their families.

In the last financial year, we raised (and spent) £135,000, delivered five 4x4 vehicles, supported a Summer Camp in Poland, and organised and delivered two collections of donated supplies. Our support ranged from helping a community of the deaf in Odesa buy power banks

and hygiene products; delivering a piano to a youth programme in Kharkiv; donating to an art studio for Ukrainian refugee students in Poland; buying tonnes of potatoes in Rivne; and supplying power banks, generators and Eco Flows to communities on the front line in the Donbas. We have supported a volunteer fire brigade in Sumy, a kindergarten in Kharkiv, diesel heaters to Vinnytsia and sent out stretchers and a van load of wheelchairs.

We continue to work particularly closely with Pastor Aleksander, The Cross Charity, Sustain Ukraine, From Person to Person, Charity for the Deaf in Odesa, Dr Oleksii in Dnipro and Pastor Vasily in Sumy. They are all heroic in their efforts to get support to communities and units on the front line and support Internally Displaced Persons. We salute them all for their bravery and resilience.



Donations packed for delivery, November 2025



Summer Camp, Poland, June 2025

Plans for 2026

In 2026 we are committed to organising two further collection campaigns in May/June and October/November, supporting another Summer Camp and making at least quarterly financial donations to our main Ukrainian charity partners.

Next Collection Campaign

Our next collection campaign will start in May, with delivery to Ukraine in early July, final collections on 26 June. Our friends in Ukraine have provided us with a list of what they need most.

- **Food** – rice, noodles, tea, coffee, sweets, instant soups
- **Medicines** – paracetamol, aspirin

- **Power banks** – 20000 or 30000 mAh
- **Bed linen/Towels/Warm blankets**
- **Hygiene and products** – adult and baby diapers, feminine hygiene, wet wipes
- **Dry shower kits**
- **Toiletries** – soap, laundry detergent, toothpaste
- **Insect repellents**
- **NOT Clothes on this occasion**

You can donate items at any of our usual collection points.

- **Peterborough/Stamford:** The Granary Café, The Bluebell, Helpston, All Saints Church, Peterborough, Baston, Thurlby, Langtoft, Market Deeping, Etton, Barnack and Helpston Churches, Natalii's Dream on Lincoln Road and Borderville Sports Centre.
- **Sheffield/Dronfield:** Hallamshire Tennis and Squash Club, Drone Valley Brewery, Dore Methodist Church and Life Dronfield.

We will be accepting donations until 26 June. If you need help picking up your donation, please contact us on chair@helpingourukrainianfriends.com

Fundraising efforts



Throughout 2025-6 HOUF ran a series of events to raise money for our work. We held some beautiful music concerts, including at Oundle School Chapel and St John's church, Peterborough, a quiz in Essendine, a race night at Stamford Golf Club, a vintage car treasure hunt, a Christmas fayre in Barnack Church and even an abseil down the side of the highest tower in Northampton. Our Northern Powerhouse (Sheffield and Dronfield) team put on events throughout the year, including a hugely successful Entertain for Ukraine, which raised several thousand pounds.

We are very grateful to all those who have supported our work for over four years now, whether through financial donations or gifts of supplies, or by volunteering with collections and fund-raising. Once again, many local companies such as Athene Communications, Cross Keys Homes, Compare the Market, Buckles and Greenwoods Solicitors provided financial support and donations. Mountain Warehouse in Stamford were a brilliant partner, collecting and donating important items. And our individual donors continue to amaze us – many have



Abseiling for Ukraine, Northampton, May 2025

been donating regularly to our work since Summer 2022. Thank you all.

But a particular thank you once again to our friends at Princebuild, and directors Mark and Dale Asplin and Matthew Pudney, who last year raised an amazing £64,000 to support our work and to help our Ukrainian friends and communities. The Princebuild team ran en masse in the Lincoln 10K in April, arranged a fabulous charity auction in May and then an unforgettable Blingo



Entertain for Ukraine, Dronfield

night in October. Already in 2026, they have raised a further £10,000 through another team effort at the Lincoln 10k and have two other major fundraising events lined up.

4x4 to Rivne

In August 2025, working with our friends and partners at Sustain Ukraine, a team of six HOUF volunteers flew out to Bucharest to pick up three 4x4 vehicles that we had purchased in Romania.

Leaving central Bucharest early morning, the convoy drove up through eastern Romania, stopping for a game of table tennis in a roadside café and reaching the Ukrainian border that night, before crossing over the next day. We took the chance to see our old friends the two Annas in nearby Chernivtsi before driving north, sadly passing newly expanded graveyards and monuments to the fallen in every town and village we drove through. A quick stop in Ternopil when the clutch on one of the 4x4s failed, but once again international co-operation and the power of sign language helped us through, as a local garage sprang to the rescue and replaced the clutch overnight, while the team crammed into the two remaining vehicles to travel on in the gloaming to meet Pastor Aleksander outside Rivne.



International Co-operation – Repairing the 4x4, Turnopii, August 2025

It was great to see the Pastor who was our first point of contact for delivering humanitarian aid back in Summer 2022. He and his team regularly drive across Ukraine to deliver supplies purchased by HOUF to war torn communities in the Donbas and around Kherson. The next day, we drove into Rivne and handed the cars over to Ukrainian

drivers for onward delivery to military and medical units, where they will be used for med-evacs on the front line. The third vehicle was safely picked up too, complete with new clutch! The HOUF team then made their way back to Poland via bus, taxi, on foot across the border and then train to the airport in Krakow.

Thank you.

To all our individual and corporate donors and supporters, to our local MP, Sam Carling, who has done so much to help raise our profile, and particularly to all the volunteers who put so much time and effort and emotion into helping their Ukrainian friends. We are also particularly grateful to the ongoing support of so many Rotary Clubs across our regions, particularly the Rotary Club of Dronfield, and to the many churches, particularly the Ness Group.

But as ever, thanks to our Ukrainian partners – they are the ones suffering in this awful war and making heroic efforts to support the communities close to the front line. Thanks as ever to Galya, without whom none of this could happen. We salute them all.



Spreading the Word – Polina talks to BBC Radio Cambridgeshire



Memorials to the fallen, Ukraine, August 2025

Stay in touch.

You can contact us directly by email – chair@helpingourukrainianfriends.com or through the website – www.helpingourukrainianfriends.com

And you can follow our work on our Facebook page – <https://www.facebook.com/HOUF2022>

We are always looking for more volunteers to help with fundraising, opening new donation points and driving.

And, of course, we are always grateful for financial donations, which you can make through our Just Giving page – <https://www.justgiving.com/crowdfunding/helpingourukrainianfriends2023>

Please be aware, HOUF is not a registered charity. We are a group of likeminded people working together to help Ukraine.

