



HELP FOR UKRAINE

The volunteer group **Helping Our Ukrainian Friends** is making another delivery of aid this spring to support those impacted by the war in Ukraine.



PLEASE HELP BY DONATING

FOOD	Non-perishables like rice, flour, pasta, tinned food (soups, fish, meats), tea, coffee and sugar.
MEDICINES	Paracetamol, multivitamins, antiseptic wipes, expectorants
PERSONAL HYGIENE PRODUCTS	Soap, toothpaste, toothbrushes, female sanitary products, nappies, deodorant sticks
EQUIPMENT FOR HOBBIES	Sports equipment, art supplies and musical instruments for displaced children and orphanages.
ELECTRONICS	Torches, power banks, LED lights, used disposable vapes, batteries, and phones / tablets / computers (factory reset and in good working order)

WHERE & WHEN?

Find out more or donate via the links below, or get in touch at richard@helpingourukrainianfriends.com.

www.facebook.com/HelpingUkrainesSurgeons

www.helpingourukrainianfriends.com

bit.ly/JustGivingHelpingOurUkrainianFriends

