



# HELP FOR UKRAINE

In time for Christmas 2024, the volunteer group **Helping Our Ukrainian Friends** will make its 19th delivery of aid to support those impacted by the war in Ukraine.

## PLEASE HELP BY DONATING

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

## WHERE & WHEN TO DONATE?

Find out more or donate via the links below, or get in touch at [richard@helpingourukrainianfriends.com](mailto:richard@helpingourukrainianfriends.com).

[www.helpingourukrainianfriends.com](http://www.helpingourukrainianfriends.com)

[www.justgiving.com/crowdfunding/helpingourukrainianfriends2023](http://www.justgiving.com/crowdfunding/helpingourukrainianfriends2023)

