



## LIONS SENDING LOVE TO THE UKRAINE



Once every 6 weeks a convoy of vans goes to Poland and the Ukraine taking vital and often life saving supplies. The Lions driving these vans come a variety of clubs in our district such as Callington, Looe, Tavistock & Weymouth whilst other clubs supply them with items such as those on the list below and money towards the cost of fuel, visas and ferries. This works out at about £1,200 per vehicle per trip.

### WE NEED YOUR HELP

Could you supply any of the following?

- **Dried or tinned foods:** (tinned meat; tinned fish; pasta; rice)
- **Personal hygiene products:** (soap; shampoo; toothpaste; toothbrushes; deodorant; talc; razors)
- **Baby Products:** (nappies; baby formula & food; nappy rash cream; wet wipes)
- **Sanitary Products:** (tampons; sanitary towels; nursing pads; adult pads)
- **Medicines:** (pain killers; antihistamines; children's medicines; diarrhoea treatments; indigestion relief; antiseptic creams)
- **Medical Items:** (first aid kits; bandages; dressings; lint; trauma kits; plasters; medical gloves; antiseptic wash; ;
- **Other aides:** (walking frames; wheelchairs; crutches; other mobility aides)
- **Other items:** new or nearly new sleeping bags & blankets; towels; baby clothes; baby feeding bottles; travel cots in good condition; torches and batteries; laundry detergent; candles; water purification tablets)

**We can use unopened packs of out of date medicines**

**For further information about these monthly mercy runs,**

**Contact us on 01460 72305**

**The feeling of helplessness when watching the news can be lifted. By helping us,**

**YOU CAN MAKE A DIFFERENCE.**