

WE ARE NOW A COLLECTION POINT FOR: **St Helens foodbank**



PLEASE DONATE ANYTHING YOU CAN FROM THE LIST BELOW AND PLACE IT IN
THE BOX PROVIDED

- Milk (UHT or powdered)
- Tinned Soup
- Fruit juice (long life carton)
- Cereals
- Rice/Noodles/Pasta
- Pasta Sauces
- Tinned Fruit/Vegetables
- Shampoo
- Soap/Shower gel
- Toothbrush/Toothpaste
- Deodorant
- Teabags/Instant coffee
- Instant mash potato
- Sugar
- Tinned meat/fish
- Jam
- Biscuits or snack bars

**JUST ONE OR TWO ITEMS FROM PATIENTS AND STAFF
CAN HELP TACKLE HUNGER AND POVERTY IN ST
HELENS. LETS WORK TOGETHER AND HELP OTHERS.**



**IF YOU NEED HELP OR SUPPORT WITH
THE CURRENT COST OF LIVING CRISIS
THEN PLEASE ASK AT RECEPTION OR
DURING YOUR APPOINTMENT TO
SPEAK TO THE SOCIAL PRESCRIBING
TEAM.**



thehopecentre.
ST HELENS
BRINGING LIFE & HOPE TO OUR COMMUNITY