



**JOIN OUR
URBAN HARVEST**



**Please leave any donations
(Only during September)
In the box at St Mary's
or Contact Diane**

Autumn & Winter are a life threatening time of year for people sleeping rough. It's also sadly, our busiest time. Please collect and donate food to fill our storeroom ready for the cold Winter ahead.

<https://www.barnabas.org/>

BARNABUS

Clothing

- Men's shoes or trainers sizes: 7, 8, 9 and 10
- Men's jeans 28 — 82 and joggers small and medium
- Coats, jackets and t shirts all sizes
- Shower Gel, Shampoo, Roll on Deoderant

Food

- Pot noodles, cereal bars, chocolate, crisps
- Cordial, long-life milk, coffee, tea, sugar
- Individual bottles of water and juice
- Tinned meals, tinned fruit and veg
- Pasta, rice and other long life staples
- Cereal, breakfast bars and biscuits

Registered charity number' 1174410