

WE CAN HELP

During the last few weeks many of us have gained a renewed appreciation of how lucky we are to live in this beautiful part of the world. Subject to restrictions, we can go on a lovely walk, buy groceries online or ask one of our buddies to shop or pick up a prescription. The sad flip side is that many people throughout the country are experiencing huge trauma through illness, loneliness, living in a cramped home and at the most basic level simply eating. This problem may seem far away but significantly for us it is a reality just a few miles down the road.

The One Can Trust distributes food and everyday necessities through a food bank in High Wycombe, and the growth of people needing this help due to Covid-19 is astounding. They were supplying parcels to an average of 159 people per week in January and this had risen to 427 by the second week of April due to the virus resulting in loss of income, tipping some families into poverty, a tragic situation. All these parcels go to people unable to pay for the food that they need for themselves and their family.

Please consider adding one or two items to your weekly shop for The One Can Trust and dropping them off to us here at Westwood, Hampden Road, with the shop behind you, we are the first house on the right, corner of Hampden Road and Chapel Hill. We will leave a largish plastic box at the end of our driveway and make sure the items donated are delivered regularly to the One can Trust.

Some of the items most needed include:-

Pasta/cooking sauce, tinned fish, tinned ham or beef, tinned potatoes, and fruit, tinned halal meat and poultry also long life milk, pulses, kidney beans, sanitary towels, nappies and cleaning products.

Website link - <https://onecantrust.org.uk>.

Let's try to make a difference.

Christine and Jem Symondson tel 01494 488654