



**The Local Group of Co-Workers  
for Mother Teresa**  
is appealing for goods for the  
Food Banks at Ulverston,  
Barrow and Millom

“Over 90% of the food distributed by foodbanks in The Trussell Trust network is donated by the public – that’s why your food donations are absolutely vital to our ability to give everyone referred to us a balanced and nutritious three day supply of food.”

***Stocks low on the following***

***UHT milk***

***Long-life fruit juices***

***Coffee***

***Tinned potatoes, rice and steamed puddings***

***Jam***

***Toiletries***

Father Magner Room, St Charles RC Church

1 - 3 pm

**Sunday, 23rd July 2023**

***PLEASE GIVE GENEROUSLY TO HELP THOSE  
LESS FORTUNATE THAN OURSELVES***

***Just one extra item each time you shop would be welcomed***



**The Queen's Award  
for Voluntary Service**

*The MBE for volunteer groups*