

PAFRAS Food Appeal

As Harvest Festival approaches, many of us will have the opportunity to collect food to distribute to those in need. Some of you will have regular recipients to whom your contributions go. If that is not so, then the work being done by PAFRAS to help asylum seekers in Leeds is crucial to their well being. They write:

PAFRAS is reliant on donations to provide food at our twice weekly drop-in. We have had support, in this way, for a number of years and it is testament to this generosity that we have been able to continue providing this food for as long as we have done so far.

Even with this support though, we still have to periodically issue food appeals when stocks of food run particularly low. Over these last few months, there have been times when we have physically run out of food provisions and have had nothing to make up food packs with. This has never happened, to the same extent, before at any point.

PAFRAS gives out increasing numbers of hot meals and food packs each year. Throughout 2009 we expect to give out over 6,000 food packs, and serve over 3,000 hot meals. In order to allow us to continue distributing food, we are asking for donations of:

Tins: *tomatoes, spaghetti, vegetables, fruit, fish, meat (not pork), beans*

Dry food: *sugar, tea, rice, pasta, pulses, cereal, small jars of coffee (these are split down into portions, so catering size bags are useful)*

Sweets: *chocolate bars, chocolate biscuits*

We also need: *long life milk, fruit juices, biscuits, nuts, and dried fruit*

Alternatively, PAFRAS accepts financial donations and if you would prefer to donate in this way then please follow the instructions on our website, or get in touch with us.

If you can help distribute food appeals then please contact us and we will send you leaflets and appeals.

www.pafRAS.org.uk

0113 262 2163

pafRASemail@yahoo.co.uk

Bishop's Lent Appeal

Many thanks to all those who have contributed generously this year for the Sri Lankan link, in order to enable people to travel between our two countries and to mutual ministry and understanding. The total reached so far is £10,868.06, The fund remains open for contributions which should be sent to Hollin House, Weetwood Avenue, Leeds LS16 5NG.

John Packer