



Harvest Gifts for The Upper Room

A charity giving a helping hand to socially and economically disadvantaged adults in SW London.

Please bring your gifts to the All-age Harvest Festival service on

Sunday 8 October at 11am

(or to church by 15 October)

This year we encourage members of the congregation to give to the mainly non-food needs of the charity. The list is overleaf.

Collection on Sunday 8 October for The Upper Room

Please come prepared to give generously in support of all the charity's work.

Cheques payable to PCC of St James Church

Gift Aid envelopes are in church (please write UPPER ROOM on it).



The past 12 months have been The Upper Room's busiest ever, serving 150 meals a day. This includes people who are not necessarily homeless but struggling to feed and clothe themselves. Churches like us play a vital part, supplying food and essential items. This is how donations are used:

32,550 FREE EVENING MEALS IN PAST YEAR	7466 TOILETRIES, CLOTHING AND BEDDING ITEMS DISTRIBUTED	250 EX-OFFENDERS HAVE GAINED A DRIVING LICENCE
768 PEOPLE SUPPORTED ACROSS ALL PROJECTS	648 1-2-1 CASEWORK SESSIONS IN PAST YEAR	206 1-2-1 COUNSELLING SESSIONS IN PAST YEAR

Please give generously

**Please
turn over**

2023 Harvest donations wish-list

- Food that has passed its sell-by-date cannot be accepted. We prefer dry/tinned food with at least 12 months remaining for consumption.
- We are keen to receive non-food items such as toiletries, sleeping bags and underwear as demand for these is at unprecedented levels.

BOTTLES & JARS	Chilli sauce, pasta sauces, olive, sunflower or vegetable oil, vinegar, Marmite, chutneys, jam and marmalade, ketchup
TINS	Salmon or tuna, meat, vegetables, soup, baked beans, chopped tomatoes, coconut milk, lentils, sweetcorn, peas
DRIED GOODS	Pasta (penne or spaghetti), rice (basmati), lentils, flour, bulgar, couscous, onion powder, stock cubes (chicken or vegetable) spices: cumin, turmeric, garam masala,
SNACKS	Biscuits
DRINKS	instant coffee, tea bags, squashes, long life milk and juices
CLOTHING	Trainers and other shoes (good condition), underwear and socks (new), winter hats and gloves (large), <i>Clean</i> casual warm clothing (good condition), coats and shirts
TOILETRIES	Disposable razors, shaving foam / gel, soap bars, deodorants, nail-clippers, shampoo, shower gel, pocket size packets of tissues, toothbrushes and toothpaste, body lotion
CLEANING ITEMS	Bleach, anti-bacterial all-purpose cleaning spray, disinfectant, Milton steriliser, toilet cleaner, toilet bowl rim blocks, toilet cistern blocks, washing-up liquid, anti-bacterial handwash, strong black rubbish bags, large bin liner sacks, rubber gloves, latex/hygiene gloves (large/medium size), large sponges for kitchen, kitchen rolls (catering size preferably) and toilet rolls
MISCELLANEOUS	sleeping bags, backpacks, disposable cutlery, takeaway containers with lids, strong bin bags, disinfectant, bleach, washing-up liquid, toilet cistern blocks, disposable gloves, kitchen sponges, kitchen rolls

We can also use gift vouchers from food stores (Sainsbury's, Tesco, Waitrose, M&S, etc.)

Buy from our Amazon wish list at <https://tinyurl.com/tur-amazon-wishlist>

Thank you for your generosity