



THIS WINTER, FOOD BANKS ARE EXPECTING TO GIVE OUT AN EMERGENCY FOOD PARCEL EVERY 9 SECONDS. BUT TOGETHER WE CAN CHANGE IT.

Join my **Not Your Christmas Party**, and help support families who are unable to afford the essentials. Give the money you would have spent to help support others.



WHY DONATIONS MATTER!

More than ever this Christmas we need to help those that need us the most. This winter food banks in the Trussell Trust network are expecting to give out an emergency food parcel every 9 seconds. **Help us change this.**

£10 could give a parent peace of mind that their family will not go hungry tonight.

£25 can help families in urgent need now.

£50 will help families facing destitution and support the biggest movement to end poverty in the UK for good.