

## Let's Give Them A Hand To Ease Their Burdens!

There are lots of people we medevac from rural areas who need our help. Here's how you can help:

Things we can give









Clothes for adults and baby clothes and nappies

Tolietries: Menstrual Pads, Bath Soap and Laundry Soap

Water, and good and healthy food

Want to give a hand to others by donating? Find more information on:



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