



Whilst we are still desperately hanging on to the summer, our thoughts turn to one of our favourite events of the year – Harvest Festival. Traditionally a time to give thanks for a successful harvest, the festival reminds us of all the good things God gives us and is about sharing with those less fortunate than ourselves.

We will be celebrating the Harvest Festival next Tuesday (September 21st) in the School Hall, led by our friends at St. Stephen's Church. Children are asked to bring in non-perishable food items on Tuesday morning, which will be donated to the St Paul's Hounslow West Foodbank and also other associated food banks across a number of London boroughs. Food banks exist to provide local individuals and families who find themselves in financial difficulty by providing them with a food parcel including the basic essentials. This has become an essential service for many families in the wake of the pandemic and is more important now than ever before.

The food bank is in short supply of the following items:

- long life/powdered milk
- instant mash
- long life fruit juice
- tinned potatoes and tinned vegetables (not sweetcorn)
- coffee
- tinned fruit
- rice pudding/custard
- biscuits
- cereal
- pulses
- spreads - chocolate, jam
- tinned pudding
- washing up liquid
- veggie/tomato soup
- squash
- washing powder
- beans
- size 5 and 6 nappies
- toilet roll
- pasta sauce
- honey

Your donations really are valued and appreciated and in many cases, they provide a vital lifeline to families who really need our help.