



Camstar Herbs Ltd<sup>TM</sup>

**EVERGREEN**  
Harvesting 

# Camstar Needs Your HELP!

Camstar Herbs are now collecting donations to send to the Ukrainian Refugees in Poland, via a Lorry which Evergreen Harvesting will be driving. So we are reaching out to our surrounding community, to ask for your help in donating any thing you are able. Below is a list of example items we have been advised they are in need of.

Paracetamol  
Ibuprofen  
Cold/Flu Treatment  
Antiseptic Cream  
Bandages  
Sterile dressings  
Surgical Tape  
Wound closure strips  
Multi Vitamins  
First aid kits  
Lozenges  
Vicks vapor rub  
Barrier Cream  
Cough syrup  
Food/Drink  
Protein bars  
3in1 coffee sachets

Small packets of nuts/raisins  
Crunchy peanut butter (in plastic tub and not glass)  
Cup a soup  
Toothbrushes  
Toothpaste  
Wet wipes  
Sanitary pads  
Nappies  
Shower gel  
Thermals  
Socks  
Fingerless Mittens  
Snoods  
Warm shoe liners  
Heavy denier tights – large size  
Tools for First Aid vehicle repair

Spanners  
Socket sets  
Tow ropes  
Jump leads  
Screwdrivers  
Wrench  
Spare fuses  
Pliers  
Torches  
Waterproof ground sheets  
Dry bags (dark colours)  
Head work lights (preferably red light)  
Basic £1 reading glasses  
Mini gas stoves  
AA Batteries  
Little message cards

This list is just an example, anything you can help with that is not on the above list will be more than welcomed. If you are able to make a donation please bring it along to our main site at  
Camstar Herbs, Chestnuts Farm, Langton Green, Eye, Suffolk ,IP23 7HL.

If you have any queries, please call us on 01379 870669 or email [operationassist@camstar.co.uk](mailto:operationassist@camstar.co.uk)

## **CAMSTAR STANDS WITH UKRAINE**