ST HELENS WELLBEING

Donate to a foodbank





We are so looking forward to eating lots of lovely delicious food over the festive period... but spare a thought for those who don't have all those yummy goodies.

When you go food shopping, pick up a couple of extra goodies to donate to your local foodbank.

A lot of supermarkets already have donation trollies you can put these in, or go to your local donation point instead.

Your act of kindness will help others, and will make you feel good too.