



All donations welcome
 Look out for the van during
 High Wycombe
 Market days



One Can Trust - Our Cantastic Man with a Van Christmas Campaign

We are always keen to support local charities in our community and this year our Christmas Campaign aims to raise awareness and much needed donations for the One Can Foodbank in High Wycombe.

One Can Trust is the local independent food bank helping the residents of High Wycombe and South Bucks who find themselves in food crisis. Demand for

their services is increasing year on year. Back in January of this year, they helped 870 people, over the Summer it rose to over 1000. The gap between donations and demand is widening and they are keen to expand the support they receive from the local community. Items most needed are: **tinned meat, tinned meat meals, long-life milk, tinned vegetables, biscuits** as well as all non perishable food items, including **toiletries**.

The food parcels are handed out in supermarket Bags For Life, which the

One Can Trust purchase at 10p a go, totalling over £1000 a year. They would gladly receive donations of **bags for life**, in good used condition as well as new. They are committed to support all those who come to them for help and we recognise that without local support they would not be able to do this.

Our Cantastic Man with a Van will be collecting your donations from the following locations during the first two weeks of December, so please pop along and drop off much needed supplies.

Donation locations:



Frederick Place,
 High Wycombe,
 Bucks HP11 1JU
**Monday 2nd - Friday 6th /
 Monday 9th - Friday 13th
 December - 9am - 5pm**



West Wing, University
 Campus, Queen Alexandra
 Road, High Wycombe,
 Bucks HP11 2GZ
**Monday 2nd - Friday 6th /
 Monday 9th - Friday 13th
 December - 9am - 5pm**



40 Oxford Road,
 High Wycombe,
 Bucks HP11 2EE
**Monday 2nd - Friday 6th /
 Monday 9th - Friday 13th
 December - 9am - 5pm**



57 London Road
 High Wycombe
 Bucks HP11 1BS
**Wednesday 4th - Friday
 6th / Wednesday 11th
 - Friday 13th December -
 9am - 5pm**



4 Paul's Row
 High Wycombe
 Bucks HP11 2HQ
**Monday 2nd - Friday 6th /
 Monday 9th - Friday 13th
 December - 9am - 5pm**

Amersham
 +44 (0)1494 723999

Aylesbury
 +44 (0)1296 398383

High Wycombe
 +44 (0)1494 446612

Marlow
 +44 (0)1628 902488

Slough
 +44 (0)1753 725700



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