



## *Shopping List*

*Cooking oil [ ]*

*Basmati rice [ ]*

*Washing up liquid [ ]*

*Shower gel [ ]*

*Shampoo [ ]*

*Deodorant [ ]*

*Toothpaste [ ]*

*Toothbrush [ ]*

*Washing powder [ ]*

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## THE HARBOUR PROJECT

If you feel you can give any of these items they are always needed!

Our visitors receive **£36.95** a week until they get their immigration decision and so many are not able to afford these daily household items.