

Mitzvah Day

27th November 2016



Refugee Community Kitchen: the Calais Jungle and environs

Karen and Mia Pollak have regularly volunteered at the kitchen and will be talking about their experiences supporting refugees at the Jungle. Listen to their fascinating stories and find out how you can help the refugees in France and elsewhere **39 Bessborough Road at 11.00**

Spit to Save a Life 10.30 -12.30

If you are aged between 17 and 55 come along to **39 Bessborough Road** or **434 Uxbridge Road** during the morning to spit for life. This simple procedure enables you to join the Stem Cell Register and play your part to *Delete Blood Cancer*.

Clothing Collection 10.30 -12.30

There will be collection points at **39 Bessborough Road** and **434 Uxbridge Road** to accept unwanted winter clothes. Or bring them along on Mitzvah Day. Items will be sent to help Refugees.

Environmental work on Stanmore Common 10.30 -12.30

We will once again be helping the Harrow Nature Conservation Forum do some much-needed work on Stanmore Common – contact your office [see below] for more details

Art and Craft for the children at

Calais 10.30 -12.30

We will be creating gift packs of art and crafts for children at the Jungle and other centres. Small gifts of pens, paper, colouring books, craft activities are needed. **39 Bessborough Road**

Fun Activities for kids at

HaMakom

10.30 -12.30

Including planting bulbs which will be given to visitors at The Friendship Club
39 Bessborough Road

For more information:

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