

HOW YOU CAN HELP UKRAINE – This is a request for money and/or items to support the Ukrainian people and their army, organised by a Ukrainian friend in London, Marria, whom we have known for 4 years. She is completely trustworthy and would be most grateful for whatever help you feel able to give.

Sending money is preferred, and will be used to buy the more expensive items (eg bullet proof jackets and walkie talkies, ear defenders, helmets etc).

The account details have been carefully verified and funds have already been sent and acknowledged.

Please pay:

R.Pagojute

20 69 17

00458260

Barclays.

Reference: Ukraine-JO

If buying items, please arrange for delivery to Marria at address below (date will be stated by Amazon before you finalise your order), ideally by FRIDAY 5th MARCH 2022, and send a confirmation email Marria knows what to expect and when:

Marria Khaburska

110 Mahon Close

Enfield

Greater London

EN1 4DJ

Email: marriakhaburska@gmail.com

If any item you order will arrive later than 5th March, but before 10th March, please still go ahead as further transport will be arranged. Mr Pagojute owns a truck which he is driving to the Polish border where his father in law, already in Ukraine, will take over and deliver the supplies inside Ukraine.

In addition to the expensive items, also required with suggested links for convenience are the items below, but if you can source similar in time from elsewhere please feel free to do so: One hand tourniquets, knee pads, nappies, baby wipes, tinned food similar to food bank supplies but edible cold, bread (pumpernickel for long life), torches, fingerless gloves, thermal underwear, sleeping bags, yoga mats (for sleeping in basements).

THANK YOU SO MUCH FOR ANY HELP YOU CAN GIVE, LARGE OR SMALL and for acting today is everything is urgently required. Every single donation counts.

Items for MILITARY

Ballistic Helmet £195.00 recommended size: Medium

<https://www.vestguard.co.uk/vestguard-vestguard-pasgt-ballistic-helmet.html>

Ear defenders £29.73

https://www.amazon.co.uk/gp/aw/d/B0797SW8VZ?ref=ppx_pt2_moab_b_prod_image

Walkie talkies – frequency to specify: UHF 400-520 + add charger & tick euro plug - £436.70 (inc charger & VAT)

<https://www.2wayradioshop.co.uk/hytera-pd785-two-way-radio.html>

Bullet proof jacket - £275 – size requested XL.

<https://www.uk.safeguardclothing.com/collections/bullet-proof-vests/products/coolmax-ballistic-level-2-stab-level-1-spike-level-1-covert-vest-black>

knee pads – 1pr £22.99 (or x2 = 10% discount) - plain black for low profile

https://www.amazon.co.uk/gp/product/B01N007CT0/ref=ox_sc_act_title_1?smid=A85OV7DWM4402&psc=1

thermal underwear – recommend size L - £14.99

https://www.amazon.co.uk/Men-Thermal-FSlv-Full-BLK_M/dp/B015ZTO45C/ref=sr_1_41?crd=2A0DN8243X5GQ&keywords=thermal%2Bunderwear%2Bmens&qid=1646057961&srefix=thermal%2Bunderwear%2Caps%2C92&sr=8-41&th=1&psc=1

Combat Medical Tourniquet (x3) - £22.99 (cheaper options under (x1) or (x2))

https://www.amazon.co.uk/Tourniquet-Response-Emergency-Emergencies-occluding/dp/B074T9276J/ref=psdc_3076619031_t1_B07NRM92G9?th=1

fingerless gloves – 2 prs thermal M - £4.99

https://www.amazon.co.uk/Cooraby-Unisex-Finger-Gloves-Fingerless/dp/B08CRK6M5P/ref=sr_1_17_sspa?keywords=fingerless+gloves&qid=1646056835&sr=8-17-spons&psc=1&spLa=ZW5jcnlwdGVkUXVhbGlmaWVyPUE5TEYySVIXQUZQRkkmZW5jcnlwdGVkSWQ9QTAzMzI2MDExMVdDRzZWWFFQU0hUjMvUyY3J5cHRIZEFkSWQ9QTA4MDI0NjFSR0M4SEcwMzI2Wkgmd2lkZ2V0TmFtZT1zcF9tdGYmYWNoaW9uPWNSaWNrUmVkaXJlY3QmZG90b3RMb2dDbGljaz10cnVl

BASEMENT / BOMB SHELTER LIFE

nappies 3-6kg

https://www.amazon.co.uk/gp/product/B08Y6G1H9S/ref=ox_sc_act_title_7?smid=A3P5ROKL5A1OLE&psc=1

nappies 4-9kg

https://www.amazon.co.uk/gp/product/B092DQ4SDL/ref=ox_sc_act_title_6?smid=A3P5ROKL5A1OLE&psc=1

nappies 10-16kg

https://www.amazon.co.uk/gp/product/B084N3JLFF/ref=ox_sc_act_title_3?smid=A3P5ROKL5A1OLE&psc=1

Baby wipes 12 pack(x60) £13.82

https://www.amazon.co.uk/Amazon-Brand-Sensitive-wipes-100-biodegradable/dp/B07BLDG76K/ref=sr_1_5?crd=NGDIMV35BAQE&keywords=baby+wipes+x+720&qid=1646051893&rdc=1&s=drugstore&srefix=baby+wipes+x+720%2Cdrugstore%2C78&sr=1-5

LED torches (x18) includes batteries £20.99

https://www.amazon.co.uk/EverBrite-Flashlight-Traveling-Festivals-Lightweight/dp/B01CTX742M/ref=sr_1_12?crd=5JQJ0HWIDCYV&keywords=led+torches+wit+h+batteries&qid=1646054902&sprex=led+torches+wit+h+batteries%2Caps%2C78&sr=8-12

yoga mat - £13.99

https://www.amazon.co.uk/ACTIVE-FOREVER-Portable-Exercise-Pilates/dp/B091F3866M/ref=sr_1_9?crd=1NGHOEASN8LUB&keywords=yoga%2Bmats&qid=1646056441&sprex=yoga%2Bmats%2Caps%2C98&sr=8-9&th=1

sleeping bag 3 seasons ultra warm lightweight compression bag - £26.99

https://www.amazon.co.uk/COVACURE-Sleeping-Lightweight-Compression-Backpacking/dp/B0855C7DWY/ref=sr_1_9?keywords=sleeping+bags+heavyweight&qid=1646059144&rnid=1642204031&s=sports&sr=1-9

FOOD

Bread – needs to last longer than regular bread, which this pumpernickel bread does 250g x 11: £12.35:

https://www.amazon.co.uk/gp/product/B006DHZYCI/ref=ox_sc_act_title_2?smid=A3P5ROK L5A1OLE&psc=1

Baked beans (x6) £3.50

https://www.amazon.co.uk/Heinz-Baked-Beanz-Tomato-Sauce/dp/B015O5CUZ8/ref=sr_1_18?crd=2DDVL8NSPI5W8&keywords=baked+beans+x+6&qid=1645989476&rdc=1&sprex=baked+beans+x+6%2Caps%2C84&sr=8-18

kidney beans in spicy sauce (400g x 10) £13.50

https://www.amazon.co.uk/Auga-Organic-Kidney-Beans-Spicy/dp/B079R9LXBC/ref=sr_1_4?crd=3JIFZKGGB17CJ&keywords=kidney+beans+in+spicy+sauce&qid=1646052166&rdc=1&s=grocery&sprex=kidney+beans+in+spicy+sauce%2Cgrocery%2C81&sr=1-4

tins tuna (4x145g) £3.00

https://www.amazon.co.uk/gp/product/B07NHTS8YG/ref=ox_sc_act_title_8?smid=A3P5RO KL5A1OLE&psc=1

Heinz quick meal bundle x 12- £15.00

https://www.amazon.co.uk/Heinz-Quick-Meals-Variety-Bundle/dp/B08WDF1JZK/ref=sr_1_3?crd=2L8J8E295I8RI&keywords=tinned+pasta+heinz+ravioli+x+12&qid=1646052582&rdc=1&s=grocery&sprex=tinned+pasta+heinz+ravioli+x+12%2Cgrocery%2C64&sr=1-3

rice pudding 6 x 425g £9.94

https://www.amazon.co.uk/Ambrosia-Devon-Rice-Pudding-6x425g/dp/B00F6YZL5O/ref=sr_1_7?crd=1M757KYOTTWVG&keywords=ambrosia+rice+pudding&qid=1646052365&s=grocery&sprex=ambrosia+rice+pudding%2Cgrocery%2C69&sr=1-7