



Update Meeting this Thursday 27th April

Location: Liberty Suite (3rd Floor) above Jerichos, 4 Northgate St. PL15 8BD

Time: 7:30pm (come earlier if you would like to get a coffee or drink from Jerichos before we begin)

If you reply to this email it will go to Frances and Carolyn as co-ordinators (info@lrsg.org.uk)

Calais Update

A car full of donated items left for a flying drop off this week. We hope to have an update from that trip on Thursday.

The latest message from Care4Calais is that there is an urgent need for

- Sleeping bags
- Small men's clothes.
- Shoes.
- Dried fruit and nuts.
- Coffee biscuits and cake or energy bars.
- Backpacks

in addition to the items listed below.

Items needed

FOOD UHT milk and fruit juice, baby milk, rice, dried pasta, lentils, cooking oil **in cans**, tinned tomatoes/chickpeas/vegetables/fish/fruit, , coffee (**not in glass**), tea

HEALTH Toothpaste & toothbrushes, Ladies sanitary pads, Shampoo, Shower gel, Nappies & baby wipes, Paracetamol & Ibuprofen, Rehydration salts, Bandages & dressings & plasters & steristrips, Anti-bacterial gel, Antiseptic cream, hygiene gloves (latex or other)

CLOTHES (All children & babies; Men **small / medium**; Ladies 8,10,12,14)

Waterproof jackets, fleeces; jeans, socks & underwear (**new only**), Scarves & hats & gloves, Trainers & walking boots (from children`s - adult size 10)

SHELTER Tents & tarps & groundsheets, Blankets, Sleeping bags and sleepmats, Wind-up/solar lamps/torches

Weekly collection and sorting at Central Methodist Church (Room 6) 10am-Midday every Tuesday.

Or contact info@lrsg.org.uk or 07812 585002 to arrange a drop off.

Trip to Calais

Rob Butler and a team from Cornwall will be going back in a van for a week from 21st to 27th May to work with the charity [Care4Calais](#) in and around the area.

We also need to raise some money specifically to fund Rob's trip with all of the stuff you are generously donating. If you can help come along to the meeting on 27th or contact info@lrsg.org.uk

Cycle for Freedom

Carolyn Burch and Richard Raggett set off on Thursday for a 400 mile round Devon and Cornwall sponsored cycle ride in aid of [Freedom from Torture](#) - the only UK human rights organisation dedicated to the treatment and support of torture survivors among asylum seekers and refugees in the UK.

Full details and make a donation, however small, on their JustGiving page - <http://www.justgiving.com/cycle4Freedom>

Launceston Refugee Support Group's aims are:

- to build local networks, and contribute to the work being done to collect, sort and dispatch useful items to stranded refugees
- to work towards welcoming 2 Syrian families to Launceston, as part of the government's pledge to resettle some of the most vulnerable Syrian refugees in the UK.

See you on Thursday

contact: info@lrsg.org.uk