



HEART TO HAND LIMERICK

Heart To Hand Volunteers pictured in Limerick yesterday morning prior to one of our largest food distributions to date.

The volunteers were treated to 3 surprises yesterday morning for Christmas. 1. A visit from charity friend the legendary Jon Kenny and his son Aaron. 2 Mince pies, chocolate cake and truffles compliments of Joanne Skelly. 3 Charity friends Shane and Darren from Munster Logistics donated a hoover and several bottles of wine for the volunteers to raffle. It was a memorable morning and one the volunteers deserved following a long year with food distributions. They work so hard all year and travel in and work at their own expense. Thanks to all involved for making Christmas a little easier on some very deserving and worthy charities and organisations in Limerick.

Thanks to OMC Technologies Limerick for their continued financial support and thanks to all the companies who make Heart To Hand their choice when donating short dated food. Thank you to Geraldine O’Sullivan and her team of volunteers and to Kieran, Miley and Pat our drivers who are on the road from morning till night collecting and delivering.

- Charities and organisations who benefit from Heart To Hand food distributions:**
- Our Lady of Lourdes, Weston.
 - Southill Afterschool’s Club.
 - Southill Vincent de Paul
 - Adapt
 - Mid-West Simon.
 - Br. Russell Home.
 - Mc Garry House.
 - Drop In Centre.
 - Castleconnell Vincent de Paul
 - Moyross Community.
 - Suaimhneas.
 - Thomond House.
 - St. Munchins. Kileely.
 - St. Vincents. Lisnagry
 - Heart to Hand Limerick.
 - Sunday Dinners.
 - Individual homes.



Once the food arrives into the warehouse in Raheen it is then divided into lots to ensure each charity gets its fair share. The variety of food can be comprehensive on any day. We take anything we are offered. Turkey, ham, rashers, sausages, yogurt, fruit drinks, orange juice, yop, desserts, potatoes, vegetables etc are just some of what we distribute. Kerrygroup & Glanbia provide the dairy and meat products, local farmers provide the potatoes and vegetables and several stores provide us with short dated food which we collect and distribute straight away. Heart To Hand works with Bia Foods Cork who supply food to us weekly and Foodcloud to ensure we maximise all available food aid.



Jon & Aaron Kenny giving the volunteers mince pies and treats for Christmas. Both worked very hard throughout the day.



Credit has to be given to the people who run the various charities in and around Limerick. One of those is **St Munchins** in Kileely who provide breakfast for over 200 children every morning on their way to school. "**Le cheile educate together**" which opened in September and who provide breakfast and after school meals in the Roxboro area. **Sunday Dinners** are another charity who provide meals on Sundays when all other centres are closed. We are humbled to be able to support these worthy organisations. All of the charities and organisations we support do exceptional work in the Limerick, Clare & Tipperary areas and they all deserve great credit for their hard work and commitment to their communities.



Our thanks to Shane & Darren of Munster Logistics for providing us with warehouse space, forklifts and for collecting and delivering food aid all across the country for us. Whenever we receive notice of food aid we usually have only 1 day shelf life so we have to act immediately. Shane and Darren are always accommodating with this and never fail to leave food if our vans are not available.



The volunteers work together and in sequence until all the food is given out. Cars and vans are loaded for all the different charities and if there is anything left over it is divided again. Its remarkable work in such a short time. Well done to everybody involved and especially our volunteers. Thanks for your continued support, and on behalf of Heart To Hand I would like to wish you all a happy and Holy Christmas and New Year.

Kind regards, Pat Whelan,

Heart to Hand. www.hearttohand.net

