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Look to the Lord and his strength; seek his face always. 1Chronicles 16:11.

Our heartfelt thanks for your support of this ministry. With your help we fed 7,016 people who were facing hardship last financial year. 4467 adults and 2549 children were fed in Aberdare, Mountain Ash and Merthyr Tydfil.

Our deepest gratitude to our volunteers and donors who help us so generously.

Our clients are being driven into food banks because they do not have enough money for the essentials and wages and the social security system should match the real cost of living.

We need the next Welsh Government to make an explicit commitment to drive the change needed to make ending the need for food banks a reality!

While this doesn't happen, we count on your support for the continuity of our vital services to our communities. We couldn't help them without you!

May the Lord bless you and reward you for your kindness!



Many thanks for your continued donations

Merthyr Cynon Foodbank, Gurnos Christian Centre  
26 Spruce Tree Grove, Merthyr Tydfil CF47 9AU



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## People fed Mar and April 2026

	Vouchers	Adults	Children	Total
<b>March</b>	225	314	200	514
<b>April</b>	184	242	132	374

## Donations in kilos at Supermarket Permanent Collection Points (PCP's)

PCPs	March	April
Tesco MT	623.40	544.05
Tesco AB	613.05	600.70
Asda MT	198.45	146.65

## Items of need please

Squashed (750 mls)	<b>Toiletries</b>
Long life milk	Shower gel
Tinned rice pudding	Shampoo
Tinned soup	Toothpaste
Biscuits	Toilet rolls
Tinned fruit	
Cereals	
Pasta	