

Father Stephen Sharkey AKA 'Father Ted'



## Parcels of Care 4 Rifles "Father Ted Massive"

Please help support our soldiers by sending a Parcel of Care

Any of the items below will make a huge difference and will be gratefully received:

**Soap, Shower gel, Toothpaste, Roll on deodorant, Toothbrushes, Hand cleanser, Travel clothes wash, First aid items, Baby wipes, Cup-a-soups, Sweets, Crisps, Chewing gum, Pringles, Biscuits, Pot noodles, Small cartons of juice, Magazines, Playing cards, Puzzle books, Pens, Letters**

**(No aerosols, chocolate dairy or meat due to the heat)**

**\*\*Postage charge out to Afghanistan is free! \*\***

**\*\*Boxes no bigger than a shoebox & MUST weigh less than 2kg\*\***

For more information on how you can help and sign up to the "**Father Ted Massive**"

Visit us on Facebook at

<http://www.facebook.com> **4 Rifles – Parcels of Care – Father Ted Massive**

On the web at

<http://parcelsofcare.tripod.com>

Or

Email us at

[parcelsofcare4rifles@live.co.uk](mailto:parcelsofcare4rifles@live.co.uk)

