

SIMON APPEAL



Sundays Well S.C. in conjunction with **Dolphin S.C.** will have a collection for Cork Simon www.corksmon.ie on Wednesday 31st November (Piranhas) and Saturday 3rd December (Barracudas and Marlins).

This is a list of items which would be of most benefit to Simon:

- ★ Sleeping bags
- ★ Socks.
- ★ Underwear(thermal for winter).
- ★ Disposable razors.
- ★ Toothbrushes.
- ★ Shampoo.
- ★ Bodywash.
- ★ Other similar toiletries.

We would appreciate it if parents would support swimmers in this endeavour. The level of homelessness in Cork has increased over the last few years and Simon have issued an appeal to the public for help during this particularly demanding period. Swimmers are asked to bring items from the above list to training on Saturday 3rd Dec. One or two items per swimmer would be very much appreciated.

In this season of celebration and good will, please give some thought to those less well off than ourselves. Any donations will be gratefully received by Cork Simon and will go a long way towards making the lives of homeless people more tolerable during these difficult winter months.

Sundays Well S.C. Committee.