

WAYS TO SUPPORT THE PEOPLE OF UKRAINE

1. Financial help

- [Account](#) in GBP by the Ukrainian embassy; this is to buy necessary supplies in Poland and transport across the border.
- The national bank Fundraising [account](#)

[Red Cross](#)

[Doctors without Borders](#)

[British–Ukrainian Aid](#)

[Red Cross Ukraine](#)

2. Medical supplies (according to the list, please inquire what is needed)

154 Holland Park Avenue London W11 4UH Tel. 07424 885161

[The list of required items](#)

3. Necessity items

(duvets, blankets, pillows, clothes (new or very good condition), shoes (new or very good condition), diapers, dry sanitary products, bed linen, sleeping bags)

Bring to: Polish Club 211 Ballham High Road London SW17 7BQ Hours: 10am–5pm

4. Items of defence

(body armour, tactical gear, thermal clothing, helmets, first aid kits, warm clothes, walkie-talkie)

Bring to: 154 Holland Park Avenue London W11 4UH Tel. 07424 885161

[Volodymyr Skopovskiy](#) +380 (97) 349 55 04; +33 6 03 23 74 81 (Telegram/WhatsApp)

5. Information and info support

English-language outlets [The Kyiv Independent](#) and [The New Voice of Ukraine](#).

Follow Ukraine-based journalists: [Olga Tokariuk](#), [Christopher Miller](#), [Nika Melkozerova](#), [Illia Ponomarenko](#) (and many others!).

- You can help by sharing this letter or
- Share the [evidence](#) of crimes against humanity by Russian armed forces. [Twitter](#)

6. Petitions

[To Close Ukrainian Airspace](#)

[To provide all required military support](#)

7. Government support

Write to your MP to provide all possible support (ask me for a template or express your concern in your own words).

8. More resources

Ukrainian Institute London created [a website](#) with more ways to help

[Ukraine Now](#) is an umbrella website with tons of useful info for those who want to help and who needs help.

THANK YOU!!! #standwithukraine