



We are seeing an increased demand for toiletries, food and baby supplies. By providing these essential items, you could be helping a family who are experiencing levels of poverty through no fault of their own.

Toiletries for women;

- deodorant
- shower gel
- shampoo & conditioner
- sanitary towels and tampons
- toothbrush & toothpaste

Basic food items;

- beans and pulses
- vegetables (tinned)
- soups (tinned, packets, cartons)
- fish and meat (tinned)
- pasta (dried)
- cooking sauces
- rice and bulgur wheat
- pot noodle/microwave noodles
- treats and snacks (chocolate, crisps, biscuits, cereal bars)
- cereals and porridge oats
- teabags, coffee, sugar
- long life milk
- squash

For babies & new mums;

- nappies & baby wipes
- powdered milk
- baby skin care (baby shampoo, bath, moisturiser & oil)
- cotton wool
- baby food (jars & packets)
- brand new packs of underwear (for mum)

We have put together a list of items we regularly need for the women and children who seek our support and refuge. These are a guide, if there are other items you wish to donate then please contact our admin team on **0121 685 8687**. These items can be dropped off at our Head Office – **Ryland House, 44-48 Bristol Street, Birmingham, B5 7AA**
