

FOOD AND TOILETRY COLLECTION

ITEMS WE NEED

- POT NOODLE / MUG SHOT
- INSTANT MEALS
- BISCUITS
- CRISPS
- SNACKS
- INSTANT PORRIDGE
- PASTA AND COOKING SAUCES
- TINNED PULSES EG CHICKPEAS
- TOOTHBRUSHES, TOOTHPASTE
- SHOWER GEL SOAP SHAMPOO

Help us to support women and children accessing our services with a donation of these essential items .

Please call us on 0121 685 8687 or email info@bswaid.org to arrange drop off



Birmingham and Solihull Women's Aid
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Registered charity number 1073926
www.bswaid.org @BSWAID