

# Our most needed items

Thank you for considering a donation to SIFA Fireside. Below is a list of the items we most commonly need to provide our homeless and rough sleeper support services, which run each morning via our Support Centre.

# SIFA

fireside

## Clothing

- Underwear (men & women, sizes S-L, brand new)
- Jogging bottoms
- Trainers
- T-shirts
- Socks
- Sleeping bags
- Rucksacks

## Food items

- Baked beans
- Instant coffee
- Fruit squash
- Tinned vegetables
- Tinned meat and fish
- Cereal
- Sugar
- Chocolate
- Cereal bars
- Soft drinks
- Crisps
- Biscuits
- Instant meals (Pot Noodles, porridge, soups)

## Toiletries

- Toothpaste and toothbrushes
- Shaving foam
- Shower gel
- Shampoo
- Razors

## Birmingham, you're not alone

SIFA Fireside, 48-52 Allcock Street, Birmingham B9 4DY  
Registered charity number: 1049728

