

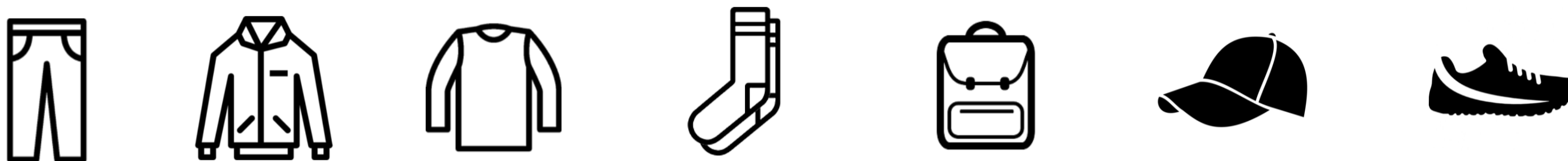
CAN YOU HELP US TO HELP OTHERS?

iSE are setting up a new initiative to support a fellow **Digbeth Social Enterprise Quarter** member – SIFA Fireside, who are **supporting homeless**, affected by alcohol or otherwise socially excluded to improve their physical, social and mental well-being.

SIFA Fireside do this through practical support, daily drop ins, a resettlement service, a specialist support service, well-being and activity groups and an employment and training programme.

During the **first week of each month**, starting in June 2016, we are asking people to donate items from the list below that will be sorted at iSE and then delivered to SIFA Fireside for their service users.

WOMEN AND MEN'S PRACTICAL CLOTHING:



Jeans, trousers, jogging bottoms / Jumpers, shirts, T-shirts, polo shirts / Coats, jackets, fleeces, hooded tops / Pants, boxers 'vests, long johns, socks / Shoes, boots / Hats, scarves, gloves, belts / Rucksacks and backpacks / Women's underwear (including bras)

FOOD:



Tinned foods – beans, soups, fruit etc / Dried foods – pasta, rice, packet soups etc / Jars of sauce (e.g. pasta sauces, cooking sauces) / Jam, marmalade, herbs, pickles, chutneys / Squash, soft drinks, long life juices, UHT milk / Sugar, teabags, instant coffee / Biscuits, crackers, long-life cakes, chocolates

**** for health and safety reason, they are unable to accept: fresh/perishable food, home-made food, any food that contains alcohol**

TOILETRIES:

Our clients are mainly men, so they are in need of the following toiletries: ***key items currently needed.**



Shampoo / Shower Gel / Shaving Foam* / Disposable razors* / Spray deodorant / Soap / Towels (clean and in good condition).

GET INVOLVED

If you would like to donate and **support the homeless** then please take a look at the list above and then bring to iSE's offices **Monday 6th June – Friday 10th June 2016** between **9am - 4pm** at Avoca Court, 23 Moseley Road, Digbeth, Birmingham, B12 0HJ.

THANK YOU!