

Donations list for food parcels and personal needs items for our Service Users

The Chapman Centre gratefully accepts a whole range of donations. We remain grateful to many people who continuously support us with their kind and generous donations. Whilst the list below is not exhaustive, **we do not accept beddings, sheets and warm coats as this encourages rough sleeping**. The charity's aim is to change the lives of marginalised single homeless adults by providing a range of professional support services so these can act as a stepping stone from homelessness and social exclusion to permanent accommodation, independence and social inclusion.

Please note the font colour of the below items, as this reflects our current stock levels and items in red font are donations we are in urgent need of – Thank you.

Tinned food

Meat, meat balls, meat pies, beans and sausage, macaroni cheese, curry, fish, **fruit, vegetables**, baked beans, soup, rice pudding & custard

Tin openers and disposable cutlery

Food packets

Soup, pasta, rice, instant potato

Biscuits & crisps

Cereal bars and breakfast cereal (any size boxes)

Sugar, Tea bags, **Small jars of instant coffee and long life or powdered milk**

Any food stuff that does not require cooking facilities and will not perish

Personal items

Small containers (travel size) hair shampoo and shower gel

Small soap

Deodorants (for both male/female)

Razors (male and female) and shaving gels

Toothbrushes and toothpaste

Face flannels

Towels (especially large ones or bath size) new or nearly new

Men and women socks – all sizes

Men's underpants (S and M sizes) and Women's under garments (sizes 6-12)

Hats, scarves, gloves for cold weather for both men and women

Women's sanitary products

Rolls of toilet paper

Sun-hats, sun cream, plastic water bottles or small bottled water (during summer months only)

Please deliver to IHAG-Chapman Centre, 1 Black Horse Lane, Ipswich IP1 2EF during Monday – Friday between 10am - 2pm.

Thank you very much for your generosity. We are a charity, supported by funders and welcome cash or cheque donations made payable to "IHAG".

If you wish to volunteer your time and skills at the Centre – helping us with admin tasks, cooking lunch, supporting someone with meaningful activities, please enquire on 01473 232426 or email us at admin@ihagcc.co.uk.