

HARVEST

2025

LIST

BLACK COUNTRY FOODBANK HELPS VULNERABLE INDIVIDUALS AND FAMILIES IN CRISIS THROUGH THE PROVISION OF AN EMERGENCY FOOD AND TOILETRY PARCEL, WHILE A LONGER-TERM SOLUTION IS DEVELOPED

PLEASE SUPPORT US BY DONATING ITEMS FROM OUR SHOPPING LIST

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- **CARTONS OF UHT MILK**
 - **TEA BAGS BOX OF 40'S**
 - **SMALL JARS OF COFFEE**
 - **CARTONS OF LONG LIFE FRUIT JUICE**
 - **CORDIAL/SQUASH**
 - **TINNED POTATOES/MASH**
 - **TINNED CHOPPED TOMATOES**
 - **TINNED VEGETABLES**
 - **TINNED FISH**
 - **TINNED SOUP**
 - **TINNED READY MEALS (MEATBALLS/MACARONI CHEESE/CHILLI)**
 - **TINNED MEAT**
 - **TINNED FRAY BENTOS PIES**
 - **BREAKFAST CEREAL**
 - **PASTA SAUCE**
 - **SAVOURY RICE**
 - **INSTANT NOODLES**
 - **TINNED FRUIT**
 - **TINNED CUSTARD/RICE PUDDING**
 - **BARs OF SOAP**
 - **SHOWER GEL**
 - **TOILET ROLL**
 - **ROLL ON DEODORANT**
 - **SHAMPOO**
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PLEASE SCAN THE **QR CODE** TO RECEIVE A WEEKLY REMINDER OF OUR SHORTAGES LIST ON YOUR SHOPPING DAY

Toileting tips and tricks

Is your child on a waiting list to be seen by a paediatric health service?

Come and join us at Manor Farm Community Association for the meeting of the Supported Waiting Network.

We have guest speakers to advise on a variety of monthly topics and many services who support with access to additional support for you and your child. Come and chat to other parents, find out what additional support is available across the partnership with our monthly themed support group.

For further advice or information, telephone **01922 656463** or email **pals.officer@nhs.net**



 9.30am-11.30am  29 October 2025

Supporting and developing children's communication – practical strategies for families

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 9.30am-11.30am  26 November 2025

Join us for an exciting

WELLBEING WORKSHOP

Discover the ways to look after
our physical and mental health
through nature, crafts and
games!

Tuesday 28th October

1:30pm – 3:00pm

Walsall

Caldmore Community Gardens, Carless

Street, WS1 3RH



For additional information or brief sign up form