

## **Helping Families since 2017**

#### Who we are

We are a group of volunteers who care deeply about our community and want to help families when times are tough.

**How do we help?** We give out bundles of good quality second hand clothes and shoes as well as some baby equipment to families who need help, free of charge.

### We provide the following:

- Nappies and Pullups, disposable and reusable
- Wet Wipes
- Toiletries (babies, children, adult)
- Dental Hygiene (babies, children, adult)
- Clothes (Prem size to 14 years old)
- Coats (0-3m to 14 years)
- Gloves and Hats
- Shoes (from 0 infant to 7UK adult)
- Cots and Moses baskets + bedding
- Single bedding
- Prams and strollers
- Weaning supplies
- Formula and Baby food 7m+
- School Uniform (4-16 years old)
- School Shoes
- Maternity Clothes
- Breast pads and Nipple cream
- Sanitary and Maternity towels

We accept self-referrals as well as professional referrals

# How to get help:

#### **Email:**

fodbabybank@gmail.com

#### Website:

forestbabybank.org

#### Message our Facebook page:

@fodbabybank

#### Call us:

07789465127 Mon-Fri 9-11am