

Essential items list



Food & Drink

Coffee
Tea bags
Sugar
Cordial
Tuna
Sardines
Mackerel
Corned Beef
Tinned ham
Spam
Luncheon meat
Meatballs
Rice
Pasta + Pasta
sauce

Tinned fruit
Tinned potatoes
Hot dogs
Tinned soup (not
tomato)
Cup a soup
Tinned tomatoes
Baked beans
Tinned spaghetti
Biscuits
Cream crackers
Cereal bars (not
boxes)
U.H.T Milk
Pot noodles
Cooking oil

Toiletries

Razors
Shaving foam
Toothpaste
Toothbrushes
Shower gel
Shampoo
Wet wipes
Deodorant (male
and female)

Our Address

8 Tooting Bec Gardens
London
SW16 1RB

Financial Donations

Should you wish to make a financial contribution towards our work, there are different methods of transfer for you to use. You can either donate via our Just Giving through the QR code below, make a donation through our bank details below, or you can deliver a cheque to our day centre. If you can support Spires in any form possible this year, we would be very thankful.



Account Name: The Spires Centre
Sort Code: 60-20-39
Account Number: 34491988