

# Do you need emergency food?

DENS is a local charity which runs provides emergency food parcels to those who need them, with enough food for three days. You will need to get a food bank voucher to bring with you to the food bank.



## 1 First you need to contact one of these numbers, and they will then refer you to the food bank:

### Help through Hardship

☎ **0808 208 2138**

Ask to speak to a Citizens' Advice Adviser.

*Open Monday to Friday, 9am-5pm. Closed on public holidays.*

### South Hill Centre:

☎ **01442 234 728**

[info@southhillcentre.co.uk](mailto:info@southhillcentre.co.uk)

South Hill Centre,  
Cemetery Hill, Hemel  
Hempstead, HP1 1JF.

### Dacorum Community Trust:

☎ **01442 253 216**

*Open Tuesday to Thursday 10am-4.30pm.*

When you call them, they can give you a food bank voucher number over the phone. Write this number down and take with you to a food parcel distribution centre. Please give the person at the distribution centre your name, postcode, and the voucher number.

## 2 Then visit a Food Parcel Distribution Centre:

### Berkhamsted

#### Way Inn Christian Centre

268 High Street,  
Berkhamsted

HP4 1AQ

Walk up the High St in the direction of Northchurch, over the traffic lights and enter through the Post Office

*Open Monday-Friday 9am-5pm and Saturday 9am-1pm*

### Hemel Hempstead

#### DENS Dacorum Foodbank

Dacre House  
19 Hillfield Road  
Hemel Hempstead HP2 4AA

*Open Monday-Friday 10am-1pm. Additional hours on Wednesdays 4pm-6pm. (Closed on Bank Holidays)*

#### South Hill Centre (SHC)

Cemetery Hill  
Hemel Hempstead HP1 1JF

*Open Monday-Friday 9am-4.30pm*

### Liberty Tea Rooms

12 Bank Court  
Hemel Hempstead HP1 1BS

*Open Tuesday-Friday 10am-12pm*

### Tring

**St Peter & St Paul Church**  
High Street, Tring, HP23 5AE

*Open Monday-Friday 10am-12pm*

**Please remember to get a food bank voucher number first, as they cannot give out food parcels without a number.**