

Cost of living support

Useful local, county and national numbers, emails and websites.

Local

Dacorum Borough Council

You can find more information on where to get cost of living support on our website, which will be regularly updated.

www.dacorum.gov.uk/cost-of-living

Age UK Dacorum

Working across Dacorum to improve the quality of life for older people.

01442 259049

office@dacorumfoodbank.org.uk
www.ageuk.org.uk/dacorum

Citizens Advice Dacorum

Offers information and support online and in person.

0800 144 8848

www.dacorumcab.org.uk

Dacorum Community Trust

An independent charity that provide a range of practical support, including beds, cookers, fridges, children's equipment, bedding and kitchen starter packs and emergency energy vouchers.

01442 253216

www.dctrust.org.uk

Dacorum First Credit Union

Provide people who live or work in Dacorum with a simple and affordable way to save and borrow money.

office@dacorumfirst.co.uk
www.dacorumfirst.co.uk

0300 123 4044

Dacorum Foodbank

The Dacorum Food Bank, run by DENS, is part of a nationwide network of food banks, supported by The Trussell Trust, working to combat poverty and hunger across the UK.

01442 250969

www.dacorum.foodbank.org.uk

Dacorum Healthy Hub

Free information, advice and support to help you stay healthy and well.

www.healthyhubs.org.uk

Hemel Hempstead Community Fridge

On Wednesdays and Saturdays at Highfield Community Centre you can get good surplus food for free or donate food you know you won't eat.

www.foodbev.com/GB/Hemel-Hempstead/105769418101045/Hemel-Hempstead-Community-Fridge

Highfield Community Centre,
Fletcher Way, Hemel Hempstead
HP2 5SB

Opening hours:

Wednesday 11am - 12pm

Saturday 11am - 12pm

Countywide

Hertfordshire County Council

Find sources of advice and practical help to manage finances and make savings while also helping the environment.

0300 123 4040

www.hertfordshire.gov.uk/about-the-council/news/news-archive/help-to-manage-the-cost-of-living

HertsHelp

Trained friendly advisors are on hand to offer confidential assistance and can put you in touch with helpful services and support locally.

info@hertshelp.net
www.hertshelp.net

0300 123 4044

Families First

Local advice and practical help to manage finances and make savings.

www.hertfordshire.gov.uk/microsites/families-first/news-and-campaigns/cost-of-living.aspx

Hertfordshire Growth Hub

Hertfordshire Growth Hub is Hertfordshire Local Enterprise Partnership's flagship business support service integrating national and local business support. Hertfordshire Growth Hub's website provides your business with immediate access to advice, resources and events at a time and place of your choosing.

enquiries@hertsgrowthhub.com
www.hertsgrowthhub.com

01707 398168

National

Department for Work and Pensions (DWP)

0345 6060 265

www.gov.uk/government/organisations/department-for-work-pensions

Help for Households

The Government's Help for Households website gives you access to more than 40 different Government schemes available to help with the cost of living, including new one-off payments as well as existing benefits and schemes.

helpforhouseholds.campaign.gov.uk

Mind

For information and support about mental health services.

0300 123 3393

info@mind.org.uk
www.mind.org.uk