



Action Against Homelessness

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**Support homeless people
this harvest**



HARVEST 2009 – Basic needs list

Food and drink	Cleaning materials	Other
Coffee (Instant)	Antibacterial liquid soap	Shower gel for men
Hot Chocolate (just add water)	Antibacterial cleaning spray	Foam bath
Tea bags	'Flash' floor cleaner	Shampoo
Marmite/Bovril	'Domestos' toilet cleaner	Shaving foam
Sugar	Dishwasher tablets	Bic disposable razors
Tinned food (tuna, corned beef, baked beans & sweetcorn etc.) (best before 2010 earliest)	Rinse aid and dishwasher salt	Deodorant
Custard powder	Black bin liners (strong)	Socks and underwear (new)
Gravy powder/stock cubes	Febreze	First aid plasters
Tomato Ketchup (squeeze bottles)	Washing powder/2 in 1	Toothbrushes
Brown sauce (squeeze bottles)	Washing up liquid	Toothpaste
Breakfast cereals (sweet if possible)	J Cloths	Ladies sanitary items
Fruit Squash	Tea towels	Biros
Blackcurrant/orange	Window cleaner	Tea spoons
Mustard (squeeze bottles)	White bin liners	Toilet rolls
Cooking sauces, pasta	Freezer food bags	Combs
Mild chilli or curry	Furniture polish	Hairbrushes
Rice and pasta	Rubber gloves	Sellotape
Cooking Oil	Bathroom cleaner	A4 Paper (for photocopier)
Cuppa soups	Air Freshener	Kitchen roll
Jam/marmalade (not homemade)		Woolly hats and gloves
Peanut butter		Sleeping bags

- Donations of these items are used by homeless people through DENS and also by a wide range of other recognised organisations working to prevent homelessness. Goods may be used as prizes or sold if nearing their sell by date to avoid being wasted.
- If you would rather make a monetary donation to DENS please make cheques payable to DENS.
- We need volunteers to help sort these items, if you can help please contact the number above.

THANK YOU Charity No: 1097185, Company No. 4610820

DENS Distribution ~

- *Stores and distributes hundreds of tins of food and toiletries, given to us by individuals, schools, churches, businesses etc.*
- *Provides clothing, bedding, towels etc to those in real need.*
- *Stores small household objects and items of furniture until our homeless clients move into their own homes which we can then help to furnish.*
- *Provided around 200 cans of soup to the St Albans Sleepout in December 2008 which was given out to 'sleepers' raising funds for homeless charities including DENS.*
- *Has distributed over 200 hampers of food and toiletries to disadvantaged and vulnerable men, women and families over the Christmas period since 2005, helping them to cope better over the festive period.*



What we need now is more food to use in our Night Shelter and Day Centre (as volumes supplied were lower than normal last year due to the recession and demand greater) and to pass on to other agencies for other needy people in Dacorum. DENS Distribution is run by volunteers, people just like yourselves... if you could help with this valuable work please e-mail sandra.williams@dens.org.uk or call 01442 262274 asking to speak to Sandra or Carol.

Find out more about DENS by visiting our website. In particular play the video on the front page.

