

## Projects the hub develops and delivers

### Rent Deposit Guarantee Scheme

assists people on low incomes who are in housing need access private sector tenancies across Dumfries and Galloway.

### Weekly Private Sector Tenancies Information Service

provides up to date information on available private sector tenancies in Dumfries and Galloway to assist people in housing need.

### Getting Connected Project

assists people apply online for benefits, create CV's, carry out job searches and apply for jobs, as well as providing learning sessions on using computers.

### Help with Heating

- Are you struggling to pay your heating costs?
- Do you received means tested benefits?
- Are you the householder with heating bill in your name at your own address?

### SPRING

Social Prescribing Project assists people through facilitating access to local support networks to improve their health and wellbeing.

**For more information on any of the above projects**  
**01387 269161**  
**info@thehubdg.org.uk**

For more information contact:

**the hub**  
**your community**  
**action centre**

**24-26 Friars Vennel**  
**Dumfries DG1 2RL**

**tel: 01387 269161**

**info@thehubdg.org.uk**

**www.thehubdg.org.uk**

**Contact us if you require this leaflet in an alternative format**

**the hub – your community action centre**  
*provides affordable, accessible co-working space and development support for the not for profit sector. Meeting and training rooms and hot desking facilities are also available.*

*We develop and deliver a range of projects and services that assist people and local communities.*  
**Working together - making a difference!**

**The Hub Dumfries and Galloway**  
Scottish Charity Number SC043384



## Emergency help

## Local Food Banks and Food Providers



**Hot Food served at St Georges Church Hall,**

George Street, Dumfries  
Tuesday at 6.30pm

**Bethany Dumfries, two sitin's Troqueer Church Hall,** Church Street

Tuesday 12pm to 1pm

**Free Church Charlotte Street car park**

Wednesday 12pm to 1.45pm

**Queen of the South**—Community Fridge  
Palmerston Park 76-94 Terregles Street  
Dumfries DG2 9BA

The food hub will operate very much as a free supermarket, with free choice to anyone who wishes to use the provision. For more information please contact [community@gosfc.com](mailto:community@gosfc.com)

**Dalbeattie Initiative**

16 High St, Dalbeattie DG9 4AA  
Tues, Weds and Fri 10am to 1pm  
Tel: 01556 612752  
Email: [info71.dci@gmail.com](mailto:info71.dci@gmail.com)

**Kate's Kitchen**

The Old Bank, 52 High St, Annan DG12 6AN  
Tuesdays and Thursdays 9am to 5pm  
Tel: 01461 206444  
Email: [info@kateskitchen.org](mailto:info@kateskitchen.org)

**Kirkconnel & Kelloholm Development Trust**

KKDT Office, Hillview, Kirkland Drive  
Kelloholm, Sanquhar DG4 6ST  
Everyday 11am onwards  
Tel: 01659 66911  
Email: [khris@kkdt.org.uk](mailto:khris@kkdt.org.uk)

**First Base (Food Parcels)** 6 Buccleuch St,  
Dumfries (Only with referral/comp slip or  
proof of a benefit sanction)  
Monday - Friday 12pm-2pm

**Apex (Foodbank)** This service provides food parcels and fresh produce for people in crisis, due to benefit delays, homelessness and low income using a voucher system. Vouchers are supplied to relevant agencies who give them out where appropriate.

**Apex (Food Parcels)** 77-79 Friars Vennel  
Dumfries  
DG1 2RF Must have a referral form  
Monday- Friday 10am- 3pm Last collection time 2.30pm

**Apex (Food Parcels)** 2 Back Rampart High Street, Stranraer DG9 7LW

**Summerhill Community Centre**

Ballochmyle Terrace  
Summerhill  
Dumfries  
DG2 9EF  
11am to 8pm  
Tel: 01387 247344 / 07743924609  
Email: <http://www.summerhillcentre.com/contact>

**Rhins Basics Bank**

Flexible Hours  
Tel: 07715677204

**River of Life Church surplus food project**

Beside the Train Station 7 days a week 6.30 to 7.30 No referral is needed and it's completely free.

**Aberlour Family Outreach**

North West Resource Centre  
Collage Drive  
Dumfries DG2 0BX  
Tel: 01387325090  
Email: [familyoutreachdumfries@aberlour.org.uk](mailto:familyoutreachdumfries@aberlour.org.uk)  
Mon/Weds/Fri 9am-5pm  
Tues/Thurs 9am-7pm  
Sun 10am-2pm



**Lochside Community Association**

Rankine Avenue, Dumfries DG2 9NS  
Everyday 11am onwards  
Tel: 01387 250582  
Email: [Karen.wylie@lochsidea.org](mailto:Karen.wylie@lochsidea.org)

**Machers Churches Basics Food Bank**

11a Albert St, Newton Stewart DG8 6EF  
Tuesdays and Thursdays 9am to 12noon  
Tel: 07884370479  
Email: [marlane690@btinternet.com](mailto:marlane690@btinternet.com)

**Stepping Stones Food Bank**

198 King Street, Castle Douglas DG7 1DB  
Mon, Weds and Fri 10am to 12noon  
Tel: 07730788335  
Email: [steppingstones@castledouglas.info](mailto:steppingstones@castledouglas.info)

**The Fed Up Community Café**

12 Bridge Street, Stanraer DG9 7HY  
Monday to Friday 9:30am to 2:30pm  
Tel: 01776 706159  
Email: [info@fedup.org.uk](mailto:info@fedup.org.uk)

**Emergency Food Helpline** If you need an emergency food package there is now one central number you can call: When asked to choose an area, select Ayrshire and South of Scotland. 0800 111 4000

