

## Support Signposting Sheet

None of the projects or organisations that are listed are run or managed by MCFB, the information is correct at the time of printing but be aware things do change. We have provided web site addresses so you can check for yourself the most up to date information.

### Food Support

**Very Green Grocery** - <https://www.changing-lives-together.org.uk/stores>  
01606 827121 option 5 for Northwich shop option 3 for Winsford shop  
Northwich - The Old School House, Manchester Road, Northwich, CW9 7NS  
Winsford - Winsford Community Centre, High Street, Winsford, CW7 2AS

A membership fee of £6, only payable if you shop, gives over £25 of good quality food, no referral required - see online for opening times - search Very Green Grocery  
Community Cafe

**Grocery Bus - Winsford - £10 return fare includes the VGG shop**

See poster at bottom of the sheet

**Salvation Army** - Community Cafe and Charity Shop  
search online for contact details and opening times  
Northwich, Tabley Street, CW9 5DP - [www.salvationarmy.org.uk/northwich](http://www.salvationarmy.org.uk/northwich)  
Winsford, Weaver Street, CW7 4AA - [www.salvationarmy.org.uk/winsford](http://www.salvationarmy.org.uk/winsford)

**Christchurch Greenbank** - [www.christchurchgreenbank.org/index.php/church-activities](http://www.christchurchgreenbank.org/index.php/church-activities)

Greenbank Station House, Chester Road, Northwich CW9 4AG  
Wednesday - Warm Welcome Space - Free Lunch - Coffee Cake and Chat

**St Helens Church Northwich**

Church Road, Northwich, CW9 5PB  
Thursday - Warm Welcome Space - Thursday 12:00 - 14:00 - Free Lunch - Coffee and a Chat

**Northwich Community Support** - <https://www.northwichcommunity.com/get-support>

St John's Church Hall Cuddington  
Weaverham Lighthouse Centre  
Rudheath Social Club  
Small membership donation, only payable if you shop gives a over £20 of good quality food - no referral required - Northwich and surrounding area residents only

### Baby / Children Food and Equipment Support

**Green Uniform and Baby Bank** - <https://greenuniformandbabybankltd.org>

First Floor, Winsford Community Centre, High Street, CW7 2AS Tel 07835 851908  
Preloved items of equipment, clothing, toys and uniform. Nappies, food and formula when available

**Motherwell** - <https://motherwellcheshirecio.com/our-services/motherwell-community-hub/>

Baby and Child support, equipment, clothing, toys, toiletries, food, nappies  
Referral line: [referrals@motherwellcio.com](mailto:referrals@motherwellcio.com) Tel: 01606 557666

**Edna's Launderette** - <https://motherwellcheshirecio.com/our-services/motherwell-community-hub/>

Finsbury Bungalow, 15-17 Finsbury Walk, Winsford, CW7 2YA  
free use of washing machines & driers - including detergent

## General Support and Advice

- all things related to finance - can also help to prevent situations becoming worse - provide benefit entitlement checks and can offer support with utility bills if eligibility criteria are met

**Step Change** - <https://www.stepchange.org/> - debt advice and budgeting

**Citizens Advice Northwich Drop in session** Witton St on Thursday, Old School House on Wednesday -

<https://www.citizensadvicecw.org.uk/northwich/>

**Citizens Advice Winsford Drop In session** Wyvern House, Mon, Tues, Fri -

<https://www.citizensadvicecw.org.uk/winsford/>

**Citizens Advice - Information about all their services** - <https://www.citizensadvicecw.org.uk/>

**Housing Associations** - all Housing Associations can give support and advice to those facing financial hardships or debt

**CWaC Help** - 0808 175 3599 - emergency help and advice for those facing hardship - benefit advice

## Utility Support

**Gas and Electricity** - HEAT - Fuel debt management, advocacy with energy providers, energy grants, fuel saving assessments

- follow the referral form link below

[https://forms.office.com/pages/responsepage.aspx?id=5phJEIssTk6c7uDzl6GMDtK\\_sUBcimhNsmHilEPIId1UODJJRkhCWkNYTTZJWFhNU1ZMUDk5MEg4Sy4u](https://forms.office.com/pages/responsepage.aspx?id=5phJEIssTk6c7uDzl6GMDtK_sUBcimhNsmHilEPIId1UODJJRkhCWkNYTTZJWFhNU1ZMUDk5MEg4Sy4u)

**CWaC Household Support Fund - when available**

Find information about what is being provided on the CWaC website - links to the support are provided on their website when available with full information about eligibility and how to apply

<https://www.cheshirewestandchester.gov.uk/residents/benefits-and-welfare-help/cost-of-living/household-support-fund>

## Housing and Homelessness

**For Futures** - <https://forfutures.co.uk/help-support/>

Homeless - Insecurely housed, sleeping rough, sofa surfing, risk of becoming homeless

**CWaC** - information about their support

<https://www.cheshirewestandchester.gov.uk/residents/housing/housing-advice-and-homelessness/housing-advice-and-homelessness>

If you are facing **homelessness within the next 56 days** this is the self referral form for finding accommodation

<https://westcheshirehomes.housingjigsaw.co.uk/prah/customerportal/welcome>

Tel 0808 175 3595 Option 2

**Sleeping Rough - For Futures**

Tel 0808 175 3595 Option 3

**CWaC Housing Out of Hours** - 0300 123 7035

## Other Support Services

**Samaritans** - <https://www.samaritans.org/branches/northwich/> or Free phone 116 123 from any phone

**Age UK** - <https://www.ageuk.org.uk/cheshire/about-us/contact-us/> Over 60's support

**Mid Cheshire Mind** - <https://www.midcheshiremind.org.uk/> Mental Health Support

**Social Prescribers** - attached to most doctors surgeries - provide support for mental health and rehabilitation

## Asylum Seekers and Refugees

### Migrant Help -

<https://www.migranthelpuk.org/contact>

Asylum Support - 0808 8010 503

**CHAWREC** - Cheshire, Halton and Warrington Race and Equality Centre  
17 Cuppin Street, Chester, CH1 2BN

<https://www.chawrec.org.uk/>

## Drop In Sessions - Asylum advisers

### Winsford

Winsford Community Hub (Veery Green Grocery), High Street, CW7 2AS

Friday 10:00 - 14:00

14th Feb, 28th Feb, 14th Mar, 28th Mar, 11th Apr, 25th Apr, 9th May, 23rd May, 6th Jun, 20th Jun

### Northwich

St Helen's Church, Church Road, Northwich, CW9 5PB

Thursday 11:30 - 13:30

27th Feb, 27th Mar, 24th Apr, 29th May, 26th Jun,

## English Language Courses - details see the website:

<https://www.cheshirewestandchester.gov.uk/residents/libraries/support-for-speakers-of-other-languages>

English Conversation

Northwich Library - Weaver Hall Museum, London Rd - Wed 10:00 - 11:30

Sandiway Library - Monday 10:00 - 11:00

English as Second Language

Northwich Memorial Court (Brio) - Fri 10:00 - 11:30

Wharton Library Winsford - Mon 10:00 - 11:30

<https://www.chawrec.org.uk/esol-courses>

Old School House, Northwich - eSOL Mid Level - Fri 9:30 - 11:30

## Wellbeing

**Grozone** - <https://www.grozone.org.uk/>

Access to growing fruit, vegetables and all aspects of gardening - meet people and share activities to contribute to health and well being

**Live Well** - <https://www.livewell.cheshirewestandchester.gov.uk/>

**Welcome Network** - <http://www.welcomenet.co.uk/about-us.html>

**Volunteer Opportunities** - <https://volunteernowcwva.com/volunteers/search.htm>

Local advice, volunteering and support information portals

**Let's Talk**

<https://www.cheshirewestandchester.gov.uk/residents/health-and-social-care/adult-social-care/lets-talk-health-and-wellbeing>

Winsford - Friday 09:30 - 11:30 - Winsford Community Hub (VGG), High Street, Winsford, CW7 2AS

Northwich - Thursday 11:30 - 13:30 - St Helen's Church Church Road, Northwich, CW9 5PB

Friendly informal information sessions about wellbeing, health, housing, local social opportunities, support with care, volunteering

**Mid Cheshire Community Shed Hartford -**

<http://www.mccshed.org/community/mid-cheshire-community-shed-18677/about-us/>

Email [mccshed@gmail.com](mailto:mccshed@gmail.com) Tel 01606 659433

314 Chester Road, Hartford, CW8 2AB

Formerly Men in Sheds

**Men in Sheds Winsford -** <https://mis-winsford.co.uk/contact-us>

Changing Lives Together, Road Two Winsford Industrial Estate, CW7 3QL

Tel 07745 397829

**Changing Lives Together -** <https://www.changing-lives-together.org.uk/stores>

Changing Lives Together, Road Two Winsford Industrial Estate, CW7 3QL

New and preloved furniture and household items, including paint and decorating items

**Community Bus -** <https://www.yourbus.info/useourservices>

Provide Dial a Ride services and Rural Rider (free with bus pass)

**CWaC £3 bus services -**

<https://www.cheshirewestandchester.gov.uk/residents/transport-and-roads/public-transport/bus-service-improvement-plan-for-cheshire-west-and-chester/bus-service-enhancements>

These bus services are subsidised under the government scheme to be capped at £3 per adult journey

**Help with Collecting a Food Parcel****NHS Responders**

Volunteers can be booked to assist with shopping, collecting food or lifts to appointments

<https://www.goodsamapp.org/NHSAndCareReferrals>

**Snow Angels**

Predominantly for people over 60 - volunteers will assist with shopping, collecting food or lifts to appointments

<https://www.snowangels.org.uk/services/snow-angel-services-and-projects/>

only  
**£10**

# Grocery Bus

## Ride and shop

### Wharton Library

February 2025 dates

	Collection	Drop off
5th Feb	- 12:30pm	4pm
7th Feb	- 9am	12:30pm
19th Feb	- 12:30pm	4pm
21st Feb	- 9am	12:30pm



### Mount Pleasant Shops

February 2025 dates

	Collection	Drop off
12th Feb	- 12:30pm	4pm
14th Feb	- 9am	12:30pm
26th Feb	- 12:30pm	4pm
28th Feb	- 9am	12:30pm



### Ride and shop offer

- Includes transport to the Winsford Community Hub and back to the Mount Pleasant shops
- Covers the cost of the standard grocery shop donation of £6 (extra items not included)

### How it works:

1. Call the Transport team to secure your seat (at least 24hrs in advance).
2. On the day, Inform the person on the till at the grocery shop that you are using the Ride and shop offer.
3. Show your receipt to the bus driver when boarding the bus to go home.

To ride this bus, you need to become a member by contacting the office and filling out the short membership form. Be sure to call at least 24 hours in advance of the date you wish to go grocery shopping to secure your spot.

**Memberships  
are free!**

**01606784100**