

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 £7, 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
Winsford, Weaver Street, CW7 4AA - www.salvationarmy.org.uk/winsford

Christchurch Greenbank - 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 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 Barons Quay (opposite Wildwood) Wednesday and Thursday - 10:00-14:00

<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

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.migranthehelpuk.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 Salvation Army, Weaver Street, CW7 4AE
Tuesday 10:00 - 12:00

Northwich

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

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

ESOL - contact CHAWREC to join

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

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

Online course from University of Chester - need own equipment but can be accessed via library computers

freeclasses@chester.ac.uk

Academic year only. New course starts Sept/Oct 2025

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 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