

## 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** - 01606 827121 option 5 for Northwich shop option 3 for Winsford shop  
Opening times can be found at <https://www.changing-lives-together.org.uk/stores>  
Northwich - The Old School House, Manchester Road, Northwich, CW9 7NS - Tues, Wed, Fri  
Winsford - Winsford Community Centre, High Street, Winsford, CW7 2AS - Mon, Wed, Fri

A membership fee of £8, only payable if you shop, gives over £30 of good quality food, no referral required Community Cafe - pay it forward scheme and Buddy and Befriending

**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** - [christchurchgreenbank.org/station-cafe/](http://christchurchgreenbank.org/station-cafe/)  
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** - [Your food hubs | NCS](#)  
St John's Church Hall Cuddington  
Weaverham Lighthouse Centre  
Rudheath Social Club  
Small membership donation, only payable if you shop gives over £20 of good quality food - no referral required - Northwich and surrounding area residents only

### Help with Collecting a Food Parcel

**Snow Angels**  
Predominantly for people over 60 - volunteers will assist with shopping, collecting food or lifts to appointments  
[How We Support Our Service Users – Snow Angels](#)

### Baby / Children Food and Equipment Support

**Kids Bank Chester** - [General Self Referral – Kids Bank](#)  
Households resident in Cheshire West and Chester with children aged 0 - 12 can initially apply for support through a self referral form on the website, for larger items such as cots, beds or prams the referral needs to come from a support professional eg a health or social worker, teacher. Full eligibility details are on the KidsBank website

**Green Uniform Baby Bank** - <https://gubco.org/>  
Unit 28 Dingle Walk, Winsford Cross Shopping Centre, CW7 1BA - open most days, check website for times  
Preloved items of equipment, clothing, toys and uniform. Nappies, food and formula when available.

**Motherwell and Her Place** - <https://her-place.co.uk/her-hub-winsford/>  
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://her-place.co.uk/her-hub-winsford/>

Finsbury Bungalow, 15-17 Finsbury Walk, Winsford, CW7 2YA

free use of washing machines & driers - including detergent

School Holiday Activities [www.cheshirewestandchester.gov.uk/news-and-views/campaigns/school-holiday-activities](http://www.cheshirewestandchester.gov.uk/news-and-views/campaigns/school-holiday-activities)

## 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. Also advice for many things including housing

**Step Change** - [StepChange](http://StepChange) - debt advice and budgeting

**Citizens Advice Northwich Drop in session** 10 Weaver Point Barons Quay CW9 5FT (opposite Wildwood)

Wed 10:00-14:00 and Thursday 10:00 - 16:00 [Northwich | Citizens Advice Cheshire West](#)

**Citizens Advice Winsford Drop In session** Wyvern House, Mon, Tues, Fri -10:00 - 14:00

[Winsford | Citizens Advice Cheshire West](#)

**Citizens Advice - Information about all their services** - [Citizens Advice Cheshire West](#)

**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 - ring back service available

**Northwich Community Hub** - Advice and support with, health, well being, finances, housing, immigration, work search

Unit 7 Barons Quay, CW9 5LA - Thurs 10:00 - 16:00 [Let's Talk Northwich | Cheshire West and Chester Council](#)

## Utility Support

**Gas and Electricity** - HEAT - Fuel debt management, advocacy with energy providers, energy grants, fuel saving assessments - Citizens Advice and Housing Associations can refer

**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

[Household support fund | Cheshire West and Chester Council](#)

## Housing and Homelessness

**CWaC** - information about their support - **CWaC Housing Out of Hours** - 0300 123 7035

[Homelessness | Cheshire West and Chester Council](#)

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

[Tees Valley Homefinder](#)

**Sleeping Rough** - Tel 0808 175 3595 Option 3 for advice line (CWaC)

To help someone sleeping rough to reach the right support services please use Streetlink: <https://thestreetlink.org.uk/>

## Other Support Services

**Samaritans** - [Mid Cheshire \(Northwich\)](#) or Free phone 116 123 from any phone

**Age UK** - [Age UK Cheshire | Contact us](#) Over 60's support

**Mid Cheshire Mind** - [Mid Cheshire Mind](#) Mental Health Support

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

## Wellbeing

### **Grozone** - [Grozone](#)

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

### **Live Well** - [Live Well Cheshire West](#)

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

**Volunteer Opportunities** - [Search Volunteer Opportunities](#)

Local advice, volunteering and support information portals

### **Let's Talk**

[Let's Talk health and wellbeing | Cheshire West and Chester Council](#)

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

Northwich - Thursday 10:00 - 16:00 - Unit 7 Barons Quay, CW9 5LA

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

### **Winsford Virtual Village Hall**

A free online activity hub designed to support the health and wellbeing of individuals - wide Range of Activities – 3,000+ sessions including gentle exercise, yoga, meditation, cooking, crafts, creative writing, mindfulness, and music.

[Health & social care | Virtual Village Hall](#)

### **Mid Cheshire Community Shed Hartford** - [About us - Mid-Cheshire Community Shed Northwich, Cheshire](#)

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** - [Contact Us: The Winsford Community Shed](#)

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

Tel 07745 397829

### **Mens Group** - informal group for men to get together for a tea, coffee, chat and companionship in confidence

New Images Community Centre Nixon Drive CW7 2HG and at Barton Stadium Wharton Road CW7 3AE

Sessions every 2 weeks Wednesday 19:00 - 21:00

<https://www.facebook.com/WinsfordMensGroup>

Tel - 07768 - 620759 email: [winsfordmen@outlook.com](mailto:winsfordmen@outlook.com)

### **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** - [PlusBus and Dial a Ride \(community transport\) | Cheshire West and Chester Council](#)

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

### **CWaC £3 bus services** - [Bus Service Enhancements | Cheshire West and Chester Council](#)

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

**Vet Support** - Winsford Veterinary Service, High Street

Linked to PDSA can in certain circumstances provide free or subsidised vet treatment

[Our services - PDSA](#)

## 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 [Cheshire Halton & Warrington Race & Equality Centre](#)

### Drop In Sessions - Asylum and Refugee Advisers

#### Winsford

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

#### Northwich

Methodist Outreach Centre, Witton Street, CW9 5LA - Tuesday 13:00 - 14:30 every 2 weeks

Community Hub, Unit 7 Barons Quay, CW9 5LA - Thursday 10:00 - 12:00

Salvation Army, Tabley Street, CW9 5DP Friday 10:00 - 12:00 - Friday 10:00 - 12:00

### English Language Courses - details see the website:

[Support for speakers of other languages | Cheshire West and Chester Council](#)

#### 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 Courses | Cheshire Halton & Warrington Race & Equality Centre](#)

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](mailto:freeclasses@chester.ac.uk)

Academic year only. New course starts Sept/Oct 2025

### **Warrington and Vale Royal College (Winsford campus), Weaver Street, CW7 4AA - ESOL provision**

[English for Speakers of other Languages \(ESOL\)](#)

Courses usually start in September

To be added to a waiting list for any additional courses that are held - go to the college (08:30 - 16:00) and provide name, email and phone number

Asylum seekers need to be living in UK for more than 6 months to be eligible for a fee remission (if available)

Full course cost without remission is £567 which can be paid in installments