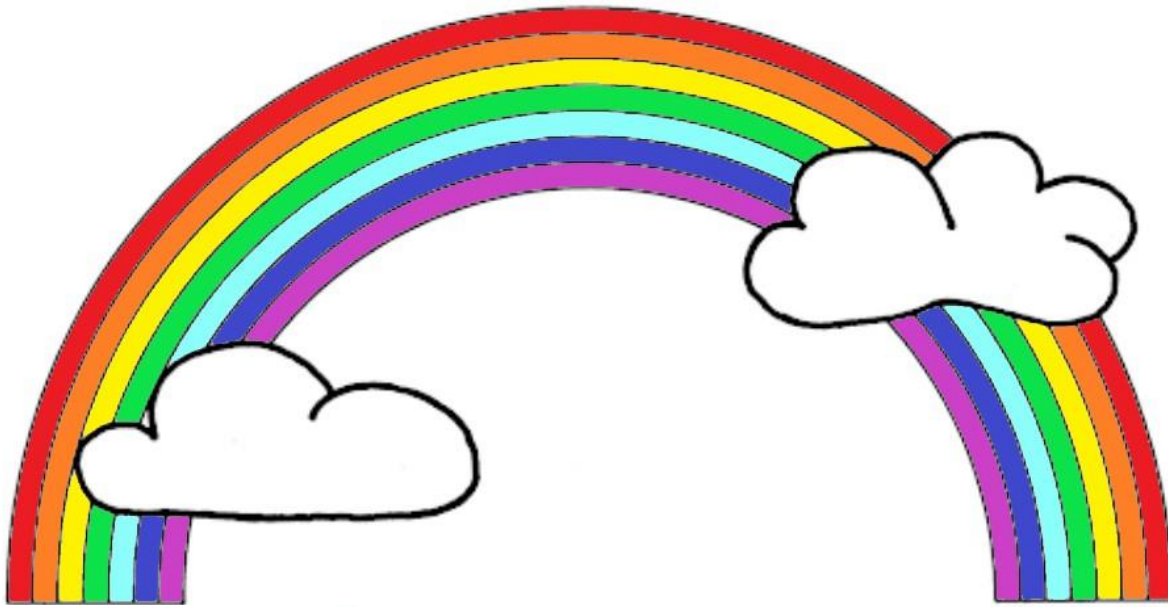


# Foodbanks are here to help if you are struggling to afford food



West  
Cheshire  
**foodbank**

0151 355 7730

[westcheshire.foodbank.org.uk/](http://westcheshire.foodbank.org.uk/)

CHESTER • ELLESMERE PORT  
NESTON • CHESHIRE RURAL

Mid  
Cheshire  
**foodbank**

01606 590992

[midcheshire.foodbank.org.uk/](http://midcheshire.foodbank.org.uk/)

WINSFORD • NORTHWICH  
TARPORLEY

## To get help:



Cheshire West  
& Chester  
HELP scheme  
0300 123 7065



Cheshire West  
Citizens Advice  
0344 576 6111

Or contact your local foodbank

for more information

[foodbank@tattenhallpark.cheshire.sch.uk](mailto:foodbank@tattenhallpark.cheshire.sch.uk)

Tel: 01244 981260

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