It is often helpful for the provider if you have the following information prepared:

* Any dietary requirements or allergies
* What cooking facilities they have
* A contact number for the person
* Any safety risks
* Access issues…Can the person open the door etc.
* What time is the patient expected home if being discharged from hospital

**ARDWICK AND LONGIGHT FOOD SUPPORT**

**422 Food Panty**

*The 422 Community Pantry is a project that helps to alleviate the immediate needs of food poverty for residents in Ardwick and Longsight.. The Pantry offers people dignity of choice when experiencing economic hardship. By joining as a member, for a small fee each week people can receive items of a higher value.*

*From the 422 Hub we can not only provide people with food and essentials but invite them into community activities where they are welcome, and also where we can signpost to other services and offer support to maximise the income they do have, or are entitled to access.*

422 Stockport Rd, Longsight, Manchester M12 4EX

Tel: 0161 850 3277

E: hello@422manchester.org

**Ardwick and Longsight Food Bank**

Referral from a local agency / professional

Tel: 0161 273 3977 / 07853553732.

11 Richmond Grove, Manchester M13 0LN.

Open Monday 11.00 – 13.00 pm and Thursday 2 – 4pm.

Referral is via their website.

<https://ardwickandlongsightfoodbank.org.uk/> Link for online referrals

**Coverdale and Newbank Food Bank**

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*In Partnership with Fairshare Greater Manchester we operate a redistribution scheme of surplus food and discounted household toiletries for our Ardwick Community in Manchester.*

​*The Coverdale & Newbank Community Grocer Shop is designed to look and feel like a Traditional Shop.*

*​*

*Community Members pay a Weekly contribution and receive food and toiletries.*

Cornbrook House,217 Stockport Road, Ardwick, M12 4DY.

Opening times: Thursday 11am – 2pm.

[info@coverdaleandnewbank.com](mailto:info@coverdaleandnewbank.com)Telephone : 0161 425 3443

**Bread and Butter Thing**

**M13 postcode residents only**.

*The Bread and Butter Thing offers weekly groceries at a fraction of high street prices. We’re at St Joseph's RC Primary School every Wednesday at 1pm. For £7.50 we offer roughly £35 worth of food each week including fresh fruit and veg, chilled food for the fridge and cupboard staples such as pasta and cereal. We get our supplies from the stuff that you hear about in the news going to waste: it comes from supermarkets, factories and farms.*

https://www.breadandbutterthing.org/

**Anson Road Community Grocers**

Food and household essentials. Membership scheme

Open Thursdays 12-18.00

Contact details:

38, Meldon Road, M13 0TR

Tel: 07539 268269

[sammy.minshull@yahoo.co.uk](mailto:sammy.minshull@yahoo.co.uk)

<https://www.hmhc.co.uk/anson>

**ARDWICK AND LONGSIGHT COMMUNITY CAFES**

**Brunswick ‘Beestro’**

Tues, Wed and Thurs: Toasties, light refreshments and drinks.

Tues: Hot meal served at 13.00 Cost: £1.00

10 Brunswick Church.

Brunswick St, Manchester M13 9SX

[**Phone**](https://www.google.com/search?sca_esv=3697c3e79dce3da7&sca_upv=1&rlz=1C1GCEU_en-GBGB1050GB1050&cs=0&q=brunswick+parish+church+phone&ludocid=10229167812633880844&sa=X&ved=2ahUKEwiEhqbHt9aGAxW_QEEAHbNHB1MQ6BN6BAgSEAI)**:**[0161 273 6608](https://www.google.com/search?q=BRUNSWICK+CHRUCH+ADDRESS&rlz=1C1GCEU_en-GBGB1050GB1050&oq=BRUNSWICK+CHRUCH+ADDRESS&gs_lcrp=EgZjaHJvbWUyBggAEEUYOTIJCAEQIRgKGKABMgcIAhAhGJIDMgcIAxAhGJIDMgcIBBAhGJIDMgcIBRAhGJIDMgcIBhAhGJIDMgcIBxAhGJID0gEINDg5NWowajSoAgCwAgE&sourceid=chrome&ie=UTF-8&lqi=ChhCUlVOU1dJQ0sgQ0hVUkNIIEFERFJFU1MiAkgBSK-I7IrmgICACFoiEAAQARgAGAEiEGJydW5zd2ljayBjaHVyY2gqBggCEAAQAZIBBmNodXJjaKoBORABMh8QASIbzPgh2d29LKi_ryknPCDw9JjRRvMjcrYI04leMhQQAiIQYnJ1bnN3aWNrIGNodXJjaA)

[mo@brunswickchurch.org.uk](mailto:mo@brunswickchurch.org.uk)

**Northmoor Community Diner**

A different menu each week (only Wed & Fri) including:

Halal Meat dish, Vegetarian/ Vegan dish, Tea, Coffee and Juice.

Eat in 12noon-2pm & Takeaway 1-2pm

[**Address**](https://www.google.com/search?sca_esv=aa52302f45f8cf1b&sca_upv=1&rlz=1C1GCEU_en-GBGB1050GB1050&cs=0&q=northmoor+community+centre+address&ludocid=10772883696593711106&sa=X&ved=2ahUKEwjA1I2CyNWGAxWgT0EAHaZ-BYUQ6BN6BAgNEAI)**:**3 Elgar St, Greater, Longsight, Manchester M12 4PH

[**Phone**](https://www.google.com/search?sca_esv=aa52302f45f8cf1b&sca_upv=1&rlz=1C1GCEU_en-GBGB1050GB1050&cs=0&q=northmoor+community+centre+phone&ludocid=10772883696593711106&sa=X&ved=2ahUKEwjA1I2CyNWGAxWgT0EAHaZ-BYUQ6BN6BAgQEAI)**:**[07846 494559](https://www.google.com/search?q=northmoor+community+centre&rlz=1C1GCEU_en-GBGB1050GB1050&oq=northmoor+community+ce&gs_lcrp=EgZjaHJvbWUqCggAEAAY4wIYgAQyCggAEAAY4wIYgAQyDQgBEC4YrwEYxwEYgAQyBggCEEUYQDIGCAMQRRg5MgoIBBAAGIAEGKIEMgoIBRAAGIAEGKIEMgoIBhAAGIAEGKIEMgoIBxAAGIAEGKIEqAIAsAIB&sourceid=chrome&ie=UTF-8&lqi=Chpub3J0aG1vb3IgY29tbXVuaXR5IGNlbnRyZUjLtuSporCAgAhaMhAAEAEQAhgAGAEYAiIabm9ydGhtb29yIGNvbW11bml0eSBjZW50cmUqCAgCEAAQARACkgEQY29tbXVuaXR5X2NlbnRlcqoBQxABMh8QASIbgn6Q2liVAi1k_EnPvhye282M-UvNKD8iMb5qMh4QAiIabm9ydGhtb29yIGNvbW11bml0eSBjZW50cmU)

**422 Community Centre Cafe**

## The Cafe is open Monday to Friday, 9am - 3pm

Drop in for lunch, a coffee and to meet the Pure Innovations team who staff the kitchen! You can get a hot meal for just £2. You can also ‘pay-it-forward’, so no one misses out.

**CITYWIDE FOOD SUPPORT**

**Feed My City**

Emergency food parcel. Collection by the person or by the professional referring in. If volunteers have capacity, they can deliver.

[**Address**](https://www.google.com/search?sca_esv=ee550f040f73c7f6&sca_upv=1&rlz=1C1GCEU_en-GBGB1050GB1050&q=feedmycity+address&ludocid=6496949103350766412&sa=X&ved=2ahUKEwj4yde4jNSGAxVzSUEAHQqXAZIQ6BN6BAhQEAI)**:**Unit 2, 63-65, Beswick St, Manchester M4 7HR

**Phone:**[0300 365 3101](https://www.google.com/search?q=ffed+my+city&rlz=1C1GCEU_en-GBGB1050GB1050&oq=ffed+my+city&gs_lcrp=EgZjaHJvbWUyBggAEEUYOTIPCAEQLhgNGK8BGMcBGIAEMggIAhAAGBYYHjIICAMQABgWGB4yCAgEEAAYFhgeMggIBRAAGBYYHjIICAYQABgWGB4yCAgHEAAYFhgeMggICBAAGBYYHjIGCAkQRRg70gEIMzUyMWowajSoAgCwAgE&sourceid=chrome&ie=UTF-8)

**Barakhah Food Aid**

Usually can provide a food parcel the same day up until around 14.30. Depending on capacity they might be able to deliver, or referrer can collect.

*Supporting families and individuals who are struggling through food poverty. We provide food, toiletries and anything else we can help with. Our service is 100% free*

Tel:Manzoor: 07506 527523

**Address:** Manchester Road, Audenshaw, Manchester, M34 5PZ, UK

**Trussel trust**

*We’re an anti-poverty charity and community of food banks providing practical support to people who can’t afford the essentials, and campaigning for a future where none of us need to use emergency food to get by.*

*Food banks in our network welcome and support everyone who is referred to them, always acting with respect and without judgment. Volunteers will give a minimum of three days’ emergency food and offer support to resolve some of the difficulties you might be facing.*

Professionals will need to register in order to generate food vouchers for people.

*https://www.trusselltrust.org/get-help/emergency-food/*

<https://www.trusselltrust.org/>

**Humans Manchester**

*Our work around food poverty seeks to give respect, health, dignity and hope to those in our communities via a suite of short and long-term solutions that tackle food insecurity faced by residents in Greater Manchester.*

Professionals will need to register:

[**https://humansmcr.org/get-support/**](https://humansmcr.org/get-support/)

[0161 243 0171](https://www.google.com/search?q=humans+manchester&sca_esv=af0b90c6614b7d36&sca_upv=1&rlz=1C1GCEU_en-GBGB1050GB1050&ei=Hz9pZtfJFd-yhbIPgZGnEA&ved=0ahUKEwiX1bD7ttWGAxVfWUEAHYHICQIQ4dUDCBA&uact=5&oq=humans+manchester&gs_lp=Egxnd3Mtd2l6LXNlcnAiEWh1bWFucyBtYW5jaGVzdGVyMgsQLhiABBjHARivATILEAAYgAQYhgMYigUyCxAAGIAEGIYDGIoFMgsQABiABBiGAxiKBTIIEAAYgAQYogQyCBAAGIAEGKIEMhoQLhiABBjHARivARiXBRjcBBjeBBjgBNgBAki6HFAAWKsZcAF4AJABAJgBcaABwwqqAQQxNi4xuAEDyAEA-&sclient=gws-wiz-serp)

[info@humansmcr.org](mailto:info@humansmcr.org)

**The Bread and Butter Thing**

*Our mobile food clubs make life more affordable for people on low incomes, build stronger communities and reduce food waste.*

*It's really simple to join TBBT as a member. There's no fee to join and the membership rules are really simple.*

<https://www.breadandbutterthing.org/>

**Angels of Hope**

Food and essentials for ladies only. Please phone for up-to-date information.

Contact details:

07940411879 [angelsofhopeforwomen@gmail.com](mailto:angelsofhopeforwomen@gmail.com)