

St Peter's Church Rock Ferry

Food Aid, power aid, assistance to isolated, elderly: prescription pick up, shopping, befriending etc.
Spiritual guidance and hope.

0151 645 1622

www.stpetersrockferry.org.uk

Wirral InfoBank

Supporting Wirral residents requiring advice, guidance and additional help during the coronavirus crisis, an online resource to help you find support services near you.

www.wirralinfobank.co.uk

Wirral Coronavirus Helpline

0151 666 5050 Monday to Friday, 9am to 5pm.

email covid19enquiries@wirral.gov.uk

Emergency Adult Social Care services

If adult care services are required urgently, a social care professional can provide a temporary service without a needs assessment. Mon - Fri 8.50am to 5.00pm

Call the Central Advice & Duty Team on 0151 514 2222 (option 3)

Outside of these hours call the Emergency Duty Team on 0151 677 6557

Other helps:

Bee Wirral Social Supermarket

Pre-prepared Food bags available (limited stock) £3.00 donation per bag.

Open 10:00am - 2:00pm Monday - Wednesday.

0151 647 7587 Email: info@beewirral.co.uk

www.beewirral.co.uk

Carr Bridge Community Centre

Social supermarket Tuesday & Thursday 12:00pm-2:00pm.

Also offering Food aid to the those in need.

0151 522 0738 Email: carrbridgemakeithappen@gmail.com

<http://carrbridgecentre.org.uk>

Charles Thompson Mission

Monday to Saturday 7:00-9:00am to feed the homeless.

Emergency bags of food for those unable to access food bank.

0151 647 7303

Website: <https://charlesthompsonsmision.org.uk/>

Helplink Wirral

An established charity with systems and infrastructure to support older people with shopping, transport, befriending, prescription pick ups, someone to talk to.

0151 648 3322 or email helplink@btconnect.com

www.helplink.org.uk

Oak Community Project

Food bags, donation of £2.50 where possible, Tuesdays 11:00-1:30pm, Weds 12:00-2:00pm

Other times, text Denise direct.

07809 421 366

Rock Ferry Labour

Offering help to vulnerable and self-isolating residents across Rock Ferry; (e.g. shopping, prescription pick up, contact for isolated, etc.).

07834 767 380 (Cllr Yvonne Nolan)

07507 562 622 (RFL volunteer Clare O'Hagan)

Email: rflp.community.action@gmail.com

Tranmere Rovers

Meal Deals

Tranmere Rovers and The Riverhill Hotel are teaming up to provide food bundles at a low cost. Freshly made and served by The Riverhill, delivered with an extra charge courtesy of Argyle Taxi's. Delivery charges; < 3 miles £5, 3-6 miles £8, 6-10 miles £10.

Three meals (soup and main) for three days bundle priced at £15 or seven meals for seven days priced at £30. Chilled homemade meals suitable for keeping in the fridge or freezer and reheating in the microwave.

Order by calling 0151 653 3773

Food Parcels etc.

TR have teamed up with Helplink to provide shopping and prescription pick ups, someone to talk to etc. they also have food parcels available. If you know of someone who is need of help contact:

0151 609 3325 or email community@tranmererovers.co.uk

Wirral Foodbank

During the COVID-19 crisis Wirral Foodbank will be providing a reduced but vital food service from Salvation Army, B'head.

0151 638 7090 or email: enquiries@wirralfoodbank.org.uk

<http://wirral.foodbank.org.uk/>

Fuel Advice

Citizen's Advice consumer helpline: 0808 223 1133

<https://www.citizensadvice.org.uk/consumer/energy/energy-supply/get-help-paying-your-bills/you-cant-afford-to-top-up-your-prepayment-meter/>

Mental Health (NHS 111 or GP, or....)

Calm

Telephone and web chat for men in crisis.

0800 585 858 (5:00pm-midnight)

www.thecalmzone.net (5:00pm-midnight)

Childline

Help for children under 16.

0800 1111

Mind

Provides on-line info, support and self help guides.

www.mind.org.uk

Elefriends: A supportive online community.

www.elefriends.org.uk

Papyrus

telephone and txt support dedicated to prevention of young suicide.

0800 068 4141 / 07860039967 Email: pat@papyrus-uk.org

Samaritans

emotional support via telephone 24/7.

116123 Email: jo@samaritans.org