



Buddy and Befriending

Reducing loneliness in Cheshire



Contact us



T: [07598 582241](tel:07598582241)

Group Facilitator
T: [07597 586650](tel:07597586650)

T: [07919 327131](tel:07919327131)

[Email](#)

Phone:
[07919 327131](tel:07919327131)

Look out on our Website, Facebook and future newsletters for
our upcoming events

[Web Page](#)

[Facebook](#)

This month is a very special month to us!!
Our Warm Welcome Group is now ONE year old!
It has been a whole 12 months since Changing Lives Together Buddy & Befriending in Cheshire started running the weekly group!

During the first year we have created over eleven hundred smiles on eleven hundred faces!
We have served over 1100 meals and our amazing volunteers have washed up well over 1100 mugs!!!
This is only possible with our wonderful team of volunteers. A Massive thanks to every one of them
We are very proud of the group we have created!





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Upcoming Events



Buddy and Befriending

Every Wednesday

The Warm Welcome Group - Rudheath Social Club - meeting every Wednesday.

Every Thursday

The Warm Welcome Group - Winsford Community Hub - meeting every Thursday.

29th April

Monthly Crafternoon Tea at Tarporley War Memorial hospital



Winsford Community Hub

29th April

Our delicious over 50's Roast dinner is being held on the 29th April, anyone over 50 is welcome to join. If you follow us on social media, you will see how insanely delicious Sharons roasts are... who doesn't love a roast dinner?



Global events

Throughout April

- National Pet Day (11th April)
- Passover (12th April - 20th April)
- Good Friday (18th April)
- Easter (20th April)
- Easter Monday (21st April)
- Earth Day (22nd April)
- St Georges Day (23rd April)



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Buddy & Befriending is Evolving!

You are probably already aware of our value in delivering solutions that help tackle loneliness and isolation before they become a wider and costlier issue for services.

We'd now like to share our plans for doing even more...

Our very own Warm Welcome Groups are already a resounding success, firstly in Rudheath, now in Winsford and soon also in Crewe.

Where appropriate, we are having the conversations with our referred service users to see if they can safely attend these weekly groups, to enjoy a freshly prepared lunch and socialise in a warm and welcoming, supervised environment.

With the limited funding we have, we'd like to do even more... but how...?

We know that a face-to-face provision can have a massive impact, we also understand that many of our service users may face challenges in accessing the locations above.

That is why we have spent a great deal of time, researching and curating our own directory of groups, events and venues right across cheshire, to ensure that we can now offer every suitable individual the opportunity to enjoy regular social interaction on a new level from April 28th, 2025.

Our telephone befriending provision will continue to offer a vital service for those unable to leave their homes, however, if a service user is a suitable candidate, and keen to try something new, then in conjunction with our county-wide team of befriending volunteers.....

We will do everything we can to empower them to do so!



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A Warm Welcome Story: Ray's story

Ray has been attending the group for almost a year.
He joined because he felt lonely and needed company after losing his wife.

When asked if the group fulfils his reasons for attending, Ray said 'Yes, very, very nice people, good company and I enjoy it'.

He is always keen to join in with conversations and enjoys the quizzes and games. He likes to be included in the photographs each week and his daughter enjoys seeing him on our social media posts!

Ray said before attending the group he felt very lonesome, and it took some time to adjust after his loss.

During the session, Ray said 'I feel good. Very nice people and I have made friends who I'd never have met. I enjoy the company of all the volunteers and Julie who runs it'.

Ray said that attending the group changes his week, and he really looks forward to it.





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Buddy & Befriending in March

6
Warm Welcome
Groups Provided

supporting a combined
total of 130 members

15 new telephone
volunteers

27 weekly calls set up
to reduce loneliness &
Isolation

136 Volunteer
hours
Kindly devoted

None of this
would have
been possible
without our
AMAZING
volunteers



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Tarporley Tea Crafternoon Tea Update!

Last month it was a pleasure to welcome Jo, from Sand Art with Jo, to our session. We had a great time creating our pictures. This was a new craft for all of us!

We had plenty of opportunities to have a good chat. Our volunteer Lynne provided a delicious afternoon tea, complete with scones with Jam and cream!

We would love to expand our group, so if you would like more information, please contact julie.birtwistle@changing-lives-together.org.uk or 07597586650. Our next event will be Tuesday 29th April, 1pm-3pm - so save the date!!





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A shop you do-nut want to miss! But beware... some bright yellow guy was hovering around, eyeing up the lot.



Can we just take a minute to appreciate these incredible designs made with sand at our Crafternoon Tea event at Tarporley War Memorial Hospital? Truly amazing.



Just one of our many bicycles now on eBay! It's super exciting to see them online, and we're already getting lots of views and watchers!



Our Winsford Warm Welcome group is slowly growing! One of our fabulous regulars wanted to snap a quick picture with the sign!



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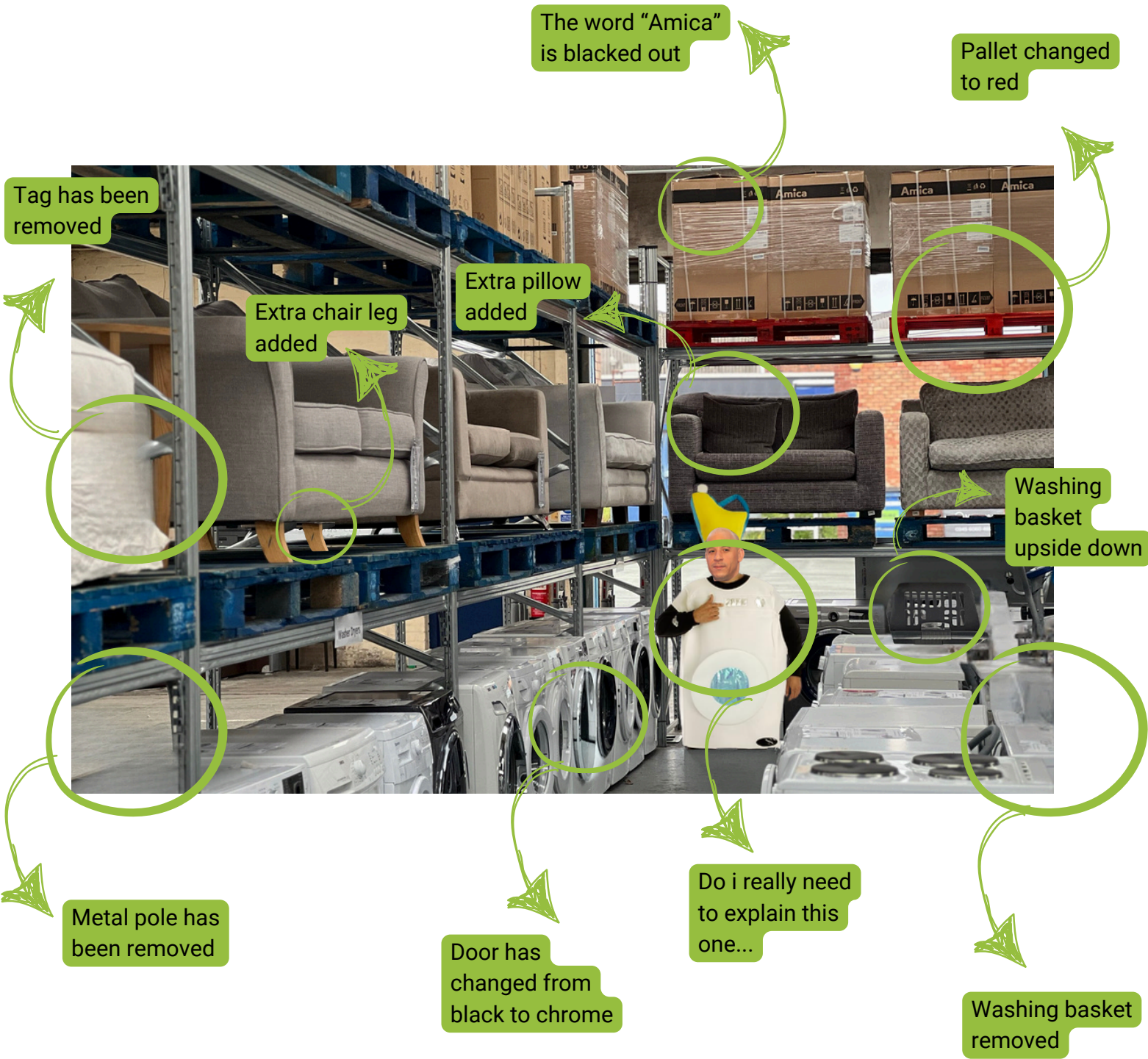


Spot the difference: 10 to find!



Answers

Spot the difference: 10 to find!





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Very Green Grocery Opening Times

Winsford Shop

Monday - Thursday 9am until 4.30pm

Friday 9am until 2.30pm

Cafe

Monday - Friday 9.am until 1.30pm

Grocery

Monday 3.30pm - 6.30pm

Wednesday 1pm - 4pm

Friday 9.30am - 12.30pm

Northwich Shop

Monday - Friday 9:00am until 4:00pm

Cafe

Monday - Friday 9:00am until 1:30pm

Grocery

Tuesday 6:30pm - 7:30pm

Wednesday 10:30am - 2:30pm

Friday 10:30am - 2:30pm



The Winsford Community Hub,
High Street, Winsford,
CW7 2AS



The Old School House, Manchester
Road,
Northwich
CW9 7NS