





A New Recipe for  
Hope & Change

The Wellspring supports the people of Stockport that are homeless or at risk of losing their home. We provide the resources, understanding, and care that they need inside the community that we all share.

Our professional staff and dedicated volunteers are there to understand the complex and individual challenges of every service user and help them make positive changes to their lives.

**HOPE HELPS  
CHANGE WORKS**  
thewellspring.co.uk

The way that we help our users has changed so much and the services we deliver always needs new ingredients to make them work. We are currently serving an average of 80 meals across Breakfast, Lunch & Takeaway Snack Packs every single day.

## OUR WISH LIST

### For main meals:

- ☐ Tinned, fresh or frozen meat
- ☐ Tinned fresh or frozen vegetables (such as carrots, peas, potatoes)
- ☐ Cheddar cheese

### For all food sessions:

- ☐ Semi skimmed long life milk
- ☐ Sugar
- ☐ Coffee
- ☐ Hot chocolate
- ☐ Cordial

### For desserts:

- ☐ Tinned custard
- ☐ Tinned mix fruit (not peaches)
- ☐ Rice pudding
- ☐ Eggs
- ☐ Self raising flour
- ☐ Caster sugar
- ☐ Cakes

### For snack packs:

- ☐ Sandwich meats
- ☐ Sweet biscuits (individually wrapped)
- ☐ Multipacks of crisps

### Essentials:

- ☐ Ketchup
- ☐ Mayonnaise
- ☐ Brown sauce
- ☐ Gravy granules
- ☐ Cooking oil
- ☐ Butter/marg
- ☐ Pepper

### For breakfast:

- ☐ Baked beans
- ☐ Plum and chopped tinned tomatoes

The Wellspring (Stockport) Limited: Harvey Street, Stockport, PO BOX 456, SK1 1YD.  
T: 0161 477 6344 E: info@thewellspring.co.uk W: thewellspring.co.uk

Registered Charity No. 1157268. Registered Company No. 08880312.

FOLLOW US    

