



November 2020

What we have funded locally in October

Space4Autism

- Awarded £4,000 to set up a 1:1 counselling service for parents, carers and adults with Autistic Spectrum Condition (ASC).

Macclesfield Bereavement Support Service

- Awarded £2,000 to offer 1:1 support to adults who are bereaved in a Covid safe way. Call 01625 439333 to reach the service.

Cheshire Without Abuse

- Awarded £2,960 for three Covid-19 Wellbeing and Recovery programmes for adults affected by domestic abuse, focused on the additional pressures people are experiencing as a result of the pandemic.

If you think you may be eligible for a Covid-19 Community Response and Recovery Grant, please read the [Early Help and Asset Based Community Development Grants - Covid-19 Community Response and Recovery Grant Principles \(PDF, 130kb\)](#)

You can apply by completing the Early Help and Asset Based Community Development Grants - [Covid-19 Community Response and Recovery Grant Application Form \(MS Word, 132kb\)](#) and returning it by email to communitygrants@cheshireeast.gov.uk

Good News

The Silkmen Supporters' Trust

has for some time been running the Silk Lotto, a small lottery paying out a weekly prize and raising funds for **Macclesfield Football Club** and local charities. It has always been run by members of the Trust.



The new owners of the club really appreciate the hard work of those who have been so dedicated to this initiative and want to lend their support to expanding the Silk Lotto.

The hope is that with renewed publicity the Lotto can reach out to more people in Macclesfield and beyond. That would enable an increase in prize money, more funds to the club and more support for local charitable organisations.

The owners want to ensure that the club is embedded in the local community and see the Lotto as a means of reaching out to and supporting community initiatives that will strengthen those ties.

There is a lot happening at the club at the moment, redevelopment of the ground and a renewed emphasis on youth, it's an exciting place to be and the reimaging of the Lotto is just one small part of the plans for the future.

DID YOU KNOW?

Cheshire Centre for Independent Living have recently changed their name to Disability Positive.

What's new?

Royal Mail's new Parcel Collect service.

On 21st October, Royal Mail launched a new service called Parcel Collect.

Royal Mail parcel workers can now collect parcels from customers' doorsteps. The service will cost 72p plus the standard postal charge, while pre-paid returns will cost 60p.

The new service will offer rural customers a higher level of convenience and could help Royal Mail adapt to the rapid increase in online shopping.

The Royal Mail said this is one of the biggest changes they have made since the launch of the post box in 1852.



Morrisons Doorstep Deliveries

Order the groceries you need over the phone and pay by card when they're delivered to your door the next day.

- In order to use this service you must live within 10 miles of a Morrisons store.
- Orders must be placed before 5pm for next day delivery.
- There is no longer an essentials list so customers can order any products they like from our friendly colleagues on the phone.
- Elderly and vulnerable customers will continue to get a FREE delivery, students will pay a discounted charge of £2.00, and other customers will pay £4.50

Call **0345 6116111** and select option 5.



Dates for your diary



Alzheimer Society's Carols at Christmas

6.30pm on Thursday 17th December

- The event will be hosted by BAFTA award winning actor and Alzheimer Society Ambassador, Carey Mulligan.
- The event is suitable for all ages and will raise funds for people affected by dementia.
- Tickets are free but we ask that you kindly make a donation.
- Visit: <https://www.alzheimers.org.uk/get-involved/events-and-fundraising/join-event/special-events/christmas-carols>

Stronger Together free Virtual Conference

Starting at 10am on Thursday 3rd December

- The conference is for people with a Learning Disability, Autism or both.
- It will run from 10am – 3.30pm and then there will be an evening of entertainment from 7-9.30pm.
- There will be a fun sing and sign session, various interesting workshops to choose from, a Zumba session, a chance to talk to people from Learning Disability England (LDE) and much more.
- Find out more at; <https://mailchi.mp/nwtdt/free-virtual-conference-for-people-with-a-learning-disability-autism-or-both-3rd-december?e=dbaa16414e>

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Why choose Parsley Box?

At Parsley Box our aim is to make things as simple and as enjoyable for you as possible. That includes next working day delivery*, easy meal storage in your cupboard and a speedy cooking time!

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Cheshire East Safeguarding & Dignity Awards 2021

The Safeguarding Adults Board and the Children's Safeguarding Partnership in Cheshire East aim to prevent abuse where possible and act quickly and appropriately when it does happen.

The Safeguarding & Dignity Awards are an opportunity to celebrate and recognise good practice in organisations, teams, individual workers or volunteers with regards to treating individuals with dignity and supporting & protecting children and adults at risk from abuse, harm or exploitation.

Successful nominees will be invited to a celebratory online event at the end of February.

So, if you know someone who has gone the extra mile to treat individuals with dignity or to support and protect children and adults at risk please nominate them or their organisation for an award. Nominations can be from anyone.

To nominate a person or team for an award, request a nomination form from:
safeguardingawards@cheshireeast.gov.uk
 Closing date for nominations: 31st Dec 2020



JUST GET YOUR FLU JAB

The flu virus kills thousands every year. The flu vaccine is the best protection for you and those around you.

FREE TO THOSE MOST AT RISK
 Ask your pharmacist or GP if you are eligible.



Upcoming Opportunities

Warehouse Employment Routeway



Instep are working with an Online Retailer to deliver a Warehouse employment routeway, supporting their recruitment of new colleagues.

The programme is designed to support individuals with varying levels of experience, making this an inclusive and purposeful programme, with jobs available.

The programme is 5-10 days in length and will be delivered at the Online Retailers site in Crewe, allowing the learners to familiarise themselves with working environment, start to build their travel routine and give them an insight the role they could fulfil.

Every learner is guaranteed an interview for a Job and there is 400+ vacancies available.

To apply to join the course, please contact: ao@instepuk.com | 01477505811

Memory Café

Join the Alsager Partnership Memory Café Programme on Zoom. Anyone living with Dementia and their carers are invited to join.

When?

- 4th Dec 11am – Magic – Nick Barnes
- 7th Dec 11am – Mad Musicians and Crazy Dancers
- 18th Dec 11am – Holly Reynolds Christmas

To join email Kath:

kath.reader@btconnect.com



WARM HOMES PROJECT 2020

With support from E.ON, Age UK are providing advice on benefits and money related issues, with the aim of maximising income, reducing fuel poverty and helping people to live independently.

Our trained advisors will call to check what benefits you might be entitled to and support you to apply for the **£140 Warm Home Discount (annual rebate off electricity bills) and Boiler Replacement Schemes.**

Advice is free, impartial and confidential.

The project is running from November 2020 until March 2021.

Contact our Warm Homes Advisor, Stacey Brady on: stacey.brady@ageukcheshire.org.uk or our Information and Advice Service on 01244 401500 or email: informationqs@ageukcheshire.org.uk



Later Life Inclusion Grants – Masonic Charitable Foundation

The Later Life Inclusion grants program is open to local and national charities that are working to reduce loneliness and isolation in later life.

For more info go to: <https://mcf.org.uk/get-support/grants-to-charities/later-life/>

Smaller charities whose annual income does not exceed £500,000 can currently apply for a small grant. They are to fund overhead costs. Small grants range from £500 to £15,000 and can be awarded over one to three years.

The current application period for **Small Grants runs until 23 December.**



Get Involved



CVS Christmas Toy Appeal

Not every child has a chimney, help Santa to find those without [#ThisWaySanta](#)

You can donate in many ways:

- Donate through the Toy Appeal's Amazon Wishlist
- Make a monetary donation through JustGiving
- Share the toy appeal with staff and friends and encourage them to support
- Raise awareness of the appeal on social media through likes and shares [#ThisWaySanta](#)

FIND OUT MORE AT:

<https://www.cvsce.org.uk/cvs-christmas-toy-appeal-2020>



Everybody Sport and Recreation have launched a new online health and fitness website to keep Cheshire East members active during lockdown.

The website has a selection of 'On-Demand' videos for people to watch anytime anywhere and over 25 live classes streamed a week, with something for everyone!

You can sign up to everybody at home and pay nothing until the leisure centres reopen in December! To find out more visit:

everybody.org.uk



OUR BRAND NEW FILM CLUB!

Meet others and discuss a new film each week!

Tuesdays from 4:45 to 5:45pm. Ages 15+

Get in touch by calling us or emailing us on: 01260 290000 administration@visyon.org.uk

WE CAN'T WAIT TO SEE YOU!



Dance to health.

The Falls Prevention Dance Programme

National online class

- Fun and effective exercise
- Highly qualified dance instructors
- Follow along at home with our secure Zoom session
- Social time included

Dance to Health is an established falls-prevention dance programme that combines verified strength and balance exercises with the creativity, expression and energy of dance.

If you have ever thought exercise was boring, this is for you!

£30 for 6

Weekly Thursday 1.30-3pm

"I enjoyed it because I didn't realise how much mobility I still had, it gives me hope. It made me feel free."

Participant

Aesop

BOOK NOW : www.dancetohealth.org/onlinesessions



SUPPORT AT HOME

Support at home Cheshire

Refusing to ignore people in crisis

Support on Offer

- > Confidence building at home
- > Safe and well checks
- > Telephone support
- > Support for carers
- > Help when family is on holiday
- > Information about other relevant organisations who can help
- > Shopping or escorting to the shops
- > Help with light refreshments.

“The Red Cross is a valuable service and very reliable, without them I simply could not have recovered so quickly.”

The British Red Cross provides short-term care and support in the home for people after an accident or illness, giving them the confidence to continue their daily lives.

The Support at Home service links in with other Red Cross services including:

- > Mobility aids
- > AccessEquip - providing transport to Independent Living Centres in Cheshire
- > Hand, arm and shoulder massage.

For support please contact us:

Call: **01565 682315**

Email:

macclesfieldsupportathome@redcross.org.uk

We are always looking for volunteers

You could help us make a difference. We need volunteers in Cheshire to give short-term, practical support to people who are not able to get out and about as they are recovering from an illness, or who have lost their confidence after being in hospital.

If you are a caring person, have an hour or two to spare and enjoy meeting people please contact us. The Red Cross has a recruitment and selection process for volunteers and offers all the training needed to work for the support at home service.

Please contact our Cheshire office if you would like to know more, email cheshireindependentliving@redcross.org.uk

Be a STAR

Donate to our Toy Appeal



Support The Salvation Army this Christmas

If you would like to donate to the Salvation Army's toy appeal, then please drop off new toys to The Salvation Army Church (entrance on Wellington Street) on Tuesday mornings 10-12.

More information on our

website: <https://www.salvationarmy.org.uk/macclesfield>

And on our Facebook page: Macclesfield Salvation Army

Donations can be made through our just giving page

<https://www.justgiving.com/fundraising/tsa-community-support-000070>



Message in Lights The Macclesfield Christmas Tree



Macclesfield Town Council and the organisers of LIT have commissioned an artwork from Macclesfield-based art collective, IDST!, which will display messages on the tree's lights in the form of Morse code.

When people send a text message to a special phone number, their message will be turned into Morse code and will flash on a light bulb in their chosen colour. Messages will be transmitted to the world via the same light until the tree comes down in January.

And every time people text #show to the phone number, all the other lights on the tree will disappear and your light will blink their message alone.

People can now send their messages to the Christmas tree by following the step-by-step guide on the LIT website: litmacc.org

Helena Gowler, Community and Events Manager for Macclesfield Town Council said: 'We know how important the Tree of Light is to people at Christmas time. We wanted to honour lost loved ones in a safe, yet imaginative way, and we are delighted to have been working with LIT and IDST! to bring this new project to life.'

Post your donations to the British Heart Foundation for free.



Although some of our shops and stores are temporarily closed, our freepost donation service is still available across the UK.

- 1 Pack your items up in an envelope, parcel or box of your choice
- 2 Request a freepost label (this will be emailed to you) and either print your label at home or download the voucher to print at the Collect+ drop off point
- 3 Take your packaged donation to a Collect+ drop off point. If your area is in lockdown please only use this service when making essential trips.

Find out more at:
<https://www.bhf.org.uk/shop/donating-goods/post-your-donations#how>

What is important to you about health, care and wellbeing?

Healthwatch Cheshire are conducting a survey about accessing advice and support, how you have been affected by changes to health and care services, and your mental health and wellbeing during the Coronavirus outbreak.

If you can spare just 5-10 minutes find the survey at:
<https://www.surveymonkey.co.uk/r/DTS37SY>

The survey is ongoing some people are encouraged to fill it out more than once.



Cre8's BIG GIVE 2020

Once again Cre8 will be getting together on Christmas Eve for **THE BIG GIVE 2020** to distribute gifts and food to households on the Moss Estate and wider across Macclesfield.

What we need:

- ◆ Volunteers beforehand to wrap presents at their own homes.
- ◆ Volunteers who will be free on Christmas Eve in the afternoon/evening and who are willing to help. Exact jobs and logistics are yet to be decided, however they are likely to include; unloading deliveries of food, sorting through donations, and making up hampers.
- ◆ Teams to deliver the hampers including drivers with their own cars and helpers in the same household/support bubble.
- ◆ Donations of **BRAND NEW** toys. Wrapped (clearly labelled with what's inside) or unwrapped.
- ◆ Other donations of store cupboard food (pasta, sauces, tins etc) and toiletries, sanitary products, nappies, wipes, baby food etc.

Exact details will be confirmed in due course. We are working to make sure this event can take place safely.



If you're able to donate your time on Christmas Eve to '**Cre8's BIG GIVE**' we would be very grateful, as will the people receiving gifts on Christmas Eve. It's a wonderful way to spend the night before Christmas and share what we have.



Please do get in touch with Katy if you'd like to help: katy.wardle@cre8macclesfield.org or call the office on **01625 503740**.

ONLINE SHOPPING SCAM AWARENESS

Shopping online can save time and gives a wide choice of goods from around the world.

While most buyers and sellers are genuine, fraudsters can use online shopping scams.

What to look out for:

- Free vouchers, gift cards or offers that look too good to be true
- Fake goods or fake websites
- Social media scams
- Fake delivery notifications which ask for your details
- Payment scams which tell you a payment has failed when it hasn't.

12 scam saves of Christmas:

- * Check if it seems too good to be true
- * Always use reputable websites
- * Research a website before purchasing
- * Create a different, strong password for each online account
- * Avoid clicking on links in emails
- * Avoid 'free' or 'low-cost' trials
- * Make sure the website begins with "https", the 's' stands for secure.
- * Don't rush into making purchases
- * Use secure payment methods e.g. PayPal
- * Log out of pages when finished
- * Check for genuine email addresses
- * Check your bank account regularly.

If you have been unnerved by a scam, our Scams Awareness & Aftercare Project may be able to help. Contact Sally Wilson: **email** - sally.wilson@ageuk.org **telephone** - 01625 612598
mobile – 07932999902

For more information go to www.ageukce.org

Self Care



DID YOU KNOW?

There are 57 million GP appointments and 3.7million A&E visits for self-treatable conditions a year which costs the NHS an estimated £2.3billion.

1 in 10



are driven to exaggerate symptoms in order to get a same-day emergency appointment, which they may not actually need³

32%

a third of people have seen a GP in the past year for conditions like a cold, which a pharmacist would be better placed to treat and be more convenient for the individual³



74%



Worry that misuse of GP and A&E services for self-treatable conditions means the NHS will be harder to access when they really need it³

Make over your medicine cabinet...

It just takes 5 minutes to make sure your medicine cabinet is ready to help you manage common illnesses. GPs recommend your medicine cabinet contains the following:

- > A self care guide
- > Painkillers such as paracetamol or ibuprofen
- > Antihistamines for allergies
- > Antiseptic cream for bites and stings
- > A laxative to help with constipation
- > Sunscreen
- > A first aid kit with plasters.

Always read the label and follow the product instructions, check that medicines are still in date. Ask your pharmacist for advice on which medicines to stock and how best to treat symptoms of common health problems.



Visit these links for advice on how to keep yourself well:

Flu <https://www.gov.uk/government/collections/annual-flu-programme#2020-to-2021-flu-season>

Every Mind Matters <https://www.nhs.uk/oneyou/every-mind-matters/>

Mind <https://www.mind.org.uk/>

Local Mental Health support <https://livewellservices.cheshireeast.gov.uk/Services/4397>

Live Well Cheshire East <https://www.cheshireeast.gov.uk/livewell/livewell.aspx>

One You Cheshire East <https://www.oneyoucheshireeast.org/>

Helpful Advice



STAY COOL IN THE QUEUE

We've all had to grow more accustomed to standing in long queues over the past few months. Transform the mundane and frustrating into a mindful moment with this technique.

Breathe in and scan your immediate environment for a beautiful colour, moment or scene. It could be something as simple as a brightly coloured jacket, a smile on someone's face while talking to a loved one or children playing.

Breathe out while holding your gaze on your chosen subject.

Repeat a few times until you're in a more positive frame of mind - and at the front of the queue!

ENERGISE AT YOUR DESK

Stuck at your desk all day? Here's a breathing technique that you can easily enjoy on the spot.

Uncross your legs and have your feet firmly planted on the ground. Your ankles should be directly under your knees, and your legs hip-width apart. Before you start, move your legs: shake them, move your feet up and down.

Now shuffle forward a little on your chair, so that your buttocks are resting nearer the front of the seat.

With a tall spine, take your arms behind you and, with your hands, clasp the lower edge of the back of the chair. Draw your shoulder blades toward each other gently and notice a slight lift in the upper chest.

Gently tilt your pelvis and hips forward, allowing your belly to round toward your thighs. Raise your chin slightly and soften the face.

Apply equal resistance between pulling the back of the chair toward you and squeezing your shoulder blades toward each other.

Now that you're in position, begin to bring your awareness to the breath. Breathe in through the nose, press the tip of your tongue on the hard palate of the mouth and draw your shoulder blades further toward the centre of the spine.

Take in a little more air at the peak of the inhalation.

Breathe out through the nose and, when you feel you've expelled all the air, push a little more out through the nose.

Repeat this exercise for five to ten rounds.

CLASP's top tips for single parents at Christmas

1. **Plan contact arrangements early** if you can. Agreeing when your child will be with their other parent in advance makes it easier and less emotional.
2. **Spend quality time together**, for example on Christmas Eve look at www.noradsanta.org to see where Santa is. Establishing new traditions can be a great way to make memories and it doesn't have to be complicated or expensive.
3. **Decide your budget and stick to it.** Planning ahead will help you to feel in control and reduce stress. There are free online budget planners at the Money Advice Service.
4. **Be present-savvy**, involving children in shopping is a great way of making money-wise choices. If your child wants an expensive toy which you know is rubbish, take them to see it so they can see it in reality.
5. **Don't forget about yourself!** It is easy to concentrate on your child's needs and forget about your own as a child. But Christmas should be a chance for you to relax and enjoy yourself too. Remember you cannot please everyone all the time, sometimes you will need to put your foot down and decide what is best for you and your children.

CLASP offer support for lone parent families and step parent families including adult and children counselling via Zoom, confidential listening, 1-1 parent support, and 1-1 Primary Plus in school.



CLASP

South Cheshire CLASP, Jubilee House, St Paul's Street,
Crewe, Cheshire, CW1 2QA
Office: 01270 250629

Website: www.southcheshireclasp.org.uk
E-Mail: info@southcheshireclasp.org.uk



CLASP

Support



Domestic Abuse

Carers/ individuals with caring responsibilities
& those living with Dementia



Domestic abuse includes physical, emotional and sexual abuse in couple relationships or between family members. Domestic abuse can happen against anyone

Anybody, including carers*, can be a victim of domestic abuse

People may have the idea that domestic abuse affects younger people or women with young children, and that it doesn't really affect people over 65 – this is incorrect, **it can happen to anyone, male or female**, this includes individuals such as **carers and those living with dementia**

**Unsure as to whether you are a carer? An unpaid carer is described as someone who provides their time and support, without payment, to family or friends who couldn't manage without help*

Carers, and those living with Dementia, may not recognise or want to report incidents of Domestic Abuse but help and support is available



If domestic abuse is **happening in your life** or if you **see something**, are **told something** or something **doesn't feel right** you need to **report it**



If you are a carer for a partner or family member and are feeling afraid or being hurt this may be domestic abuse.



If you are being cared for by a partner or family member who makes you feel afraid or hurts you there is help

Please ring Cheshire East Domestic Abuse Hub at any time on **0300 123 5101** (Always ring 999 if in immediate danger)

www.openthedoorcheshire.org.uk
email - cedah@cheshireeast.gov.uk



My CWA have recently added some new resources to their website for young people and those working with young people:



- * Healthy Relationship Booklet
- * Dark Side to Dating
- * Safety and Me

These are available as free downloads and hard copies are available if required.

Visit:

<https://www.mycwa.org.uk/healthy-teen-relationships>

SilverCloud is an online course to help you manage stress, anxiety and depression. SilverCloud is a completely free NHS service.

You work through a series of topics selected by a therapist to address specific needs. It uses cognitive behavioural therapy to help you change the way you think and feel about things. The therapist will check in with you around every 2 weeks.

The eight-week course is designed to be completed in your own time and at your own pace.

SilverCloud is for people aged 16+ who need help with mental health issues and the emotional challenges associated with long-term conditions.

Take a look it could be useful

<https://www.silvercloudhealth.com/uk>



Macclesfield's Hope COVID Food Partnership

Hope in NE Cheshire represents 39 churches working together throughout Macclesfield, Bollington and the surrounding villages. Hope encourages shared initiatives and responds to requests for information, help and funding.

Hope COVID Food Partnership was established to coordinate resources to serve the local area.

The Food Partnership members are:

- Cheshire Streetwise Foodbank
- Calvary Church Foodbank
- The Core Food Grocery
- Cre8 Food Grocery
- The Green on the Corner Café
- The Hope Centre Café
- The Hope Central Foodbank
- The Salvation Army Foodbank
- Silklife Foodbank

Foodbanks provide emergency support through referrals. Food groceries are open to everyone and members must pay £3 – £5 per week to receive ~£20 of food plus available fruit and vegetables. The two cafés have been preparing daily cooked meals for the homeless, those in hostels and other vulnerable people.

The members of the Food Partnership are in close contact with each other and continue to coordinate resources.

The Food Partnership continues to be very grateful for the funding they have received from many generous people, organisations and the local councils. They are also grateful for the many organisations, including FareShare, the supermarkets, retailers and suppliers, and individuals, that provide surplus, donated and subsidised food. Without this wonderful generosity the provision and distribution of free and subsidised food would not be possible.

The DIB is launching a 12-month project to provide IT training.

They will be offering short workshops and one on one sessions with an IT tutor to offer support on digital devices. The project will offer support on how to register online for prescriptions, online shopping, booking COVID tests and can teach you to do many, many other useful things online.



If you would like to find out more or be referred contact the DIB on 01625 501759.

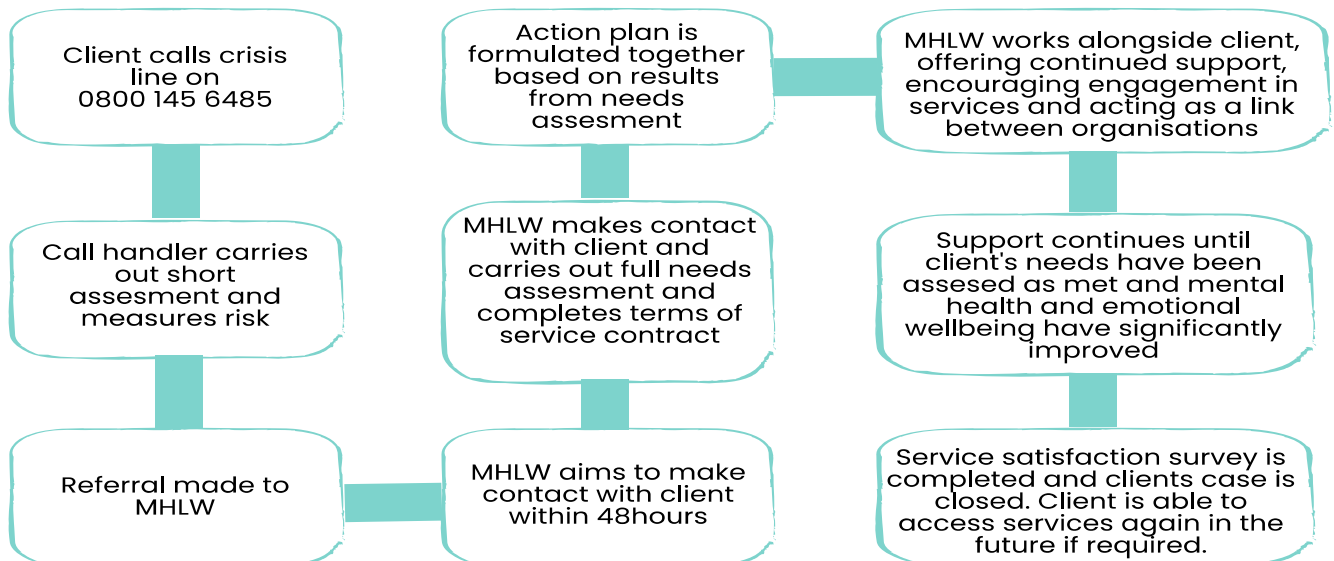
Mental Health Link Worker



Cheshire and Wirral Partnership NHS Foundation Trust



The Process



Need urgent mental health support?

Call our crisis line for free: 0800 145 6485 we're open 24/7

SOCIAL PRESCRIBING



To refer a patient, simply complete a referral form and send over to the social prescribing inbox at ecccg.sp.macclesfieldpcn@nhs.net, or raise a task on EMIS to the 'Social Prescribing' account.

Welcome to our Autumn newsletter!



Welcome to the first edition of our quarterly newsletter for practice staff at Waters Green Medical Centre. The aim is to keep practice staff up-to-date on the service, so we will be sharing information and updates about Social Prescribing and useful information about local charities and services.

During lockdown, the Social Prescribing team made over 2000 safe and well calls to shielding and vulnerable patients across the six practices of the PCN. We linked patients up with local volunteers through the NHS Responders service. This provided a lifeline for many patients who were isolated and in need of support, whether that was in the form of befriending calls, prescription and grocery collection or transport. The team also made many regular wellbeing calls to vulnerable or isolated patients. We received some wonderful feedback, from both patients and staff.

We are based on the first floor of the medical centre and are accepting referrals. There are three Link Workers and each have their own designated practices (below).



- Amy Rowlands -
Cumberland House
Park Green



- Jessica Graham -
Park Lane
South Park
Broken Cross



- Deborah Samuels -
High Street

In this issue...

- What is Social Prescribing?
- Spotlight on Services
- Team Volunteer
- Dementia Friends
- Case Studies

WHAT IS SOCIAL PRESCRIBING?

The service provides patients with information, support and a link to local services to help with a wide range of issues.

We aim to support patients with a range of issues that perhaps can't be resolved by medicine alone, eg. social isolation and loneliness, managing LTCs and support with housing, employment and finances. We take a holistic approach and empower the patient to focus on 'what matters to me'.

A Social Prescribing Link Worker will 'link up' patients with community and voluntary services in their local area; this could be a carers hub for individuals struggling with the responsibility of caring for a loved one, or a luncheon club for those suffering from social isolation.

If the patient is anxious or doesn't feel confident enough to attend new groups and clubs alone, we can go with them initially to get them introduced and help them to work out a way of attending independently.

If you would like more information on how the service can help patients, please speak with the Link Worker for your practice, visit the Proactive Care office or email the social prescribing inbox at ecccg.sp.macclesfield@nhs.net.

Team Volunteer



We have launched our new Volunteer Project, following the success of our Volunteer Traffic Marshal campaign.

Do you have time on your hands? It would suit staff wanting to give to the project or people interested in volunteering, medical students and nursing students.

We are recruiting for volunteer Telephone Befrienders to talk to patients who are lonely or isolated and who would welcome a friendly voice.

We are excited to have welcomed two new volunteers to the team during October - Telephone Befrienders, Alice and Janet. Huge thanks go to all of our wonderful Traffic Marshal Volunteers, including our Information Volunteer, Geoff, who ensured the smooth running of our drive-in flu clinics at Astra Zeneca.

**Contact our Volunteer Coordinator- Julia
tel: 07904 056099**

email: julia.mccoy@nhs.net

Tuesdays, Thursdays and Fridays

We are now Dementia Friends!

The Social Prescribing team and Team Volunteer recently took part in training to become 'Dementia Friends'. The training session was run by Volunteer Coordinator, Julia McCoy and gave the team an opportunity to learn more about what it's like to live with Dementia. Dementia Friends is an Alzheimer's Society Initiative and is designed to increase awareness of Dementia and the small ways you can help those living with it.

We will be running more sessions for staff who are interested in becoming a Dementia Friend. Contact Julia at julia.mccoy@nhs.net for more information.



Some of the team during their Dementia Friends training session.



Social Prescribing Case Study

A referral was taken for an elderly patient living alone with a number of long-term health issues including COPD, Osteo-Arthritis and mobility issues. The patient was feeling socially isolated and struggling to manage daily tasks around the house due to health issues. The Link Worker discussed the issues with the patient and established how we could help her to improve the things that she was struggling with and her quality of life. We then discussed a range of services and referral options with the patient.

The patient's goals were to stay independent in her own home, with some support and to reduce her feelings of isolation by attending a regular group where she could have a chat and make new friends. After collaboration with the patient, they were referred to Age UK Cheshire East Information and Advice Service for support to claim Attendance Allowance (AA). If successful this would increase her income and allow her to pay for much needed services to improve her wellbeing and maintain her independence.

The patient was referred to Age UK Cheshire East Help at Home service; subsequently the patient had a one hour weekly Help at Home call to support with the tasks around the home that she was struggling with (this may be increased if patient is successful in obtaining AA). A referral was also made to the Macclesfield Live at Home Scheme Lunch Club (the provision of a weekly lunch club with transport) for when it's back up and running; a temporary weekly befriending call was arranged for patient by the Live at Home Scheme in the meantime and they will ensure that she is linked into the lunch clubs when they re-open.

Contact us:

ecccg.sp.macclesfieldpcn@nhs.net

01625 264037



Macclesfield
PRIMARY CARE NETWORK

Spotlight on Services...

When people first lose their sight, it can be terrifying. Their world as they know it completely changes. Everything is different. It's incredibly lonely and it has an impact on mental and emotional well-being, including loss of confidence, social isolation, anxiety and depression.

East Cheshire Eye Society is an independent, local charity run by a board of voluntary trustees, with 3 part-time staff and a team of dedicated Volunteers. The charity receives no formal funding, and relies on grants, donations, legacies and fundraising. Our purpose is to **enable people affected by sight loss to lead fulfilling lives** at work, at home and in the community. Established in 1875, the Eye Society helps visually impaired individuals and their families access **support, information and equipment** from our office and Resource Centre in central Macclesfield.

As well as signposting people to other sources of support in the East Cheshire area, we provide a number of direct sight loss services, including: **social groups and activities; home visits; technology advice and training; equipment advice and training; emotional support and guidance; support for friends and family; exhibitions and events.**



01625 422602

info@eastcheshireeyesociety.org.uk
<https://eastcheshireeyesociety.org.uk>



Age UK Cheshire East is still running the majority of its services during the COVID-19 pandemic. Our **Information and Advice Service** can help you with all manner of enquires, from benefits matters, housing matters or disputes with companies, we're happy to help in any way we can.

We operate a **Telephone Befriending Service 'Keep In Touch'** as well as a **'Veterans Keep In Touch' Service**, where older people who may be feeling lonely or isolated get a weekly call from a friendly volunteer.

Our **Help at Home** service uses specially selected and well-motivated home helpers to take on the tasks you can't or don't want to do yourself. From cleaning to shopping or preparing a light lunch to sharing an interest, Help at Home is there for you.

Our **Scams Awareness and Aftercare Project** is working with local older people to raise awareness of scams and doorstep crime, providing handy tips on how to avoid becoming a victim. And if you are unfortunate to become a victim of such crimes, we will work with you to support you.

To access any of our services, or if you are an older person just needing some general advice, please call us on **01625 612958** or email enquiries@ageukce.org.



Professional Telephone
Listening Service

The Hope Centre
Registered Charity 1140845

0300 3034 566

Open Every day



**READY TO
LISTEN!**



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Would you like to be featured in the next Newsletter? How about sharing an update or exciting project or service you have? We are also looking for volunteers to assist with creating the Newsletter, share your skills. Email: lisa@healthboxcic.com or mark@healthboxcic.com.