



What's ON...

DATE: Aug 2021

HELLO AND WELCOME TO OUR NEWSLETTER OF 2021

We hope you find this information useful and please do share with everyone and anyone you feel may benefit.

If you have anything you would like us to add to our next What's On, please email us at:

localareacoordinator@cheshireeast.gov.uk

North Local area Coordinators contact information.

Jayne Varley - 07970 859563

Jayne.varley@cheshireeast.gov.uk

Clare Johnson - 07973 949187

Clare.johnson@cheshireeast.gov.uk

Sandra Bell - 07826 902227

Sandra.bell@cheshireeast.gov.uk



www.cheshireeast.gov.uk/livewell/livewell.aspx

Local Area Co-Ordinator

Activity in Retirement
Macclesfield

WELCOME BACK

COFFEE MORNING

MACCLESFIELD COMMUNITY CENTRE
SATURDAY 14 AUGUST 2021
10.30AM— 12.30PM

**CAKES AND PRESERVES STALL,
BOOK STALL,
JIGSAWS,
CRAFT / CARD STALL.**

FREE ENTRY TO ALL MEMBERS
PAST, PRESENT AND FRIENDS.

**EVERYONE WELCOME TO COME
ALONG AND SOCIALISE ONCE AGAIN
WITHIN CURRENT GUIDELINES.**

All welcome, free entry, don't need to be an AIR member to pop along.

Cheshire Buddying & Befriending - Wellbeing Service

Health
isn't just about
what you eat.
It's about what you
are thinking and
feeling too.



“ My family have noticed how much happier I am and always say the wellbeing calls have made me feel good.”

Supporting you to live your life

Changing Lives Together's Buddying and Befriending Scheme aims to reduce loneliness and isolation across Cheshire.

We are currently operating a Wellbeing Service for individuals who may benefit from some 1-2-1 support prior to being matched with a Volunteer Buddy or Befriender.

Start your wellbeing journey with us, call...

07919 327131 or **07506 998446**

Main number

Wellbeing number

befriending@changing-lives-together.org.uk

Charity Number: 1139983. Company Limited by Guarantee: 07400060.



OFFICIAL
OFFICIAL



Space4Autism
15-17 Mill Lane, Macclesfield,
SK11 7NN



EHCP Workshops and 1:1's Delivered by Smart Bright Training and Consultancy



We are pleased to announce that Smart Bright Training and Consultancy are going to be delivering workshops and 1:1's about EHCP's (Education, Health and Care Plans)

We have also booked Smart Bright Training and Consultancy to come into Space from September to deliver 1:1 sessions every fortnight (dates to be confirmed)

Please see below details of the course dates and times

Monday 6th September 10am-12.30pm
What is an EHCP & how to apply

Monday 13th September 10am-12.30pm
What should be included in the EHCP & what to do if things go wrong

**All attendees will then be offered a 1:1 consultation on either
Monday 20th or Monday 27th September**

You must be able to attend both workshops and a 1:1 consultation

If you would like to book please email info@space4autism.org

You must be a member of Space4Autism to attend

@Space4Autism

twitter

Find us on
Facebook

Space4Autism Registered Charity Number: 1189689



We have moved!

Our new address is:

The Old Sunday School, The Heritage Centre

Roe Street

Macclesfield SK11 6UT



Let's celebrate

Tuesday 10th August 1pm-3pm

OR

Thursday 12th August 1pm – 3pm

Drinks and nibbles available

Team SUSO are looking forward to seeing you all

hoping you can join us.

OPEN CHURCH FRIDAYS!

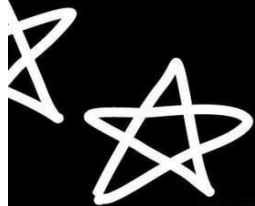
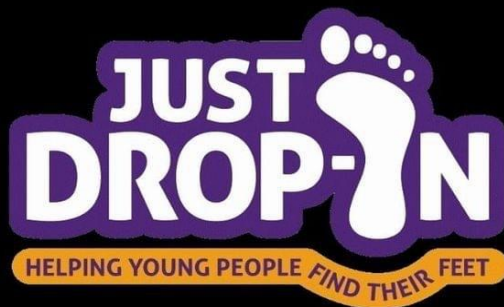
£1 PER PERSON.
UNDER 12'S NEED TO BE
WITH AN ADULT.

**Every Friday throughout the Summer,
St Barnabas Church & Garden will be
open to everyone.**

**Drink tea, chat, relax and enjoy
company. There will be activities like
gardening, tots play, baking, craft, art,
singing, music, games.**

Starting Friday 9th July until Friday 3rd
September (closed Friday 27th August)
At St Barnabas Church, Lyme Avenue
Between 11am - 2pm





MENTORING

- 1-1 Mentoring for 12-25 year olds
- Practical & Emotional support to set and work towards personal goals
- Goals could be about improving school work, making friends, getting a job, anything at all that you want to work on!
- Regular connections
- Designed to be long-term – it can be over 12 months.
- Build up trust to access the support that works for you



Call: 01625 665079

Text: 07718 425405



Email:

Hello@justdropin.co.uk





East Cheshire Hospice

Singing Together

Music is extremely powerful in re-establishing lost connections in those living with dementia due to how the brain stores things with a rhythm separately to how it stores everyday vocabulary. This means a person who may now struggle with conversation can still sing along to the words of a song. By going through this process, it uplifts and brings a sense of joy and improvement to wellbeing, for anyone who takes parts, not just the person living with dementia. Music, along with exercise and nutrition, are the most underutilised tools in dementia care. Singing Together is a chance, once a month, to experience that feeling (you don't need to be a good singer, it's all about joining in as much or little as you want) and reminisce about your favourite songs.

The service runs 10.30 – 12.00 on the first Friday of each month but requires booking.

It is intended that the person with dementia and their loved one will participate together in the session

Inclusion criteria

Person being referred has a GP in East Cheshire.

Person living with dementia attends with their carer.

Access

Please contact 01625 666 990 to confirm a place.



East Cheshire Hospice

Love to Move

Love to Move is a seated and cognitive enhancement programme in partnership with the British Gymnastics Foundation and Sports England. It's based on fundamental gymnastics movement and it is aimed at older people from 55 to 105. Love to Move particularly benefits older people living with dementia to improve communication, mobility, building stamina and increasing wellbeing.

The service runs 10.30 – 12.00 on the third Friday of each month but requires booking.

It is intended that the person with dementia and their loved one will participate together in the session

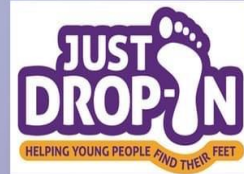
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FREE Youth Mental Health Aware Training for PARENTS



- ✓ Preventative strategies to encourage positive mental health and wellbeing
- ✓ Knowledge to spot signs and symptoms of poor mental health

The online training includes a MHFA manual and an accredited Mental Health First Aid England certificate.



MHFA England

Training will take place via ZOOM
Saturday 18th September
10am – 1pm
Places are limited to 8 parents

Contact: Parenting@justdropin.co.uk



LIFE AFTER STROKE



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AFFECTED BY STROKE?

You are not alone!

Help is at hand at
Macclesfield & District
Young (at heart) Stroke Society

M.A.D.Y.S.S



Interested?
Then visit our website
www.madyss.co.uk



Join us at
The Flower Pot Pub
1 Congleton Road
Macclesfield SK11 7UF



Every 2nd Monday in the month
at 12 noon (excluding August)

To meet other people who have
been affected by Stroke, share
experiences, learn from one another
and enjoy a range of monthly social
activities that help you discover
that there is 'Life after Stroke!'

Contact:

M.A.D.Y.S.S

is an
Equal Opportunities Society
and is affiliated to the
Stroke Association



We.....Motivate
Offer.....Activities
Re.....Discover
Are.....Young at Heart
Give.....Support
Raise.....Self-esteem





WILMSLOW
COMMUNITY
MARKET GARDEN

Garden Open Day

Bank Holiday Monday 30th August 2021

2-4pm, Oakenclough Children's Centre,
Colshaw Drive - FREE entry

Locally grown veggies, garden games and plant knowledge

During the first lockdown, locals came together to grow organic food
for Wilmslow's residents.

Now it's time to celebrate! Suitable for all ages, gardening newbies
and experts alike, the Open Day aims to showcase our RHS-judged
market garden and promises to bring learning, fun and games for all



- Garden Tours - Learn about what volunteers have been doing, what's growing and gardening tips



- Gardener's Q&A - Bring your questions for our panel of local experts



- Composting Clinic - Learn the why, how and what of home composting



- Games - Wheelbarrow races, welly chucking and potato 'n' spoon races



- Refreshments - Drinks and cake

- Veggies Available - Donations gratefully received

FREE PLANT GIVEAWAYS

For those who walk or cycle, there's FREE CAKE!

Please note that there are no onsite toilets.

All children under the age of 18 must be accompanied by a parent/guardian.

DEAN ROW STROKE CLUB

A very friendly group run by volunteers who welcome all stroke survivors and are particularly interested in supporting those with communication difficulties.

Reopening to current members on 15th September, new members welcome from the 22nd September.

Every Wednesday 10am-12pm

Cost £2

Meetings held at:

Dean row chapel hall,

Chapel road,

Wilmslow,

SK9 2BX

Contact Maureen on 07970 568401

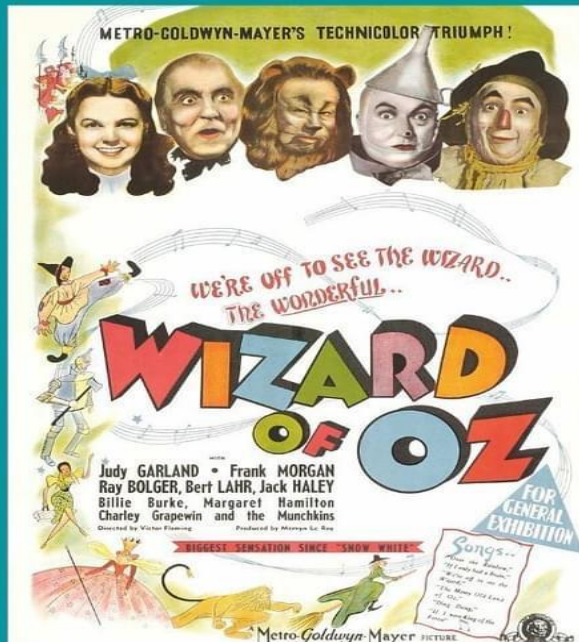


DEMENTIA FRIENDLY SCREENING

**FRIDAY 13TH
AUGUST 10AM**

**Runtime 1 Hr 52 Mins
+ 15 minute interval**

- **Lights and volume will be left low during the film**
- **Additional signage & trained staff on day**
- **Reduced capacity**
- **Carers go free!**



Phone to book ; 01625 252 345

Book online; rexcinemawilmslow.com

LIFE AFTER COVID

COMPANY AND CONVERSATION



Our Knutsford hub for coffee, cake and conversation is moving to the Curzon Cinema Tatton Room from Monday 2nd August. At the hub you will find someone to talk to if you're feeling a bit lonely, disconnected or just struggling to remain sociable after the long lockdown months.

We can help with local connections and advice about volunteering opportunities. Some of us also like to have a Scrabble game or discover new crafts while we are there. We'd love to hear your experiences of how the Covid restrictions have affected you too, if you'd like to share them. It would be great to see you there.

EVERY MONDAY 2PM - 4PM

**Tatton Rooms, Curzon Cinema
Toft Road, Knutsford WA16 0PE**



Please contact us to find out more, leaving a name and phone number.

Tel: 01565 364785 or Email: help@weareknutsford.org

FREE PARKING AT THE CURZON FOR 2.5 HOURS

We can help with lifts to and from the venue if necessary



Newsletter – Local Area Co-Ordinator What's ON



Live Well Cheshire East provides a wealth of information and advice to help you maintain your wellbeing and improve the choice and control over the care and support you need. With the easy to use directory, containing over 3000 entries, you can find wellbeing activities and support groups local to you. Below are some of the services Live Well offers:

- Mental health and wellbeing support groups, information and advice
- Connected Community Centres
- Personal Care and support services

Live Well also offers useful information and advice on a range of subjects, such as the following:

- Care and support for children, adults and carers
- Local offer for SEN and disabilities
- Independent living
- Education, employment and money matters
- Community activities



Live Well website address: <https://www.cheshireeast.gov.uk/livewell>

Care Finder

Live Well also offers the Care Finder solution which helps you arrange care services online by completing simple questions about your requirements. Find out if you are eligible using the link below.

Care Finder information page link: <https://www.cheshireeast.gov.uk/livewell/care-and-support-for-adults/care-finder.aspx>

Health and Wellbeing services

There are many websites and apps available in Cheshire East that you can use to track and set goals to improve your health and wellbeing and much more, find out more using the link below.

Referral to wellbeing services link: <https://www.cheshireeast.gov.uk/livewell/managing-your-health-online/managing-your-health-online.aspx#HealthUnlocked>

Choices for care

Live Well offers information and advice which will help you live independently and safely in the community. This will assist you in planning the support that you need. You might also want to think about the support that family or friends can also give.

Choices for care link: <https://www.cheshireeast.gov.uk/livewell/choices-for-care.aspx>

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