



# What's ON...

DATE: JUNE

## HELLO AND WELCOME TO OUR NEWSLETTER

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

If there is anything you would like us to add or you would no longer like to receive copies of our newsletter then please email us at:

[localareacoordinator@cheshireeast.gov.uk](mailto:localareacoordinator@cheshireeast.gov.uk)

Local Area Co-Ordinator

Visiting  
Disley  
Library on  
Friday 17<sup>th</sup>  
of June  
from  
2.00pm till  
3.30pm

Come along and find out about local services, information and equipment to help people affected by sight loss.





Thomas Pocklington Trust  
for people with sight loss

To get in touch please call East Cheshire Eye Society on 01625 422602



Macclesfield Society for the Blind Registered charity No 1174656



MACCLESFIELD LIBRARY INVITES YOU TO:

# CRAFTY CHAT

Free and drop in,  
Bring your own craft - knitting, crochet, cross stitch,  
or other arty project. Refreshments provided.

**MONDAY 13TH & 27TH JUNE 2-3.30**



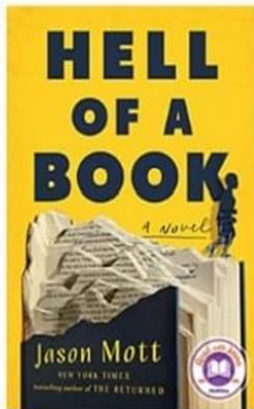
**ADULT  
COLOURING**

**30th June  
2.00 - 3.00pm**

Unleash your inner artist and join in the fun!  
All materials and refreshments provided  
Free event but please book in advance

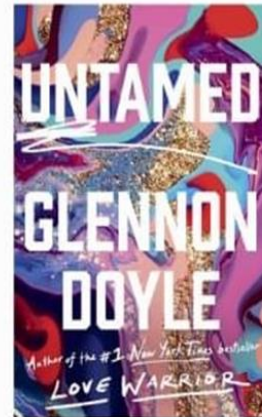
Join us at Macclesfield library for

## BOOKS ALOUD



Each session we read and discuss extracts from topical or noteworthy titles

**FRIDAY 1ST JULY**  
**11AM - 12PM**



It's free & friendly, and refreshments are provided

Please book in advance on 01625 374000

your **Library**

## CRAFTERNOON



Monday 4th July

2.00 - 3.30pm

**Come along and have a go at Teabag Folding!**

All materials provided

Beginners welcome

£3 per person

your **Library**



## Sing with us

Free singing workshops at the Guild

Thursdays 12<sup>th</sup> & 19<sup>th</sup> May, 23<sup>rd</sup> June & 7<sup>th</sup> July 2022 6.30-9pm

[guildlifelonglearning.org](http://guildlifelonglearning.org)



Drug and  
Alcohol Service

Cheshire East

**If you are worried someone's  
drinking or drug use is  
affecting your child, we're  
here to help.**



**We help children and young people to  
cope with difficult family situations and  
feel stronger in themselves.**

You can speak to us on **01625 464 995**  
or email [joy.johnson@cgl.org.uk](mailto:joy.johnson@cgl.org.uk)

Change Grow Live Registered Office: 3rd Floor, Tower Point, 44 North Road, Brighton BN1 1YR. Registered Charity Number 1079327 (England and Wales) and SC039861 (Scotland). Company Registration Number 3861209 (England and Wales).

Sutton Golden Memories restarts 16<sup>th</sup> June



## SUTTON GOLDEN MEMORIES GROUP

A time to support those  
affected by Dementia and  
those who care for them.

Refreshments,  
meeting new  
friends, fun and  
gentle activities.



Please join us in  
St James' Church Hall,  
Church Lane, Sutton SK11 0DS  
alternate weeks from  
**12th March 2020**

Contact Gill Barber 01260 252188; Judith Harries 01260 253945

## **ABILITY FOR ALL** **PROGRAMMES**

### **Adult Inclusive Cycling**

Everybody Health & Leisure is pleased to be running some Adult Inclusive Cycling sessions.

<b>When:</b>	Wednesday
<b>Where:</b>	Macclesfield Leisure Centre
<b>Times:</b>	1pm to 2pm; 2pm to 3pm and 3pm to 4pm
<b>Dates:</b>	From 8 <sup>th</sup> June to 27 <sup>th</sup> July
<b>Cost:</b>	£4 per person for non-members (£3 for Options or Wildcard members)

*Places need to be pre-booked and admission to be paid at reception on arrival prior to the start of the session.*

The Adult Inclusive Cycling sessions are for people with an impairment or additional need to have the opportunity to go cycling, keep active, be independent or just have fun.

Everybody Health & Leisure have a range of adapted bikes for people to try in the sportshall and will be supervised by Everybody Coaches. Helmets will be provided but you are welcome to bring your own helmet if you prefer.

These sessions will be in 1 hour slots and be limited to small numbers (maximum of 7 per session).

Places need to be pre-booked and can be done through the Everybody website at <https://everybody.org.uk/what-we-offer/disability-activities/junior-activities/>.

For more information, please contact Andy Molyneux on 07506 317055 or email [inclusion@everybody.org.uk](mailto:inclusion@everybody.org.uk)



**MACC-POW!**  
MACCLESFIELD'S  
COMIC-ART  
FESTIVAL  
2022

10-4PM  
**FREE**  
ENTRY!

**SATURDAY**  
2ND JULY  
TOWN HALL, LIBRARY,  
BUTTON WAREHOUSE  
AND WATERSTONES

**SUNDAY**  
3RD JULY  
ROOM FOR COMICS  
AND CINEMAC  
[MCCPOW.CO.UK](http://MCCPOW.CO.UK)



IN PARTNERSHIP  
WITH MACCLESFIELD  
TOWN COUNCIL

Sleep  
Eat  
Repeat

**printit**

SPONSORS AND SUPPORT



**the PHOENIX**  
THE WEEKLY STORY COMIC



MACCLESFIELD LIBRARY  
THE WHARF

**W**  
Waterstones

BURN MEDIA





## **Do you live in the Macclesfield area? Have you been impacted by grief?**

The Dove Service offer support to adults in Macclesfield who have been impacted by bereavement, significant loss and life-changing illness.

If you would like to access one to one counselling or join one of our support groups, please get in touch.

Dove Service



**For more information please contact us on 01782 683155  
or email [enquiries@thedoveservice.org.uk](mailto:enquiries@thedoveservice.org.uk)**



**Macclesfield**  
PRIMARY CARE NETWORK

FRIENDSHIP GROUP



Come and meet new friends

Everyone welcome

Don't be alone, join us for friendship

Monday 1pm – 3pm, fortnightly

Ivy Leaf Pub, Macclesfield, SK11 8NA

To find out more call or email

Heather Tel: 01625 260986. Mob: 07976705353

Email: [HJbilton@virginmedia.com](mailto:HJbilton@virginmedia.com)

OFFICIAL

**PWD DISCO**

# **ALL ABILITIES DISCO**

**EVERY WEDNESDAY  
START AT 7 PM  
MACCLESFIELD UNITED  
REFORM CHURCH**

**£2.00 ADMISION (CARERS & PA'S FREE)**

**PWD DISCO**

**DISCO IS FULLY ACCESSIBLE**

**Connecting Chelford**

is supporting

**Coffee Mornings**

**Every Tuesday**

10 to 11:30am

at

Chelford Community Hub



Tea/Coffee

and

Refreshments

All are welcome

Entrance £1



**In Together**  
Handforth

A group for people with dementia and their carers

**Thursdays 2.00 – 4.00 pm**

Come along to:

**St. Mary's Methodist Church Hall,**  
Wilmslow Road, Handforth, SK9 3LF

Join us for:

**Tea / Cakes / Chat with others /  
Activities and Games.**

For more information contact:

**Roberta** 01625 528569  
robertag62@icloud.com

**Free**  
Parking  
available

Because you  
**care...**

you could make a  
**difference**  
as a care professional



- Do you love to help others?**
- Are you kind and caring?**
- Can you handle difficult tasks with a smile?**

Then you have what it takes to join our team of care professionals. No experience is required as full training will be provided.

**[cheshireeast.gov.uk/care](http://cheshireeast.gov.uk/care)**



# Feel great

doing what you do best

We'd all love to be independent for as long as we can. But some people need extra help at certain times in their lives – for medical reasons or simply due to old age. **That's why Adult Social Care is so important in community life.**

Our caregivers help with small things that have a big impact on people's health and wellbeing. From helping them to get showered and dressed, to helping around the home, or simply spending some quality time with them. So they can maintain dignity and independence for as long as possible.

#### Choose a career in Adult Social Care:

It's rewarding and satisfying – no two days are ever the same and you can make a real difference.

- ✓ **Flexible hours** to suit you
- ✓ **Up to 30 days' holiday**
- ✓ **Competitive pay** – enhanced rates at weekends/out of hours and bank holidays
- ✓ **Pension scheme**
- ✓ **Full sick pay** (after qualifying period)
- ✓ **Ongoing training and career progression**

## Interested?

If you have care sector experience, that's great. If not, you'll get all the training and support you need to get started. So if you're caring, friendly and positive, **apply today!**

**Visit [cheshireeast.gov.uk/care](http://cheshireeast.gov.uk/care)**





## Cheshire East Adult Social Care Recruitment Events

### Are you looking for a rewarding new job?

Do you love to help others?  
Are you kind and caring?  
Can you handle difficult tasks with a smile?  
Then you have what it takes to become a care professional.  
No experience is required as full training will be provided.

Cheshire East Council are hosting two drop-in Adult Social Care Recruitment Events for anyone interested in finding out more about a career in Social Care. Come along and meet our Commissioned Providers to discuss further.

The events will be held on the following dates:  
**Thursday 30<sup>th</sup> June 2022 – 11.00am – 2.00pm**  
Crewe Municipal Buildings – Council Chambers

**Tuesday 5<sup>th</sup> July 2022 – 10.00am – 1.00pm**  
Macclesfield Old Town Hall - Capesthorne Room

There is no need to book, just turn up.

### Choose a career in Adult Social Care



OFFICIAL

OFFICIAL





**Cheshire  
East**

Citizens Advice service in Macclesfield have opened their Sunderland Street offices for drop in every Monday, Tuesday, and Wednesday morning.

## Be Scam Aware

**Scammers are clever. We're all worried about money - don't let them take yours.**

Find out how to spot scams, report them and get help at [citizensadvice.org.uk/ScamsAdvice](https://citizensadvice.org.uk/ScamsAdvice)

If you've been scammed:  
Call our Consumer Service on 0808 223 1133 for support  
Report it to Action Fraud on 0300 123 2040



## LOSE WEIGHT

Our free weight management course is designed by experts and proven to help you lose weight in a safe and sustainable way.

## MOVE MORE

We offer free daily online exercise classes to help you stay active, keep moving and look after your physical health.

## BE SMOKE FREE

Your Health Coach will be able to tell you about nicotine replacement products and other stop smoking medicines.



## START THE JOURNEY TO A HEALTHIER YOU

## Stand Strong

Reducing your risk and fear of falling is possible with our free Stand Strong programme. This gentle exercise programme helps you improve your strength, balance and mobility.

## Healthy Baby & You

Taking care of yourself during and after pregnancy helps keep you and your baby healthy. You will have access to three important areas of support: staying active, quitting smoking and managing your weight.

**ONE YOU** CHESHIRE EAST



*Be Smoke Free (Smoking Cessation)-*

*Our face-to-face Be Smoke Free Clinic is coming back to Waters Green Medical Centre later this month. To find out more or book an appointment- call 08081643202*

*Stand Strong (Falls Prevention)-*

*New face-to-face group classes available at Macclesfield Tennis Club. To find out more or book an appointment- call 08081643202*

*Move More GOLD (Physical Activity) –*

*Our new chair-based exercise class for people with less mobility available on Thursdays in Macclesfield. To find out more or book an appointment- call 08081643202*



## Scams awareness visits



### Find out how to protect yourself

Would you like a home visit to talk about how to spot, avoid and report scams and doorstep crime?

The visit is free of charge because it is funded by Lloyds Banking Group as part of the Age UK Scams Prevention & Support Programme.

To book a visit please call

**01625 612958**

email: [enquiries@ageukce.org](mailto:enquiries@ageukce.org)

or visit: [www.ageukce.org](http://www.ageukce.org)

Age UK Cheshire East is a working name of Age Concern East Cheshire which is a registered charity No.1090161 and a company limited by guarantee. Registered in England and Wales No. 4309557. Registered Office: New Horizons Centre, Henderson Street, Macclesfield, Cheshire SK11 6RA.

# 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>