



What's ON...

DATE: Feb 23

HELLO AND WELCOME TO FEBUARY 2023 LAC 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



Local Area Co-Ordinator



TOWER HILL TALKS

“Trusting the ground with the treasures of warriors”

THE STORY OF THE STAFFORDSHIRE HOARD



Come along to hear

Stephen Dean

Senior Archaeologist and Historic Environment Advisor (North West)

talk about the discovery of the Staffordshire Hoard – ***the largest hoard of Anglo-Saxon gold ever found!***

Stephen will talk about the context of the discovery of the Hoard and then consider some of the key pieces including the results of some of the recent work carried out on the objects in the ten+ years since it was found. He will also discuss the broad history and archaeology of the period and finally outline what he thinks the hoard represents and why it was put in the ground.

Enjoy an amazing talk! Wine available after the event!

RAINOW CHURCH

Tuesday 31st January

7.30pm

Ticket Price £5

To book tickets please contact

Bob Langstaff (01625) 573761

langstaff65@btinternet.com

SPEAKING IN SPEAKING OUT
suSo
OUT

GET ACTIVE



FREE

BADMINTON



CYCLING



TABLE TENNIS

BOWLS



SWIMMING

Join us for a **FUN** day of **GET ACTIVE** sports at **Macclesfield Leisure Centre**
Priory Lane, Macclesfield, SK10 4AF

Multi sports - Wednesday 8th February 2023 at 12pm-2pm

Swimming - Monday 20th February 2023 12pm-1pm



What's ON...

A new affordable food hub is coming to Longridge, Knutsford! 📢

Get ready to welcome The Bread and Butter Thing (TBBT), which gives you about £35 worth of groceries for just £7.50 🍞🧈

What you get will vary every week - sometimes more, sometimes less - but it's free to sign up and there are no commitments 🤝

↓ HOW TO SIGN UP ↓

1. Text 07860 063304 with your full name, postcode and the name of the hub you will be collecting from (Longridge)

2. Tell them what size order you'd like: individual (£4), family (£7.50) or large family (£15)

Don't forget to let them know if you need it to be vegetarian 🍏

3. The Bread and Butter Thing will send you a text every Sunday to see if you want an order. Make sure you reply 'YES' by 10am Monday. They'll deliver your order to the Longridge Hub.

4. Pick up your order from the Longridge Hub (Manor Park Primary School, WA16 8DB). Somebody can pick it up for you and TBBT can accept Healthy Start Vouchers.

If you sign up before 28 February, you get your first order free too 🍷

Want more information on The Bread and Butter Thing? Want to know why they do this? Check out their website ↓

<https://www.breadandbutterthing.org/>





Bollington Community Grocery

Reduce your food shopping bills at the same time as reducing food waste...

Bollington Town Council alongside Cre8 are starting a community grocery using surplus food donated by local supermarkets, shops and food charity FareShare, which otherwise would end up as landfill.

It costs £3 to shop. In return you will receive **3 bags of food** (fruit and veg, store cupboard and chiller / freezer).

Everyone is welcome there are no restrictions / requirements.

Find out more <https://www.facebook.com/Cre8Grocery>

WHERE AND WHEN:

**Each Thursday @ 3pm outside Bollington Town Hall,
Wellington Road starting January 26 2023.**



Mental Health First Aid Course

For parents and carers
of young people aged 11-18 who live in
Bollington, Poynton and Disley

**Monday 20th and 27th February
at the Bridgend Centre in Bollington.**

For all enquiries or to book a place, email:
parenting@justdropin.co.uk



A Brew With The Guys

Fancy a brew?
I'll stick the kettle on...



A male focused social group led by Simon
Activities, chat and inspiring speakers

Thursdays 2:00—3:00

Starting February 16th

Cost £3



Bridgend Centre
at the  of our community



Alderley Edge Methodist Church



LUNCHTIME CONCERTS



Third Wednesday of the month

18 Jan - Students from Alderley Edge School for Girls

15 Feb - Beth Willett / viola & Holly Calder / piano

15 Mar - Students from Chetham's School of Music

19 Apr - Nathan Holroyd / saxophone & Jess Hughes / harp

17 May - Rose McLachlan / piano

21 Jun - Students from Chetham's School of Music



Light Lunches served from 12 noon

Music starts 1pm

Admission to the concert £7.00

Have you been affected by self-harm or suicide?

JOIN OUR LIVED EXPERIENCE NETWORK

Be part of a pioneering project giving a voice to those affected by suicide and self-harm, and influence the design and delivery of prevention programmes!

For more information or to register your interest to join the Cheshire and Merseyside Lived Experience Network please contact learning@wirralmind.org.uk.



**NO MORE
SUICIDE**



Health & Wellbeing

Cheshire East Council is offering
FREE wellbeing checks across Cheshire East
to help you to stay healthy and well

The wellbeing check includes:

 **Blood pressure** checks

 **Heart** screening

Advice on:

 **Alcohol** consumption

 **Diabetes**

 **Diet** and **healthy eating**

 **Healthy** wellbeing

 **Mental** health

 **Physical** activity, exercise and fitness

Disley Community Centre – Fri 10th February

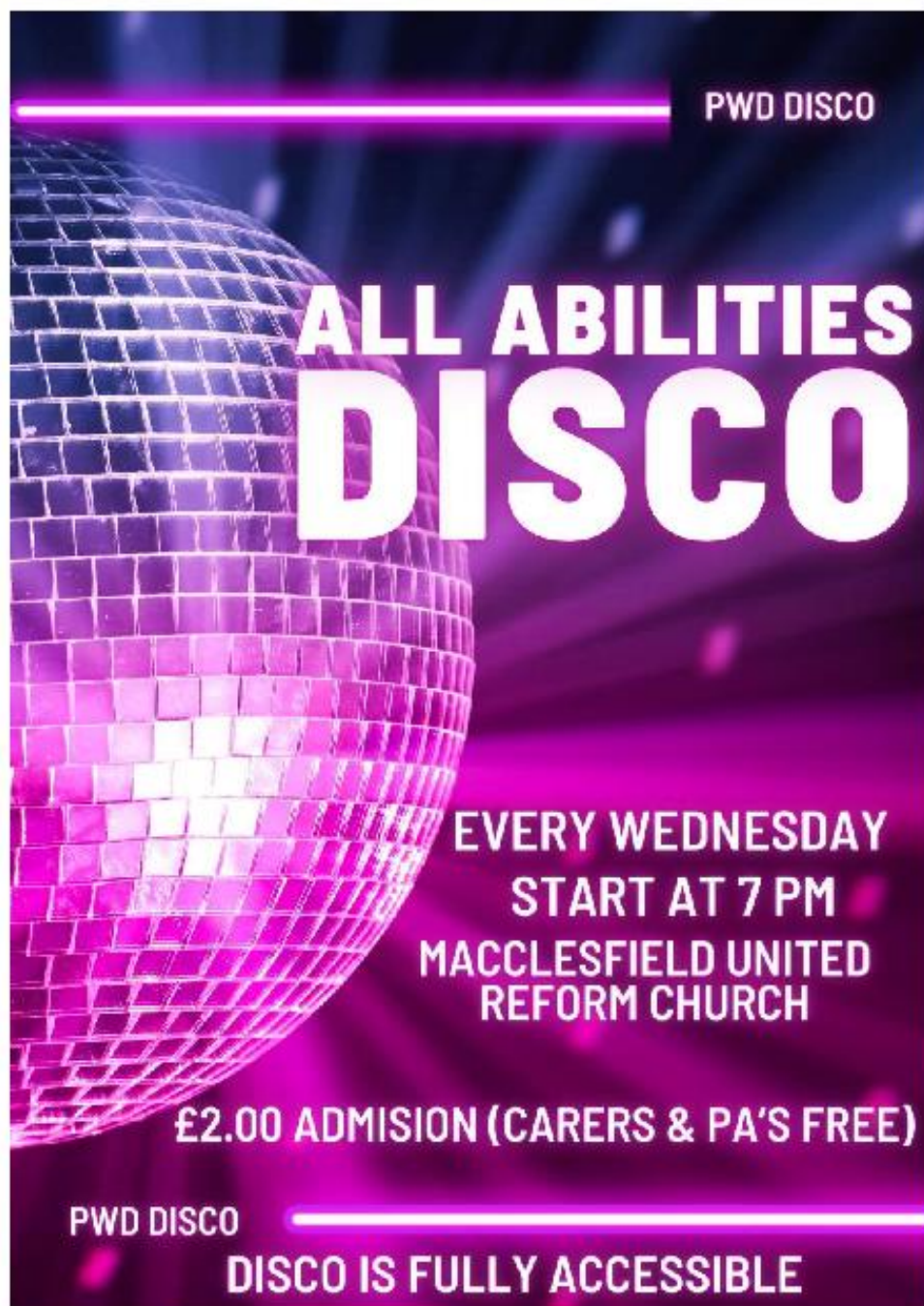
9:30am to 1.00pm

No appointment necessary



DISLEY PARISH COUNCIL





MANCHESTER AIRPORT OPPORTUNITIES

Opportunity for All

We want to build a future pipeline of talent to ensure that all local people – regardless of age, experience or skillset – have access to employment opportunities at our airport. Through our outreach and employment events, we seek to help people of all ages and levels pursue a career that is right for them.

Manchester Airport Academy

The Manchester Airport Academy is an employment hub for the airport and our business partners and is run in partnership with Trafford College. A one-stop shop for anyone interested in on-site vacancies, it provides free tailored training programmes to enable job-seekers to gain relevant skills and secure employment at the airport. The training programmes offer a unique opportunity to get onto the aviation industry employment ladder. Attendees learn the basics and the terminology needed to succeed at the airport, boosting their confidence when applying for a role. They also have access to current vacancies and receive unique support in applying for roles following the programme, including CV and mock interview workshops.

Opening times and contact details:

Monday to Friday: 08.00 – 16.30

Airport Academy
Upper Rail Station

Manchester Airport
M90 3RR

0161 489 3907

airport.academy@tcg.ac.uk

[Airport Academy - Trafford College](#)



The
Electoral
Commission

You now need
Photo ID to
vote at a
Polling station

No ID? You can apply for free voter ID

Find out more at

electoralcommission.org.uk/voterID

or call 0800 328 0280



Weekly Ukrainian Café

**Every Tuesday,
6 - 8pm**

Church Entrance,
The United Reformed Church,
Chapel Lane, Wilmslow,
SK9 1PR.



All local Ukrainian guests and
hosts are very welcome at
these informal drop-in
sessions.

Organised by
Wilmslow Town Council
in partnership with
Wilmslow United Reformed Church



Українське тижневе кафе зустріча,

**щовівторка,
6 - 8 вечора**

Центральний вхід церкви на
Об'єднаній реформатській
церкві, Чапел-Лейн, Вілмслоу,
SK9 1PR.



Ласково просимо усіх
місцевих українських гостей та
спонсорів на цю неформальну
дружню зустріч.

Організовано міською радою
Вільмслоу у партнерстві з
Вільмслоу Об'єднаною
реформаторською церквою

Newsletter – Local Area Co-Ordinator What's ON



[Talking Therapies Eastern Cheshire - The Big Life group](#)

With online therapy, you can gain instant access to a range of Cognitive Behavioural Therapy programmes that can help you work on anxiety, low mood and stress.

You will be supported throughout the programme by one of our practitioners who will provide guidance and tailor the online therapy to meet your needs.

SilverCloud

We provide access to SilverCloud – an informative online therapy programme proven to help with stress, anxiety, low mood, and depression.

Flexible, use it anytime, anyplace, anywhere...

Whether at home, work or elsewhere. On a computer, tablet or on a mobile phone. Work flexibly at a steady pace.

State of the art technology...

Includes easy to follow programmes with:

- Video clips
- Interactive quizzes
- A journal
- Audio-guided mindfulness exercises
- Reflective exercises... and more

Accessible and easy to use...

You work independently with guidance from one of our practitioners who will offer regular online reviews. The programmes consist of evidence-based interventions including; activities and concepts from Cognitive Behaviour Therapy all recognised to have a positive impact on low mood and anxiety.

How do I access?

[Click here to make a referral for online therapy.](#)

Lantern Parade



Bring your lanterns to take part in the Lantern Parade, which is being organised by Macclesfield Town Council. The parade will start outside the museum before weaving its way through town and finishing at Christ Church, where people will be able to warm up with a hot drink. If you would like support in making a lantern for the parade you are invited to join us for one of our drop-in workshops earlier in the day or on Saturday 11th February. In partnership with Macclesfield Town Council.

When: 18.02.2023 17.30 – 18.30

Where: The Silk Museum, Park Lane, Macclesfield SK11 6TJ and around Macclesfield

Cost: Free



Connecting Chelford

Are you caring for someone with Memory Issues or a Dementia?

When a loved one needs your help more than before, it can become a life changing experience. A diagnosis of a Dementia can be an unnerving prospect as that person begins to rely on you more for help with everyday tasks.

It's not unusual to feel overwhelmed or lonely or sometimes way over your head with things you don't understand. If this is how you're feeling for whatever reason, I am pleased to share that from Tuesday February 20th Connecting Chelford will be running a Carers Club every Tuesday starting at 2pm at the Chelford Hub.

Bring your loved one for a relaxed afternoon cuppa where you can chat to other carers, make new friends and your loved one will be welcome too.

Interested? We look forward to meeting you on 20th February.

For more information email connectingchelford@gmail.com
or

call Bee on 07836 386550



BRIDGEND BINGO

9TH MARCH 2023

@ THE VICEROY 6PM

TICKETS £20

ALL PROCEEDS GO THE BRIDGEND CENTRE

Ticket price includes a three course meal.
Purchase your tickets at the Bridgend Centre or
on our website.

www.bridgendcentre.org.uk

Charity number 1123287



Bridgend Centre
at the  of our community

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>