



What's ON...

DATE: April 2023

HELLO AND WELCOME TO OUR LATEST 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

HAPPY EASTER FROM THE LOCAL AREA CO-ORDINATORS



Local Area Co-Ordinator



Join the Self-advocates subgroup



You are invited to join our evening meeting for the self-advocates group and have a say on what matters to you

Join in and Speak Up

When: 20 April 2023

Time: 6.30pm to 8.30pm

Where: The Guild for Lifelong Learning
1 Bourne Street Wilmslow SK9 5HD



Our self-advocates group have been working together to ensure the rights of the learning disability community have a voice – join us to have your say!

Tea, coffee, juice and biscuits will be available



6.30pm



8.30pm

To find out more phone 07790 5651540





A drop-in for everyone, including those living with memory loss – offering friendship, a warm welcome, and a chance to socialise.

**Alternate Tuesdays beginning 3rd January 2023
at St. George's Church Hall, Poynton**

2.15 – 4:15pm

**14th and 28nd March
11th and 25th April
9th and 23rd May
6th and 20th June
4th and 18th July
1st, 15th and 29th August....**

Varied activities, including...

refreshments and chat,
music, games, quizzes,
gentle exercise, bingo,
art/craft, gardening,
thought for the day

For more information contact the church office on 01625 879277

or email office@poyntonparishchurch.org

FRIENDSHIP GROUP



Come and meet new friends

Everyone welcome

Don't be alone, join us for friendship

Monday's 1pm – 3pm,

Weston Community Hub,

12 Gilchrist Avenue, SK11 8UH

To find out more call or email

Heather Tel: 01625 260986. Mob: 07976705353

Email: HJbilton@virginmedia.com

Nature can do wonders for the mind and body. Sign up to our FREE 12 week wellbeing programme; from simple nature green spaces walks, wildlife friendly gardening to wildlife surveys & creative workshops. See how wildness can help your wellness and go to: www.cheshireeast.gov.uk/greenspaces



Free Stretching and mobility classes
Fridays – 10.30-11.30 (starting 31 March)
@ St Barnabas on Lyme Avenue

Join us on Friday mornings for our free
6-week programme of Stretching and
Mobility classes alongside Dave from
[Macclesfield Pilates and Yoga Studio](#)

The classes will combine Pilates and Yoga
techniques to strengthen, tone and improve
flexibility and mobility.

Dates are: 31/03, 14/04, 21/04, 28/04, 5/05
and 12/05.

All abilities welcome. Drinks and
refreshments will be available at the end.

To book a place or find out more email
info@cre8macclesfield.org



WILMSLOW LIBRARY ACTIVITIES

Wilmslow Memories

11:00am-12:00

Every Tuesday

We will have photographs, objects and microfilms available to bring back memories.

Tea, coffee and refreshments provided.

Book Lovers Group: 2:00-3:00

First Wednesday of the month

A different theme every month, just ask a member of staff

Home Delivery Service:

First Tuesday of the month

For further details contact us at: Wilmslow.Library@cheshireeast.gov.uk
01625 374 060

Book Social: 5:45-6:45

First Thursday of the month

No theme or set text just an opportunity to talk books and get some inspiration.

IT help

1:1 help with devices just let a staff member know what you want help with and we'll let you know what slots are available.

Wilmslow Wordsmiths:

10:30-11:45:

First Friday of the month

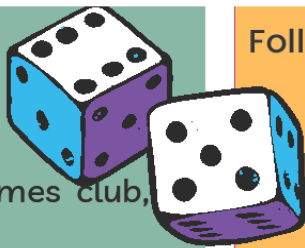
Suitable for all, so come and try your hand at short stories, poetry, the next Booker Prize winner...

Board Games Cafe:

Saturday 9:00-12:45pm

Join us at our board games club, free to play in the library.

Children under 12 must be with an adult



Follow us on facebook to discover more activities



@WilmslowLibrary



**WEDNESDAY'S
12-2**

OVER 55'S LUNCHEON GROUP



Roast Lunch and dessert £3.00.

The Welcome

www.thewelcome.org.uk

147 Longridge, Knutsford WA16 8PD

01565 750905

great
places
HOUSING GROUP

the
welcome
a hub for everyone

Coffee MORNING BUILDING A BETTER YOU

**Come along to our support group on
Friday morning 10am to 12pm**

**Our group offers a safe space to talk about life's
challenges, learn how to build self esteem, build
confidence and reduce stress and anxiety.**

**Our vision is to creat a safe space for people to chat in
a none judgemental space and make friends.**



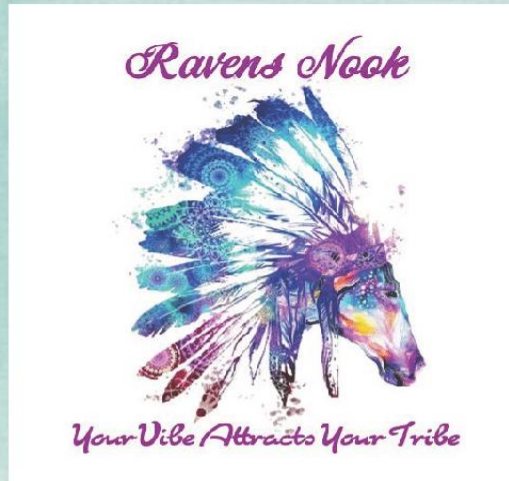
[The Welcome](#)

www.thewelcome.org.uk

[147 Longridge, Knutsford WA16 8PD](#)

[01565 750905](tel:01565750905)

Newsletter – Local Area Co-Ordinator What's ON



At Raven's Nook Eco-Therapy Centre, we aim for individuals to strive and become the best versions of themselves, relax and take time to be in nature and to be at peace.

We provide packages for groups and individuals accessing Ravens Nook, Our focus is on confidence building, encouraging practical skills, building community, and sharing experience.

Programmes and sessions include working with the farm animals, team building, Eco Farming, and Equine Psychotherapy, Forest school and Natural Art.

At Raven's Nook there is a tranquil feel, many people say it's "therapeutic" and "zen."

We have a positive team with therapeutic skills to help you get the best out of your journey.



*Every Wednesday 10am - 2.30pm
Course starts
22nd March 2023
6 or 12 weeks course
Transport available
for more information and to book places.
email: emily@reachoutandrecover.org*



Disability Information Bureau Awarded National Lottery Funding

Disability Information Bureau (DIB) are delighted to announce we have been awarded a massive £297,832 from the National Lottery. The funding will support our Welfare.Wellbeing.Work (WWW.DIB) project that will start in May 2023 covering Crewe, Alsager, Congleton and Macclesfield over three years.

With the support of the National Lottery, DIB will be able to have a wider reach to support the disabled community and carers in response to the cost-of-living crisis, support with their finances, benefit/allowance claims alongside offering additional support with work and training opportunities to help improve their financial situation.

Our expert team of Welfare Rights Officers, Support Coaches and Administrator will be proactive by offering clients information, advice, guidance, and practical help during their time on this provision.

By embracing this free support, individual clients will benefit by:

- Reducing levels of anxiety & stress
- Increasing financial stability & security
- Reducing isolation
- Increasing levels of self-esteem & confidence
- Improving employment & training prospects
- Increasing people's choice & becoming more informed

This year is the DIB's 30th Anniversary and the news of this funding has been a fantastic boost to the charity. This funding is enabling us to have a wider geographical reach to assist and support more people during these financially difficult times.

If anyone is interested in becoming a Volunteer in our Welfare Rights Team covering Crewe, Alsager, Congleton and Macclesfield then please contact our office on 01625 501759 or email info@dibservices.org.uk for an application form.

Averil Goodier - CEO



OPPORTUNITIES

DO YOU LOVE COOKING?

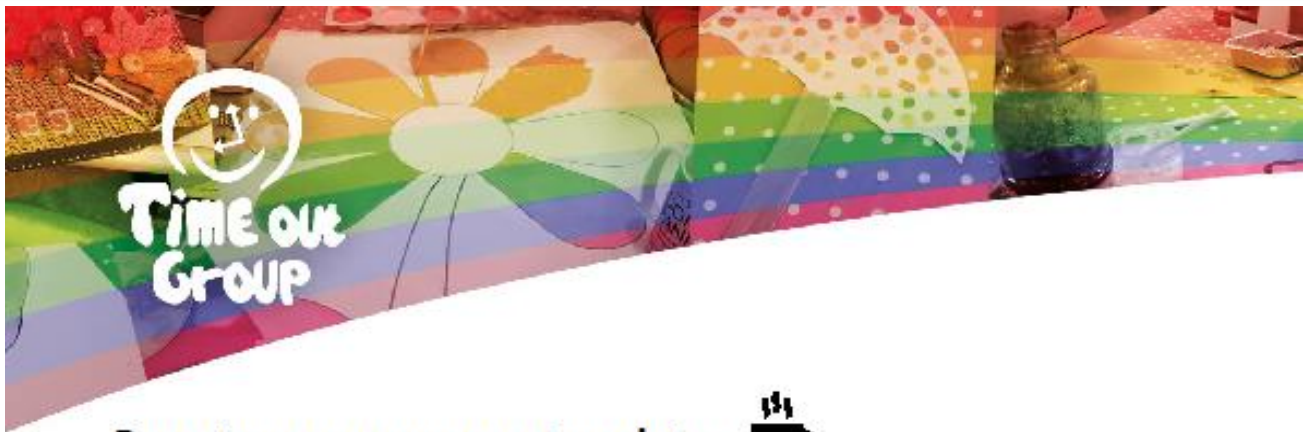
- Are you enthusiastic
- Do you enjoy meeting new people
- Would you like to make a positive change to your community
- Working with adults with learning disabilities

Get in touch



charitysupport@guildlifelonglearning.org
01625 523903

Could be school hours for the right person



Parent carer group meet up dates



- Friendly and informal meetings, tea/coffee and chat, guest speakers, fundraising for TOG, ideas and input to TOG
- Meetings last Tuesday/Wednesday of the month at our Hub in Handforth plus extra meetings for visiting speakers
Everyone welcome!

Wednesday 8th March 2023 2pm – 3.30pm



Healthwatch Cheshire – Esraa will join us, her role is to ensure people's experiences of health and social care are shared with those who make and shape our services in Cheshire through community engagement



Tuesday 28th March 2023 10.30am - 12.00pm
General meet up and chat, tea and coffee



Wednesday 26th April 2023 2pm – 3.30pm
Darren Bee Stakeholder Engagement Manager to meet the group/take questions, plus meet up and chat, tea and coffee



Tuesday 23rd May 2023 10.30pm – 12.00pm
Fundraising for Time Out Group, ideas and planning activities and events/crafting sessions plus meet up and chat/tea and coffee



Wednesday 28th June 2023 2pm - 3.30pm
General meet up, relax and chat, tea and coffee – in Hub courtyard (weather permitting)

Any questions? Drop me a line. Hope to see you soon, **Anne-Louise**
Deputy Charity Manager a.black@timeoutgroup.org.uk 0744 921 1247

Working together for greater independence

T: 01825 520652 W: www.timeoutgroup.org.uk
Time Out Group, 25 The Paddock, Handforth, SK9 5HQ | Charity number: 1161865



Join us...

for our MHA Communi-Tea Party

Event: Cheshire East Tea Party

When: Saturday 22nd April - 1pm - 3pm

Where: Shrigley Court, Bollington



It's better all tea-gether



Share your images & videos on Facebook using the hashtag #MHAteaparty

Search 'MHA'



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 **mha**
Live later life well



FRESH
START

Break free from life controlling habits

Is there something in your life that you would like to stop doing but can't? Maybe it's drinking, gambling or using drugs? Or something else? Come along to our free Fresh Start sessions where we can help you change and beat these habits in a friendly, supportive and confidential space.



Join us to have a fresh start
Tuesday 16th May, Knutsford

To book your place or to find out more information
email info@hopecentral.org.uk or call 01625 724 133

www.hopecentral.org.uk
Registered Charity 1183290



HOPE
central
BRINGING HOPE, RELIEVING POVERTY

HOPE CENTRES

Knutsford Hope Centre
The Welcome
Longridge WA16 8PD

Mondays 10am-12:00

Lacey Green Hope Centre
Lacey Green Pavilion
Clough Avenue SK9 4BU

Wednesdays 10am-12:30

Handforth Hope Centre
St Chad's Church
Handforth SK9 3ES

Thursdays 10am-12:30

Drop in for free hot drinks and a free lunch

*IT tuition - Warm Community - Craft Activities - Thought for the Day - Debt Help -
Support into Employment - Money Management -
How to Live Well on a Budget*

Everyone Welcome

For more information: info@hopecentral.org.uk 01625 724 133

www.hopecentral.org.uk
Registered Charity Number 1183290



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Newsletter – Local Area Co-Ordinator What's ON



Out of work? Looking for a new job?

- Free 8 week course
- Starting Thursday 25th May 1pm
- St Chad's, Handforth

Book your place:
karenwyer@capjobclubs.org
07486 002 308

www.hopecentral.org.uk
Registered Charity 1183290

HOPE
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FREE 3 week Money Course

helping you to budget, save and spend well

"The course helped me to feel more in control of my finances"

7:15pm Monday 17th, 24th April and 15th May
St Chad's Church, Handforth

To book your place or for more information contact:

info@hopecentral.org.uk
01625 724 133



Registered Charity Number 1183290
www.hopecentral.org.uk

HOPE
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BRINGING HOPE. RELIEVING POVERTY





Mentell is excited to announce the opening of the Wilmslow Circle at The Guild for Lifelong Learning which will run Monday 7-9 pm starting on **Monday, 27th March.**

Guild for Lifelong Learning Centre
Wilmslow SK9 5HD

Cyber Security Pop Up

Wednesday 5th April

Macclesfield Library 9-1pm

Bollington Library 1.30-4pm

Cheshire Police's DC Andrew Kevan from the Cyber Crime team will be in the library answering questions and offering tips about how to stay safe online. Free drop in, all welcome with any questions or just to have a chat about online safety.



Rainbow call companions

Our rainbow call companions offer friendship to older people who live alone.



“It’s definitely better that he’s gay as he understands me. It’s like we’re speaking the same language.”

rainbow call companions older person.

Are you gay, lesbian, bisexual, transgender, or otherwise a member of the LGBT+ community and over the age of 75?

Have you found your social circles dwindling?

You are not alone.

As you get older it’s not unusual to spend more time on your own, particularly if you’ve lost loved ones or your health isn’t what it used to be.

Bringing generations together

You can apply for your own rainbow call companion over the phone or online. Or your friends, family, or healthcare workers can refer you via our website. This is a free service available all over the UK.

Call our freephone number: 0800 716 543

email: info@reengage.org.uk

or visit our website: www.reengage.org.uk



Bringing generations together

Make a difference. Become a volunteer host

Re-engage is looking for volunteers to give a few hours of their time a year to make isolated older people in their community feel connected and valued.

At Re-engage we organise social groups that bring real pleasure to people through conversation, laughter and, crucially, giving them something to look forward to. But we can't do it without you.

We are looking for volunteer hosts. If you are able to offer a group of people the opportunity to come into your home for tea and snacks one or two Sundays each year then please consider signing up to be a volunteer host. It is a lovely way to get to know other people local to you and our volunteers cherish the friendships they make through our groups.

Please get in touch.

Call **0207 240 0630**, email **info@reengage.org.uk**
or visit **www.reengage.org.uk**

Re-engage is a registered charity in England and Wales (1146149) and in Scotland (SC039377).
Company Number (07869142) Registered office: 7 Bell Yard, London WC2A 2JR



**UPDATE ON DEMENTIA DAY SERVICE AT AGE UK
HENDERSON STREET, MACCLESFIELD.**

From the beginning of April 2023 the Dementia day service will be delivered at the following locations:

Monday - Tytherington Family Worship Church,
Sandwich Drive, Tytherington, SK10 2UD.

Tuesday – Harry Lawson Court, Crewe Avenue,
Macclesfield SK10 2RZ.

Wednesday – Shrigley Court, Church Street,
Bollington, SK10 5PY.

Their free counselling service has moved too. This is now at Prestbury Beaumont on a Tuesday, Wednesday, and Friday. There is a waiting list for this service.

SUSO MACCLESFIELD

Our next course is

Travel Training

Thursday 20th & 27th April 2023

10:30am-3:00pm

If you would like to take part in the training please contact Sam or Julie to reserve your place

Tel: 01625 424717





POYNTON PEDALS FOR ALL

INCLUSIVE CYCLING FOR ALL ON
THE MIDDLEWOOD WAY,
POYNTON



Roam Side by Side bike

Accessible bikes for hire

- Weekly sessions bookable in advance
- Contact us to book your ride
- To cover hire we ask for a donation to the project. This contributes to the upkeep of the fleet and to enable us to buy more bikes



Van Raam Velo Plus 3
Wheelchair bike

Find out more at
www.poyntonpedalsforall.co.uk

✉ Poyntonpedalsforall@gmail.com

📘 PoyntonPedalsforAll



Alderley Edge Methodist Church

Lunchtime Concert

Wednesday 19th April

Aaben Duo

Nathan Holroyd / *saxophone*

Jess Hughes / *harp*

Sandwich Lunches available from 12 noon

Concert begins at 1.00 pm

Admission £7.00

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>