



# What's ON...

DATE: June 2023

## HELLO AND WELCOME TO OUR JUNE 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)



## HEALTHY RELATIONSHIPS TRAINING

for adults with learning disabilities

### Date and time



Thursday 1st June  
10:30am - 3pm

Thursday 8th June  
10:30am - 3pm

### Location



First Floor,  
**The Heritage Centre,**  
Roe Street,  
**Macclesfield,**  
SK11 6UT

### What will I learn?



- All about **different relationships**
- What is a **friendship**?
- What a **good and bad** friendship feels like
- **Boundaries**
- Where to go for **help**
- What your **rights** are
- What makes you a **good friend**

### HOW TO APPLY

Please email our Training staff:  
[sam@maccsuso.org.uk](mailto:sam@maccsuso.org.uk)  
[julle@maccsuso.org.uk](mailto:julle@maccsuso.org.uk)  
or call us on 01625 424717

### Sponsored by



Local Area Co-Ordinator

## **The future of day opportunities in Knutsford**

As part of the review of the Learning Disability service offer, and consistent with the strategy to move away from buildings-based care, a proposal around the potential decommissioning of the existing provision at the Stanley Centre in Knutsford was included within this year's Medium-Term Financial Strategy (MTFS). If you, or a member of your family or somebody you have caring responsibilities for are currently accessing learning disability day opportunities / day services in Knutsford or may do so in the future we want to know what is most important to you. What your preferences are, the impact a change in service may have on you and what ideas you have for any new approaches.

Please find links below to access the full survey and an easy read version:

[The future of day opportunities in Knutsford \(cheshireeast.gov.uk\)](https://cheshireeast.gov.uk)

[Easy Read: The future of day opportunities in Knutsford \(cheshireeast.gov.uk\)](https://cheshireeast.gov.uk)

**The deadline for responses is 6 June 2023**

## **Cheshire East Care at Home Survey**

### **What is Care at Home?**

If we, or someone we care about has a disability or health condition during their life, they might need some support within their own home, to help them live more independently. The name for this type of support is Care at Home, it is also sometimes referred to as 'domiciliary care or home care'

People can receive this service, following an assessment from adult social care (e.g. from a social worker or social care assessor). Care at Home is currently provided by a number of organisations who are paid to deliver the service on behalf of Cheshire East Council.

### **What does the council want from me?**

We would like your feedback to try and understand your experience of the current Care at Home service, your expectations and how any support can be improved to ensure you receive the highest quality care and are able to live a fulfilled life in your own home.

Please use the link below to complete the survey:

<https://surveys.cheshireeast.gov.uk/s/CareAtHomeSurvey23/>

**Please submit your response by 30 June 2023.**

# Newsletter – Local Area Co-Ordinator What's ON

## Care at Home (Domiciliary Care) engagement sessions

Cheshire East Council are holding ten face-to-face drop-in sessions for residents who either receive the Care at Home (Domiciliary Care) service or who are either informal carers or family members of those who receive the service.

These will be held at:

Venue address	Date	Time
St Mary's Caritas Centre 65 Delamere Street Crewe CW1 2JX	15 <sup>th</sup> June	4pm until 6pm
Wilmslow United Reform Church Chapel Lane Wilmslow SK9 1PR	20 <sup>th</sup> June	10am until 12pm
The Old Sawmill Café Congleton CW12 1HJ	21 <sup>st</sup> June	9.30am until 11.30am
Audlem Public Hall 12 Cheshire Street Audlem CW3 0AH	21 <sup>st</sup> June	2pm until 4pm
Middlewich Methodist Church Booth Lane Middlewich CW10 0EF	21 <sup>st</sup> June	10am until 12pm
St Paul's Parish Centre Glegg Street Macclesfield SK11 7AJ	10 <sup>th</sup> July	10.30am until 12.30pm
Westfields - Rooms R1 and R2 Middlewich Road Sandbach CW11 1HZ	17 <sup>th</sup> July	9.30 until 11.30am
The Welcome Café 147 Longridge Knutsford WA16 8PD	18 <sup>th</sup> July	10am until 12pm
Disley Community Centre off Buxton Old Road Disley SK12 2BB The session will be held in Disley Library	18 <sup>th</sup> July	2pm until 4pm
Nantwich Civic Hall Peggy Killick Suite Market Street Nantwich CW5 5DG	26 <sup>th</sup> July	2.30pm until 4.30pm

We'd like your feedback to try and understand your experience of the current Care at Home service, your expectations and how any support can be improved to ensure you receive the highest quality care and are able to live a fulfilled life in your own home.

UNCLASSIFIED

OFFICIAL

OFFICIAL-SENSITIVE

# NAAFI BREAK

SUPPORTING VETERANS IN  
THE COMMUNITY

**COMING  
SOON**

BREW AND BANTER COMES  
TO ST CHADS  
8-10PM  
FRIDAY 9TH JUNE

# CHESHIRE EAST HOARDING SUPPORT GROUP

Wednesdays 10am -12noon (Fortnightly)

Macclesfield Library, Jordangate

Macclesfield SK10 1EE

First group 14<sup>th</sup> June



A safe place to verbalise thoughts and share ideas.

- Non Judgemental
- Support decision making
- Trust and respect
- Understanding and patience
- Practical support



Email or call for information on how to book a place.

[Stephanie.Durber@cheshireeast.gov.uk](mailto:Stephanie.Durber@cheshireeast.gov.uk) Tel 07753 583518

[Dave.Thomas@cheshireeast.gov.uk](mailto:Dave.Thomas@cheshireeast.gov.uk) Tel 07827 873748

OFFICIAL

OFFICIAL

OFFICIAL-SENSITIVE



## Welfare

We can provide a **Welfare Officer** to help with:

**Allowances**  
(PIP, DLA, ESA,  
Attendance,  
Carers etc)

**Welfare  
calculations**

**Cost of living**



## Wellbeing

We can provide a **Support Coach** to help with:

**Mental health  
support services**

**IT & digital  
inclusion**

**Social Activities**



## Work

We can provide a **Support Coach** to help with:

**CV writing**

**Job searches**

**Training needs**

If you live in **Alsager, Congleton, Crewe, Knutsford, Macclesfield, Middlewich, Nantwich, Poynton, Sandbach** and **Wilmslow** and need help, please get in touch with Disability Information Bureau:

 **01625 501759**  **info@dibservices.org.uk**

# Vision Day

9th June 2023

At East Cheshire Eye Society we offer a number of services for people affected by sight loss, as well as advice and support on a more informal basis.

We aim to help people affected by sight loss to lead fulfilling lives at work, at home and in the community.

Town Hall  
Macclesfield SK10 1EA

10:00am - 3:30pm

## Featuring:

- Sight loss advice
- Exhibition
- Visual impairment support, equipment and independence specialists
- Refreshments available



FREE ENTRY

Come and find out what services and support are available from local sight loss charities, organisations and equipment suppliers.

Phone: 01625 422 602

Email: [info@eastcheshireeyesociety.org.uk](mailto:info@eastcheshireeyesociety.org.uk)





# WILMSLOW Library

## Adult Colouring

Materials provided or bring your own. There is no need to book just come along and join in.

Refreshments provided

**Starts 7th June**

### Wednesdays

### 10.30 am – 12 noon



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



# Time to talk

Are you living with memory problems or dementia?

Are you a carer for someone with memory problems or dementia?

Would you like some advice or support?



Call in at one of the drop-in sessions at a venue in Bollington, Disley or Poynton for friendly, professional advice from your local health team.

Find out about dementia services, finances, therapies, diet and social groups, etc.

There's no need to book, just turn up. For more details see overleaf.



Dementia UK  
**Admiral Nurses**  
Helping families face dementia.



DISLEY PARISH COUNCIL



Middlewood



connected communities

## Time to talk drop in sessions June-December 2023

Fri 9th June	Bridgend Centre, Bollington, SK10 5PW	1pm-2:30pm
Wed 28th June	Poynton Civic Hall, SK12 1RB	1pm-2:30pm
Fri 14th July	Disley Community Centre, SK12 2BB	2pm-3:30pm
Wed 9th August	Poynton Civic Hall, SK12 1RB	1pm-2:30pm
Fri 11th August	Bridgend Centre, Bollington, SK10 5PW	1pm-2:30pm
Fri 8th September	Disley Community Centre, SK12 2BB	2pm-3:30pm
Wed 20th Sep	Poynton Civic Hall, SK12 1RB	1:30pm-3pm
Fri 13th Oct	Bridgend Centre, Bollington, SK10 5PW	1pm-2:30pm
Wed 1st Oct	Poynton Civic Hall, SK12 1RB	1:30pm-3pm
Fri 10th Nov	Disley Community Centre, SK12 2BB	2pm-3:30pm
Fri 8th Dec	Bridgend Centre, Bollington, SK10 5PW	1pm-2:30pm
Wed 13th Dec	Poynton Civic Hall, SK12 1RB	1:30pm-3pm

**Macclesfield Pride's**



# **Picnic in the Park**



**Sun. 4th June 2023**

**11 am - 4 pm**

**Victoria Park**

**Macclesfield**

- **Live Entertainment & Canalside Radio**
- **Fun Dog Show & Lego Model Competition**
- **Food & Drink, or Bring Your Own Picnic**
- **Stalls & MaccPride Merchandise**
- **Pride Tombola**
- **Games & Activities, Fun For All Ages.**

## **FREE EVENT!**

**TESCO**  
Community Grants

**SUSO**  
SPEAKING IN SPEAKING OUT  
CHARITY FOR ADULTS WITH  
LEARNING DISABILITIES

**MACCLESFIELD  
BARNABY FESTIVAL  
IN A NEW LIGHT**

**MACCLESFIELD  
BARNABY  
PARADE  
IN A NEW LIGHT**

Barnaby is all about celebrating ART and CULTURE.  
At SUSO - we have a LOT to CELEBRATE!  
We are planning to show how we are all GROWING  
and SHINING a LIGHT on peoples lives.

**'IN A NEW LIGHT'**

**SATURDAY JUNE 17TH  
10:30am - Meet at SUSO**

**PARADE STARTS  
12pm - 2pm  
Christ Church**

**3pm - Finish at SUSO**

Charity Number: 1161691    Contact number: 01625 424717



**The Welcome**

[www.thewelcome.org.uk](http://www.thewelcome.org.uk)

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

[01565 750905](tel:01565750905)

# Newsletter – Local Area Co-Ordinator What's ON

THE GUILD 1, BOURNE STREET, WILMSLOW SK9 5HD

## Online art sessions with Sabine

Try it for free between 23<sup>rd</sup> May and 11<sup>th</sup> July 2023

Day/Time: Tuesday 9.30 to 11.30

Requirements: Learners will need to have an internet connection with Google Chrome (our online meeting format is Google Classroom)

Description: If you are interested in trying a new online art class, this free taster session is for you. In this class, we discover different drawing and painting techniques by looking at work by other artists.

All media can be covered. Plenty of choice for painting techniques (working with acrylics/oils or watercolours) and drawing techniques to the learner group that fall into particular topics like 'landscape & buildings', 'animal silhouettes & colour background textures', 'abstracts & flowers'

Sabine gives plenty of demonstrations in class.

Available dates:

May 23<sup>rd</sup>

June 6<sup>th</sup>, 13<sup>th</sup>, 20<sup>th</sup>, 27<sup>th</sup>

July 4<sup>th</sup>, 11<sup>th</sup>

Booking is essential, please contact the office 01625 523903 [info@guildlifelonglearning.org](mailto:info@guildlifelonglearning.org) or go online at [guildlifelonglearning.org](http://guildlifelonglearning.org)>events



for Lifelong Learning is a registered charity, No. 1151387.  
as a company, No. 8331345 (England & Wales)

OFFICIAL-SENSITIVE



Registered with  
**FUNDRAISING  
REGULATOR**



OFFICIAL

OFFICIAL-SENSITIVE

# Newsletter – Local Area Co-Ordinator What's ON



in partnership with



Proudly funded by



## Scams Aftercare Service



### Who we are

Our Age UK Cheshire East Scams Awareness and Aftercare Project is run in partnership with Cheshire East Council Trading Standards.

We combine over 30 years of empowering older people to live more independent lives with the expertise of scams awareness to protect consumers and maintain a fair and safe living environment.

Anyone can fall for a scam. We're here to help you get back on your feet.

### What we offer

The Scams Aftercare Service offers telephone, email, online video and face-to-face support to help older victims of scams cope and recover from the impact of the crime. Some victims require only information, advice and guidance, whilst others may benefit from more intensive and personal support.

### Our Services

If you have been scammed, are aged 50+, live in the northern part of Cheshire East Borough, and would like some support, we can offer:

- Advice on how to spot, avoid and report scams.
- A monthly scams awareness update bulletin.
- A point of contact for reassurance if you come across further potential scams.
- Someone to talk through the emotions and practicalities after being scammed.
- Referrals to local services and support with engaging in community activities.



Contact us at: [enquiries@ageukce.org](mailto:enquiries@ageukce.org) 01625 612958 [www.ageukce.org](http://www.ageukce.org)





JOIN OUR FACEBOOK PAGE @CRE8 SURPLUS FOOD  
GROCERY FOR UP TO DATE INFORMATION

## Cre8 Surplus Food Grocery

- **Tuesday 1pm** St Barnabas Church, Lyme Avenue SK11 7RS
- **Wednesday 4:30pm** St Barnabas Church, Lyme Avenue SK11 7RS
- **Thursday 1pm** Green in the corner cafe (Hurdsfield Pennine court SK10 2RL)
- **Thursday 3pm** Bollington Town Hall, Wellington Road SK10 5JR



- Everyone is welcome - there are no restrictions or requirements to use the Grocery. We ask that you only visit us **once per week.**
- You can pick up for yourself and one other household.
- We ask for a minimum of **£3 donation per household** - in return you get around £25 worth of food (made up of store cupboard essentials, fresh and chilled food)

- We use 'surplus food' donated by local supermarkets, shops, schools, restaurants and food charity FareShare, that would otherwise be wasted
- **We can't guarantee what food will be available.** We can't provide a choice of food. Bags are pre-packed. If there are items you can't use please consider sharing with a family member, neighbour or friend!
- Where possible vegetarian or vegan food is available
- Food safety is really important to us. You will never receive any food that is beyond its use by date. Many items will be past or close to their best before dates. These are safe to eat, but may not last as long as 'usual'. See Food Standards Agency for more info on food dates.
- Unfortunately we can't offer deliveries.
- We close when we have run out of food - so get there on time if you're in need.
- (Depending on demand / food availability we reserve the right to restrict our offering on the day)



OFFICIAL-SENSITIVE

OFFICIAL

OFFICIAL-SENSITIVE



## FREE Money Course

helping you to budget, save and spend well

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

7:15pm Tuesday 6th & 20th June  
St Cross Church, Knutsford

To book your place or for more information contact us:

[info@hopecentral.org.uk](mailto:info@hopecentral.org.uk)  
01625 724 133

No personal financial information is shared during the course.



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  
St Cross Church Knutsford

To book your place or to find out more information  
email [info@hopecentral.org.uk](mailto:info@hopecentral.org.uk) or call 01625 724 133

[www.hopecentral.org.uk](http://www.hopecentral.org.uk)  
Registered Charity 1183290



**HOPE**  
*central*  
www.hopecentral.org.uk

# BARNABY PARADE CRAFTS

SPEAKING & SPEAKING OUT



If you want to be a part of the excitement, let us know! 😊

[mikhaela@maccsuso.org.uk](mailto:mikhaela@maccsuso.org.uk)

## UPCOMING BARNABY CRAFTS AT SUSO

### May

Monday 15th  
10:30am-12:30pm  
Tuesday 23rd  
10:30am-12:30pm

### June

Tuesday 6th  
10:30am-12:30pm  
Thursday 15th  
1pm-3pm



Working with ArtSpace to get ready for the parade

Charity Number: 1161691 Contact Number: 01625 424717

## Hospice befriending service

This service supports lonely, isolated, or people who are struggling, who are:

- Towards the last year of life
- Caring for someone in the last year of life



### ***What's the purpose of the service?***

This service supports patients or carers (often both) with visits from one of our team of volunteers. It's primarily social, offering friendship and emotional support, it could be helping navigate often confusing medical and social care services they're dealing with. We can help with practical tasks too (prescription pick up, shopping). Our aim is to help people facing a tough time, feel less isolated and more supported with the forming of a warm relationship with one of our volunteers.

Connections and friendship are important in facing difficult times, and we always match befrienders and befriendees on personality – we want them to get on well together!

Our befrienders are people from all walks of life, they are good listeners, and caring people, and we recruit them with as much rigour as we recruit our staff. All are interviewed, referenced, DBS checked, and have undergone extensive training.

### ***Who can be referred?***

Anyone who's toward the last year of life, whose primary diagnosis isn't dementia, their main carer, or occasionally recently bereaved and isolated people who don't need counselling.

People don't need to be an existing patient of the Hospice.

The befriender will be there for you throughout the journey of this next stage of your life for as long as they (and carers if appropriate) need them.

### ***How can I refer?***

Call Helena Smith, community befriending lead on 01625 664984, email [hsmith@echospice.org.uk](mailto:hsmith@echospice.org.uk) or [refer here](#)

## The Guild in Wilmslow hosts a second International Evening to celebrate the love of modern language.

---

Following the success of our first International Evening in December, the Guild for Lifelong Learning on Bourne Street, Wilmslow will be hosting another fantastic social evening on Thursday 29th June from 7.30pm.

**We'd like to invite anyone from the local community with a love of language to join us.**

Perhaps you already study modern languages, or might like to restart your learning. Complete beginners are very welcome. This is also a great opportunity for students of language classes at the Guild to celebrate their learning and achievements whilst meeting others outside of the classroom.

The evening will include a foreign language book fair, and several course tutors will be available to answer any questions.

You are welcome to bring your own drink; soft drinks are available to buy. A variety of nibbles will be provided, to give you a flavour of foodstuffs from Germany, France, Italy and Spain. There is no associated fee to attend this event.



Guild for Lifelong Learning is a registered charity No.1151387  
Website: [guildlifelonglearning.org](http://guildlifelonglearning.org)

for Lifelong Learning is a registered charity, No. 1151387.  
I as a company, No. 8331345 (England & Wales)

OFFICIAL-SENSITIVE



Registered with  
**FUNDRAISING  
REGULATOR**





A friendly space for all with free tea and coffee.

Space for little ones to play.

Hurdsfield Community Hub

at Holy Trinity Church, SK10 2PX

Every Wednesday 1:00 pm - 4:00 pm



**NHS**  
North West  
Ambulance Service  
NHS Trust



**DISLEY PARISH COUNCIL**



**FREE CPR  
AND  
DEFIB  
TRAINING**

Learn how  
to save lives  
using CPR and  
defibrillators

**Thursday 1st June  
2023**

**2 sessions:  
4.00pm and  
6.00pm**

**DISLEY COMMUNITY  
CENTRE**

PLACES ARE LIMITED,  
SO PLEASE BOOK  
ON 01663 762726 OR  
ADMIN@DISLEYPARISHCOUNCIL.ORG.UK





## VOLUNTEER THIS SUMMER AT YOUR LIBRARY

Are you 13 or over and enthusiastic about books and reading?  
Volunteer and help run the Summer Reading Challenge!

Ask a member of staff for more information

SUMMER  
READING  
CHALLENGE



Library Cheshire East

Bollington Library

## What's on - Regular Events

### Story and Tea

First Thursday of the Month 2-3pm

A relaxed and friendly 'informal book club' join us for a story refreshments and share your love of books! Free

### Reading Groups

Tuesdays Monthly Mornings 11-12 Evenings 6-7pm  
Do you love discussing books you've read? Want to hear other people's thoughts? Why not try one of our reading groups!

### Knit & Natter

Second and fourth Thursday of the Month 2-4pm

Bring along your current craft project and join us for a chat. Refreshments provided. Free, all welcome

### Bollington Writers

First and Third Tuesdays of the Month 5.30-6.30pm

All genres and writing styles welcome, come and join our friendly group. Contact [Philippahenrietta@gmail.com](mailto:Philippahenrietta@gmail.com) - £3 per session

### Dementia Alliance

Every Wednesday afternoon 2-4pm

Bollington Dementia Action Alliance meet weekly, a support group for carers and those living with Dementia. Free

### Library Services

IT Buddy - Which Online Access - Ancestry & Find my past subscriptions - eBooks - eAudiobooks - eMagazines - printing - home library service - large print books - reading group boxes - WiFi - Railcard Codes - Blue Badges - Bus Passes - Computer Use - Jigsaw Swap - Local Information - Coffees - Newspapers

your Library

Cheshire East Council



**For more information and to find out how to become a member, get in touch with us:**

**E:** [admin@timeoutgroup.org.uk](mailto:admin@timeoutgroup.org.uk)

**T:** 01625 520652

Time Out Group Drop In,

25 The Paddock,

Handforth, SK9 3HQ

Charity number 1161863

## Singing For Fun

### Thursday Nights



We will be running a new session on Thursday evenings with a lady named Elena.

Elena will be running 10 sessions, including —

- Teaching singing techniques
  - Music workshops
  - Lyric writing
- Maybe even writing our own song to record!

**Dates to follow, come and give it a go!**



**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**

**6th and 20th June**

**4th and 18th July**

**1st, 15th and 29th August**

**12th and 26th September**

**10th and 24th October.....**

**And every other Tuesday thereafter.**

---

**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](mailto:office@poyntonparishchurch.org)*

# Newsletter – Local Area Co-Ordinator What's ON



## COFFEE AND CHAT GROUP



Booking is essential, please call us on **0300 303 0208** or email: [enquiries@cheshireeastcarershubs.co.uk](mailto:enquiries@cheshireeastcarershubs.co.uk). We will confirm your place by telephone. If your circumstances change and you are no longer able to attend, please let us know.

Parking charges and travel to venues will not be reimbursed.

### **Poynton**

Civic Hall, Off Park Lane,  
Poynton, SK12 1RB

**Every Fourth Tuesday 2pm - 4pm**

**27 June/25 July / 22 August / 26 September**

### **Wilmslow**

The Topiary, Wilmslow Garden Centre,  
Manchester Road, Wilmslow, Cheshire, SK9 2JN

**Every Third Friday 2pm - 4pm**

**16 June/21 July / 18 August / 15 September**

### **Knutsford**

Curzon Cinema, Toft Road,  
Knutsford, WA16 0PE

**Every Third Thursday 10:45am - 12:45pm**

**15 June/20 July / 17 August / 21 September**

### **Macclesfield**

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

**Every Third Friday**

**16 June: 12pm - 2pm**

**21 July: 12pm - 2pm**

**18 August: 9:30am - 11:30am**

**15 September: 12pm - 2pm**



## UPCOMING ACTIVITIES AND EVENTS

We are offering a selection of activities and events. Please note that you must be registered with Cheshire East All Age Carers' Hub prior to applying for a place on any of the events listed below. Places are limited and are allocated on a first come first served basis.

Booking is essential, please call us on **0300 303 0208** or email: [enquiries@cheshireeastcarershubs.co.uk](mailto:enquiries@cheshireeastcarershubs.co.uk). We will confirm your place by telephone. If your circumstances change and you are no longer able to attend, please let us know.

Parking charges and travel to venues will not be reimbursed.

## Arts and Crafts

### Macclesfield

Macclesfield Arts Space, 2nd Floor, Sutton Mill,  
Heapy Street, Macclesfield, SK11 0BL

**22 June: 10am - 1pm & 27 July: 10am - 1pm**

### Pottery painting and Cream tea

Blaze Farm and the Potty Sheep, Wildbourclough, Macclesfield, SK11 0BL

**14 June: 11am - 2pm (the farm is open until 4pm)**

## Saturday Big Breakfasts

### Macclesfield

Toby Carvery, London Road,,  
Adlington, Macclesfield, SK10 4NA

**17 June: 10am - 11:30am**

## Walk and Talk

### Alderley Edge

Wizard Walk

Meet at the Tea Room Macclesfield Road, Nether Alderley, Macclesfield, SK10 4UB

**19 July: 10:30am - 12:30pm**

# 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>

# Newsletter – Local Area Co-Ordinator What's ON