



What's ON...

DATE: Feb 2024

HELLO AND WELCOME TO OUR NEWSLETTER

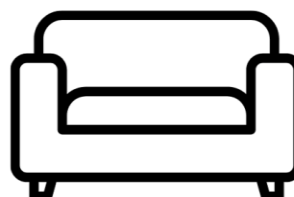
We hope you find this information useful and please do share with everyone and anyone you feel may benefit.

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



DROP
IN



A warm space for all with free tea and coffee.
Space for little ones to play.

Every Wednesday 1:00 pm - 4:00 pm
At the Community Hub



Local Area Co-Ordinator

FREE EVENT



As the Western end of the ancient Silk Road we celebrate the links between Macclesfield and China and welcome in

LUNAR NEW YEAR



THE YEAR OF THE DRAGON
SATURDAY 10TH FEBRUARY

11:30am

DRAGON PARADE FROM MARKET PLACE

Join in with the rhythmic drums, meet the dragon
and follow the Zodiac Parade down Mill Street

12:00 - 3pm

**CELEBRATIONS IN PARK GREEN AT THE
UNITED REFORM CHURCH AND SILK MUSEUM**

Traditional Music, Tai Chi, sample authentic Chinese dishes, art and crafts

MACCLESFIELD

ArtSpace
COMMUNITY



LUNAR NEW YEAR PARADE WORKSHOP



SATURDAY 3RD FEBRUARY 12-3PM!

Come join us and make noisemakers, flags and dragon masks at this **FREE** workshop

**IN THE GROSVENOR CENTRE OPPOSITE
GREGGS!**



Ageing Well Roadshow



**FREE
EVENT
1pm - 4pm**

**Wednesday February 7th 2024
Macclesfield Community Hall,
SK11 6UR**

For older people of Macclesfield to learn about the wealth of services, groups and support available.

in collaboration with...



East Cheshire Hospice
Where people come to live



PEAKS & PLAINS
Housing Trust



& BP checks from our nursing hub team!



This is a drop in event so no need to confirm your attendance, for more information you can call: 01625 264037

MUSIC

at St Michael's

St Michael's Church, Market Place ,
SK10 1DY

Jan

FRIDAY 26th
Kelvin Leslie
(piano)



Free Entry
all starting at 1.15pm

Feb

FRIDAY 2nd
Steven Davies
(concertina)



Thursday 8th
Nicola Bright
(2 violins and piano)



Mar

SATURDAY 24th
Kukua
West African djembe



THURSDAY 29th
Bright quartet & Emma
Tennant (clarinet)



FRIDAY 8th
Hyuk Nankoong
(piano)



**Donations for St Michael's Church
& East Cheshire Hospice welcomed.**

FRIDAY 15th
Southland of the Heart
(folk/jazz)



FRIDAY 22nd
John Saber
(piano & violinist)



THURSDAY 28th
Wendy Nugent



Refreshments are available before &
after the concerts

See our website for latest news <http://www.stmichaels-macclesfield.org.uk>

café is open for a hot lunch before and afterwards.

Choral Evensong - Sun 11th at 6.30.

Ukrainian Café – every Saturday 10 – 11.30am in our Youth Centre rooms, in church.

AMAZING FANTASY#15
THE FIRST APPEARANCE OF SPIDER-MAN!

MACC POW! PRESENTS
AN EXHIBITION OF THE ARTWORK FROM THE COMIC THAT CHANGED IT ALL!

15TH FEBRUARY - 2ND MARCH 2024
THE SILK MUSEUM MACCLESFIELD.
WORKING IN PARTNERSHIP WITH MACCLESFIELD TOWN COUNCIL

Newsletter – Local Area Co-Ordinator What's ON

CHANGE OF DATE FOR THE CHESHIRE EAST HOARDING GROUP

From the 6th of February, the group will be held on Tuesdays at the Library

CHESHIRE EAST HOARDING SUPPORT GROUP

Tuesdays 10am -12noon (Fortnightly)

Macclesfield Library, Jordangate

Macclesfield SK10 1EE

next group 6th February



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

Stephanie.Durber@cheshireeast.gov.uk Tel 07753 583518

Dave.Thomas@cheshireeast.gov.uk Tel 07827 873748

OFFICIAL

Living, Loving,
Serving, Sharing



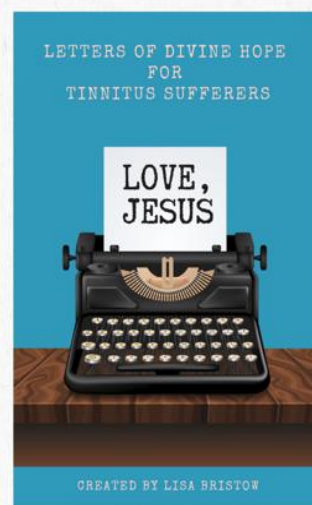
Stories of Hope!

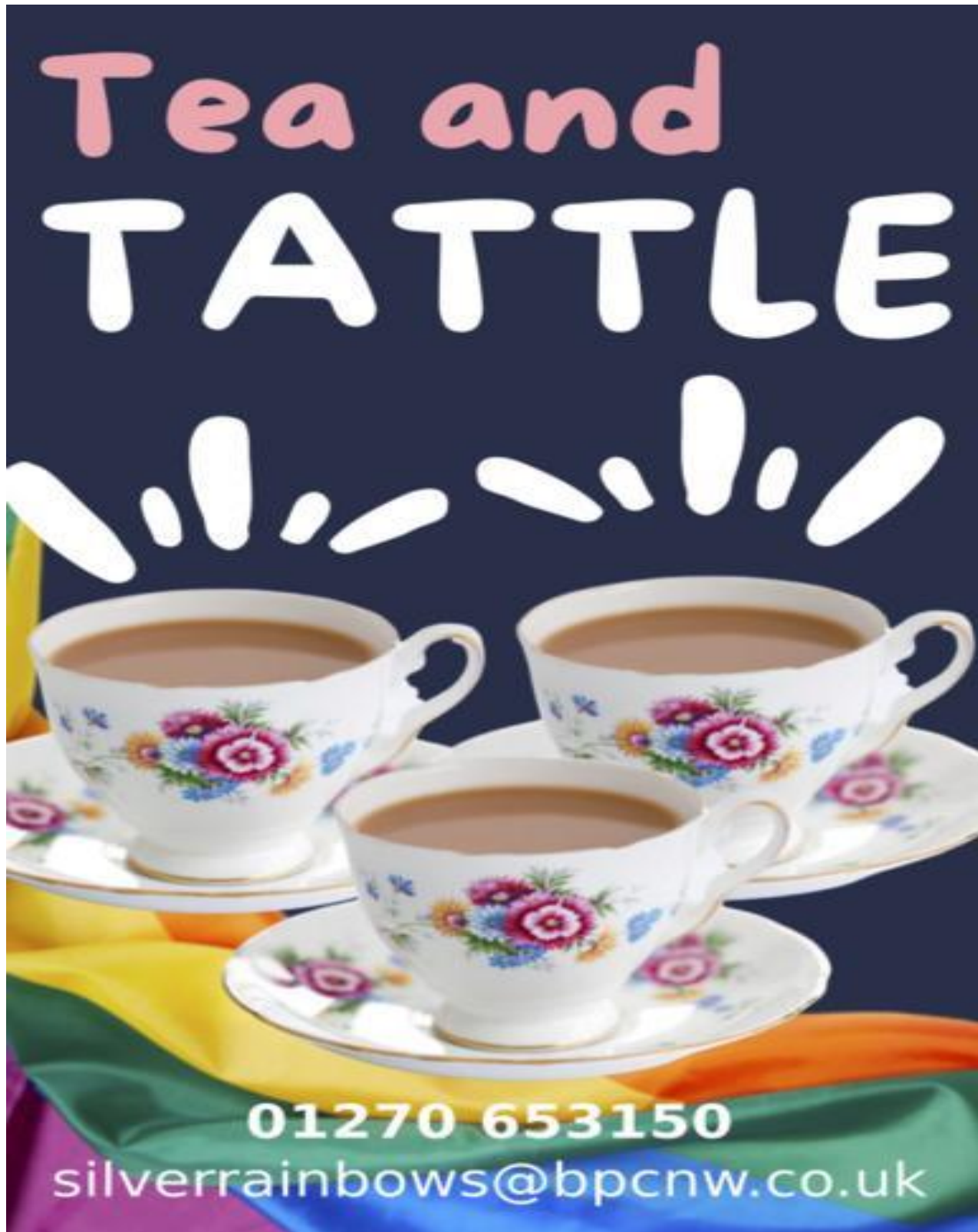


Join us as Writer and Tinnitus Coach Lisa Bristow tells us how a tuna melt sandwich brought her back to faith! And how Jesus inspired her to write a book for people suffering with tinnitus.

7pm - 8:15pm, 6th February
at The Hope Centre,
16-18 Park Green, Macclesfield
SK11 7NA

Everyone is welcome - entry is free!
There will be drinks, cakes and a
chance to buy Lisa's book.





Friday 23rd February 2pm – 4pm

Come along for an informal chat and the chance to meet other older LGBT+ people and make new friends, we meet in the café at the silk museum.

Lots going on at DIB



WARM SPACE **Shop Mobility Churchill way** **Macclesfield**



OPEN

Mon - Friday
10am - 3PM

A WARM WELCOME
GUARANTEED



DIB have a new volunteer programme with a good variety of roles from admin, reception, welfare rights to roles within their Warm Space where they are looking for people who may want to increase their confidence spending time with people, welcoming our visitors into the space, making drinks and light snacks, support with jigsaws and board games. Lots of opportunities for those with an artistic flare, or those with no artistic flare who just enjoy it! DIB have a designated member of staff to support volunteers in a bespoke way to ensure they really do get the most out of the time they kindly give to us. We also focus on spending time with volunteers out of the setting such as coffee meet ups and nights out which is proving very popular.

Our WWW provision supports people with welfare rights and then goes on to look at other areas of their life where they may need further help and support and can be anything from issues with accommodation, reducing isolation, help to find employment/volunteering etc.

Our wheelchair hire scheme continues to be very popular. For a £20 deposit the hire is then either £2.50 per day or £10 a week available from Shop Mobility with the ongoing Mobility scooter hire.

Disability Information Bureau

Pierce St, Macclesfield, SK11 6ER, Tel: 01625 501759, Mob: 07977 144258

www.dibservices.org.uk

Newsletter – Local Area Co-Ordinator What's ON



Fundraising Friday for Camas – Friday 23rd February.

Need a car wash? Fancy a cup of tea at the same time?



Our young people are raising funds for their annual trip to Camas, come along to St. Barnabas Church on Friday 23rd February, we'll be there from 10am. You can have your car washed, get a cup of tea or coffee, cake and support our young people.

Cre8 MACCLESFIELD COMMUNITY GROCERY

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

Everyone is welcome - there are no restrictions or requirements it costs £5 for a shop of items worth £25 usually made up of fruit & veg, household and chilled or frozen food.

We use surplus food donated by local supermarkets, other shops and food charity FareShare, that would otherwise end up as landfill

Tuesday
1pm
St Barnabas Church
Lyme Ave
SK11 7RS

Wednesday
4.30pm
St Barnabas Church
Lyme Ave
SK11 7RS

Thursday
1pm
Green on the corner cafe
Pennine Court
SK10 2RL

Thursday
2.30pm
Bollington Town Hall
Wellington Rd
SK10 5JR

Follow us on facebook for live updates about grocery and important information
www.facebook.com/cre8grocery

We run music drop in at the building, Mayfield Terrace, SK11 7TG.

Primary Ages 8+ 3:30 until 5pm

Secondary Ages 11+ 3:45 until 5:30

Sunday Ages 16+ 6pm until 7:30pm

All abilities welcome, come and play, sing or just listen.



Alderley Edge Methodist Church

Saturday Coffee Mornings



10am - 12 noon every Saturday

COME AND MEET YOUR FRIENDS

Have a natter, browse the stalls for homemade goodies, books, jigsaws, fair trade items and much more.

! MONTHLY COFFEE CONCERT !

On the **first Saturday 11am**



Informal Piano recitals

Feb 3rd, Mar 2nd, Apr 6th,
May 4th June 1st, July 6th

Admission Free

www.alderleyedgemethodistchurch.com



Alderley Edge
Methodist Church

LUNCHTIME CONCERTS

Third Wednesday of the month

MUSIC STARTS AT 1 pm

21 February

Piano recital by Matthew Mclachlan

20 March

Catalina Duo
Sophie Clarke / mezzo Ravi Nathwani / guitar



ADMISSION £ 7.00

Modestly-priced Light Lunches

Served from 12 noon

www.alderleyedgemethodistchurch.com



Royal Association for Deaf people

Energy workshop DSN



Come along to our workshop and find out:

- How to save energy in the home
- Applications for grants and discounts
- Information about the Extra Care Register

Monday 12 February 2024

10:30am—11:30am

**DSN, 27 Bridge Street, Macclesfield,
Cheshire, SK11 6EG**

For more information, please email or send a BSL video to
outreach@royaldeaf.org.uk

www.royaldeaf.org.uk | 0300 688 2525

Registered Charity No. 1081949 | Company registered in England No. 3973353



The service explained



Cheshire Agricultural Chaplaincy is a team of farmers, clergy and agricultural specialists that cover the whole of Cheshire & Wirral offering 24:7 support to the farming community with a listening ear for as long as required, pastoral support and ability to bring in supporting agencies when required.

Majority of people seen by the team are suffering from depression, mental health issues or financial difficulties. Team members apart from visiting individual farms, attend local livestock markets, local agricultural shows and preside at church services.

Farming as an occupation has one of the highest rate of suicide, many farmers are suffering with difficult issues like financial pressure, isolation, adverse weather conditions, family disputes, government regulations and inspections, administration, poor harvests & livestock disease all combined with long hours of work. All this contributes to serious levels of hopelessness and depression, some thinking of self-harm. As farmers and Pastors, they are uniquely placed to deliver this support understanding the language of farming and the issues farmers face. They are available to farmers and all allied workers in the industry.

Contact

Helen Rutter, Chaplaincy Lead

Helpline: 07967 559594

Email: talk@agchap.com

CAMEO – Come and Meet Each Other

A poster for the CAMEO event. The background is dark blue with a white wavy line on the left and right sides. At the top right, there are four white circles. The word 'CAMEO' is written in large, bold, white letters. Below it, the text 'Every Tuesday 10:30-12:30 £2.50 (first visit free)' is displayed in white. A white box contains a list of activities: 'Hot drinks', 'Visiting speakers', 'Friendship', 'Fun', and 'Soup and dessert'. The Salvation Army logo is in the bottom left corner. The address 'Roe St, Macclesfield' is at the bottom. A photograph of hands forming a heart shape is on the right side. At the bottom right, there are four white circles.

CAMEO

Every Tuesday
10:30-12:30
£2.50 (first visit free)

Hot drinks
Visiting speakers
Friendship
Fun
Soup and dessert

THE SALVATION ARMY

Roe St, Macclesfield

Roe street, SK11 6UT, 01625 425343



Hosted by Lee !

FREE ENTRY

BAR TAB PRIZE

EVERY WEDNESDAY AT 8PM

Porters - Prince of Wales pub. 33 Roe Street Macclesfield, SK11 6UT
01625 403419



THE WESTON HUB CRISIS CAFE

A safe space to support adults experiencing emotional distress.

- Short Term Crisis Support
- A Safe Space
- Signposting to Relevant Services
- 1:1 Emotional Support
- Mindfulness Activities
- A Listening Ear

OPENING HOURS

Mon-Sun 8am-8pm

MAKE A REFERRAL

For referrals, please contact us by phone or email us for a referral form. This can be completed by yourself, GP practices and other healthcare professionals.

www.echc.org.uk



24 hour support is available from the crisis line:

☎ **0800 145 6485**

The Weston Centre, Earlsway,
Macclesfield, SK11 8RL

☎ **01625 440700**

✉ thewestonhub@echc.org.uk



SINGLE SESSION: YOUR CAREER

Including:

**A qualified therapist delivering strategies & techniques
to look after your mental health.**

Employment focus:

- Personal Profiling
- CV & Application skills
- Cover letters
- Interview skills

Info:

Tuesday 27th February

11am - 1pm

Meet us at 10.50am at

Macclesfield Job Centre Plus or

The Big Life Group,

Radian house, 11b King Edward Street,

Macclesfield, SK10 1AQ

To refer please speak to your work coach or email:

emma.evans@thebiglifegroup.com

MARTIN JACKSON'S

Quiz Night

Do you have what it takes to be the ultimate quiz champion? Then, gather your friends and join us for Quiz Night at The Bulls Head on Broken Cross. This is your chance to show off your knowledge and have fun in a friendly competition.

EVERY THURSDAY

START AT 8 PM

**THE BULLS HEAD BROKEN
CROSS, SK11 8TU**

155-157 Broken Cross, Macclesfield
07572 433085

Cheshire East Council launches community equipment return amnesty.

Cheshire East Council has launched a community equipment return amnesty: Declutter your home, help others in need and save the council money.

The council is asking residents if they have unused crutches, wheelchairs, or walking frames gathering dust in their attic or garage and giving residents a chance to declutter their homes and help others in the community with a brand-new community equipment return amnesty.

This new amnesty is a way to return borrowed equipment people no longer need, ensuring it can be cleaned, refurbished, and loaned to individuals who desperately require it.

What equipment can be returned?

- Walking frames or sticks.
- Crutches
- Bath lifts
- Shower seats, commodes, and toilet surrounds
- Hospital beds, hoists and bed transfer aids
- Furniture raisers

Anyone with equipment which is no longer needed is invited to call 0151 653 9988 or to email: CES@millbrookhealthcare.co.uk to arrange collection.

Or use the link <https://millbrookhealthcare.co.uk/pages/chester-and-cheshire-west-cheshire-east-integrated-community-equipment-service>

The equipment will then be picked up by a Millbrook Healthcare engineer within five working days, free of charge. Alternatively, it can be dropped off by prior arrangement at:

Unit 7 Artis Park
Winsford Industrial Estate
Winsford
Cheshire CW7 3QE



PUB QUIZ

**AT THE
SHAMROCK
MACCLESFIELD**

EVERY SUNDAY

7:30PM

- £1 entry
- free food
- play for the jackpot



96 Mill Street, Macclesfield, SK11 6NR
01625 409326

NEW LOCATION FOR HANDFORTH THURSDAY CLUB

Handforth Thursday Club

No one should feel lonely and isolated!



Handforth Thursday Club is now located at Saint Mary's Church Hall, Handforth, meeting every Friday between 1.00 - 3.00pm, where members meet to socialize, play dominoes and bingo as well as enjoying a raffle with tea, coffee and biscuits.

We seek to prevent people from becoming isolated, by providing a welcoming, open and friendly atmosphere to all.

For more information please contact: *Jean and Mike*

01625 251069 or 07521312271



Social Group for those with memory loss and their Carers (DFC)

Next meeting **Wednesday 7th February 1.30-3.00**

Venue – The Guild for Lifelong Learning, Wilmslow, SK9 5HD

A safe and supportive monthly afternoon activity for people living with dementia and their carers. It's a chance for carers and family to meet new friends in similar situations for company and a chat.

There is no fee to join us however it would be fantastic if you could let us know you plan to attend so we can plan the catering

Information info@guildlifelonglearning.org

T- 01625 523903

Guildlifelonglearning.org

Future Dementia Café dates: 6 March 2024

Light refreshments available. Fully accessible building. Disabled parking

Our activities are suitable for anyone with memory problems. We do not offer any assistance with personal care but will be on hand to ensure that everyone who does attend has a very enjoyable experience.



Coffee on us (again)



Throughout the year, Mentell hosts public-facing events to raise awareness for our local men's groups; this month, the charity is celebrating the success of the **Macclesfield Circle at The Big Room.**

This event is for anyone connected to the local area to meet the team responsible for running the local circle.

This will be an informal drop-in coffee and chat at **Alfreds, Macclesfield SK11 7NA** on Thursday 1st Feb, from 12:00 - 2:00pm.

It will give you a chance to ask questions to the team in a relaxed setting and better understand the Mentell service.

MEET THE TEAM

[For free tickets to the event click-here](#)

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 for friendly, professional advice from your local health team.

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

Wed 7th February	Bollington Town Hall	2pm-3:30pm
Wed 3rd April	Bollington Town Hall	2pm-3:30pm
Wed 12th June	Bollington Town Hall	2pm-3:30pm
Wed 28th August	Bollington Town Hall	2pm-3:30pm
Wed 9th October	Bollington Town Hall	2pm-3:30pm
Wed 4th December	Bollington Town Hall	2pm-3:30pm

No Need to book just turn up.



Connecting Chelford

Don't mention the D word!

As the New Year has begun people still constantly ask "How was Christmas" and how we wish they wouldn't. Yes, Christmas is joyous and evokes special memories of children in younger days and opening pressies and laughter. But it's different now, especially when we are living with a loved one with memory issues that impact our daily living.

For some inexplicable reason we feel ashamed and isolated because they have issues with their brains that cannot be fixed. We try our best to hide the problems of our daily living from family and friends and by doing this we isolate ourselves more. Will this be achievable as the illness develops over time?

There is no judgement to fear. So many people would dearly love to open up to friends and neighbours, just as the neighbours and friends would be happy to help. You will be surprised to find out that they may have already experienced this with family and friends that you have never met. They have realised with hindsight how making this a secret only made their life more complicated and lonelier.

Locally you will find clubs and cafés that welcome you both to a couple of hours respite with tea, coffee and help with understanding what you are going through. There are activities like dominoes, cards, reminiscence and music. All designed to help you relax and stop hiding behind a cloak of isolation. Helping your loved one will help you too and there's a lot of us out there trying to cope alone.

Look in your locality for a club or ask your GP what is available in your area. Age UK have opened a number of places recently and they will be very happy to make you welcome

Memory Learning Café is open to people diagnosed with a Dementia and their Carers at Chelford Hub every fortnight starting again 9th January from 2.00-4.00pm

For further information on Chelford's Memory Learning Cafe

Contact Bee Crisp:

bee.crisp@yahoo.co.uk

Mob. 07836 386 550



Wilmslow United Reformed Church

Souperday Tuesday

Open every Tuesday come and enjoy a bowl of warm soup, bread and cheese for £4.

Open 11.30 to 2pm



wilmslowurc.org.uk



KNUTSFORD & DISTRICT LIONS CLUB



SENIOR CITIZENS VARIETY SHOW



KNUTSFORD METHODIST CHURCH

SATURDAY 3rd February 2024 : 2pm – 4.30pm

FEATURING:

KNUTSFORD STAR CHOIR

An Organist

A monologue ..or two

A vocalist trio

.....and the Lions sketch!



FREE TICKETS available from 3rd Jan at:

JONTY'S FRUIT & VEG, KNUTSFORD MARKET HALL, KNUTSFORD.

KNUTSFORD OLDE SWEET SHOPPE, 119 KING STREET, KNUTSFORD.

OR ANY LIONS MEMBER

Web : www.knutsfordlions.org.uk

email: knutsford.lions@gmail.com

Men In sheds

Exciting new opportunity to join Poynton Men in Sheds Evening session starting soon at our Poynton Workshop in The Centre at 107 Park Lane, Poynton.

We are considering opening the Poynton Men In Sheds workshop, one evening a week for gentlemen who have a desire to make new friends, socialise and perhaps learn new skills.

If this is of interest to you please email us on pymis21@gmail.com and we will arrange an open evening early February, where you can take the opportunity to look around our workshop, speak to existing members and discover what is available.

Please note due to space restrictions numbers will be limited.





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

Alternate Tuesdays beginning 16th January 2024 at St. George's Church Hall, Poynton

2.15 – 4:15pm

13th and 27th February

12th and 26th March

9th and 23rd April

7th and 21st May.....

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

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>
