



What's ON...

DATE: OCT 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

Local Area Co-Ordinator





everybody
Health & Leisure

MENOPAUSE
cafe



7-8.30pm

**First
Wednesday of
each month**

At a **Menopause Café** people, often strangers, gather to eat cake, drink tea and discuss menopause.

Come and join the conversation. We look forward to meeting you!

**Macclesfield Leisure Centre,,
Priory Lane,
Macclesfield
SK10 4AF**

For more information please email
wellbeing@motherwellcheshirecio.com
or text Debs: 07496160939



 **www.motherwellcheshirecio.com**



Survivors of
Bereavement
by Suicide

**Help and support
is available**

Your nearest support group is

**SoBS
Macclesfield**

Call us on

07886 304 953

or email

macclesfield@uksobs.org

The group meets on a monthly basis

www.uksobs.org



search **SOBSCharity**

Registered in England and Wales Charity No. 1098815
Registered in Scotland Charity No. SC041397
Company No. 4754829

TAI CHI CLASSES ALL AGES AND ABILITIES



INSPIRATE LIFESTYLES
LIFESTYLE • WELL-BEING • HEALTH

WITH SUE



**AT THE BRIDGEND CENTRE,
BOLLINGTON**

Mondays at 2pm. Starting on 9th September 2024.
£4 per session.

Call 01625 576311 or email
info@bridgendcentre.org.uk for more
information.



Speaking Up Speaking Out

Monster Mash 

Disco

FOR ADULTS WITH LEARNING DISABILITIES AND/OR AUTISM

£5 A TICKET

FULLY ACCESSIBLE

Thursday 31st October
5.30pm to 8.30pm

The Heritage Centre
Macclesfield SK116UT

GET YOUR TICKETS BY CALLING **01625 424717** MON-THURS 10AM-4PM

STAY UP LATE

18+



jobcentreplus

You are invited to a
Jobcentre Plus and
Cheshire East Council
Jobs Fair!

This is your chance to meet a wide range of
employers, all with vacancies they need to fill.
Among these will be:



The event will also be attended by
support organisations such as:



And many more.....

Macclesfield Jobs Fair

Old Town Hall, Market Place, Macclesfield SK10 1EA



8th October 2024

10.00 - 12.00

and

1.30 - 3.30

No need to book
Just turn up!



Macclesfield
Care Community



MACCLESFIELD LIVING WELL EVENT

October 12th 2024, 12.00 - 16.00

Saint Michael's Church and Macclesfield Town Hall

**WE ARE PLANNING A COMMUNITY EVENT
FOR THE RESIDENTS OF MACCLESFIELD,
WITH A FOCUS ON HEALTH AND WELLBEING.**

**We are finalising our list of providers and sessions this week,
if you are a local service or organisation focused on wellbeing
and would like to be involved, please get in touch:**

cmicb-cheshire.sp.macclesfieldpcn@nhs.net



**Wilmslow
United Reformed Church**

Death Cafe

Have you ever wondered what happens when you die?

**Join us for discussion at:
United Reformed Church
Chapel Lane, Wilmslow SK9 1PR
Tuesday 15th October 2-4pm**

Join us for an afternoon discussion about death as a natural part of life.

We have lots of laughter and you have a chance to talk about making the most of the time we have.

The Death Cafe movement has no agenda, objectives or themes. It is a discussion group rather than a grief support or counselling session.

This is a free event & includes refreshments





are you Scam Proof?

protect yourself and others from fraud

COST: Free

Join us for an afternoon of talks from Age UK Cheshire, Trading Standards, Cheshire Police and the Crown Prosecution Service about cyber safety, doorstep crime, banking online, password security and more...

- **Tuesday Oct. 15th 2:30–4:30pm**
Sandbach Town Hall CW11 1AX
- **Wednesday Oct. 16th 2:00–4:00pm**
The Guild For Lifelong Learning
Wilmslow SK9 5HD
- **Thursday Oct. 17th 2:00–3:45pm**
Online on Microsoft Teams

BOOKING INFORMATION

To book your place, **scan the QR code (right)** or contact:

Age UK Cheshire on 01625 612 958 or
scams@ageukcheshire.org.uk

Registered charity number 1091608.

Find us social media:     



SCAN ME



CIRCLES

LISTEN, CARE AND SUPPORT

A warm and welcoming weekly therapeutic group for young women aged 16-25.

WHAT WE OFFER:

Experience a supportive & nurturing environment
Opportunities to connect with others
Empowering discussions
Support for personal growth, mental health & well-being

Enjoy trips and complimentary therapies to help group members bond, enjoy time together, and promote well-being and self-care.

GROUP SESSIONS:

Weekly meetings in Knutsford,
starting Thursday 17th October, 6pm-7:30pm.

If you can't make the first session, you can still join the following week!

Contact Just Drop-In on 01625 665 079 or hello@justdropin.co.uk to find out more.

We'd love to hear from you!



THE
PILGRIM
TRUST



Community Crafts

at

Macclesfield & Bollington United Reformed Church
Townley Street SK11 6HZ

Wednesdays 2.00-4.00 pm

16th October 2024

20th November 2024

18th December 2024

Learn new skills Share creative ideas

Make new friends

Space to do your own crafts

Jigsaw puzzles and board games to play

For information and to book your free place:

Frankie Seabrook

07444 205168

frankie87seabrook@gmail.com



FREE

HOW TO LIVE WELL FOR LONGER

Calling all Knutsford residents **OVER 65**
come along to our **FREE** health fair

FREE INFORMATION & ADVICE ON:

- Power of Attorney / Wills
- Local social groups and exercise classes
- Ways to Keep fit and strong
- Nutrition and Hydration
- Good Mental Health
- How to reduce risk of dementia
- Caring for people with dementia
- Looking after your feet

FREE HEALTH CHECKS

- Blood pressure and heart checks
- Strength and balance checks
(including advice)



Weds 16th October
2pm - 4pm
SHAW HEATH SOCIAL CLUB

For more information or to **BOOK YOUR PLACE** email
ecn-tr.knutsfordcarecommunity@nhs.net

the
welcome

JOIN US FOR A

**MORNING
WORKOUT**

Kickstart your day,
with a light exercise class,
stay active, and have fun in a
supportive environment!

**Tuesdays at 11am
and
Fridays at 9.30am**

147 Longridge, Knutsford WA16 8PD

01565 750905

Space4Autism Drop In Poynton



as part of our Space to Prosper Project

Come along and chat to one of our wellbeing workers for information, advice and support.

1st Thursday of each month (in term time)

10 am - 2 pm

**Clay Coffee House,
22 Park Lane,
Poynton,
Cheshire,
SK12 1RE**

For information please email:

outreach@space4autism.org

Funded by





First meeting of ECES Men in Sight was held in the Bollington Room at Townley Hall. A safe place for adult men affected by or with sight loss to TALK.

Next meetings are scheduled for 10am on Thurs 17th Oct and Thurs 21st Nov at Townley Hall, Townley Street SK11 6HZ

The ECES Men in Sight meetings are open to adult men (18+) who are affected by sight loss or are a carer/partner of a person affected by sight loss. In the group meetings, the attendees, should they wish to do so, will be able to talk about the physical, mental health and relationship issues in their life resulting from sight loss, in a safe, supportive, confidential, judgement-free and non-clinical environment

Please contact East Cheshire Eye Society for further information.

Tel: 01625 422602

info@eastcheshireeyesociety.org.uk



- Learn basic woodworking skills
- Make your own small coffee table/ stool
- Make friends in a safe space



Introduction to Woodcraft



Bridgend Centre,
Bollington

Monday afternoon classes
1.30pm-3.30pm
21st Oct - 18th Nov
£30 for 5 week course
Places limited

Suitable for those who have previously attended an Introduction to Woodcraft workshop, or have a small amount of woodworking experience, or are generally good at working accurately on a practical project. This workshop will introduce a couple of different types of woodwork joints.



Contact Rebecca 01625 576311
info@bridgendcentre.org.uk to
book your place and discuss
any additional requirements.



Music@Mike's



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

September

Friday 20th
Imogen Garner
(mezzo-soprano)
& John Gould (piano)



Free Entry

All starting at 1.15pm
Refreshments available before
& after the concerts

October

Saturday 5th
Kontanyi
Djembe-style
drumming group



Saturday 19th
Always a Teaspoon (Ollie
Gibson, Adam Small and
Tim Sparks) – playing
indie, folk and rock



Thursday 10th
Sarah Wilkes (alto) and
Neil Taylor (piano)



Thursday 24th
Cheshire Chamber
Collective; Adrienne
Spilsbury (violin) and Julian
Davis (piano)



November

Friday 1st
Johanna Leung (clarinet) &
Sonia Duo (clarinet and bassoon)



Friday 8th
Macclesfield Music
Centre Chamber Choir



Thursday 14th
King's School

King's

Thursday
28th
Kell Wind Trio



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

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

STEADY ON YOUR FEET

Cheshire



Do you feel unsteady when standing or walking?



Have you had a fall?



Do you feel worried about falling?

Complete a self-assessment today!



SCAN ME

or visit:

www.steadyonyourfeet.org/cheshire

- ▶ FREE personal action plan
- ▶ Exercise ideas & local service info
- ▶ Stay active & independent
- ▶ Increase confidence



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>