



What's ON...

DATE Nov 24

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



SUNDAY 10TH NOV – 10.30AM

Local Area Co-Ordinator



REMEMBRANCE CONCERT

Presented by

Silk Brass

St. Michael's Church

Macclesfield

SK10 1DY

Saturday 9th November

at 7.30pm



Tickets £12

u16s Free from:

- Macclesfield Tourist Info.
- On the door on the night
- priorbooking.com/silkbrass

www.silkbrassband.co.uk CIO No.: SILK BRASS BAND 1207294



Affected by sight loss?

Need tech advice?



Tea and Tech PEER SUPPORT GROUP



**Thurs 7th November 10am
At ECES Office**

**Get in touch for more
information**

East Cheshire Eye Society, 11 Market Place, Macclesfield SK10 1EB

Tel: 01625 422602 info@eastcheshireeyesociety.org.uk

www.eastcheshireeyesociety.org.uk

 [@ECEyesociety](https://twitter.com/ECEyesociety)

 [East Cheshire Eye Society](https://www.facebook.com/EastCheshireEyeSociety)

Charity No. 1174656

Johannes BRAHMS

Ein Deutsches
Requiem &
Schicksalslied

for singers and piano

Conductor Mark McCombs
Piano James Heathcote
and Robin Wallington

Saturday 16 November 2024 7.30pm

St Michael's Church,
Macclesfield SK10 1DY

KEMS Macclesfield
Singers



Registered Charity No. 517554

Tickets

Adult £15 – Under 18 free
Macclesfield Visitor Information Centre
Congleton Tourist Information Centre
Margin Music, Macclesfield
Online at kems.yapsody.com



Do you like to cook?

We need someone to cook with young people
at our youth club on a Wednesday evening.

5:30pm to 7pm @
St.Barnabas Church on the
Moss.

If you're interested please contact
jonathan.aiken@cre8macclesfield.org or call the
office on 01625 503740

We also need people to do
crafts, play games, generally
take part in youth club. If
you're interested please
contact us as above. Thanks.

*Friends of Rushton School
proudly presents their annual*

Christmas Market

**28TH NOVEMBER 2024
6PM - 9PM**

**HEATON HOUSE FARM
RUSHTON SPENCER, SK11 0RD**

**SHOPPING | GIFTS
BAR | HOT FOOD**

**TICKETS
NOW
ON SALE
£2 per adult**



To book a stall contact
friendsofrushtonprimary@gmail.com



Stable
Yard
Catering





WE'RE HAVING A

HALLOWEEN

party

FUNDRAISER

FUN, GAMES, ACTIVITIES

£5 PER CHILD (INCLUDING SIBLINGS)
EACH CHILD TICKET WILL INCLUDE FREE
REFRESHMENTS AND EITHER A BURGER OR HOTDOG

**SATURDAY 2ND
NOVEMBER
6-8PM**

FOR CHILDREN AGED 5-13
FREE FOR PARENTS/CARERS, MUST
ACCOMPANY CHILDREN

OUR CAFE WILL BE SELLING CAKES,
HOTDOGS/BURGERS AND REFRESHMENTS

WE WILL BE OPENING THE GARDEN AT 7PM
FOR THOSE WHO WISH TO LOOK OUT FOR
ANY LOCAL FIREWORK DISPLAYS

FANCY DRESS OPTIONAL

TO BOOK TICKETS PLEASE EMAIL
BOOKINGS@SPACE4AUTISM.ORG

CHARITY NO. 1189689





SPACE4AUTISM

FESTIVE MARKET

FREE ENTRY!

NOVEMBER 24TH 11 AM - 4 PM

15-17 MILL LANE, MACCLESFIELD, SK11 7NN

GIFTS • ROYAL MINCE PIES • STALLS
BOTTLE BOLA • RAFFLE • TEDDY BOLA
SANTA'S GROTTO • AND MORE...

S4A®


WWW.SPACE4AUTISM.COM



JOIN US FOR A

Family
craft afternoon

SATURDAY

2
NOV

1PM UTIL 3PM

THE COMMUNITY HUB, GILCHRIST AVE, MACCLESFIELD, SK11 8UH

Free



One-to-One and Small Group IT Classes

Helping You Build Skills

For information on the courses provided please email info@dibservices.org.uk or phone 01625 501759



Receive the state pension?

You might be entitled to pension credit

Pension Credit gives you extra money to help with your living costs if you're over State Pension age and on a low income.




Apply for pension credit

Scan the QR code to find out how to apply on the government website.


Not online or need support with your application?

Get in touch with these local organisations, who can support you for free.




 0808 812 6186




 01625 612958




 01625 501759

Live in one of our homes?

If you're one of our customers, get in touch with us in all the usual ways and our Tenancy Sustainment Team will get back to you with advice.

 0800 012 1311

 trust@peaksplains.org

PEAKS & PLAINS
Housing Trust





Make a Christmas Wreath

at

Macclesfield & Bollington United Reformed Church
Townley Street SK11 6HZ

on

Wednesday 11th December 2024,
2.00-4.00 pm

For information and to book your place:

Frankie Seabrook

07444 205168

frankie87seabrook@gmail.com

£2 charge for materials and refreshments

Generations of Fun



Playgroup

Sharing experiences
across the Generations

Every Thursday

11am - 12noon in The Venue



There will be a variety of play, stories, songs and crafts for 0 – 5-year-olds and their grown-ups to enjoy



Free entry

Please call to book as spaces are limited

T: 01625 508 700



Belong Macclesfield | Kennedy Avenue, Macclesfield, Cheshire. SK10 3DE

Christmas Market

**FREE
entry**

Saturday 30th November
From 12noon – 3:30pm

There will be a variety of art and craft stalls, entertainment, prize tombola, festive food and drink, Santa's Grotto, and more!

12noon – 1:30pm: Bollington balloons
12:30 - 1:30pm: Brass band performance
2:00pm – 3:00pm: Rich Swings sing-along
3:15pm: Children's fancy dress competition



Belong Macclesfield, Kennedy Avenue, Macclesfield SK10 3DE | T: 01625 508700

PLEASE NOTE NEW TIME & VENUE

CHESHIRE EAST HOARDING SUPPORT GROUP

Tuesdays 10.30am -12.30 (Fortnightly)

St Michael & All Angels Church

Marketplace, Macclesfield

SK10 1DY



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



CHRISTMAS CARD MAKING 🎄

WEDNESDAYS 6TH NOVEMBER 7-9PM

FOR 4 WEEKS WITH CLAIRE

TUESDAYS 12TH NOVEMBER 7-9PM

FOR 4 WEEKS WITH ANNE

£15 FOR EACH COURSE

OR £5 TO DROP IN TO ANY SESSION

MAKE AND TAKE 2 CARDS AT EACH SESSION

FOR MORE DETAILS OR TO BOOK EMAIL

ARTSPACEJANE@GMAIL.COM



Rotary



Macclesfield Castle



registered charity 1038759

CHARITIES BAZAAR

Charity Stalls
Christmas Cards
Gifts

FREE ENTRY

**SATURDAY 2ND NOVEMBER 2024
09:30AM-1:00 PM**

**St Michaels Church, Town Square,
Macclesfield**



www.macclesfieldcastlerotary.org.uk



LEAP - The Energy and Money Saving Service

FREE
FOR LOCAL
RESIDENTS

We are offering local residents a completely **FREE OF CHARGE** service called **LEAP** (Local Energy Advice Partnership). **LEAP** can help you to save money and keep your home warm and cosy.

ARE YOU ELIGIBLE?



You may be eligible for the LEAP service if one of the following apply to you:

- You have a low income
- You receive tax credits
- You receive Housing Benefit
- You receive an income or disability related benefit

Call us now on 0800 060 7567*

(Freephone) to book your appointment, or apply online:

www.applyforleap.org.uk

  @LeapService * (from 8.45am to 5.30pm Monday to Friday)





Make a difference

and volunteer with us



Come and join our friendly team

We are looking for volunteers to support older people to Live later life well

Face to face befrienders

Social clubs, events, lunch clubs.

Contact us for more information

01625 612410 Cheshireeast@mha.org.uk

MHA Communities Cheshire East



Macclesfield Methodist Church, Westminster Road

Newsletter – Local Area Co-Ordinator What's ON



On Saturday the 2nd November, Transition Wilmslow will be hosting another Repair Café, this time, at the halls of St Chad's Church, Handforth, between 10:00 am and 1:00 pm (last repair accepted at 12:30 pm).

We offer repairs in electrical items, textiles and clothing, furniture and wooden items, jewellery, bikes, general repairs and computer advice. We also repair the wooden handles of old tools.

There will also be an Action on Local Energy stall giving advice on how to save energy.

Repairs, refreshments and cakes are available free of charge, but donations will be most welcome.

Location: The halls of St Chad's Church, Handforth, SK9 3ES

Date: Saturday 2nd November 2024

Time: 10:00 am - 1:00 pm

We're really looking forward to seeing you!

For more information email: repaircafewilmslow@gmail.com

Charity Number 1201884



Bin it? No way!

THE LIVING WELL BUS IS COMING TO CHELFORD

CHELFORD VILLAGE HALL CAR PARK

Friday 8th November 10.30am - 4.00pm



The service, delivered by Cheshire and Wirral Partnership NHS Foundation Trust, is a full drop in service and provides health checks and wider wellbeing guidance.

The Living Well Bus supports our communities to live well through:

- Blood pressure checks
- Pulse checks
- Cholesterol check
- Blood glucose check
- BMI check
- Direct referrals to talking therapies

SUPPORTED BY CHELFORD SURGERY PATIENTS' REPRESENTATIVE GROUP & CONNECTING CHELFORD



Lymphoedema Support Group

Support group for people with lymphoedema secondary to cancer.

Every 5th Tuesday of the month at the Sunflower Living Well Centre at East Cheshire Hospice. Oct 29th, Dec 31st, April 29th



Meet peers in a similar situation, receive support and advice from our Lymphoedema Nurse Specialist Vick.

- 1:30–3:00pm
- Free on-site parking
- Light refreshments

Visit www.echospice.org.uk/self-referral-form

To find out more contact 01625 665685

**FREE 4 week Money
Coaching - Lacey Green**

*helping you to budget, save and
spend well*

**Starting Tuesday 12th November
1PM - 3PM**

**Lacey Green Pavilion
Clough Avenue SK9 4BU**

For more information contact:

info@hopecentral.org.uk

01625 724 133



christians
against
poverty

CAP

No personal financial information
is shared during the course

www.hopecentral.org.uk
Registered Charity Number 1183290



HOPE
central
BRINGING HOPE. RELIEVING POVERTY

the
welcome



Wellbeing Service

Your Wellbeing, Our Priority

At The Welcome, we believe that everyone deserves a safe & supportive space to navigate life's challenges. Our service is designed to be a wrap around support system, offering a range of resources to help individuals thrive.

We understand that seeking help can be a difficult step to take, which is why we strive to create a warm and welcoming environment for all who come through our doors. Our team of experienced counsellors are here to provide guidance, empathy and a listening ear to those in need.

As part of our wrap around support we offer 5 counselling sessions to help individuals and sessions are tailored to each individual's needs, providing a personalised approach to therapy.

In addition to counselling, we provide access to support workers who are experienced with a variety of support needs.

We believe that physical activity plays a crucial role in maintaining mental wellbeing. That's why we offer various physical activities as part of our holistic approach to support.

At The Welcome Wellbeing Service we also understand the impact of social isolation, we actively tackle social isolation through weekly coffee mornings, group sessions and community events. We believe that connecting with others who share similar experiences can be incredibly empowering and healing.

To access this service:

Email: info@thewelcome.org.uk

Tel: 01565 750905

www.thewelcome.org.uk



Meet Your Community: Join Our Social Group

Find friendship, fun and support
in our welcoming social group



Make friends,
enjoy tea,
coffee and
cakes!

**First
Wednesday of
Every Month**

1.30 to 3pm

**6th November
2024**



**1 BOURNE STREET
WILMSLOW
SK9 5HD**



Saturday 16th November 2024 10:00 – 13.00

You really cannot miss this film! A black-and-white, neorealist-inspired tragicomic melodrama about an abused wife in post-second world war Rome, *There's Still Tomorrow* has been a smash hit in Italy (it topped the box office in 2023 and won an incredible number of awards). The Italian success was in part due to the profile of director, star and national treasure Paola Cortellesi, who plays put-upon mum of three Delia and finds poetry and humour in tragedy: domestic abuse, poverty, disappointment. Positioning spousal violence for lols is a fairly bold directorial gamble - but Cortellesi's charisma and the message of empowerment carry the film (The Guardian)

Activities around the film will be led in Italian by Adalgisa Serio.

Film in Italian with English subtitles. Intermediate level is recommended but everybody is welcome thanks to the subtitles and a variety of foundation as well as more advanced tasks.

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



Spanish For beginners

**At the Bridgend
Centre,
Bollington
£5**

Wednesdays at 11:30am starting on 6th December

www.bridgendcentre.org.uk



Cake Decorating

**SKILLS
FOR LIFE
MULTIPLY**

In this 6-week FREE* hands-on course, you will enhance your numeracy skills while learning the art of decorating delicious cakes.

Starting
Monday 4th
November

Through practical sessions, you'll explore essential numeracy concepts like measurements, proportions, and conversions in a fun and engaging way. At the end of the session you'll have mouthwatering cakes to take away and enjoy!



the
welcome

Location: The Welcome, 147 Longridge,
Knutsford, WA16 8PD

Starting: Monday 4th November

Time: 10am – 1pm

Please email multiply.enquiries@reaseheath.ac.uk
or visit www.reaseheath.ac.uk/multiply to book your place



*Free for learners who are 19+, live in Cheshire East and are currently working below GCSE C/4 in maths.



Funded by
UK Government



In association with
**Cheshire East
Council**

Delivered by
**Reaseheath
College**



**THE MIDDLEWOOD
PARTNERSHIP
INVITE YOU TO A**



Menopause Awareness Evening

Your opportunity to learn and talk about all things
menopause!

MEET THE HEART HEROES
& MENOPAUSE
CHAMPIONS

TALK FROM A
MIDDLEWOOD GP

YOGA & MINDFULNESS
DISCUSSION BY
ORANGE BLOOM

Dr. Fiona Ellison-Smith from the Middlewood Partnership will be delivering a talk specifically for patients who are not yet on HRT and would like to find out more.

Menopause Champion, Lisa Moss, and co-facilitator, Natalie Coomer, will be there to talk about Menopause Cafes, early onset menopause & other related topics.

Please email to book your place and find out more:

cmicb-cheshire.middlewood.events@nhs.net

You will receive a confirmation email to confirm your booking.

Alternatively, you can call the surgery and ask to speak with a Social Prescriber (Genevieve or Lynn), who will give you a call back to confirm your place.

We look forward to seeing you there!

**THURS 14TH NOVEMBER 2024
6:00PM - 8:00PM
POYNTON METHODIST CHURCH**

Do you enjoy painting? Join our Wilmslow art group



We are a relaxed and sociable group who like painting and drawing (all abilities).

Whilst there is no formal tuition, fellow members are always willing to give guidance on areas of expertise.

Dean Row Art Group meets:

Thursday 12.30 - 3.30 p.m

Dean Row Village Hall, Wilmslow, SK9 2BR

It's all very informal - tea and biscuits available.

Cost is **£3 a session.**

Try it with a free first session.

For more information, contact Martyn Bromley

martyn.s.bromley@gmail.com

Cheshire East Safeguarding Adults Board



Annual Safeguarding Adults Week Events 18–22 November 2024



These workshops are designed to support practitioners with challenging situations.

<p>MONDAY 18 NOVEMBER Face to Face Workshop at Old MTH 1400–1530</p>	<p>DOMESTIC ABUSE IN LATER LIFE - Carrie Bower, Age UK. This training is designed for professionals. Cheshire East Council employees can book via Learning Lounge. External colleagues please contact Annette.Lomas@cheshireeast.gov.uk</p>
<p>TUESDAY 19 NOVEMBER Online workshops</p>	<p>TRAUMA INFORMED PRACTICE—RipFa Cheshire East employees can book through Learning Lounge.</p> <p>SUBSTANCE MISUE & SAFEGUARDING—1030–1230 Bev Nixon, CGL. Cheshire East employees can book through Learning Lounge. External colleagues please email safeguardingevents@cheshireeast.gov.uk to register.</p> <p>SELF-NEGLECT & ENGAGEMENT—1400-1530. Cheshire East employees can book through Learning Lounge. External colleagues please email safeguardingevents@cheshireeast.gov.uk</p>
<p>WEDNESDAY 20 NOVEMBER Mixture of online and face to face workshops</p>	<p>HOARDING THE LIVED EXPERIENCES -ONLINE. 1000. Cheshire East employees can book through Learning Lounge. External colleagues please email safeguardingevents@cheshireeast.gov.uk</p> <p>INSIDE OUT WORKSHOP—1400–1700 Face to Face , at Holmes Chapel Community Centre. Delivered by Ian Porter. Cheshire employees and external colleagues. Please email safeguardingevents@cheshireeast.gov.uk to request a link to register.</p>
<p>THURSDAY 21 NOVEMBER (Online workshops)</p>	<p>INTRODUCTORY WEBINAR TO THE HOMICIDE TIMELINE—1000–1200 -Dr Jane Monckton-Smith. This webinar is for professionals. Cheshire East employees can book through Learning Lounge. External colleagues please email Annette.Lomas@cheshireeast.gov.uk to register.</p> <p>TACKLING CUCKOOING & OPERATION EXPEL— 1400–1530 Cheshire East employees can register through Learning Lounge. External colleagues please email safeguardingevents@cheshireeast.gov.uk to register.</p>
<p>FRIDAY 22 NOVEMBER (Online Workshops)</p>	<p>SELF NEGLECT FROM HEALTHCARE PROVIDER PERSPECTIVES INCLUDING DISABILITY ISSUES. 1000–1130. Cheshire East employees can book through Learning Lounge. External colleagues please email safeguardingevents@cheshireeast.gov.uk to register.</p> <p>SELF HARM SUICIDE PREVENTION & DOMESTIC ABUSE 1400–1500 . Cheshire East employees can book through Learning Lounge. External colleagues please email safeguardingevents@cheshireeast.gov.uk to register.</p>

Newsletter – Local Area Co-Ordinator What's ON



Connecting Chelford

For more information contact:
connectingchelford@gmail.com
Mob. 07973 453 823

Connecting Chelford is a not for profit organisation established 6 years ago, supporting isolated, vulnerable and lonely people in Chelford and neighbouring villages.

Connecting Chelford delivers from Chelford Hub:

- ◆ Weekly Befriending visits
- ◆ Friendship Café Tuesdays 10.00-11.30 am £2
- ◆ Memory Lane Café Tuesdays fortnightly 2.00-4.00pm £2
- ◆ Lunches monthly Thursdays 13.00-14.30pm £10 Booking essential
- ◆ Monthly Outing / Events



Armistice Day

Monday 11th November



MONDAY 11TH NOV 11AM
Meet at the Marketplace Macclesfield for the two-minute silence
in remembrance of the fallen



FREE EVENT

Step into
CHRISTMAS
in Macclesfield

Saturday 30th November
11am - 5pm



Don't forget there are free buses on selected routes supporting Step into Christmas on Saturday 30th November! No need to buy a ticket, just hop on and off all day!

D&G Bus Routes: 3, 10, 19 & 19A - High Peak Bus Routes: 14, 14A



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>
