



# What's ON...

DATE August 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](mailto:localareacoordinator@cheshireeast.gov.uk)

Get the bus for **FREE** and join Macclesfield Town Council at their **FREE** events in Macclesfield

EVERY Wednesday from 24 July - 29 August 2024

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

High Peak

D&G Bus

Local Area Co-Ordinator

# **Fun & Friendship Day**

**on**

**Friday 16th August 2024**

**10.30 am to 4.00 pm**

**at**

**Macclesfield & Bollington**

**United Reformed Church**

**The Church at Park Green**



**Come and join us for a day of fellowship, friendship, fun and fabulous food with games, activities and, back by popular demand, the “Mad Hatters” to entertain us in the afternoon!**

**Book your free place: Barbara on 07979 570175.**

# Come and join us



## MHA Communities Cheshire East

### Bollington Activity Sessions

The second and the fourth Wednesday of the month

Morning session 10.30am—12.00pm

Afternoon session 13.00pm –14.30pm

If you are wanting to stay all day please bring lunch.  
Hot and cold drinks provided

Games, activities, crafts

For more information

call 01625 612410 or

email [cheshireeast@mha.org.uk](mailto:cheshireeast@mha.org.uk)



Please note we are unable to provide 1:1 .

Sessions must be pre-booked

**Shrigley Court Bollington SK10 5PY**



Join us for a day of fun for  
all the family at our annual

# Summer Fair

**Saturday 10<sup>th</sup> August**

**From 12noon - 3:30pm**

At Belong Macclesfield, Kennedy Avenue, Macclesfield SK10 3DE

- ★ Stalls
- ★ Prize tombola
- ★ Face painting
- ★ Pony visit
- ★ Balloon art
- ★ Games & entertainment
- ★ Drinks & snacks



**FREE  
ENTRY**

If you are interested in running your own stall on the day, please contact Anna Seaton on **01625 598700** to book; **cost £10**

# B's Café

Hosted by our Belong Admiral Nurse, B's memory café in Belong Macclesfield, offers a warm and welcoming space where families, friends and carers of people living with dementia can come together over a cuppa and cake!



*Save the date!*

Join us for our next session on:

**Friday 16<sup>th</sup> August**  
**From 2pm – 4pm**

The Venue, Belong Macclesfield  
Kennedy Avenue, Macclesfield, Cheshire. SK10 3DE

Contact the village for further information or to book a free place

**01625 508 700**

 **AdmiralNurses**  
Dementia UK  
Helping families face dementia  
A free service in partnership with Dementia UK  
[www.belong.org.uk](http://www.belong.org.uk)



  
**BELONG**  
MACCLESFIELD



**Out of work?  
Looking for a new  
job?**

- Free 8 week course

- Starting 1pm

Wednesday 18th

September

- St Cross Church

Knutsford WA16 8EL

**Book your place:**

[karenwyer@capjobclubs.org](mailto:karenwyer@capjobclubs.org)

**07486 002 308**

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

Registered Charity Number 1183290



**HOPE**  
*central*

BRINGING HOPE, RELIEVING POVERTY

# LIFE SKILLS

Free 8 week course exploring practical skills which will help you to make your money go further e.g. how to eat well on a budget.

Starting 12.45pm

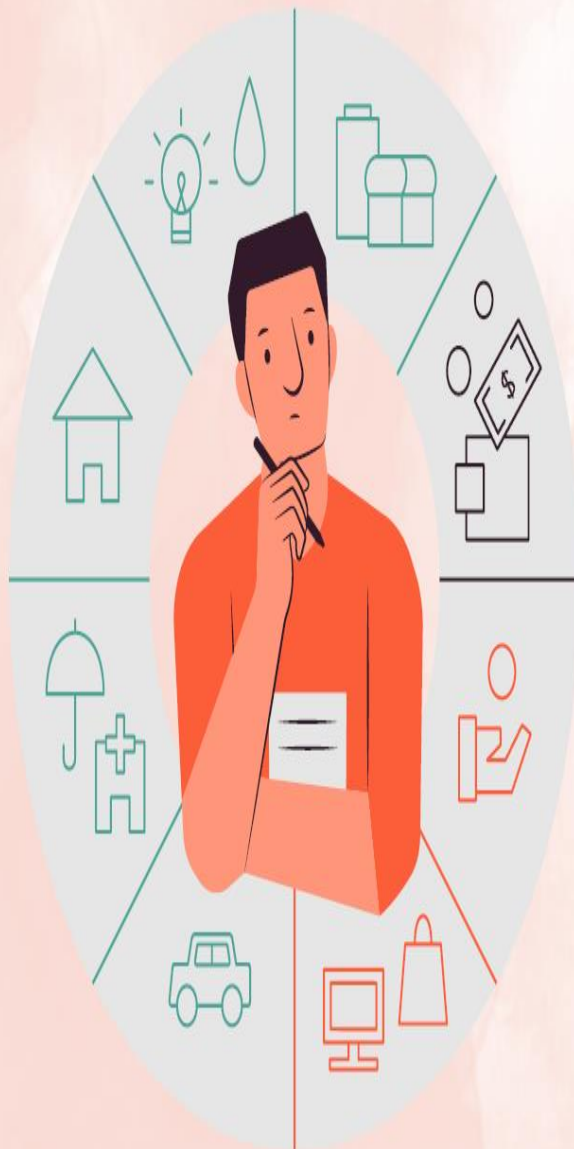
Thursday 5th September

St Chad's Church, Handforth

To book your place or for more information:

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

01625 724 133



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

Registered Charity Number 1183290



**HOPE**  
*central*

BRINGING HOPE, RELIEVING POVERTY

PARAGON  
PILATES

First class  
only £5



**WANT TO TRY PILATES BUT STRUGGLE TO  
GET ON AND OFF THE FLOOR?  
TRY OUR SEATED CHAIR CLASS FOR SENIORS**

Every Thursday 12:00-12:30pm at the Paragon  
Pilates Studio Chelford (Next to the Egerton Arms)

Why is it important to stay active in later life?

Exercise can make a big difference to your quality of life by:

Boosting your confidence and improving your mood

Reducing the risk of falls

Improving your energy levels

Reducing aches and pains

Helping you to relax and relieve stress

If you don't do online bookings or have an email address, simply call  
Charlotte on 07795841180

Book online via our website:  
[paragon-pilates.co.uk/class timetable](http://paragon-pilates.co.uk/class timetable)  
Email: [paragonpilates@outlook.com](mailto:paragonpilates@outlook.com)  
Call: 07795841180



I leave each class feeling  
relaxed and my core  
strength and flexibility are  
improving week after week



*Alice, Henbury*





## CRE8 MACCLESFIELD COMMUNITY GROCERY

**Bollington**  
**Every Thursday**  
From 4th July  
we will be  
with you at 2.00pm  
Bollington Town Hall  
Wellington Rd  
SK10 5JR

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

**Cre8  
Grocery**



Follow us on facebook for live updates  
about grocery and important information  
[www.facebook.com/cre8grocery](http://www.facebook.com/cre8grocery)





East Cheshire  
Hospice  
Where people come to live

# Lymphoedema Service

Do you suffer with Lymphoedema following a cancer diagnosis? Come and join others in a similar situation as a group session, for peer support and education.

Book onto these group sessions to enable you to manage your lymphoedema, gain education and meet others in a similar situation. These take place every month on a Tuesday. Feel free to complete all the sessions or just book a single one you may need a refresher of.



**Sessions take place at the Sunflower Living Well  
Centre from 1.30-3pm**

**Get moving:** Gentle exercise class

**Moisturise & Massage:** Skincare tips & advice on self lymphatic drainage

**Compress & Dress:** Compression hosiery & garments



Scan the QR code to self-refer or visit  
[www.echospice.org.uk/self-referral-form](http://www.echospice.org.uk/self-referral-form)

To find out more contact **01625 665685**



Did you know that falls  
are a leading cause of hospital admissions  
for older adults in England?

# Take control and join our Fall Prevention Programme today!



Contact Olivia  
at 07717 048935  
to learn more and  
sign up today!



Fall Prevention in the community with Bfitforever

Olivia Brewster  @Bfitforever [www.bfitforever.co.uk](http://www.bfitforever.co.uk)  07717 048935




# Volunteer Buddies Needed

Could you befriend someone in your local community and help to make a change?

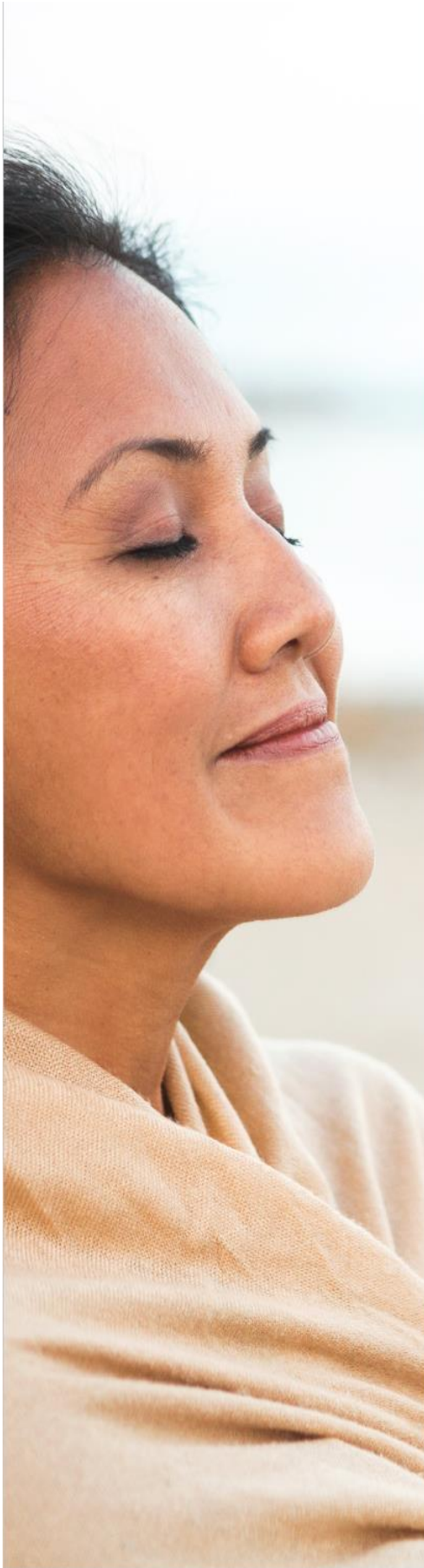
We are looking for volunteer Buddies who could dedicate a few hours a week to empower and support someone in our community

For more information, please contact the Bridgend Centre at [info@bridgendcentre.org.uk](mailto:info@bridgendcentre.org.uk)

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More information:  +01625 576311

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



## MENOPAUSE WELLBEING WORKSHOP

LEARN HOW TO MANAGE  
YOUR FEELINGS OF  
ANXIETY, TENSION AND  
UNEASE WITH THE  
ALEXANDER TECHNIQUE

Join Andrea for a free  
introductory workshop to  
learn how to support yourself  
and feel balanced using the  
Alexander Technique.

To book a place contact  
[info@guildlifelonglearning.org](mailto:info@guildlifelonglearning.org)  
or call me on 07763103311

*5th August 2024*

*The Guild for Lifelong Learning*  
*1 Bourne Street, Wilmslow SK9 5HD*

# Free MTB/BMX Event

in partnership with



Join us at Brecon Park, Poynton, SK12 1AU for some mountain bike and BMX fun. You must register in advance, see details below.

Under 12's must be supervised by an adult. A limited number of bikes and helmets are available, please bring your own equipment if possible. See you there.



**AIR BAG JUMP**  
FOR AGES 10+



**PUMP TRACK**  
FOR ALL AGES

## WHEN?

**8 AUGUST  
2024**

**10 AM - 3 PM**

**REGISTRATION  
AT**

<https://dirtfactory.co.uk/acceptance-of-risk/>



[WWW.DIRTFACTORY.CO.UK](http://WWW.DIRTFACTORY.CO.UK)

# Inspired by Lindow 2024

## Open Exhibition

at

The Gallery@TheGuild

The Guild for Lifelong Learning

Wilmslow

9 September – 25 October 2024

## Submissions Invited from Artists and Makers

Original 2D and 3D work in any medium

Artists' brief and submission guidelines visit

[www.discoverlindow.org](http://www.discoverlindow.org)

or

[www.guildlifelonglearning.org](http://www.guildlifelonglearning.org)

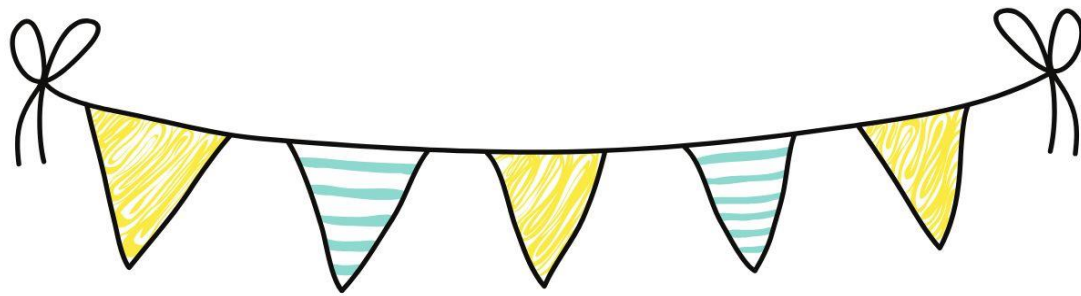
Submission deadline: 23 August 2024



Registered Charity No. 1151387



Registered Charity No 1201884



# DROP IN

A friendly space for all with free tea,  
coffee and biscuits

Space for little ones to play

**Every Wednesday 1:00 pm to 4:00 pm**

**At Hurdsfield Community Hub, SK10 2PX**

Contact us: [hello@hthmacc.com](mailto:hello@hthmacc.com) or  
01625 424 587



**HOLY TRINITY**  
HURDSFIELD



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

## Free online live exercise classes launch for Cheshire East residents to access at home



## JOIN OUR FREE WEEKLY LIVE ONLINE EXERCISE CLASSES

Everybody Health and Leisure are delighted to share they are providing a free online exercise programme called Recondition Cheshire East, for residents who are unable to access in-person exercise classes and activities.

The live online exercise classes are low intensity, open to Cheshire East residents, 18 years plus, who have recently been discharged from hospital after a long stay, had a fall, housebound, have poor mobility and balance, limited access to transport or needing specialist exercise therapy support.

Everybody has received Healthy Neighbourhoods Funding awarded by Cheshire and Merseyside Integrated Care Board and Cheshire East Council to deliver the 12-month programme, providing two weekly live online exercise classes, including an evidenced based falls prevention class and the popular Move it or lose it class, designed by experts to help people mobilise. Plus, access to a library of on-demand videos that participants can access at any time.

Find out more here: [www.everybody.org.uk/recondition-cheshire-east/](http://www.everybody.org.uk/recondition-cheshire-east/)



# Be Cherished

Cheshire East's Newest Social provider



Every Saturday  
10am - 2pm  
St. Chads Church  
Handforth



COMMUNITY HUB  
FOR SOCIAL  
INTERACTION FOR  
SENIORS IN  
HANDFORTH,  
WILMSLOW &  
ALDERLEY EDGE





**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 August  
10th and 24th September  
8th and 22 October  
5th and 19 November.....**

**And every other Tuesday thereafter.**

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**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)*

# SUPPORT FOR TRANSGENDER & NON-BINARY DOMESTIC ABUSE SURVIVORS

We get it & we're  
here to help.

Have you been hurt by someone who should love and accept you, for simply wanting to be yourself? Maybe they threatened to out you? Deadnamed you? Isolated you from people who care for you?

We know it's hard to ask for help. Especially when you have to deal with judgment and stigma all the time. Maybe you're worried that people won't understand what you've been through. **But we do. We get it. We believe you.**

We're here for you – with kindness and compassion – whenever you're ready to talk.



Scan me



Call our helpline for support

Cheshire East: 0300 123 5101  
Other areas: 01270 250 390

Or email us on

[transwithoutabuse@mycwa.org.uk](mailto:transwithoutabuse@mycwa.org.uk)



Charity no. 1153273

# 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>