



What's ON...

DATE: JULY 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



THE BRIDGEND CHARITY RAMBLE

Bridgend Centre
at the heart of our community

Enjoy coffee & cake then a guided hike, followed by a hot baguette & chips at the Poachers Inn.
Raising funds for the Bridgend Centre.



SUNDAY 21ST JULY 2024

9:30am for a 10:00am start

Starting at the Bridgend Centre

TICKETS £20

For more information and how to purchase a ticket please go to:
www.bridgendcentre.org.uk/fundraising-ramble-and-roast

Registered charity: 1123287

Two routes will be available at 10 miles and 5 miles. Baguettes available are beef, halloumi or vegan.
Huge thanks to the supporters of this event: Workflow Services Ltd, Bollington Slimming World with Betsie, Ambrose Wood, Holmes Naden, Conduct IT, Elbee Designs Ltd, Belfields Bakery and Kira Restaurant

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!**

More information is available from Barbara on 07979 570175.



East Cheshire
Hospice
Where people come to live

Live Well Feel Well

Support Group for people with life-limiting illnesses at
East Cheshire Hospice's Sunflower Living Well Centre



Scan to self refer or visit
www.echospice.org.uk/self-referral-form

Meet peers, tackle difficult conversations together, and
receive support and advice from friendly professionals.

- Six week course
- One half-day session per week
- Free on-site parking
- Light refreshments

To find out more contact **01625 665685**

Newsletter – Local Area Co-Ordinator What's ON



On Saturday the 6th July, Transition Wilmslow will be hosting another Repair Café, this time, at the halls of Wilmslow United Reformed Church (Chapel Lane) 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 Wilmslow United Reformed Church, Chapel Lane, SK9 1PR

Date: Saturday 6th July 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!



INCLUSIVE SWIMMING SESSIONS

These are an exclusive swim session for people of all ages with an impairment or SEND additional support need. The Inclusive Swims are also a safe place for SEND families to swim and enjoy a quieter swim in the pool together.

WEEKLY SESSIONS

Congleton Leisure Centre	Sunday	16:00 - 17:00
Knutsford Leisure Centre	Sunday	11:00 - 12:00
Poynton Leisure Centre	Wednesday	11:45 - 12:25
Sandbach Leisure Centre	Sunday	16:00 - 17:00
Wilmslow Leisure Centre	Sunday	14:45 - 15:45



MONTHLY SESSIONS

Alsager Leisure Centre	2nd Sunday of each month	13:00 - 14:00
Crewe Lifestyle Centre	1st & 3rd Saturday of each month*	17:00 - 18:00
Macclesfield Leisure Centre	1st Saturday of each month	16:15 - 17:15
Nantwich Leisure Centre	1st Sunday of each month	15:45 - 16:45

General swim prices & admissions policies apply.
Times may be subject to cancellations due to swim galas or events,
please check the website prior to attending.

everybody.org.uk

Scan the QR code
for more information



Hope Centres

Our Hope Centres are drop in centres where everyone is warmly welcomed. We offer free hot drinks and food, a caring community, crafts and games as well as access to our other services which support people out of poverty. Come along to find out more. Everyone is welcome.



Knutsford Hope Centre

St Cross Church
Mobberley Road
WA16 8EL

Mondays 10-12:30pm

Lacey Green Hope Centre

Lacey Green Pavilion
Clough Avenue
SK9 4BU

Tuesdays 10-12:30pm

Handforth Hope Centre

St Chad's Church
Wilmslow Road
SK9 3ES

Thursdays 10-12:30pm

Colshaw Farm Hope Centre

Open Arms Centre
Howty Close
SK9 2SH

Fridays 1:30 - 3:30pm

www.hopecentral.org.uk
Registered Charity Number 1183290

HOPE
central

BRINGING HOPE. RELIEVING POVERTY



Dove Service

Dove Buddies

Friendship groups for adults experiencing isolation as a result of grief/loss

First Tuesday of the month

10:30am Online via Zoom

12:30pm at Audley Community Library



Second Tuesday of the month

10:30am Keele Cemetery community room

1.00pm The Fountain Cafe, Macclesfield



Third Tuesday of the month

10:30am Trentham Estate Rotisserie cafe

1.00pm Old Saw Mill Cafe, Congleton



Fourth Tuesday of the month

10:30am Park Life Cafe, Crewe



Please contact enquiries@thedoveservice.org.uk or 01782 683155 to access the zoom link or for more information.

A NIGHT WITH KEN NICOL & WENDY ROSS

(A duo from the legendary folk band Magna Carta)

Music, Song, Storytelling and Comedy

At Gawsworth Scout Hall on Friday 26th July 7pm

Tickets £12 available at Gawsworth Hub and there will be a Licensed Bar



Ken , with a pedigree including such luminaries as Steeleye Span, Al Stewart, and the Albion Band is considered one of the UK's top guitarists.

Wendy, classically trained , who's worked in Philharmonic Orchestras to touring bands, adds a true touch of class.

An evening that will raise the spirit , move the emotions and make you smile!

"The Musicianship is staggering, seldom are the compositions less than inspired" **Acoustic Magazine**

"Rollercoasters of musical virtuosity that spellbind" **Living Tradition**

"Wendy Ross on violin. Her playing was magical, providing perfect harmony to the songs" **FATEA Magazine**

"Humour, great guitar skill and the right drop of humility, and a passion for right, proper, good music" **Ralph McTell**

"Ken Nicol is unquestionably one of this country's best guitarists, both on acoustic and electric guitar" **FATEA Magazine**

This is a fundraising event for Gawsworth Hub



GAWSWORTH HUB



2-4 Longbutts Lane Gawsworth, Macclesfield
SK11 9QU

We have beginners bridge on Tuesday 2nd, 16th and 30th July 2-4pm please contact accounts@gawsworthhub.co.uk if you would like to join, £3 per session, (we are learning between us starting off with mini bridge.....a friendly informal group)

Repair cafe on Saturday 6th July 2-4pm

Please bring your items that need mending (we have a pc and laptop mender and a bike clinic amongst other volunteer fixers too)

Knit and natter on Wednesday 10th July 2-4pm, just drop in.



WILMSLOW PARISH

ST ANNE'S CHURCH, HALL & GROUNDS

You're Invited!

...to help us celebrate

St Anne's Day

5-8PM SATURDAY, JULY 20



**MORNING
WORSHIP
9.30AM SUNDAY,
JULY 21**

Nursery Lane, Wilmslow SK9 5JG



Macclesfield
Light Orchestra



Sounds of the 60's

A concert in aid of
East Cheshire Eye Society
By Macclesfield Light Orchestra

Music from Five Centuries

Tea and coffee available

Raffle fundraiser

Programme includes:

- Tallis
- Buxtehude
- Boyce
- Mancini
- Lennon and McCartney
- ...and more!

Date: Sunday 7th July 2024

Time: 15:00

Location: Macclesfield and Bollington
United Reformed Church, Park Green,
Macclesfield, SK11 7NA

Cost: Tickets are £10 and are available to
buy on the door (accompanied children are
free). You can also buy tickets by calling
01625 422602 or emailing:
info@eastcheshireeyesociety.org.uk.

Concert sponsored by Thorneycroft Solicitors



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



Introduction to Woodcraft



Bridgend Centre,
Bollington

Friday am classes

10:30-12:30

5th July - 2nd August

£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

Newsletter – Local Area Co-Ordinator What's ON

Use discount code GUILD2024 at checkout
guildlifelonglearning.org



**EARLY BIRD
DISCOUNT!**
DON'T MISS OUT!
**CLAIM
YOUR 5%
DISCOUNT OFFER!**

Enrolments completed online between **Wednesday 5 June** and **Wednesday 31 July 2024** qualify for a 5% discount.

Use promo code **GUILD2024** at the checkout.

Discounted fees are only available at the time of purchase.

Visit the website for further details

guildlifelonglearning.org

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



Registered with
**FUNDRAISING
REGULATOR**



OFFICIAL-SENSITIVE

OFFICIAL

OFFICIAL-SENSITIVE

Let's talk about LUNG HEALTH



Macclesfield A+LUK Support Group

Is your local Support Group, run by volunteers.

Joining a Support Group could help you manage your lung condition by sharing information and advice, helping you live well, and maybe even reducing the chances of an emergency hospital admission.

We meet on the 1st Thursday of every month at 1.30pm - 3.30pm at the Academy Suite at Macclesfield Leisure Centre, Priory Ln, Macclesfield, SK10 4AF. Everyone's welcome.

For more information contact:

Jane Kent 07912 547227

jane.kent4@nhs.net

“I've met so many lovely people, all of us with a common condition – our lungs. I learnt more in the last year about my condition than ever before.”

Asthma + Lung UK is a company limited by guarantee 01603614 (England and Wales). VAT number 648 8021 19. Registered charity in England and Wales (20730), Scotland (SC038415) and the Isle of Man (1177). Registered office: The White Chapel Building, 70 Whitechapel High St, London E1 8QS

Newsletter – Local Area Co-Ordinator What's ON

If you don't already read eMagazines on Libby here are a few reasons to try them:

- Read as much or as little as you want to at any time. Ideal for a long trip or those few spare minutes
- Our digital magazines have no waiting lists or reservations
- You can download as many issues as you want and they take up no space and are fully portable
- You can get the latest edition as well as up to 3 years of back copies
- You can download and read them on any device in any location 24/7
- They don't count towards library loan limits
- Issues expire and there are no overdue charges
- You can renew your selection
- You can explore the world with stunning photos and stories
- You'll find relevant and trusted content
- Digital magazines are sustainable and more environmentally friendly than printed magazines
- You'll save money on magazine subscriptions

The accessibility features on Libby make reading eMagazines is a user-friendly experience for all readers. You can change the appearance, zoom in, and Libby's article view means you can resize the text for a more customised experience.

With on-the-go access to over 4,000 popular magazines we're sure you'll find something of interest on Libby.



- 1 Download the Libby app.
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- 3 Enter your library card.

Enjoy!



Libby.

The library reading app



AstraZeneca 

MaccPride

Live Entertainment With



**'Starstruck:
The Ultimate
Ollly Alexander
Tribute'**

Plus many more



Charity Stalls
Licenced Bar & Food
Circus Workshop

Free Event

Sat. 6 July
10.30 til 18:00
Market Place.
Parade starts
11am from
Christ Church.

MACCPRIDE



Newsletter – Local Area Co-Ordinator What's ON

Retired and searching for new ways to spend your time? Our friendship group has events and members in Altrincham, Knutsford, Wilmslow, Macclesfield and beyond!

Go to <https://bit.ly/3X6FT7p> to discover how we can help you create your new retirement routine. A warm welcome is guaranteed.



Find local activities and events
www.oddfellows.co.uk/retirement

WARM PLACES
Keeping Cheshire East warm

Thursday wellbeing Café



Every Thursday

10-12

Sutton St. James
Church Hall

Open for All - Wheelchair Access - Parking
- Baby Changing Facilities - Disabled Toilets




Wellbeing Cafe

 Every Thursday at 10 a.m. for 2 hours

 [Sutton St. James Church Hall](#)

Sutton St. James Church Hall, Church Lane, Sutton, Macclesfield,
East Cheshire,, SK11 0DS, United Kingdom

 A warm space for all, dementia and bereavement support.

 **WARM SPACE** **DEMENTIA FRIENDLY**

BEREAVEMENT GROUP



Lunchtime Recitals

at

Macclesfield & Bollington United Reformed Church

The Church at Park Green

Saturdays 12:30 - 1:15 pm

6th July 2024

'Music for Soprano & Organ'

Katharine Phillips, soprano & David Phillips, organist

13th July 2024

Members of the Macclesfield Light Orchestra

20th July 2024

David Phillips, organist

Entrance is free but, please,
bring a non-perishable food item
for the Silklife Foodbank.

Cash donations welcome.

For more information:

outreach@thechurchparkgreen.co.uk

www.thechurchparkgreen.co.uk

01625 616138



Early Onset Menopause Support Group

Our peer to peer support group will meet online via Zoom once a month. It's aimed at people going through or supporting someone going through an early, surgical or medical menopause.

The group is patient led and we are not medical professionals but we have created a safe space where you can talk to or listen to other women who could be in a similar position to yourself.

We meet online on the 2nd Wednesday of each month:

July 10th

7-8pm

September 11th

October 9th

Book your place on Eventbrite:

eventbrite.co.uk/o/motherwell-cheshire-cio-19845151407



www.motherwellcheshirecio.com

POYNTON METHODIST CHURCH

Civic Car Park, Park Lane
Poynton, SK12 1RB

01625 871 592

LADIES FELLOWSHIP

We have a warm, friendly fellowship with strong pastoral care and are keen to welcome new members.

We meet at church on the first Thursday in the month at 2pm throughout the year.

From September to May there is varied programme of speakers, devotionals, games, quizzes and discussion meetings, always including refreshments. In the summer months we meet as usual for tea and a chat. In addition, we have two Zoom sessions in January and February.

We are currently supporting the local food bank.

We are a friendly cheerful group, supportive of one another. If you would like to join us, we can assure you of a warm welcome. Please contact the Church office if you'd like to find out more about us.

BOARD GAME DAY

Look out for our next day, no need to book, just come along.

The Methodist Church in Poynton hosts Poynton Board Game Day. Between 40 and 70 participants take part in a host of different tabletop games: some serious, others silly.

Go, Chess, Mah-jong, Scrabble, Monopoly and Cluedo are all available, though excellent modern games are the most popular, including Captain Sonar, Dobble, Fluxx, Pandemic and Puerto Rico.

Enjoy the games, tea and cakes. Learn new games or bring your favourites.

Entry is £5 per adult, £2 per child, and this includes a free drink.

More information is available on [Facebook.com/PoyntonBoardGameDay](https://www.facebook.com/PoyntonBoardGameDay), and if you have any questions for the organisers, please send them a message on Facebook.

OFFICIAL-SENSITIVE



Free tech support for older people and disabled people

Our Tech Volunteers help you get the most out of your computers, mobile phones and other digital devices.

Book your support session at abilitynet.org.uk

Call 0300 180 0028





Connecting Chelford

NEW MEMORY LANE CAFÉ

For carers, relatives and friends coping with memory issues, which may include a Dementia. A very warm welcome awaits you. Our new café is a place where you can discuss any issues or just meet new friends and chat. Relax and enjoy the break. Refreshments served @ £2 per person. For more info call Bee on 07836 386550

TUESDAYS

2 P.M – 4 P.M

FORTNIGHTLY

THE HUB

ELMSTEAD ROAD

CHELFORD

SK11 9BU



Coffee Concert

Saturday 6 July

Callum McLachlan

Alderley Edge Methodist Church

Admission free

Doors open at 10 am

Recital begins at 11 am



PIANO RECITAL

JUANJO BLAZQUEZ

ALDERLEY EDGE METHODIST CHURCH

Sunday 14th July

2.30 pm

Retiring Collection in aid of
Child Bereavement UK

Westfield Chapel Road, Alderley Edge SK9 7DU



Community Support Sessions

Caring for someone at the end of life, as well as dealing with the loss, grief and bereavement, can feel overwhelming. Our free sessions provide information, tips and advice on how look after yourself and others.

How to plan for the future

Together we'll look at 'formal' and 'informal' care planning such as Preferred Priorities of Care, Lasting Power of Attorney (LPA) and how to talk about funeral planning.



Understanding Dementia (for family carers)



What to expect when supporting someone with later-stage dementia, inc. practical advice and tips on topics such as eating and drinking.

Confidence to care at end of life

We will touch on some of the things that may happen at end of life, the natural process of death and how to offer comfort.



Grieving before loss

Practical strategies for coping with grief arising from loss of companionship, loss of future plans or role and identity.

Grieving when caring ends

How to cope with grief after the dual losses of a loved one and your role as their carer.



To book or for more information visit www.eolp.org.uk, email info@eolp.org.uk, call 01270 310260 or scan the QR codes

Unwell? Choose well

Choose the right service for your needs

 SELF-CARE	 PHARMACY	 NHS 111	 GP ADVICE	 A&E OR 999
Care for yourself at home	Local expert advice	Non-emergency help	Out of hours: Call 111	For emergencies only
Minor cuts and grazes	Minor illnesses	Feeling unwell?	Chronic pain	Choking
Minor bruises	Headaches	Anxious?	New prescriptions	Chest pain
Minor sprains	Stomach upsets	Need help?	Long term conditions	Blacking out
Coughs and colds	Bites and stings	Unsure?	Persistent symptoms	Serious blood loss

Find out more at: www.nhs.uk

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>