



# What's ON...

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

Local Area Co-Ordinator

**Free Event**

### PARENTS INFORMATION EVENING

Disley Community Centre

Thursday  
5th September  
7pm-9pm

Come along to find out about local resources and information for children and young people

Includes Guest Speakers from The NHS and Cheshire East Council

Contact Details: [Localareacoordinator@cheshireeast.gov.uk](mailto:Localareacoordinator@cheshireeast.gov.uk)

**OFFICIAL**  
[www.cheshireeast.gov.uk](http://www.cheshireeast.gov.uk)

**OFFICIAL-SENSITIVE**

Disley

# Whist Club

ENGAGE, CONNECT, PLAY  
**1st & 3rd Fridays of each month**  
**1-3:30**



at Disley Community Centre  
SK12 2BB



To join, contact Jean Oakley

**01663763108**

or

**07961648497**

# Time to Talk



Call in at one of the drop-in sessions at **Disley Community Centre** for friendly, professional advice from your local health team.

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

Disley Community Centre

**Friday 13th September**

**2pm-3.30pm**



**DISLEY PARISH COUNCIL**



Starts  
1st July 2024

## Macclesfield Methodist Church

Westminster Road, Macclesfield SK10 1BX



# Join Our Art and Crafts Group Today!



**Monday's  
2-4pm**



Explore your creativity with like-minded individuals in our inclusive community.

You can paint, sketch, colour or learn to sew, knit, crochet and lots more.

Cuppa and biscuits provided

Suggested donation £3 per person

**Weekly meetups, fun  
projects, and new  
friendships!**



**MacclesfieldMethodistChurch**

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



- + Watercolour painting, 4th and 18th September 2nd and 16th October.
- + Silk Painting Monday 23rd September 1.20 - 4.30
- + Sunday 8th September Village Produce Show 1pm - 4.30pm (get your entry forms at the hub before to enter many classes)
- + Saturday 7th September. Repair cafe at the hub 2-4pm
- + Beginners bridge 2nd and 4th Tuesday of the month.

**2-4 Longbutts Lane, Gawsworth, Macclesfield, SK11 9QU**

**Telephone: 01625 425 428**

**Email: [enquiries@gawsworthhub.co.uk](mailto:enquiries@gawsworthhub.co.uk)**

**Facebook: [facebook.com/shopgawsworth](https://facebook.com/shopgawsworth)**






# Bruce Ncube

## singing and drumming workshop

26th October 2024, Macclesfield  
The Church at Park Green, 10am-3pm

Traditional Zimbabwean songs and drumming rhythms taught by acclaimed musician Bruce Ncube. No prior experience necessary, drum hire included. Pay-what-you-can places available.



booking and more info   
or email Hana : [maccsings@outlook.com](mailto:maccsings@outlook.com)



10:30am to 2:30pm

Macclesfield Town Hall is throwing open its doors to welcome in visitors to Macclesfield Heritage Open Day! We'll be hosting the Made in Macc Craft Market, a hobby and community-group fair, sharing information about the history of the building and our information booth will be sharing information about everything else on town-wide as part of Macclesfield Heritage Open Day!

# Free Blood Pressure Check



**Thursday 5th September  
Handforth Youth Centre**



**10-12pm**



Free blood pressure checks plus lots of information on a variety of areas such as mental health, alcohol, smoking cessation, support for parents, oral health, and physical activity. Around a third of adults in the UK have high blood pressure, but many will not realise it.

**Do you Know Your Numbers?**







**East Cheshire  
Hospice**  
Where people come to live

## Dementia Carer Wellbeing Programme

### Supporting people experiencing dementia and their families

#### What is it?

Education Programme for family carers run over 8 weekly sessions, with optional up to 16 weeks support for the person diagnosed experiencing Cognitive Stimulation Therapy (CST) with a group of peers.

#### Benefits:

- Up to 16 weeks support for the person diagnosed
- Free service, free refreshments, free parking at most sites
- 5 locations to choose from
- Increase your knowledge, skills, confidence and resilience
- Access to Specialist Dementia Nurse and other professionals
- Grow your community & peer support

#### When and Where:

- Tuesday am - Wilmslow United Reform Church
- Tuesday pm - Knutsford Methodist Church
- Wednesday pm - East Cheshire Hospice Macclesfield
- Thursday am - Poynton Civic Hall
- Thursday pm - Astbury Village Hall Congleton

#### Interested?

Call our Dementia Team 01625 666990



## KNUTSFORD PICNIC IN THE PARK

# Picnic in the Park

Featuring an outdoor theatre extravaganza starring the cosmic adventures of Space Chickens by The Puppet Van!



Bar  
BBQ  
Literary Tent  
Bake Off Tent  
Puppet making workshop  
Bug Hotel Build  
and so much more!



**Sunday 22nd September 12 - 4pm**

St Helena's Field - next to Adelaide Heath School

[www.knutsfordtowncouncil.gov.uk](http://www.knutsfordtowncouncil.gov.uk)







## Knutsford's Hot Meal Delivery Service

Fresh nutritious meals served to your home between 11.30am and 1.30pm by our friendly and supportive team.

**£6.50 Per Day**

Inc. main meal,  
dessert and delivery.



For more details please contact our team:

Tel: 01565 750905 or Email: [info@thewelcome.org.uk](mailto:info@thewelcome.org.uk)



# Free Fakeaways

This FREE\* 6 week cooking course is your ticket to enjoying your beloved takeaway dishes without breaking the bank.

Learn the secrets to recreating mouthwatering meals right in your kitchen, from curries to pizza to fish and chips.

We'll guide you through saying goodbye to expensive takeout bills and hello to delicious budget friendly meals. All ingredients are provided so dinner is on us!

Location: The Welcome,  
147 Longridge, Knutsford WA16 8PD  
Starting: Monday 9 September 2024  
Time: 10:00am – 13:00pm

**SKILLS  
FOR LIFE  
MULTIPLY**

Upon full completion of the course, you will receive some essential ingredients for you to recreate the recipes at home.



the  
**welcome**

Please email [multiply.enquiries@reaseheath.ac.uk](mailto:multiply.enquiries@reaseheath.ac.uk)  
or visit [www.reaseheath.ac.uk/multiply](http://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.



the  
**welcome**  
Knutsford's community  
café and support centre

# 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 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 individuals needs, providing a personalised approach to therapy.

in addition to counselling, we provide access to support workers who 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](mailto:info@thewelcome.org.uk)  
Tel: 01565 750905

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

# dsn

Deaf & Sensory Network

## DO YOU HAVE HEARING LOSS?

DO YOU WEAR A HEARING AID?



Do you struggle with hearing conversations, visitors at the door or to hearing the television ?

Free Assessment & Equipment Demo

We are here to help

Free Service

We support people who are deaf or have hearing loss in the Cheshire East area. Our service is delivered by our specialist team who offer a range of support options including drop-in sessions, online support, home visits and community engagement events. The support can range from assisting with booking health appointments, to communication support with letters as well as advice on the self-purchase or loan of specialist technical equipment, including installation.

Please contact us if you would like to find out more about our services, call in at one of our centres,

-  **Call 0333 220 5050**
-  **Text only (SMS) 07786 200547**
-  **Email [dsn@dsnonline.co.uk](mailto:dsn@dsnonline.co.uk)**
-  **Web [www.dsnonline.co.uk](http://www.dsnonline.co.uk)**

**Northwich**  
144 London Road,  
Northwich, Cheshire,  
CW9 5HH.

**Chester**  
Chester Deaf Centre,  
South View Road,  
Chester, CH1 4JG

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

Cheshire Deaf Society operating as DSN is registered in England & Wales as a Registered Charity No. 506791 & a Company Limited by Guarantee No. 01323762.





## Looking for a short-term solution to cover your family care needs?

### **MHA offers respite care in your community.**

Our respite breaks are an ideal short stay care solution with temporary support for you or your loved ones in our capable and experienced hands.

**3 weeks for the price of 2 ... Book now for a 3 week respite break for stays up to the end of September 2024 and receive 1 week of the stay for free.**

### **Why choose a respite break?**

- ✓ An opportunity for carers to take a break and enjoy a holiday.
- ✓ Help with further recovery after a hospital stay.
- ✓ A trial visit to experience life in a care home before permanent choices are made.

### **Our commitment to our guests:**

- ✓ You'll be supported by a caring and compassionate team.
- ✓ Enjoy a choice of home cooked meals from our chefs' daily menus.
- ✓ Be welcomed into a diverse diary of daily activities.
- ✓ Feel free to get as involved as you like with life in our home and make it your home for as long as you wish.

MHA care is underpinned by our charitable ethos, along with the spirituality and warmth that flow through all of our homes.

**The offer applies to a respite stay of three consecutive weeks in a participating home, subject to availability. For full terms and conditions, visit our offer page.**

The Willows Care Home, Warford Park, Faulkners Lane, Mobberley, WA16 7AR

[The Willows, Mobberley | Dementia Nursing Care Home | MHA](#)

The Woodlands Care Home, Middlewood Road, Poynton, SK12 1SH

[Woodlands, Poynton | Nursing & Dementia Nursing Care Home | MHA](#)

**MEN:**

**YOUR WELLBEING  
NEEDS YOU!**

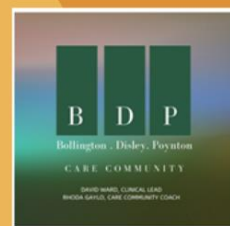


**VISIT**

**THE MEN'S  
HEALTH FAIR**

**START LOOKING AFTER  
YOURSELF.**

**SATURDAY 7TH SEPTEMBER  
1PM - 3PM  
POYNTON CIVIC HALL**





**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](mailto:ecn-tr.knutsfordcarecommunity@nhs.net)



## WORLD HARVEST FESTIVAL



SATURDAY 7TH SEPTEMBER

From 3pm | Free entry  
at THE UNITED REFORMED CHURCH

**FEATURING:**  
Arts & Crafts Stalls,  
Traditional Clothing and  
Artefacts Exhibition,  
Music, Performances  
& Food!



Poster by Maxene Brown

Join us for the joyful celebration of  
music, dance, art and craft from  
different cultures around the world!

Workshops at the  
Silk Museum 1pm - 3pm  
Park Ln, Macclesfield SK11 6TJ

Put on your traditional dress and bring  
a traditional dish or just come to enjoy  
the day and make a small donation.

Festival at THE UNITED REFORMED  
CHURCH from 3PM  
Park Grn, Macclesfield, SK11 7NA



## WORLD HARVEST FESTIVAL

SATURDAY 7TH SEPTEMBER | FREE ENTRY

**CREATIVE WORKSHOPS at**  
**The Silk Museum**  
Park Ln, Macclesfield SK11 6TJ



**Creative Macrame &  
Workshop with Natural  
Materials:**

Discover the joy of crafting with  
natural materials and learn new  
macrame techniques With Ukrainian  
Artist Inna Lymar  
At The Silk Museum Garden from  
**1PM - 3PM**  
Drop in

**Petrykivka Painting  
Workshop:**

Petrykivka painting is a traditional  
Ukrainian decorative painting style.  
With experienced artist Valeria  
Leonova. **1PM - 3PM.**

Scan the QR code  
to book:



### TAI CHI

Join Xianglin to learn  
Tai Chi:

**1PM - 1:45PM at St Michael's  
Church on the Lawn**  
Market Pl, Macclesfield SK10 1DY

**2:15PM - 3PM at The United  
Reformed Church**  
Park Grn, Macclesfield, SK11 7NA  
Drop in

### AFRICAN DRUMMING

Join Jean to learn African  
Drumming and Dance!

Bringing the sunny shores of Africa to  
Cheshire through dance and song!

**1:30PM - 3PM.** Drop in  
**Townley Hall, United Reformed  
Church**  
Townley Hall, Townley Street SK11  
6HZ

World Harvest Festival

[worldharvestfestival.org.uk](http://worldharvestfestival.org.uk)

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

SUSO-A DROP IN FOR ADULTS WITH LEARNING DISABILITIES

25-27 Park Lane, Macclesfield SK11 6UT 01625 424717



## SEPTEMBER 2024



| MONDAY   | TUESDAY  | WEDNESDAY   | THURSDAY   | FRIDAY  |
|--|--|---|--|---|
| <p>2<sup>nd</sup><br/>10.30-12.30PM<br/>Art and Crafts<br/>1-3PM<br/>Well-being</p>  | <p>3<sup>rd</sup><br/>10.30-12.30PM<br/>Performing Arts<br/>1-3PM<br/>Bingo</p>                  | <p>4<sup>th</sup><br/>10.30-12.30PM<br/>TV Talk<br/>1-3PM<br/>SUSOs Got Talent</p>                            | <p>5<sup>th</sup><br/>10.30-12.30PM<br/>'Charity Morning'<br/>Get together<br/>Games, Fancy Dress, Tombola &amp; Lucky Dip</p> |   |
| <p>9<sup>th</sup><br/>10.30-12.30PM<br/>Art and Crafts<br/>1-3PM<br/>Well-being</p>  | <p>10<sup>th</sup><br/>10.30-12.30PM<br/>Simply Food Lunch<br/>1-3PM<br/>Christmas Show Prep</p> | <p>11<sup>th</sup><br/>10.30-12.30PM<br/>Scavenger Hunt<br/>1-3PM<br/>Pub Quiz<br/>5.30pm<br/>SUSO Social</p> | <p>12<sup>th</sup><br/>10.30-12.30PM<br/>Bongo Bingo</p>   | <p>13<sup>th</sup><br/>10.30-3PM<br/>Speaking Up Meeting<br/>Free</p> |
| <p>16<sup>th</sup><br/>10.30-12.30PM<br/>Art and Crafts<br/>1-3PM<br/>Well-being</p> | <p>17<sup>th</sup><br/>10.30-12.30PM<br/>Performing Arts<br/>1-3PM<br/>Film &amp; Hot Choc</p>   | <p>18<sup>th</sup><br/>10.30-12.30PM<br/>Team Games<br/>1-3PM<br/>Karaoke</p>                                 | <p>19<sup>th</sup><br/>10.30-12.30PM<br/>User Led Meeting<br/>Free</p>   |   |
| <p>23<sup>rd</sup><br/>10.30-12.30PM<br/>Art and Crafts<br/>1-3PM<br/>Well-being</p> | <p>24<sup>th</sup><br/>10.30-12.30PM<br/>Tie-Dye<br/>1-3PM<br/>Pub Quiz</p>                      | <p>25<sup>th</sup><br/>10.30-12.30PM<br/>Sharing Stories<br/>1-3PM<br/>Cinema</p>                             | <p>26<sup>th</sup><br/>10.30-12.30PM<br/>Makaton<br/>Int. Language Day<br/>12.30-1.30<br/>SUSO Chat<br/>Free</p>               | <p>27<sup>th</sup><br/>10.30-3PM<br/>Speaking Up Meeting<br/>Free</p> |
| <p>30<sup>th</sup><br/>10.30-12.30PM<br/>Art and Crafts<br/>1-3PM<br/>Well-being</p> |  |   |  |   |



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

OFFICIAL

OFFICIAL-SENSITIVE





## Become a Music Champion!

Be part of the UK Centre of Excellence for Music & Dementia!  
**No previous music experience needed!**

Music in Mind supports community workers and volunteers to lead their own music sessions for people with dementia and their family carers.

### As a Music Champion you will be able to:

- Help run a Music Café for your dementia community
- Support other volunteers and family carers to be confident in using music as part of dementia care
- Bring joy to the lives of people with dementia and their family carers by making music together

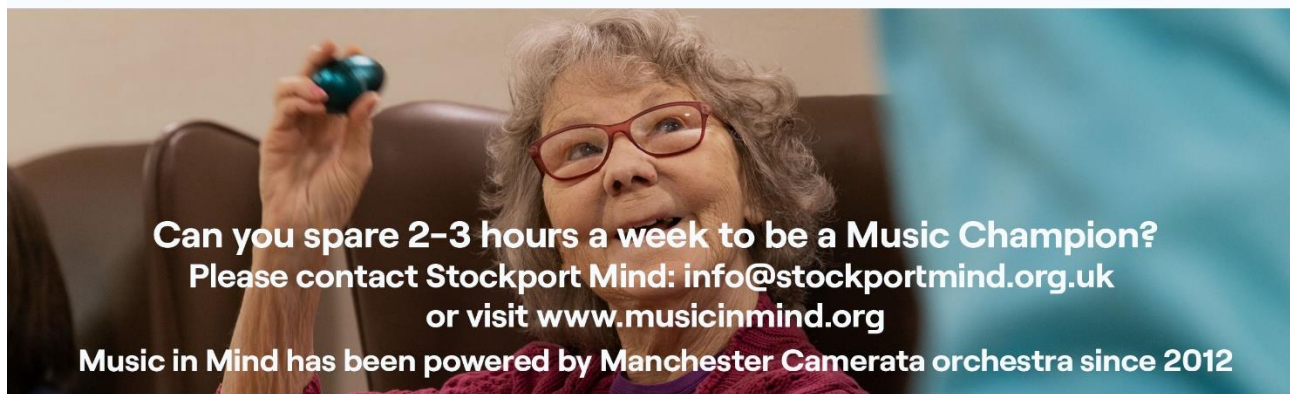


### What you'll get from the programme:

- Support and training from music therapists and musicians in live music sessions
- Ongoing support online and face to face with other Music Champions
- Tutorial videos, music tracks and other resources
- Completion certificate at the end of your course

**"You are unsung heroes... after Mum's first session I literally cried happy tears. So, from my family and I, thank you to each and every one of you"**

*Family carer at a Music in Mind Music Cafe*



**Can you spare 2-3 hours a week to be a Music Champion?**  
Please contact Stockport Mind: [info@stockportmind.org.uk](mailto:info@stockportmind.org.uk)  
or visit [www.musicinmind.org](http://www.musicinmind.org)

Music in Mind has been powered by Manchester Camerata orchestra since 2012





## Handforth Library

Join us for a short talk to find out about  
Dementia & learn how we can support  
people within our community

Friday 27th September 10:30am



St. Michael and All Angels' Church

Marketplace Macclesfield,

SK10 1DY

**Office Number :** 01625 421984

**Email Address :** [office@stmichaels-macclesfield.org.uk](mailto:office@stmichaels-macclesfield.org.uk)

## Sun 8th Sept

6.30pm Choral Evensong (a peaceful sung service)

## Sat 15th Sept

Heritage Open Day 9am – 4pm

Call 01625 421984 in Sept to find out about planned activities.

## Sat 21st Sept

Bands playing in the Marketplace 1.00pm – 6.00pm

## Sat 28th Sept

Silk Brass Band play film music 7.30pm– 9.45pm

Tickets on the door

## Sun 29th Sept

Free recital music in church for Treacle Sunday 12.20pm – 2pm with light refreshments available to purchase. Come and see the gigantic scarf around church, knitted by Macclesfield residents.

ALDERLEY EDGE METHODIST CHURCH  
Westfield Chapel Road, Alderley Edge SK9 7DU

# Coffee Concert

Saturday  
7  
September

**Callum McLachlan**

Alderley Edge Methodist Church  
Admission free  
Doors open at 10 am  
Recital begins at 11 am



ALDERLEY EDGE METHODIST CHURCH  
LUNCHTIME CONCERT

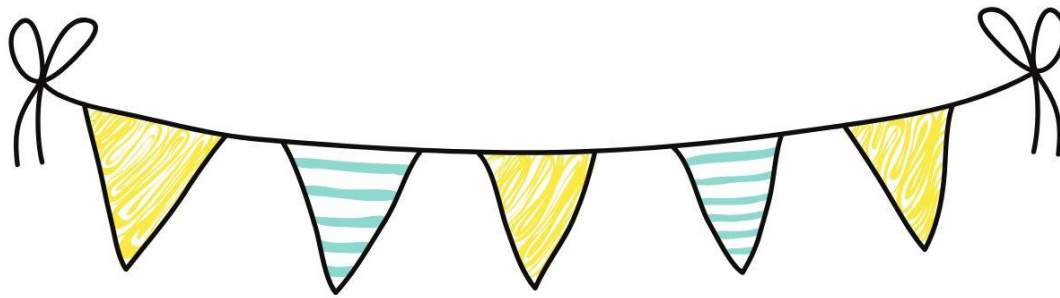
*Dominic Downs / piano*

**18 SEPTEMBER**

LUNCHES SERVED FROM 12 NOON  
PIANO RECITAL BEGINS AS 1.00 PM  
ADMISSION BY PROGRAMME £8







# 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



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>