



What's ON...

DATE: MARCH 25

HELLO AND WELCOME TO MARCH 2025 LAC 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

Take the first step to a healthier you. Explore free, healthy living programmes with One You Cheshire East, including:

- Be Smoke Free - Quit smoking with expert treatment and support
- Active Lives - Physical Activity- Tailored support to help you become active
- Re-Shape - Adult Weight Management- Small steps, big changes, lose weight, gain confidence
- Stand Strong - Falls Prevention- Improve your strength, balance and co-ordination
- Let's Get Movin' - Family Weight Management- Get the whole family active and healthy (available in Crewe)

Eligibility criteria applies. To find out what programmes are available in your area or most local, please get in touch.

To find out more:

Visit: www.oneyoucheshireeast.org

Call: [0300 123 5026](tel:03001235026)

Email: OneYouCE@everybody.org.uk

Follow us on social media:

Facebook: @OneYouCheshireEast

Instagram: @oyce_oneyoucheshireeast

X: @OneYouCE

Local Area Co-Ordinator

FUNCTIONAL IMPROVEMENT TECHNIQUES



F . I . T .

**A SOCIAL EXERCISE CLASS
PROVIDING YOU WITH THE FREEDOM
TO MOVE.**



F.I.T Therapy is a physiotherapy led strength and balance exercise program for seniors. The program consists of exercises tailored to improve members' confidence and function in their everyday life.

A social way to feel great.

F.I.T. Therapy Classes in Cheshire East Monday:

- **10:30 – 11:30 – Poynton Civic Hall**

Tuesday:

- **11:00 – 12:00 – The Curzon, Knutsford**
- **13:00 – 14:00 – Woodford 1st Scout Hut**
- **13:00 – 14:00 – The Curzon, Knutsford**

Wednesday:

- **14:00 – 15:00 – Macclesfield Methodist Church**

Thursday:

- **13:00 – 14:00 – Wilmslow United Reformed Church**

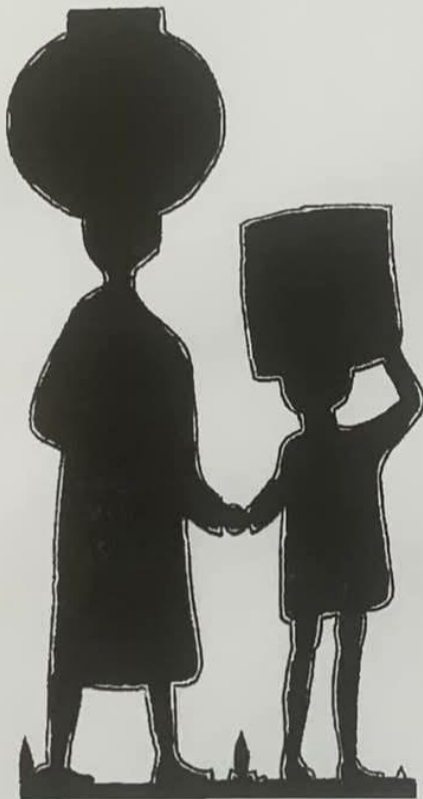
Friday:

- **16:30 – 17:30 – Poynton Civic Hall**

Move More, Feel Better – Join Us Today!

Wilmslow Wells for Africa

SOUPERDAY



**Saturday
8th March**

11.30 to 2.00

***Wilmslow Methodist
Church Hall
Water Lane
SK9 5AR***

*(free parking behind
the hall)*

Admission £6.00 (children half price)

Incl. choice of four home-
made soups plus bread
and a hot drink!

Cakes

Home made produce

Registered Charity No 328330

www.wilmslowwells.org

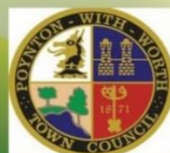


POYNTON ARTS FESTIVAL 2025

21st to 29th June
over 40 events
at over 20 venues

keep up to date at
<https://poyntonartsfestival.co.uk/>

**MUSIC, ART EXHIBITIONS, THEATRE, DANCE, TRAILS, CHORAL
AND MORE!**





Poynton Plant and Seed Share

SATURDAY 22ND MARCH
10:30AM - 12:30PM

HERITAGE GARDEN OUTSIDE POYNTON LIBRARY
(INSIDE CIVIC HALL IF INCLEMENT WEATHER)



Bring along your spare seeds and plants to swap with other gardeners



Chat with the Heritage Garden Group and the Coppice Road Allotment Association



Enjoy a slice of cake and a cup of tea

BeeYou



Support Hive cic

March dates

At The Bate Hall on Chestergate

Carers Activity/Support Group

10am-12pm

13th March 2025

Mother's Day Mayhem Crafts

27th March 2025

Easter Diamond Painting

Friendship Group

6.00pm-8.00pm

20th March 2025

Needle Felting

£4 per session

**CHESHIRE
COMMUNITY
FOUNDATION**

CVS
Community &
Voluntary Services

+ Cheshire and
Merseyside
Cancer Alliance

**COMMUNITY
FUND**

Please book on

email info@beeyousupporthive.co.uk

or through our Facebook page



WE'RE COMING TO POYNTON!

Dementia Disco are opening a monthly disco for
people living with dementia, their carers, family and friends
Starting: Saturday 5th April 2025, then 1st Saturday of every month
Time: 4.30-6.30pm
Venue: Poynton Sports Club SK12 1AG



To find out more visit:
www.dementiadisco.org
Call: 0300 102 7042
Email: hello@dementiadisco.org





DRAWING & PAINTING

Suitable for all abilities



Tuesdays 1-3 pm or Thursdays 10-12 noon
All Saints Church Hall, Brough St West SK11 8HA

Come on a day to suit you
New 10-week courses begin each term



For more details, scan the QR code or contact Patty:

pattyaidacallaghan@gmail.com

07791 504971



Join the Bridgend Centre
for a fun fundraising

GAMES NIGHT

UPSTAIRS AT THE DOG AND PARTRIDGE,
BOLLINGTON

THURSDAY 6TH MARCH

7:00 PM

CARDS, DRAUGHTS, CHESS,
BOARD GAMES, PUZZLES
AND PIZZA!

£10 PER TICKET
INCLUDES AS MUCH PIZZA AS
YOU CAN EAT!

Purchase your ticket on our website or in person
at the Centre

Bridgend Centre
at the  of our community

01625 576311 www.bridgendcentre.org.uk info@bridgendcentre.org.uk

All proceeds go to the Bridgend Centre (registered charity 1123287)



Gauntlet Care Community would like to invite you to
our Coffee morning on the

Tuesday 4th March 2025 from 10am -12.30pm

About us

Gauntlet Birds of Prey, Eagle and Vulture Park is a family run business established in 1996, we are a public visitor centre heavily involved in education and Conservation. Over the last 5 years we have grown our community work, now being on the Cheshire East Framework, and running our Day opportunity service for adults with learning disabilities and/or autism.

The Coffee Morning will allow you to:

- See what the Gauntlet offers for the community
- Learn more about our Gauntlet Academy
- Hear about our mission in a talk from Daisy Bessant
- Watch a flying show, assisted by some of our adults on our programme
- There will be refreshments

Where to find us

Next to Fryers Rose Nursery
and Garden Centre,
Manchester Road, Knutsford,
WA16 0SX

Tel 01565 754419



We look forward to welcoming you then!

For any further information about the day or The Gauntlet Care Community please
email Daisy@Gauntletbirdsofprey.co.uk

the
welcome



Join us for some light
chair exercise and
meditation

Tuesday and Friday at 11am

Join us for our light exercise Class.
If you are looking to enhance your fitness, mobility, flexibility, reduce stress, this class
is the perfect starting point.



Survivors of Bereavement *by Suicide*

Are You Bereaved by Suicide?

Our friendly, safe and confidential peer led support services, are open to all those over the age of 18 impacted by suicide loss

Peer Led Support Groups: Search facility on our website

A confidential space where volunteers who understand your journey, will help to guide you through the healing process. Find solace with others who've walked similar paths.

National Support Line: 0300 111 5065.

Our dedicated volunteers, touched by similar experiences, are here to listen.

BereaveMENT: hereaveMENT@uksobs.org

Monthly virtual meetings facilitated by male SoBS volunteers who have come together to help male survivors feel less isolated in their grief.

Email Support: email.support@uksobs.org

If you find it easier to write down your thoughts and feelings, or ask for information without speaking to someone, our email support volunteers have lived experience of suicide bereavement.

<https://uksobs.com/>



Free Self Care & Repair Workshop

For Macclesfield Residents



Embroidery class, kit & refreshments included



The Monocle Cafe
72 Chestergate, Macclesfield



10.30-12pm



Funded by
CHESHIRE
COMMUNITY
FOUNDATION



Embroidery Artist
Stephanie Evans

Workshop dates:
Thursday 23rd January
Thursday 6th February
Thursday 20th March
Thursday 3rd April
Thursday 15th May

Book here:

www.SelfCareCreatives.com





**the
welcome**

**Struggling with low
mood, anxiety, or
depression.**

**We can offer
5 free over the phone
counselling sessions.**

**To register your interest please email
wellbeing.service@thewelcome.org.uk**



Time Out Group

Supported activities for adults 18+ with learning disabilities and/or autism.

Media Sessions (Poynton)

HAVE YOUR SAY - 12 exciting media-focused sessions. From Poynton to the world - let your voice be heard!

- ▶ Create your own media podcast to share your thoughts and passions.
- ▶ Learn to set up microphones, record, edit, and add sound effects or music.
- ▶ Discover how to connect with an audience and interview guests.



Venue: Poynton Civic Hall, Poynton, SK12 1RB

Time: 6 to 8pm

Dates: March 3rd, 10th, 17th, 24th, 31st
April 28th May 12th, 19th
June 2nd, 9th, 16th, 23rd

For further information, to sign-up as a member, and to book your place please contact admin@timeoutgroup.org.uk



COMMUNITY FUND

Please note: We currently don't offer personal care or mobility support. You will need to provide any additional support for all sessions.

Meet new people · Make friends · Learn new skills

Time Out Group 25 The Paddock, Handforth, SK9 3HQ

W: timeoutgroup.org.uk T: 01625 520652 Charity number 1161863



WHAT IT'S REALLY LIKE LIVING WITH AUTISM

Delivered by Ben Simpson - Space4Autism

A talk delivered by Ben Simpson, an autistic adult, looking at his experiences from childhood up to adulthood.



Thursday 13th March
6-7.30pm (Zoom)



Tuesday 8th April 7-9pm face to face at Space4autism

To book or for more information, please email parenting@justdropin.co.uk





Help at Home

Getting older can come with some challenges but remaining in your own home does not have to be one of them.

If you are aged over 50 living in Cheshire one of our Home Helps could support you to maintain your independence and keep you living in your own home for longer.

We offer a fully flexible service allowing you to choose which tasks we complete during your appointment time on the day, this includes cleaning, collection of prescriptions, shopping or companionship, we will ensure continuity of staff who will get to know you and your needs and will work with you to make your life easier and you will pay one hourly rate regardless of the tasks conducted.

The service operates Monday to Friday between 9am and 5pm every week of the year with the exception of Bank Holidays.



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We offer a fully flexible service that allows you to choose which tasks we complete during your appointment time on the day. This includes

- Cleaning
- Collection of prescriptions
- Shopping
- Companionship

We will ensure continuity of staff who will get to know you and your needs and will work with you to make your life easier, and you will pay one hourly rate regardless of the tasks conducted.

Contact us:



01606 305002



homehelp@ageukcheshire.org.uk

Newsletter – Local Area Co-Ordinator What's ON

It's National No Smoking Day on Wednesday 12th March, are you or someone you know looking to stop smoking?

Did you know One You Cheshire East offer a free, 12-week, Be Smoke Free programme to help you quit smoking with expert support and treatment?

Find out more here: www.oneyoucheshireeast.org/smoke-free/ or call [0300 123 5026](tel:03001235026) or email OneYouCE@everybody.org.uk

Thanks

Lucy Bourne
Senior Marketing Executive

Everybody Health & Leisure
Brooklands, Holmes Chapel Community Centre, Station Road, Holmes Chapel,
CW4 8AA
Mob: 07773976464
www.everybody.org.uk



ONE YOU CHESHIRE EAST

www.oneyoucheshireeast.org





Bel Canto Choir

Macclesfield

A local, friendly choir for anyone
who wants to sing for pleasure

We sing to please ourselves and not to perform to others



The choir meets from 7:30 to 9:30pm at All Saints Church
Hall, Brough Street West, Macclesfield SK11 8HA normally
on the second and fourth Thursdays of the month

<https://belcantomacc.co.uk>

Cheshire Area of NAFAS

MACCLESFIELD FLOWER CLUB



**Would like to invite you to join
them at their Flower
Demonstrations and Workshops**

**Macclesfield Flower Club meet
every 3rd Tuesday at 7:15 pm**

**At All Saints Church Hall,
Macclesfield, SK11 8EL**

For more information

Phone: 01625 610701

£10 for Visitors

Email: Lynnehibbert@aol.com

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>