



What's ON...

DATE: August 25

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

Local Area Co-Ordinator

ENTRY £5
MEMBERS FREE!

118TH DISLEY & LYME HORTICULTURAL SHOW

SATURDAY 16TH
AUGUST 2025

12PM - 5PM

DISLEY
AMALGAMATED
SPORTS CLUB

OVER 35 STALLS

COMPETITIONS

LIVE MUSIC & ENTERTAINMENT

CHILDREN'S ENTERTAINMENT

FOOD & DRINK

FREE SHUTTLE BUS RUNNING FROM HIGH LANE LIBRARY AND DISLEY MARKET PLACE

SEE ALL THE DETAILS AT WWW.DISLEYLYMEHS.COM

Contact Details: Localareacoordinator@cheshireeast.gov.uk

www.cheshireeast.gov.uk

OFFICIAL

UNCLASSIFIED

Specialist Support for Ex-Forces who have Autism, ADHD, or an Acquired Brain Injury



Registered Charity No. 1133529

LIVE AT EASE



Valuing equality and inclusion across the North West

We can help you with.....

- ✓ Benefits forms, reviews, appeals, and attend assessments with you
- ✓ Cost of living difficulties and budgeting
- ✓ Pre & Post diagnosis support and diagnosis pathway navigation
- ✓ Advice on disability aids and adaptations, Blue Badge scheme, and the Motability scheme
- ✓ Independent living support, at risk of homelessness, and managing a tenancy
- ✓ Accessing leisure activities, social groups, and support networks

Our Objective: To support Ex-Forces personnel who are struggling due to autism, ADHD, or an acquired brain injury, that impacts on their daily living and executive functioning skills.

Our Mission: To help you to improve your self-confidence, mental wellbeing, and quality of life, and help you to reduce your isolation and feeling of social exclusion.

Contact Gav Jones (Veteran Services Manager) on:

Mobile/WhatsApp: 07458 306239

Landline: 0161 480 7248

Email: gavin.jones@disabilitystockport.org.uk

Funded by

**THE ARMED FORCES
COVENANT FUND TRUST**

Supported by & working alongside

NHS
Greater Manchester
Integrated Care

**VETERANS'
FOUNDATION**

**ROYAL
AIR FORCES
Association**

NHS
Central Cheshire
Integrated Care Partnership



MEN'S SHED

KNUTSFORD

[A new men's shed has opened in Knutsford \(ladies also welcome\).](#)

[A lovely space to chat, have a coffee, play darts, air hockey, use free WIFI/computers and a wood working space with volunteer guidance if required.](#)

[Yearly fee of £60 to join.](#)

[Opening times-](#)

[Monday 12.30-4.30pm](#)

[Wednesday 9.30-12.30pm](#)

[Friday 2-5.30pm](#)

[Contact \[info@mensshedknutsford.co\]\(mailto:info@mensshedknutsford.co\) 01565 370006](#)

[Cranford House,](#)

[8 Malt Street,](#)

[Knutsford,](#)

[WA16 6ES](#)

Talking Cafe



Tuesdays

10 a.m - 12 p.m

at Cafe on the Corner



All Welcome!

KNUTSFORD
Together

Improving lives in our community

East Cheshire Young Onset Dementia Group.

Join our support group for people living with Young Onset Dementia

This is a Peer Support Group aimed at those aged under 65 (or just over) who have been diagnosed with any type of dementia and their carers.

The group is an opportunity to meet others and socialise in a safe, understanding and relaxed environment.

Where:

Astbury Village Hall, Peel Lane, Astbury, Congleton, CW12 4RQ

Please contact us via the details below for further information on the next group meeting

Contact us on **0300 369 0570**
or **YODnetwork@alzheimers.org.uk**

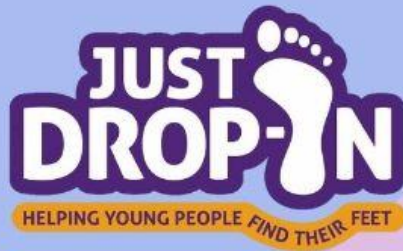


**Alzheimer's
Society**

Together we are help & hope
for everyone living with dementia



Registered charity no. 296645. Alzheimer's Society operates in England, Wales and Northern Ireland.



It's like pressing the reset button every week.

I didn't feel judged.

WE LISTEN.

FREE AND CONFIDENTIAL
COUNSELLING FOR 14-25 YEAR
OLDS IN BOLLINGTON,
POYNTON AND DISLEY.



SESSIONS AVAILABLE IN
MACCLESFIELD AND POYNTON.

SHORT WAITING TIMES.

Gives me a place to just be myself.

You don't have to just talk, you can do other things too.



SELF-REFER VIA OUR WEBSITE
[JUSTDROPIN.CO.UK](https://justdropin.co.uk)
OR CALL US ON 01625 665 079



Struggling with Cost of Living? Cut Your Grocery Costs By Up to £1000 a Year - Join Your Local Pantry Today!

Pantries soften the blow of high living costs and create the conditions for communities to grow and thrive, by bringing people together around food. Hope Central Pantry, Handforth is a membership based community food club for people struggling with the cost of living. Contact us or pop in on Tuesday to find out more.



LOCATION

St Chad's Church,
Handforth, SK9 3ES



OPEN

Tuesdays, 9.30 AM -
12 noon



MEMBERSHIP FEE

£6.00 a week



GET

At least 10 items
worth £20-£30

Contact info@hopecentral.org.uk or 01625 724 133

www.hopecentral.org.uk
Registered Charity Number 1183290



HOPE
central
BRINGING HOPE. RELIEVING POVERTY



Drama Social Sessions (Macclesfield)

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

DID YOU KNOW Time Out Group, Northwest will be offering new 'Drama Social' sessions in Macclesfield, starting in August?

To kick this off we will be in **MACCLESFIELD ON THURSDAY 31ST JULY** with two information/member sign-up sessions.

Times: First Session: 1 to 4pm
Second Session: 6 to 7.30pm

Where: Disability Information Bureau, Pierce Street, Macclesfield, SK11 6ER

Do I need to book? No, just pop by and meet the Time Out Group team. You can sign up as a member on the day and find out more.



Former SUSO members will receive their first 6 sessions at a reduced rate of £7.50.

We can't wait to hear from you and hope you can get involved.

For more information,
please contact us at admin@timeoutgroup.org.uk
or visit our website – join us page: www.timeoutgroup.org.uk

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



Macclesfield Social Drama Group

Why don't you join us?
18+ with learning disabilities and autism?

- ▶ Games
- ▶ Build Confidence
- ▶ Learn New Skills
- ▶ Meet New Friends
- ▶ Work Together To Create Something To Be Proud Of!

We will be popping up in Macclesfield on Wednesday afternoons 1 till 3pm from August 2025.

£12.00 per session
(former SUSO members £7.50 for the first 6 sessions).

If cost is a concern, please talk to us!

You must be a signed-up member to participate.



We can't wait to hear from you to start our journey together.

No experience needed.

Let's get creative!

For more information,
please contact us at admin@timeoutgroup.org.uk
or visit our website – join us page: www.timeoutgroup.org.uk

Time Out Group 25 The Paddock, Handforth, SK9 3HQ
W: timeoutgroup.org.uk T: 01625 520652 Charity number 1161863



Introducing the NEW Older Adult Exercise Class in your area!



Warm Up in
Standing/Sitting



Ankle Weighted
Strengthening
Exercises



Practicing Real-Life
Functional
Movements/Walking



Cool Down and
Breathing Control

Location:

Macclesfield
Methodist Church,
SK10 1BX

Date:

Every Tuesday at 13:00-14:00

If you or a family member would benefit
from our classes, call **07804 306742** or
visit **www.myfitclass.co.uk**

PRE LOVED LADIES EVENING

Tuesday 14th October

7pm - 8.30pm

ALL HALLOWS HIGH SCHOOL
MACCLESFIELD, SK11 8LB

FREE ENTRY

Bring a bag (or two) fill it with clothes, shoes, accessories and pay £2
for a full bag on exit

The Big Clothes Movement is a CIC with the core motive to prevent
textiles from hitting landfill before their time is up! Come and join the
movement, do your bit for the environment whilst being kind to your
wallet



Find us and details of our other events on Facebook

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Newsletter – Local Area Co-Ordinator What's ON




FREE COURSE



Get Ahead over the Summer Break

Can you tick off two or more qualifications this summer?

If you're aged 19+, live in Cheshire East and have some time to while away over the summer break, complete a short online qualification. Personal tutor support; choose your start date; study around other commitments; learn at your own pace, from wherever you are. All courses accredited by Ascentis, a nationally respected awarding organisation.

	Level 1 Managing Personal Finance	Level 1 Award in Personal Health and Wellbeing	Level 1 & 2 Awards in Healthy Living	Level 1 Award in Mental Health and Well-Being
	Level 1 Award in Personal Safety	Level 1 Award in Health and Safety	Level 1 Award in Understanding Safeguarding for Work, Education and Life	Level 1 Award in Infection Control and Prevention
	Level 1 Award in Understanding Employment, Business and Enterprise	Level 1 Award In Preventing Plastic Pollution	Level 1 Award in Environmental Sustainability	Level 2 Award in Environmental Sustainability
	Level 1 Award in Equality and Diversity	Level 1 Award in Understanding an Inclusive Environment	Entry 3 Award in Introduction to British Values	Level 1 Award in Citizenship
	Level 2 Award in Food Safety in Catering	Register in Macclesfield or Congleton	Email: info@springboard.me.uk	Tel. 01260 290 682

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Sow a seed of HOPE: Funded Suicide Prevention Training in the North West for rural communities

Do you work in farming or agriculture?
Want to know how to support someone
with thoughts of suicide?

Date: 15 October 2025

Time: 13:00-16:30

Location: Zoom

This SPEAK (3.5 hours) training course
has been kindly funded by the NFU
Mutual Charitable Trust.

For any questions or further information,
please contact: englandnorth@papyrus-uk.org



[Click here](#)
or scan the
QR code
to register.



“

Thought provoking, and has increased my
confidence in the support I can give to pupils
and students in my care.

”

- SPEAK Training Participant



NFU Mutual
Charitable Trust

Registered Charity Number: 1070896
OSCR Registered Charity Number: SC052558
Registered Company Number: 03555482

Exciting updates from One You Cheshire East's Active Lives programme. They've expanded their eligibility criteria and locations.

If you have been diagnosed as pre-diabetic, you may be eligible to join One You Cheshire Easts, free, 12-week, Active Lives programme.

Also, their facility offer as part of the Active Lives programme is now available at more Everybody Health & Leisure facilities across Cheshire East. Including:

- Alsager Leisure Centre
- Barony Sports Complex
- Wilmslow Leisure Centre
- Knutsford Leisure Centre

Get unlimited access to a range of Everybody Health & Leisure centres. Whether you prefer swimming, gym, exercise classes or racquet sports, there's something for everyone.

Eligibility criteria applies, if you would like to find out more:

Visit: www.oneyoucheshireeast.org/active-lives/

Call: 0300 123 5026

Email: OneYouCE@everybody.org.uk

Check if you're eligible for the Priority Services Register

You can join the Priority Services Register if you:

- have reached your state pension age
- are disabled or have a long-term medical condition
- are recovering from an injury
- have a hearing or sight condition
- have a mental health condition
- are pregnant or have young children
- have extra communication needs (such as if you don't speak or read English well)
- need to use medical equipment that requires a power supply
- have poor or no sense of smell
- would struggle to answer the door or get help in an emergency

Customers on the Priority Services Register can receive extra support from suppliers, such as:

- Advanced notice of power cuts
- Priority support in an emergency
- Help with prepayment meter access
- Meter reading services
- Accessible information

Find out more by contacting your energy provider or by visiting thepsr.co.uk.





OUR STROKE SURVIVORS GROUP IS COMING TO HOLMES CHAPEL

OPENING DATE - 6 AUGUST 2025

1pm to 2.30pm

GOOSTREY LOUNGE - HOLMES CHAPEL METHODIST CHURCH, CW4 7AR



**COME AND SEE HOW WE EMPOWER STROKE SURVIVORS TO
RECOVER, RECLAIM AND REBUILD THEIR LIVES AFTER STROKE.**

SURVIVORS AND FAMILY/CARERS WELCOME.

CHARITY NUMBER 1209208

OPEN Meeting

Speaker, Mark Relf, a representative from the Commonwealth War Graves Commission, will discuss his role in marking, recording, and maintaining the graves and memorials of Commonwealth military members who perished in the two World Wars. There will also be cakes and coffee available.

If you're interested in joining us, please reach out at adlingtonwi@gmail.com.



theWI
INSPIRING WOMEN

TUESDAY 5TH AUGUST

TIME - 1:30PM

ADLINGTON VILLAGE HALL





SINGALONG

with Andy

**The Hope Centre
Community Hub**

**Tuesday 12th August
11am**

managerhopecentremacclesfield@gmail.com
01625 404384

No Tier Snooker Society, Hazel Grove

Website Address - notiersnooker.co.uk



A welcoming environment for those with FTD or early-onset dementia.

Coming Soon To Hazel Grove Snooker Club Unit 1-2 Macclesfield Road , Stockport , SK7 5EN Please register your interest on the email below

- Enjoy snooker, tea, coffee, and nibbles
- Meet others walking in the same shoes
- Exclusive access for society members, carers and loved ones, both men and women welcome

Please register interest by email: info@notiersnooker.co.uk

Relive your youth and light up the green baize!

Highlights:

- **Registration:** Please register interest with Ian 07555 524 862 or info@notiersnooker.co.uk
- **Snooker Buddy:** Always available for support if there are odd numbers. The snooker buddy will also be an individual that has been diagnosed with FTD/Early on-set so you never need to worry about being on your own.
- No Experience necessary
- **Venue Restrictions:** Ground floor

A unique opportunity to escape for a couple of hours each week.

Motivation and companionship to look forward to every session and give us something to look forward to when we wake up on a Monday morning.

The hardest thing about this condition is motivation and getting out.

LET'S MAKE THIS HAPPEN!

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The Hope Centre Community Hub

FRIENDSHIP, COLOURING & CRAFTS

*Wednesday 23rd July,
6th August & 20th August*

10:30am - 12pm

*Free to attend when purchasing
from The Well Café.*

*Colouring supplies provided, or
bring your own!*



The Hope Centre, 16-18 Park Green, Macclesfield, SK11 7NA | 01625 404384

SHARSTON
— HOUSE —
CARE HOME

 A Kingsley Healthcare Home


**Cheshire's
Silk Radio**
108.6FM - DAB - Online



★
**FREE
ENTRY**

Come & join us for our

SUMMER FAYRE

**Fantastic LIVE entertainment from
Cheshire's Silk Radio**

Saturday 2nd August – 12noon-4pm

Tel: 01565 859780 W: kingsleyhealthcare.co.uk/sharstonhouse

Sharston House Care Home

Manor Park South, Knutsford,
Cheshire WA16 8AQ

www.kingsleyhealthcare.co.uk/sharstonhouse



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Fun & Friendship Day

on

Friday 15th August 2025

10.30am to 4.00pm

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' and the 'Beartown Ukes' to entertain us !

Free event, everyone is welcome.

**For more information, please contact Helen on:
01625 616138 or info@thechurchparkgreen.co.uk**

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East Cheshire
Hospice
Where people come to live

EAST CHESHIRE HOSPICE SHOP KNUTSFORD

NOW OPEN

9:30AM - 4:30PM MONDAY - SATURDAY, 10AM - 4PM SUNDAYS
MALT STREET, KNUTSFORD

 Follow us on Facebook @EastCheshireHospiceKnutsfordShop

WE ARE ACCEPTING DONATIONS!

We need your good quality clothes, furniture, accessories and more. Pop into the shop to drop them off. We kindly ask that no donations are left outside.



WE ARE LOOKING FOR VOLUNTEERS!

You'll help with donations, serve customers, work the till, and be part of a friendly, caring team.

Give 1 hour or 5 - it's completely flexible. Choose the days and hours that suit you. Half or full days are always welcome!

Interested?
Email volunteer@echospice.org.uk,
pop into the shop or call 01565 744694



SCAN TO FIND OUT MORE ABOUT VOLUNTEERING

GAWSWORTH HUB

2-4 Longbutts Lane
Gawsworth
Macclesfield
Cheshire
SK11 9QU

Quiz night October 4th in the Village Hall that will include a meal at £12.50 per person.
We are asking for teams of 4 to enter.

We also have a village produce show on Sunday 7th September.

We are particularly looking to recruit volunteers to work in our shop on the first shift which is 7.30am -10am . Please contact Sara on shop@gawsworthhub.co.uk

Newsletter – Local Area Co-Ordinator What's ON

Green Spaces for Wellbeing

The award-winning Green Spaces for Wellbeing programme provides free activities to adults that promote relaxation and focus on self-care, with nature connection and mindfulness at its core. The programme has a wide range of activities from Pilates to art, walking, gardening and more!

With a new timetable of engaging sessions currently taking place at Queens Park, Crewe and Victoria Park, Macclesfield they are always excited to welcome new faces to their friendly and sociable groups.



To see a bit more about what the programmes involve, you can watch our video now at [Free Nature Based Activities- Green Spaces for Wellbeing](#) or visit our website www.everybody.org.uk/green-spaces-for-wellbeing

Tuesday Crewe Queens Park

10-12 Wellbeing Walk

1-3 Gardening drop in (no sign up needed)

Tuesday Macclesfield Victoria Park

1-3pm Riverside Rangers

Wednesday Crewe Queens Park

10-12 Nature Connections

1-3 Social Drop in (no sign up needed)

Thursday Crewe Queens Park

1-3pm Mindful Art in the Park

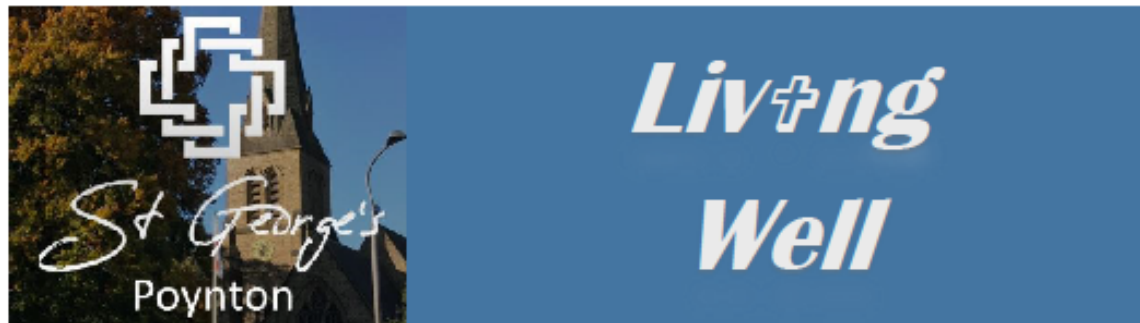
Thursday Macclesfield Victoria Park

10-12 Mindful Art in the Park

1-3pm Gardening drop in (no sign up needed)

Friday Crewe Queens Park

10-12 Wildlife Friendly Gardening



A drop-in for everyone, including those living with memory loss – offering friendship, a warm welcome, and a chance to socialise.

Alternate Tuesdays beginning 14th January 2025 at St. George's Church Hall, Poynton

2.15 – 4:15pm

12th & 26th August

9th & 23rd September

7th & 21st October

4th & 18th November.....

And every other Tuesday thereafter.

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



Songs Under the Rainbow

*Join us for a heartwarming morning of live music
and community spirit.*

THURSDAY 28TH AUGUST, 11AM
THE HOPE CENTRE, 16-18 PARK GREEN

Free to attend when purchasing from The Well Cafe.

managerhopecentremacclesfield@gmail.com | 01625 404384

St. Michael and All Angels' Church

Churchside, Market Place, Macclesfield

SK10 1DY

Office Number : +44 (0) 1625 421984

Email Address : office@stmichaels-macclesfield.org.uk

Ukrainian Cafe - meeting point 02-Aug
10.00am - 11.30am Free

VJ Day Exhibition with lots of local experiences and
memories 15th Aug - 21st Aug during café opening
hours - Mon-Weds 10am - 12pm; Thurs-Sat 10am -
3pm; Sun 11.30 - 2pm

Screen showings of Barnaby history 23rd Aug
1pm; 2pm; 3pm showings Free

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>

