



What's ON...

DATE May 2025

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

Knutsford Lions



Knutsford & District Lions Club (CIO)
Registered Charity 1198210

Community Fair on Knutsford Heath

Monday 26th May 2025 : 11 am – 4 pm

**Enjoy a great free family day out in support
of your town and local good causes**

Local Area Co-Ordinator



The poster features a vibrant green background with a purple ground area. On the left, a man in a yellow shirt and orange pants is running while carrying a child in a blue shirt and orange pants. Above them are several colorful balloons (yellow, green, pink, blue). On the right, a woman in a yellow shirt and blue pants is standing next to a young girl in a pink dress. The text 'Family FUN DAY' is prominently displayed in the center, with 'Family' in a red script font and 'FUN DAY' in large, white, block letters. Above the title, there is a logo for 'S4A' and a 'The Queen's Award' emblem. A QR code is located in the top right corner with the text 'SCAN TO BOOK!' below it. A red banner across the middle reads '20TH BIRTHDAY CELEBRATION!'. Below this, three circular callouts provide event details: 'SUNDAY 25TH MAY 11AM-3PM' (yellow), 'LIFESTYLE FITNESS, MACCLESFIELD COLLEGE' (green), and 'FIRST CHILD £3.50, ADDITIONAL CHILDREN £2.50, ADULTS £1, UNDER 2S GO FREE!' (blue). Below these, text states 'TICKETS MUST BE PURCHASED IN ADVANCE' and 'PLEASE EMAIL BOOKINGS@SPACE4AUTISM.ORG TO RECEIVE THE LINK TO PURCHASE YOUR TICKETS'. At the bottom, a list of activities includes 'BOUNCY CASTLES', 'LIVE ENTERTAINMENT', 'FUNDRAISING STALLS', 'SENSORY ROOM', and 'REFRESHMENTS', followed by 'SUPPORTED BY' and the 'Lifestyle Fitness' logo. Illustrations of a bouncy castle and a fundraising stall are also present.

S4A®

The Queen's Award

SCAN TO BOOK!

Family FUN DAY

**20TH BIRTHDAY
CELEBRATION!**

**SUNDAY
25TH MAY
11AM-3PM**

**LIFESTYLE
FITNESS,
MACCLESFIELD
COLLEGE**

**FIRST CHILD
£3.50
ADDITIONAL
CHILDREN £2.50
ADULTS £1
UNDER 2S GO
FREE!**

TICKETS MUST BE PURCHASED IN ADVANCE
**PLEASE EMAIL BOOKINGS@SPACE4AUTISM.ORG TO RECEIVE THE LINK TO
PURCHASE YOUR TICKETS**

JOIN US FOR LOTS OF FUN!

**BOUNCY CASTLES
LIVE ENTERTAINMENT
FUNDRAISING STALLS
SENSORY ROOM
REFRESHMENTS
SUPPORTED BY**

**Lifestyle
Fitness**

MHA Communities

Cheshire East

Services Overview



Social groups and activities
for people aged 55 and over.

Monday

Drop In

Weekly 11.00am– 1.00pm

Craft Group 2.00pm-4.00pm

3rd Monday of the month

Macclesfield Methodist Church



Wednesday

Bollington warm space and activity group

2nd and 4th Wednesday of the month

10.30-12.30 and 12.00-2.00 (People can stay all day)

Light lunch provided at 12pm

Tuesday

Treacle Tuesday Lunch Club

2nd and 4th Tuesday of the month

11.15am-1.00pm

Treacle Activity Group

2nd and 4th Tuesday of the month

1.00pm-2.00pm

Macclesfield Methodist Church,
Macclesfield

White Nancy Lunch Club

1st and 3rd Tuesday of the month

11.15am-1.00pm

Shrigley Court, Bollington

Bingo and Raffle

1st and 3rd Tuesday of the month

1.00pm-2.00pm

Shrigley Court, Bollington

Wednesday

Moving More Feeling Better

Weekly– 2.00pm-3.00pm

Macclesfield Methodist Church



Thursday

Silk Activity Group

1st and 3rd Thursday of the month

10.30am-11.15am

Macclesfield Methodist Church

Silk Thursday Lunch Club

1st and 3rd Thursday of the month

11.15am-1.30pm

Macclesfield Methodist Church



Other Services

Befriending, Day trips, MHA Active

Chat and check calls

cheshireeast@mha.org.uk

01625 612410



Hub Coordinator
SARA DICKINSON





Gawsworth Hub

are

Actively seeking volunteers
Come along and chat with Sara
our Hub Coordinator
9.30 to 1.30 most weekdays
Find out more about becoming
part of an amazing team

It might be you could help with one shift per week
in our cafe or shop...or both
Full training available

we are also happy to fit in with your availability...
Maybe you could do holiday cover or just one shift each month?

Workshops



Give it a TRY nothing lost if it's not for you

Great social activities

Meet lots of friendly faces
A regular pit stop for bikers







SILK PAINTING WORKSHOPS



Monday April 28th
Tuesday May 20th
Monday June 23rd



From 1.30pm - 4.30pm



£20 per person per session (no
materials needed) .



Please pop in to book or call
01625 425428
or contact Sara on
shop@gawsworthhub.co.uk
(includes Drink and Cake)





Community Support Sessions

Our FREE sessions provide information, tips and advice on how to look after yourself and others

Understanding Dementia (online)

- 8 May 2025, 9.30am - 11.30am

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

How to plan for the future (online)

- 27 May 2025, 2pm - 4pm

Together we'll look at 'formal' and 'informal' planning, covering information on subjects such as Lasting Powers of Attorney, Wills and funeral planning

Confidence to care at end of life (online)

- 29 May 2025, 9.30am - 11.30am

A look at the signs and symptoms and what to expect at end of life, the natural process of death and how to offer comfort

Grieving when caring ends (held in Crewe)

- 10 June 2025, 1pm - 3pm

A supportive session looking at how to cope with grief after the dual losses of a loved one and your role as their carer

Grieving before loss (held in Crewe)

- 19 June 2025, 10.30am - 12.30am

A supportive session looking at practical strategies for coping with grief arising from loss of companionship, loss of future plans or role and identity



Book your place now at:

www.eolp.co.uk/public-health-community-sessions/

Email info@eolp.org.uk Call 01270 310260



BeeYou



Support Hive cic

Carer's Activity Support Group

1st May 2025

10am-12pm

**The Bate Hall
Macclesfield**

Cross Stitch Bookmarks

£4 per person

A free Tea or Coffee included in price

Come enjoy yourself making crafts. This session will be doing Cross Stitch bookmarks, or just come along and get to know people, have a chat, making friends along the way.



Please find our page on Facebook and follow for future dates and events Beeyou Support Hive CIC
Please book on you can email
Info@beeyousupporthive.co.uk
or message through our Facebook page





Join us for a

Deaf Awareness Week COFFEE MORNING



Friday 9th
May 2025

11AM-1PM

DSN MACCLESFIELD,
27 BRIDGE STREET, SK11 6EG

dsn@dsnonline.co.uk
0333 220 5050



MINDFUL WEAVING FRIENDSHIP SESSION

**TUESDAY 6TH MAY
10AM - 12PM**

**PARADISE MILL
MACCLESFIELD**

£4 including all materials and bottled water

**BOOKING ESSENTIAL
EMAIL INFO@BEEYOUSUPPORTHIVE.CO.UK**

**CHESHIRE
COMMUNITY
FOUNDATION**



Connecting Chelford

Check out what we have on offer!

Fundraising
events

Monthly Outings

Weekly
Befriending
service

Friendship Coffee
Mornings
10.00-11.30 am £2

Memory Lane
Cafe
fortnightly
2.00-4.00pm £2

Monthly Lunches
Thursdays 13.00-
14.30pm £10
Booking
essential

We are based in Chelford at the Hub. We hold social events weekly as well as Seasonal outings and everyone is welcome to come !

We are also looking for volunteers to help with any of our activities.



For more information on activities, events or volunteering please get in touch by
email: connectingchelford@gmail.com
Phone: 07973453823
Or pop into the Hub

The poster features a large, detailed image of a silver Avro Lancaster bomber in flight, serving as the background. In the top left corner is the Avro Heritage Museum logo, which consists of a stylized red and blue winged emblem with the word 'AVRO' in red. To the right of the logo, the text 'AVRO HERITAGE MUSEUM' is written in a bold, sans-serif font, followed by the address 'Woodford Aerodrome, Chester Road, Woodford. Sat Nav Postcode: SK7 1GE'. In the top right corner, there are two VisitEngland logos: one for 'VISITOR ATTRACTION' and another for 'HIDDEN GEM'. The central part of the poster is dominated by the word 'EVENTS' in large, white, bold letters, followed by '2025' in a slightly smaller, white, bold font. Below this, a list of events is provided in white text: 'Classic Vehicles Day: Sun. 13th April', 'Classic Vehicles Day: Sun. 11th May', 'Avro Super Cars Day: Sun. 25th May', 'Classic, Military, & Emergency Vehicles Day: Sun. 8th June', 'Air Fair "Wings & Wheels": Sat. 12th & Sun. 13th July', and 'Forties Weekend: Sat. 6th & Sun. 7th September'. At the bottom, there are three small inset images: a red classic car, a black and white photo of a biplane in flight, and a military jeep. Below these images, the text 'How to find us:' is followed by directions: 'Follow Chester Road (A5102) to the mini roundabout opposite Notcutts Garden Centre, Turn into the Woodford Garden Village and turn right at the end of Lancastrian Way, following the brown signs.' Below the directions, the text 'Full Details on our Website:' is followed by the website address 'www.avroheritagemuseum.com'. At the very bottom, the text 'If you'd like to display a vehicle at one of our events, please contact Craig Hadfield on: 07713 856672 or e-mail crg.hadfield@gmail.com' is displayed. A small cartoon dog head is visible in the bottom right corner.

Newsletter – Local Area Co-Ordinator What's ON



**Support for everyone at
The Welcome 146-147 Longridge,
Knutsford WA16 8PD**



Appointments:

Weekly—Tuesday am

Monthly—last Friday of the month am

Do you want to have a chat about benefits, debt, housing or the cost of living? We can help you with these issues and many more. Please come and talk to us and see if we can help. Our Adviser will take some details about your issue and follow up with advice via an appointment, (either face to face or telephone), or via email.

You can also contact us

FACE TO FACE ADVICE— 01625 432 847 For an appointment at any of our locations including Macclesfield, Wilmslow, Handforth, Knutsford, and Poynton, call between 9.30am and 1pm	EMAIL ADVICE—Complete our form at www.citizensadvicecn.org.uk/home/email-advice CONSUMER HELPLINE 0808 223 1133 SELF HELP INFORMATION—Via our national website www.citizensadvice.org.uk
TELEPHONE ADVICE 0808 812 6186	

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BeeYou



Support Hive cic

Friendship Crafts Group

8th May 2025

6pm-8pm

**The Bate Hall
Macclesfield**

Faux Stained Glass

£4 per person

A free Tea or Coffee included in price

Come enjoy yourself making crafts. This session will be doing Faux Stained Glass, or just come along and get to know people, have a chat, making friends along the way.



Please find our page on Facebook and follow for future dates and events Beeyou Support Hive CIC

Please book on you can email

Info@beeyousupporthive.co.uk

or message through our Facebook page





You're invited!



**Thursday
May 8th**

**St Bart's
Church**

6.30pm Bell Ringing

7pm Entertainment and Fish & Chips

Tea, Coffee & Cake included (feel free to bring other drinks)

8.30pm Worship as the nation did in 1945

9.15pm "I vow to thee my country", National Anthem and
the Lighting of our Beacon



TICKETS: £10 adults £7 children
Sign up via the QR code

Church Street, Wilmslow
SK9 1AW



**East Cheshire
Hospice**

STAR group Share, Talk and Remember



An opportunity for
anyone grieving the
loss of a loved one to
meet up and chat.



When

**2nd Friday of each month
2-4pm**

**4th Wednesday of each month
7-9pm**

Where

**Within the Sunflower Living Well
Centre, East Cheshire Hospice,
Millbank Drive, Macclesfield,
Cheshire, SK10 3DR**

How do I join?

**There's no need to book,
you can simply just drop in
for a chat.**

Contact us

**For more information or to register
your interest please contact
Amy Williams on
01625 665668
amy.williams@echospice.org.uk**

BeeYou



Support Hive cic

Carer's Activity Support Group

15th May 2025

10am-12pm

**The Bate Hall
Macclesfield**

Dried Flower Sun Catcher

£4 per person

A free Tea or Coffee included in price

Come enjoy yourself making crafts. This session will be doing Dried flower sun catcher's, or just come along and get to know people, have a chat, making friends along the way.



Please find our page on Facebook and follow for future dates and events Beeyou Support Hive CIC

Please book on you can email

Info@beeyousupporthive.co.uk

or message through our Facebook page



SHARSTON
— HOUSE —
CARE HOME

EVERYBODY
WELCOME

Come along to our

Open Day

Saturday 10th May – 2pm-4pm.

A perfect opportunity to look around our beautiful, grand, 19th-century home which offers nursing, residential and dementia nursing care in the heart of Knutsford, meet the team as well as some of our lovely residents.



You can sample some of the delicious food and tempting cakes we offer as well as experience some of the enrichment activities that are available for residents.

Sharston House Care Home,
Manor Park South, Knutsford, Cheshire, WA16 8AQ
www.kingsleyhealthcare.co.uk/sharstonhouse

Call 01565 633022
to find out more





Knutsford

Good Neighbours

Needs You!

Established in 1999, we need volunteers to enable us to continue to provide this much needed and valued service.

Drivers use their own vehicles with expenses paid, to assist elderly or infirm local residents who are unable to get to medical appointments at local surgeries and hospitals.

Co-ordinators act from home from 11am to 3pm once a month, taking calls from clients needing to book a driver.

We were awarded the **Queens Golden Jubilee Award** for Voluntary service in 2003, thanks to all our volunteers.

Any time you are able to give, will be very much welcomed. **Thank You!**

Please telephone 01565 631 262 to give your details and one of our committee members will contact you.



(Garden Regeneration Over Ward Community Association) Registered charity no.1091285

OPPORTUNITY FOR VOLUNTEER GARDENING TEAM MEMBER

'GROW' is a small, vibrant, Knutsford based gardening charity seeking volunteers of all abilities to join our existing teams who under the guidance our Coordinators tend the gardens of local frail and disabled people. 'GROW' has been doing this for over a quarter of a century.

Volunteering takes place in teams during the day in people's gardens but is very flexible ranging upwards from a few hours once a month to a whole day a week as agreed individually with our Coordinators. Whatever suits you best.

Tools, training, health & safety kit and a branded polo shirt are all provided along with any reasonable out of pocket travel expenses and refreshments.

There are many benefits to volunteering. You can gain new skills, meet new people, enhance your CV, give something back and make a real difference to people's lives. It's also fun! Volunteering for GROW does not affect unemployment benefits.

It is anticipated this opportunity will appeal to local people with some time on their hands with an interest in gardening and being outdoors but there's no substitute for enthusiasm.

Support will be provided by the Coordinators and any other courses e.g. weed identification will be accessed where required.

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For more details please contact > Neil Forbes: Secretary@KnutsfordGrow.Org.uk

MACCLESFIELD LIBRARY INVITES YOU TO:

CRAFTY CHAT

Bring your own craft - knitting, crochet,
cross stitch or other arty project!

Refreshments provided

Free event, drop in

EVERY MONDAY 2.00 - 3.00

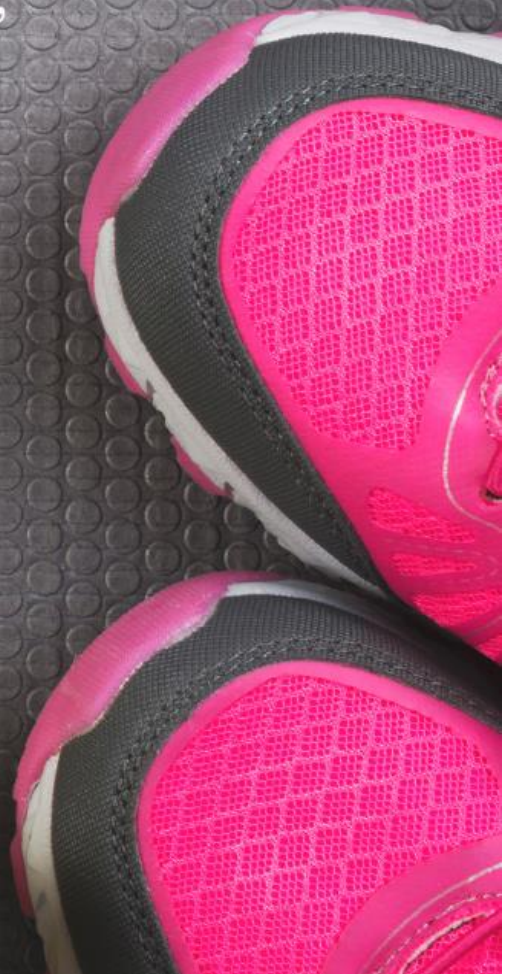


your **Library**

Stand Tall: Exercise Class

A weekly class focused
on improving balance
and preventing falls

Every Friday, 10:30 am,
Community Hub,
Holy Trinity Church,
Hurdsfield Road,
SK10 2PX



Hurdsfield Food Pantry

The Green In The Corner Cafe,
Hurdsfield Green, SK10 2RJ

Every Thursday, 1:30 pm - 4:00 pm

Stop by for Tea/Coffee from 1:30pm



Choose your food from 2pm.

Cost: £3





MEMORY AWARENESS EVENT

WORRIED ABOUT A
MEMORY PROBLEM?

KEEN TO KEEP YOUR MIND
HEALTHY?

CARING FOR SOMEONE
LIVING WITH DEMENTIA?



**Come and chat to local groups and
professionals in a relaxed environment!**

MONDAY 19TH MAY

1PM - 3PM

POYNTON CIVIC HALL

For more information, contact Sharon Duke on 01625 8722378
or email sharon.duke@poyntontowncouncil.gov.uk

STEP BACK IN TIME WITH US AND JOIN THE
CELEBRATIONS AT THE CIVIC HALL



THIS IS VE-DAY 

THURSDAY 8TH MAY, 2PM - 4PM, POYNTON CIVIC HALL

FREE ENTRY

Find out more at poyntontowncouncil.gov.uk

— WWW.POYNTONTOWNCOUNCIL.GOV.UK 01625 872238 —

MEXICAN & LATIN FOOD & SOCIAL!

Saturday, MAY 31st.
'Poynton Civic Hall'
13:00 - 16:00 p.m.



¡Viva!

BYO, Raffles, Games, Latin Music
Delicious Mouthwatering Dishes!
Lots of Fun!

£20

Inclusive all food, drink & raffles!
Pre booking ONLY!



CONTACT: VIVIANA CERUTTI

Agenda Cultural, Poynton

E-MAIL: MIAGENDAUNO@GMAIL.COM

MBL. 07931 985 810

Don't miss out!



Easy Movers – Physical Activity Group

EASY MOVERS

PHYSICAL ACTIVITY GROUP

Free, easy going, fun physical activity group
Helps with strength and balance



For more information or to book onto the class,
call 01565 750905

THE WELCOME CAFE, LONGRIDGE
THURSDAYS AT 1.30PM - 2.30PM



Veteran Coffee Morning

**10.00am-12.00pm Every Thursday at
Handforth youth centre.**

**The NAAFI Break Handforth
hold our Brews and Banter
morning every Thursday for
veterans and their families**





Is a UK charity that provides groups for males aged 18+ to talk in a safe and confidential space, free from advice and judgement.

Circle Reminder

Macclesfield



Every Thursday
19:00 - 21:00

Excluding bank holidays



The Big Room
45 Pickford St.
Macclesfield
SK11 6HB

Register at mentell.org.uk/signup

CELEBRATE VE DAY 80TH ANNIVERSARY IN STYLE AT THE HANDFORTH YOUTH CENTRE SATURDAY 10TH MAY 2025 12PM UNTIL 5PM - FREE EVENT FOR ALL



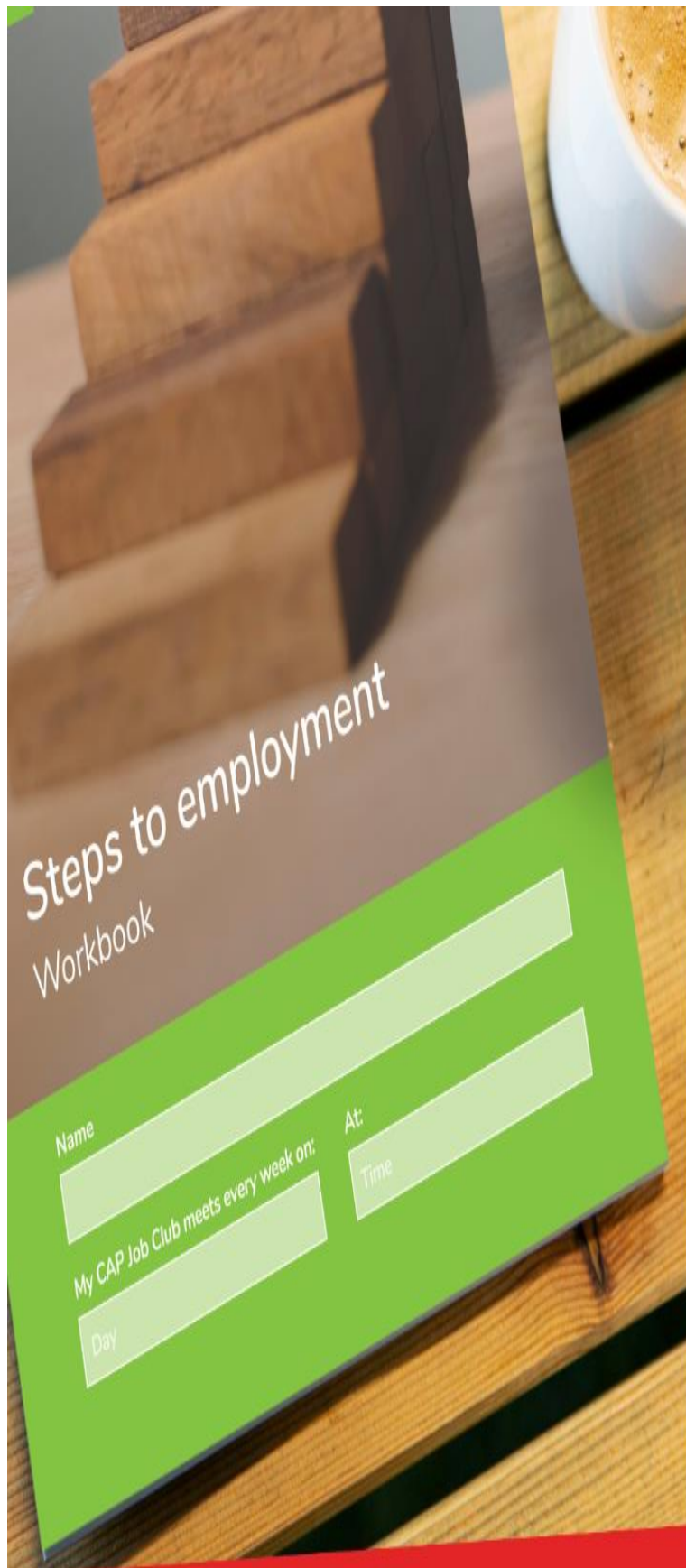
On Thursday 08th May 2025 join us at 9:00pm at Handforth War Memorial to Light the Lamp of Peace.



On Saturday 10th May 2025 Join us at Handforth Youth Centre, Old Road from 12pm until 5pm for a full day where we will have:

- Two live acts playing jive and swing music all day in the main hall including Bring On the Swing.
 - Classic themed food and drink favorites.
 - A whole host of activities for the children including a large assault course and carnival games.
 - Silk FM will be here broadcasting live all day.
 - Dress to impress with your best period attire and there will be a prize for the best fancy dress costume.
- The Railway Handforth will be keeping attendees hydrated.





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

Free 8 week course

Starting 7th May 2025

1-3pm

Knutsford

Book your place:

karenwyer@capjobclubs.org

07486 002 308

www.hopecentral.org.uk
Registered Charity Number 1183290



HOPE
central
BRINGING HOPE. RELIEVING POVERTY



East Cheshire
Hospice
Where people come to live

SINGING TOGETHER

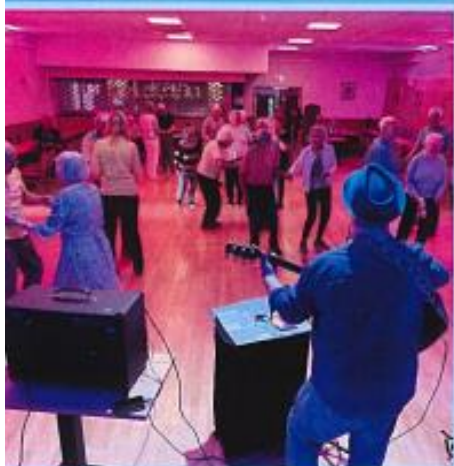


Our East Cheshire
social group for people
experiencing dementia and
their carers will energise
your mind, body and soul.

2nd Friday of each month
10:30am - 12:00noon

Broken Cross Club
Broken Cross, Macclesfield
SK11 8TU

Check criteria and self referral at
www.echospice.org.uk/dementia-support
or call 01625 666 990 to discuss





the welcome

What's on guide

Monday

Breakfast Buddies

Men's social group with a free bacon butty and refreshments.

10am - 11.45pm

Tuesday

Chair Exercise Class

Gentle chair exercise class.

11am - 11.30am

Knit, Natter and Craft

Bring your own project or join our resident knitters to make community gifts.

1pm - 2.30pm

Wednesday

Over 55's Luncheon Club

Roast dinner, hot drink and a dessert - £4

12.30pm - 1.30pm

Thursday

Community English Lessons

Brush up on your English skills or prepare for qualifications.

10am - 12pm

Parkletics

Exercise sessions with qualified personal trainers.

1.30pm - 2.30pm

Friday

Chatty Coffee Morning

Community social coffee morning with free refreshments.

10am - 12pm

Chair Exercise Class

Gentle chair exercise class.

11am - 11.45am

Please check our website and social media for our latest events, activities, and groups.

We host other support agencies such as Job Centre Plus and Citizens Advice Bureau; please see our social media and notice boards for dates and times.

147 Longridge, Knutsford, WA16 8PD

Tel: 01565 750905

www.thewelcome.org.uk

Newsletter – Local Area Co-Ordinator What's ON

MACC LIBRARY

Music@Mike's lunchtime concert	Thur 1st May	1.15pm - 1.45pm	Free
Ukrainian Cafe - meeting point	Sat 3rd May	10.00am - 11.30am	Free
VE Day Exhibition	Weds 7th - Sun 11th	10.00am - 3pm	Free
Choral Evensong	Sun 11th May	6.30pm	
KEMS concert	Sat 5th April	7.30pm - 9.30pm	Tickets

Disley Library:

Keen Cooks Book Group – 1st Friday in the Month

Poynton Library:

Adult Book Group 2nd Tuesday in the month

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>
