



# What's ON...

September 25

## HELLO AND WELCOME TO LAC NEWSLETTER.

### SEPTEMBER 2025

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)



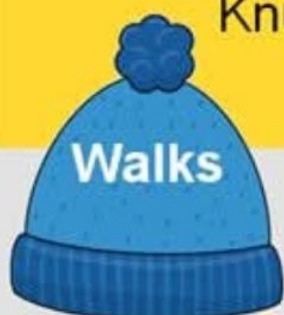
Local Area Co-Ordinator

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

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

# Volunteers Needed

Knutsford Heritage Centre volunteers wear many different hats



There's a hat here to fit YOU!

For more information on volunteering at the Heritage Centre please call in or contact us.





# Community Board Games Group

**Over 18s only**

**Every Third Thursday  
6.30 pm onwards  
for the more serious  
fun games**

**All Ages session**

**Every First Saturday  
from 2pm  
until  
4pm  
Children 11+  
must be with a  
responsible adult**



**Find us on Facebook:  
Community Boardgames  
Group**

**Starting  
in September  
2025**



**Sunflower Living Well  
Centre, Millbank Drive,  
Macclesfield, SK10 3DR**



## JOIN OUR COMMUNITY EVENT

organised by

PEAKS & PLAINS  
Housing Trust



At this community event you  
can get the information about:

- Cost of living advice
- Benefits
- Housing
- Food poverty
- Training
- Health
- Security and support for all ages

### FRIDAY

12 September 2025  
9:00 am - 12:00 pm

Calvary Church  
2 Merebrook Road,  
Macclesfield  
SK11 8RH

**Held in conjunction with Calvary Food Pantry at Calvary Church**

If you would like to receive more information about the event please  
email: [trust@peaksplains.org](mailto:trust@peaksplains.org)  
call: 0800 012 1311





# BINGO NIGHT

**£10 PER ADULT - EYES DOWN AT 7PM**

Join us for our annual fun filled bingo evening. This event is for young people age 16+ and adults. Open to members and non members. Admission fee includes bingo games. Raffle optional on the evening. Fabulous prizes to be won. All funds raised to S4A

**TO BOOK ONTO THIS EVENT, PLEASE EMAIL [BOOKINGS@SPACE4AUTISM.ORG](mailto:BOOKINGS@SPACE4AUTISM.ORG)**

**WEDNESDAY  
15<sup>TH</sup> OCTOBER**

**SPACE4AUTISM**

**6.30PM-  
9PM**

15-17 Mill Lane, Macclesfield, Sk11 7NN  
Charity No. 1189689



# **CRAFT SPACE**

**Time: 10am-12pm**

**Date: 2<sup>nd</sup> Wednesday of the month**

**Price: Free**

**Location: Space4Autism**

**No need to book, just turn up!**



**A welcoming and inclusive craft group for all skill levels and members aged 18+, coming together to learn new crafts, create beautiful handmade items, and raise funds for Space4Autism.**

**For more information email [bookings@space4autism.org](mailto:bookings@space4autism.org)**

Space4Autism , 15-17 Mill Lane, Macclesfield, Cheshire, SK11 7NN

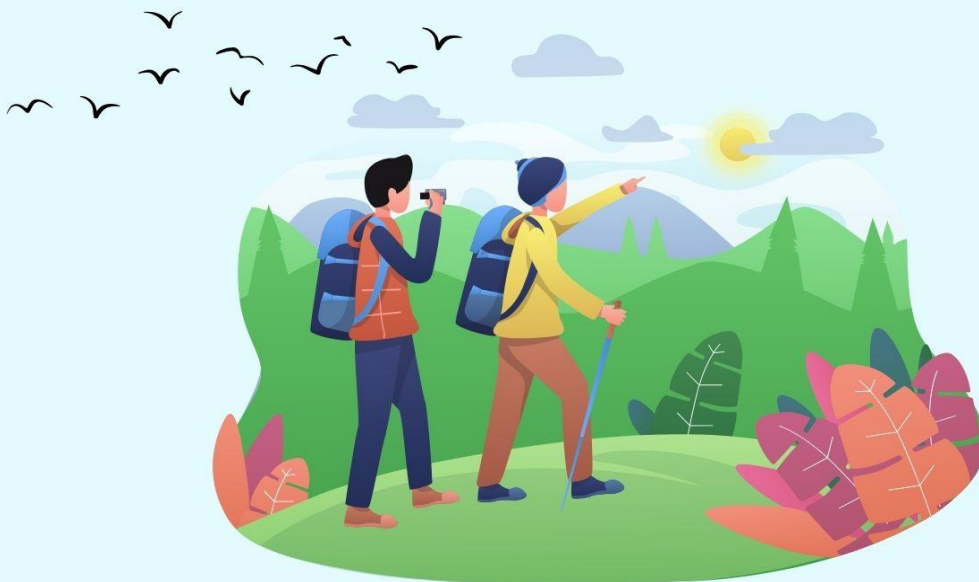
Charity No. 1189689



# WALK WITH THE GUYS

**A male-focussed walking group  
starting from the Bridgend Centre in  
Bollington**

**Sundays at 10:30am**



**Sunday 17<sup>th</sup> August - Ingersley Vale & Rainow**

4.5 miles, moderately easy with some ascent

**Sunday 21<sup>st</sup> September - White Nancy and the Saddle of Kerridge**

3 miles, moderate difficulty rating with a couple of steep sections

**Sunday 19<sup>th</sup> October - The Harrop Valley**

5 miles, moderate difficult rating with some strenuous sections

**£2**

For more details go to our website or ask in the Bridgend Centre

Bridgend Centre, 104 Palmerston Street, Bollington, SK10 5PW  
01625 576311 - [www.bridgendcentre.org.uk](http://www.bridgendcentre.org.uk) - [info@bridgendcentre.org.uk](mailto:info@bridgendcentre.org.uk)



## THE BRIDGEND CENTRE'S VINTAGE FAIR

Step into a world where history meets timeless craftsmanship. Whether you're a passionate collector, a vintage enthusiast, or simply looking for something unique, this is the place to find hidden gems from the past.

**27<sup>th</sup> September to 4<sup>th</sup> October 2025**



**Bridgend Centre,  
Bollington**

£2 entry fee on Saturday 27<sup>th</sup>  
September, free entry on all  
other days

Glassware | Ceramics | Electronic items  
Clothing | Textiles | Jewellery | Accessories  
Plus much more!

BRIDGEND CENTRE  
104 PALMERSTON STREET  
BOLLINGTON, CHESHIRE, SK10 5PW  
01625 576311  
[WWW.BRIDGENDCENTRE.ORG.UK](http://WWW.BRIDGENDCENTRE.ORG.UK)

**FIND HIDDEN  
TREASURES!**



**Bridgend Centre**  
at the  of our community



**Follow**





# Bats and Moths in Crosstown

**Friday 12th September**

Join us for an evening walk from  
the Moor to the Orchard to  
discover our flying neighbours  
Meet on the **Moor** at **8:30 pm**



MEET AT WA16 6JD

## **KNUTSFORD HERITAGE OPEN DAYS**

### **18<sup>th</sup> to 21<sup>st</sup> September 2025**

Heritage Open Days is England's largest community led festival of history and culture, involving thousands of local volunteers and organisations.

Every year in September it brings people together to celebrate their heritage, community and history. Stories are told, traditions explored, and histories brought to life. It's your chance to see hidden places and try out new experiences – and it's all FREE.

This years theme is Architecture.

Across Knutsford there will be a blue plaque trail, a tapestry exhibition, visual displays of church architecture and a chance to see some of the Tabley House collection for free during designated afternoons.

Visit

<https://www.discoverknutsford.com/events/>  
for further details.





Connecting Chelford

# **FUNDRAISING TABLE TOP SALE**

## **AT CHELFORD VILLAGE HALL**

**ONLY £1 ENTRY FOR ADULTS  
CHILDREN FREE**

**LOTS OF STALLS INCLUDING CAKES, JEWELRY,  
GIFTS, FLOWERS AND MUCH MORE.**

**HOT FOOD, SNACKS & REFRESHMENTS  
AVAILABLE THROUGHOUT!**

**SATURDAY 27TH SEPTEMBER  
10AM-2PM**



JOIN US FOR

Space4Autism's  
**WICKED**  
20th Birthday  
Party

SHRIGLEY HALL HOTEL

SATURDAY 22<sup>nd</sup> NOVEMBER

TICKETS: £50 PER PERSON

INCLUDES A DELICIOUS 3 COURSE MEAL, A FABULOUS  
NIGHT OF ENTERTAINMENT FROM 'A MILLION  
DREAMS', AN EXCITING CHARITY RAFFLE, A LIVELY  
CHARITY AUCTION, AND A DISCO TO FINISH THE  
NIGHT IN STYLE!

TICKETS ARE ONLY AVAILABLE FROM  
SPACE 4 AUTISM (INFO@SPACE4AUTISM.ORG)  
OR CAROLINE VALENTINE (07766137970)

OVER 18'S ONLY





## We need your help! Volunteer with us

At MHA Communities we support older people to live independently in their own homes and communities for as long as possible. We offer a variety of social activities and services for people aged 55 and over. With your help we can make a real difference to enable people to live later life well.

### Types of roles available:

Befriender Volunteers  
Social Group Volunteers  
Various Volunteer positions

**MHA Communities Cheshire East**  
Macclesfield Methodist Church, Westminster Road, Macclesfield SK10 1BX

### To find out more:

01625 612410 |  
Or you can apply directly on our website  
[www.mha.org.uk/volunteer](http://www.mha.org.uk/volunteer)





# POYNTON HERITAGE OPEN DAYS

**12<sup>TH</sup> - 21<sup>ST</sup> SEPTEMBER**

**FRIDAY 12<sup>TH</sup> - RAILWAY 200 EXHIBITION**

**SATURDAY 13<sup>TH</sup> - RAILWAY 200 CELEBRATIONS**

**EXHIBITION ON POYNTON'S STATIONS**

**POP-UP PLATFORM AT HIGHER POYNTON**

**SUNDAY 14<sup>TH</sup> - HERITAGE FAIR**

**WEDS 17<sup>TH</sup> - TRACING POYNTON TOWERS GUIDED WALKS**

**FRI 19<sup>TH</sup> - AN INTRODUCTION TO EGYPTOLOGY**



**SAT 20<sup>TH</sup> - ANSON ENGINE MUSEUM OPEN DAY**

**'EARLY MINING IN POYNTON AND LYME HANDLEY' GUIDED WALK**

**TRADITIONAL SIGNWRITING DEMO WITH ANDY RUSSELL**

**SUN 21<sup>ST</sup> - JOIN IN: THE CENTRE IN POYNTON OPEN DAY**

## **FOR FULL DETAILS:**

 **VISIT [WWW.POYNTONTOWNCOUNCIL.GOV.UK](http://WWW.POYNTONTOWNCOUNCIL.GOV.UK)**  
 **CALL 01625 872 238 OR COLLECT A LEAFLET AT**  
**POYNTON CIVIC HALL**







## 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](mailto:admin@timeoutgroup.org.uk)  
or visit our website – join us page: [www.timeoutgroup.org.uk](http://www.timeoutgroup.org.uk)

Time Out Group 25 The Paddock, Handforth, SK9 3HQ  
W: [timeoutgroup.org.uk](http://timeoutgroup.org.uk) T: 01625 520652 Charity number 1161863



# JUPITER GROUP

**SOCIAL GROUP FOR DIAGNOSED ADULTS AND THOSE ON THE WAITING LIST.**

**THURSDAYS 1-3PM | FOR MEMBERS OF SPACE4AUTISM  
£5 PER PERSON PAYABLE ON THE DAY (CASH OR CARD)**

**JUPITER HAS 5 RINGS... JUST LIKE THE 5 WAYS TO WELLBEING:  
CONNECT - GIVE - BE ACTIVE - KEEP LEARNING - TAKE NOTICE**

## **WHAT TO EXPECT:**

 **GAMING**

 **BOARD GAMES**

 **MOVIES**

 **CHAT AND CHILL**

 **GUEST SPEAKERS**

**A SAFE SPACE TO CONNECT, BE YOURSELF, MAKE FRIENDS, TRY SOMETHING NEW  
OR JUST RELAX IN A WELCOMING ENVIRONMENT.**

**TO BOOK, OR FOR MORE INFORMATION, EMAIL [BOOKINGS@SPACE4AUTISM.ORG](mailto:BOOKINGS@SPACE4AUTISM.ORG)**



**15-17 MILL LANE, MACCLESFIELD, SK11 7NN**

**CHARITY NO. 1189689**



# 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

## Vision Zone 2025

### Solutions for Low Vision



Would you like to find out more about assistive technology, Support, Services, Groups, and much more!

Our Vision Zone events bring together a variety of excellent services and charities covering your local area.

No matter what your sight loss condition we are here for you. Whether it's just to gain knowledge or hands-on experience with new technologies, entry is free to our events, and our friendly staff will greet you with a warm welcome.

**Thursday 18<sup>th</sup> September – 11.00 to 2.00pm**

**The Centre, 107 Park Lane, Poynton, Stockport, SK12 1RB**



**0800 145 6115**

**[www.lowvisonshop.co.uk](http://www.lowvisonshop.co.uk)**

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Enjoy a day of family-friendly sports and laughter!

# RACE FOR SPACE

**SUNDAY 31ST AUGUST  
10-12:45PM**

**MACCLESFIELD ATHLETICS  
TRACK**

- OBSTACLE COURSE • FAMILY RELAY • ADULTS FANCY DRESS RACE
- SPONSORED WALK/RUN • GAMES • DRINKS/CAKES STALL



Join us for our **Race For Space** event this **August** and help us raise money so we can continue providing our essential services to thousands of members!

To register and receive your sponsorship form, email [bookings@space4autism.org](mailto:bookings@space4autism.org).

Minimum of **£10** per family sponsorship to take part.

## KNUTSFORD PICNIC IN THE PARK



### **14<sup>th</sup> September - Picnic in the Park**

Picnic in the Park returns for another year!

With a wonderful array of free activities for everyone to enjoy and an open air theatre - we're excited to welcome you back.

Taking place in Longridge at St Helena's field - Longridge, (adjacent to Adeleide Heath Academy). no need to book! We invite you to bring along your blankets and chairs for a wonderful afternoon of fun in the community.



## Fundraiser



MHA Communities Cheshire East and our lovely members would like to invite you to our fundraiser.

**Saturday 9th August 2025**

**12.30pm-3.00pm**

At Shrigley Court, Church Street, Bollington– please come to the back of the building to enter.

Pre-loved clothes   Cake stall   Bric-Brac  
Tombola   Entertainment   Raffle



These lovely ladies are the idea behind this so please come along and support them to make this day wonderful.

For more information call 01625 612410

email [cheshireeast@mha.org.uk](mailto:cheshireeast@mha.org.uk)

This event is open to all, please bring your family and friends.

The money raised will go directly into supporting older people.





# Thrive Together

MOVEMENT. STRENGTH.  
MINDFULNESS. CONNECTION.

*Move better, feel  
brighter, age brilliantly*

Come join us in a  
**Monthly movement class**

KNUTSFORD METHODIST CHURCH  
PRINCESS STREET, KNUTSFORD  
WA16 6BY

For more information call Jude 07740436746





# **In Together** Handforth

*A group for people with dementia and their carers*

**Thursdays 2.00 – 4.00 pm**

Come along to:

**St. Mary's Methodist Church Hall,**  
Wilmslow Road, Handforth, SK9 3LF

Join us for:

**Tea / Cakes / Chat with others /  
Activities and Games.**

For more information contact:

**Roberta** 01625 528569  
robertag62@icloud.com

**Free**  
**Parking**  
available

# Time to Talk



**Call in at one of the drop-in sessions at  
Intotogether Handforth Dementia Café for a friend-  
ly, professional advice from your local health  
team.**

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

<b>Thurs 4th Sept</b>	<b>St Marys Methodist Church, SK9 3LF</b>	<b>2.45pm-3.30pm</b>
<b>Thurs 2nd Oct</b>	<b>St Marys Methodist Church, SK9 5AR</b>	<b>2.45pm-3.30pm</b>
<b>Thurs 30th Oct</b>	<b>St Marys Methodist Church, SK9 5AR</b>	<b>2.45pm-3.30pm</b>
<b>Thurs 27th Nov</b>	<b>St Marys Methodist Church, SK9 5AR</b>	<b>2.45pm-3.30pm</b>
<b>Thurs 18th Dec</b>	<b>St Marys Methodist Church, SK9 5AR</b>	<b>2.45pm-3.30pm</b>



# WORLD HARVEST FESTIVAL 2025

## **Saturday the 6th of September**

From 12 noon St Michael's  
church grounds: the street  
dance with craft sales



## **Saturday the 6th of September and Saturday 20th of September**

Creative workshops at the  
silk museum from 12:30



## **Saturday 13th of of September**

From 12 noon the main  
event as last year with  
live music, workshops  
tbc at United Reformed  
Church



## FREE Money Coaching- Knutsford

*helping you to budget, save and  
spend well over a 4-week course*

Starting Tuesday 2nd September  
7.15PM - 9PM  
St John's Knutsford,  
Church Hill, Knutsford, Cheshire,  
WA16 6DH

For more information contact:  
[info@hopecentral.org.uk](mailto:info@hopecentral.org.uk)  
01625 724 133



No personal financial information  
is shared during the course



[www.hopecentral.org.uk](http://www.hopecentral.org.uk)  
Registered Charity Number 1181290



**HOPE**  
*central*  
charity limited by guarantee



# LIFE SKILLS

Are you struggling to make ends meet?

Is there never enough money at the end of the week?

Come and meet Julie, our Life Skills Manager to learn tips and techniques to make your money go further.

Life Skills is a free, relaxed, community based course where you can learn practical skills in dealing with life's pressures and living on a budget.

Get in touch with Julie to find out more  
[info@hopecentral.org.uk](mailto:info@hopecentral.org.uk) 01625 724 133



Starting  
Wednesday  
17th September 1-3pm  
St Cross Church,  
Knutsford WA16 8EL

[www.hopecentral.org.uk](http://www.hopecentral.org.uk)  
Registered Charity Number 1183290



**HOPE**  
*central*  
COMMUNITY FOUNDATION



Recommended by  
CLASSIC *f*M



# Music Café for people living with dementia

**Come and join the fun!**

Every Tuesday starting 16th  
September, 2pm-3.30pm

 The Hope Centre,  
Macclesfield, SK11 7NA

*People with dementia and their  
carers welcome - No musical  
experience needed*



"A little piece of heaven in our  
week"

"We enjoy seeing mum  
enjoying herself... we never  
stop smiling"

"The sessions are full of  
playfulness, laughter, tears..  
they are so inclusive and so  
much fun!"

- 📍 Free to attend
- 📍 Make new friends
- 📍 Improve wellbeing and mood
- 📍 Help people with dementia to communicate and express themselves

To attend this Music Café, or for more information on parking and accessibility, contact [managerhopecentremacclesfield@gmail.com](mailto:managerhopecentremacclesfield@gmail.com)

07553566070



# 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>