



# What's ON...

DATE Oct 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:

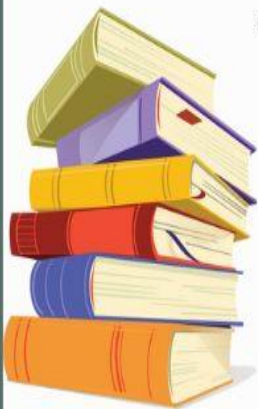
[localareacoordinator@cheshireeast.gov.uk](mailto:localareacoordinator@cheshireeast.gov.uk)

Local Area Co-Ordinator

Join us at Macclesfield library for

## BOOKS ALOUD

Each session we read and discuss  
extracts from topical or noteworthy titles



**FIRST MONDAY OF  
EVERY MONTH**

**11AM - 12PM**

It's free & friendly, and refreshments are provided

Drop in, no need to book



your **Library**



THE HOPE CENTRE

in partnership with



# COOKING LIFE SKILLS



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Have fun learning how to create tasty,  
nutritious, and affordable meals, whilst  
making friends and cooking to a budget

6-week course delivered by a fully qualified  
and registered trainer, free to attend (sign-up  
required)

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

**07 OCTOBER 2025, 17:00 – 19:00**

07553 566 070    [managerhopecentremacclesfield@gmail.com](mailto:managerhopecentremacclesfield@gmail.com)



**8-WEEK**

# **LIFE SKILLS Course**

**for people seeking employment**

**Come and join us  
to learn more about—**



**Searching for a job**



**Writing your CV**



**Upgrading your interview skills  
and much more**

**WHERE:**

**Hope Centre**

**16 - 18 Park Green  
Macclesfield,  
SK11 7NA**

**Tel. 01625 404384**

**E-mail:**

**[managerhopecentremacclesfield@gmail.com](mailto:managerhopecentremacclesfield@gmail.com)**

**WHEN:**

**14 Oct. 2025**

**Every Tuesday**

**Morning: 10:30am - 12:30pm**

**Afternoon: 1:30pm - 3:30pm**

**Our fantastic supportive team is looking forward to meeting you**





# VETERANS BREAKFAST CLUB

FOR VETERANS & THEIR FAMILIES

Bring the family – good food, great company, and plenty of laughs!

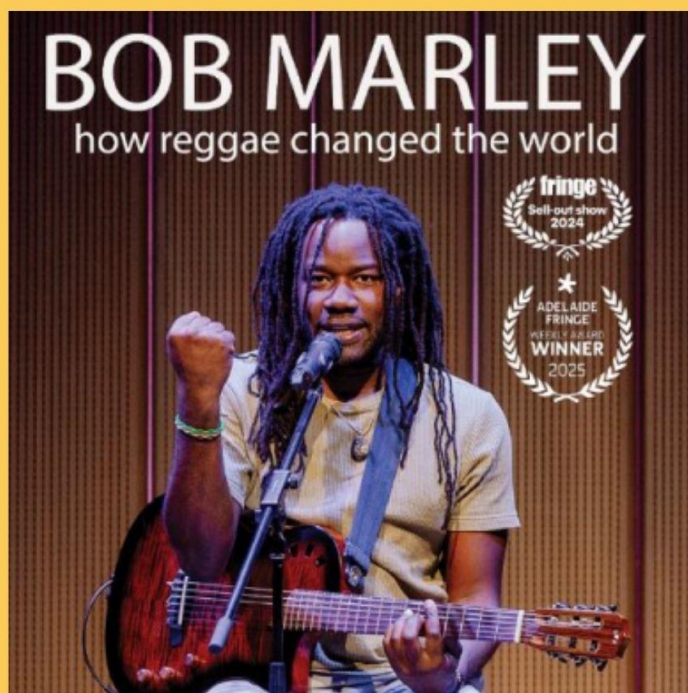


JOIN US FOR A **HEARTY** BREAKFAST,  
**FRIENDLY FACES** & **FAMILY FUN!**



Macclesfield Library and Cheshire  
Rural Touring Arts present

# DUANE FORREST



An acoustic journey through the roots of reggae to the global influence of Bob Marley. Experience acoustic renditions of legendary reggae songs that have reshaped countless lives, including Duane's own.

From the origin of reggae to Marley's transcendent legacy, immerse yourself in the soulful melodies and transformative power of this iconic music

Friday 10<sup>th</sup> October 7pm £15

Tickets available @ Macclesfield Library or book online via Ticket Source



# ADULT COLOURING

Macclesfield Library

Last Thursday  
of each month

2.00 - 3.00

Unleash your inner artist!

Free event, all materials and  
refreshments are provided



your **Library**



WE PRESENT A PANEL OF WRITERS, FACILITATED BY CHRIS MCDONALD (DI ERIC PIPER, AND THE STONEBRIDGE MYSTERIES)

16  
OCT

19.30

# MEET THE MURDERISTS

SARAH  
HILARY

CHRIS  
MCDONALD

SEAN  
WATKIN

NATALIE  
CHANDLER

ROB  
PARKER

FREE EVENT  
1 BOURNE STREET  
BOOK NOW

[guildlifelonglearning.org](http://guildlifelonglearning.org)

**Together  
@ The Table  
COMMUNITY  
MEAL (Free)**

**3rd Sunday of the month  
Macclesfield Salvation Army**

**Roe Street**

**12:30pm Food @ 1pm**

**Please book on  
07766 470802**



Made with PosterMyWall.com





**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 665688  
[amy.williams@echospice.org.uk](mailto:amy.williams@echospice.org.uk)**

**\*New Wednesday morning slot now available\***

# Need help using your phone, tablet or laptop?



**You can book one to one tuition with an IT Buddy at Macclesfield Library for free**



your **Library**





WeCare Cheshire



CQC Regulated,  
Fully Insured,  
Enhanced DBS

WeCare Cheshire's Transport  
Services offers  
non-emergency transport  
services for people who need to  
travel to or from hospital,  
medical appointments,  
carehomes, events, lunches,  
day- centres etc.

admin@wecarecheshire.com  
03332425153  
07883597064

WeCare Cheshire



CQC Regulated,  
Fully Insured,  
Enhanced DBS

WeCare Cheshire's Day Opportunities offers Community Based Activities such as, Group Outings for elderly and vulnerable adults to local attractions, Shopping Centres, Parks, Supervised Walks, Bowls, Picnics, Historical sites, Botanical Gardens and others

[admin@wecarecheshire.com](mailto:admin@wecarecheshire.com)

03332425153

07883597064



# 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



Alderley Edge Methodist Church

# Lunchtime Concert



**Wednesday 15 October**

**ANGHARAD HUW / HARP**

**JAMES WARBURTON / VIOLIN**



**LUNCHES SERVED FROM 12 NOON  
RECITAL BEGINS AT 1 PM**





**SHARSTON**  
— HOUSE —  
CARE HOME

Join us for our

## Monthly Care Cafe

Third Wednesday of the month from 2pm-4pm

A perfect opportunity to join us for Afternoon Tea, enjoy a chat and socialise. There will also be an opportunity to listen to a different guest speaker every month.



EVERYBODY  
WELCOME

**Sharston House Care Home,**  
Manor Park South, Knutsford, Cheshire, WA16 8AQ  
[www.kingsleyhealthcare.co.uk/sharstonhouse](http://www.kingsleyhealthcare.co.uk/sharstonhouse)

Call **01565 633022**  
to find out more







**FREE  
EVENT**

## SCAM PROOF? PROTECT YOURSELF AND OTHERS FROM FRAUD.



Join us for an informative afternoon of expert-led talks on protecting yourself from financial and digital crime. Topics will include rogue traders, loan sharks, cyber threats, and banking security. You'll receive practical advice on how to safeguard your money, property, and digital footprint. Hear directly from professionals in Trading Standards, cyber security, banking, and loan enforcement as they share their insights and strategies to help keep you safe.



**Ellesmere Port Civic Hall,  
CH65 0AZ**



**Monday October 20<sup>th</sup>  
2025  
13:00 – 15:00**

SCAN HERE



**Macclesfield Town Hall,  
Macclesfield SK10 1HW**



**Tuesday October 21<sup>st</sup>  
2025 13:00 – 15:00**

SCAN HERE



Booking information: To book your place scan the QR code or contact Age UK Cheshire on 01625 612 958, option 5 or [scams@ageukcheshire.org.uk](mailto:scams@ageukcheshire.org.uk)



## The Oddfellows Coffee Mornings

Catch up or make some new friends in the Knutsford area at The Oddfellows monthly coffee mornings, held at Fryers Garden Centre Rosary Restaurant. Manchester Road, Knutsford, WA16 0SX

The coffee morning take place at 11am on Tuesdays and dates for the rest of the year are:  
21st October 18th November and 16th December.

For more information on The Oddfellows, a 200 year old friendship group visit [www.oddfellows.co.uk](http://www.oddfellows.co.uk). You can also call Sharon on 01925 758117 for more information.





**STOP**TOBER

**NHS**

**READY  
WHEN  
YOU ARE**

Join millions of people  
who have quit smoking  
with Stoptober.

**ONE YOU** CHESHIRE EAST

Let's quit  
smoking together

Are you thinking about taking part in Stoptober this year? 🚭

Don't go at it alone, combining behavioural support and treatment is the best way of stopping smoking and One You Cheshire East are here to support you with their free, 12-week, Be Smoke Free programme.

Find out more here, let's get you booked in ready to start:

[www.oneyoucheshireeast.org/smoke-free/](http://www.oneyoucheshireeast.org/smoke-free/)



One Project



♥  
macclesfield

## FRUIT & VEGETABLE HARVESTING

DO YOU HAVE SURPLUS FRUIT ON YOUR FRUIT TREES?  
SURPLUS VEGETABLES OR HERBS THAT YOU HAVE GROWN  
BUT HAVE FAR TOO MUCH TO MAKE USE OF?

WHY NOT DROP THEM OFF TO ONE PROJECT SURPLUS FOOD  
COMMUNITY STORE AND SAVE THEM FROM WASTE

COLLECTION CAN ALSO BE ARRANGED

CONTACT: 07974442003  
E-MAIL: [ONEPROJECTMACC@GMAIL.COM](mailto:ONEPROJECTMACC@GMAIL.COM)  
THE OLD BAKERY 110 MILL STREET  
MACCLESFIELD





**WE ARE PROUD TO BE PART OF  
THE CHATTY CAFE**

**JUST ICE POYNTON  
32 PARK LANE, POYNTON, STOCKPORT, SK12 1RE**

WELLBEING  
STARTS  
WITH A  
WALK!

## INCLUDED IN YOUR MEMBERSHIP

\*£5.00 FOR NON MEMBERS  
\*£4.00 FOR OPTIONS / WILD CARD

Main Hall | Poynton Leisure Centre.

EVERY WEDNESDAY.



# WALKING FOOTBALL

EVERY WEDNESDAY



new  
players  
wanted!

ASK AT RECEPTION TODAY

15:00-16:30pm



Poynton Leisure Centre,  
Yew Tree Lane,  
Poynton  
SK12 1PU



FOOTBALL IS FOR  
**everybody**  
HEALTH & LEISURE



# Feeding 500 Surplus Food Meal

26/10/  
2025

12.30 -  
3PM

OCTOBER TREACLE  
MARKET DAY

ST MICHAEL'S CHURCH,  
MARKET PLACE,  
MACCLESFIELD

MEAL MADE FROM SURPLUS FOOD  
THAT WOULD HAVE BEEN THROWN  
AWAY

Recipes  
Available

COME AND FIND OUT WHAT YOU CAN  
MAKE, WHERE TO ACCESS FOOD IN  
MACCLESFIELD AND HOW YOU CAN  
GET INVOLVED

Donations  
Welcome

Supported by:





## SEND Drop In

Disley Library and Community Centre- Friday 17<sup>th</sup>  
October 2025 9.30am-11.00am

### Who will be here?

**SEND 0-19+ health practitioners** (On behalf of health visitor/school nursing services Cheshire East) for parents of children & Young people for support, signposting and guidance with all SEND related issues and helping to understand why your child may be struggling and ideas that may help. Think your child may have SEND and not sure where to go or what to do?

**SPACE4AUTISM**- Space are another amazing charity support children and families who either have a diagnosis of autism or who are waiting for assessment. Please come along to hear what incredible support they offer

**CHESHIRE EAST PORTAGE TEAM** – Representatives from Cheshire East's Start for Life Portage team will be here explaining their offer and to offer support particularly for our youngest residents 😊 They will be offering a Stay and play for our youngest residents

**CHESHIRE EAST INCLUSION AND TRANSITION TEAM** – A representative from Cheshire East's support team will be here to discuss your concerns around transition to school and how your child can be supported in education







## Music@Mike's



**St Michael's Church, Market Place, SK10 1DY**

A series of informal lunchtime concerts show-casing the best of our young and aspiring musicians from the town and further afield.

**Sep**

**Friday 12th**

Simon Conning  
Piano



**Friday 19th**

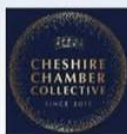
David Edes  
Piano and  
guitar



**Oct**

**Thursday 2nd**

Cheshire Chamber  
Collective  
Cello, clarinet, & piano



**Friday 10th**

Arthur Marshall  
Contemporary  
folk music



**Friday 17th**

Adam Parrish  
Piano



**Friday 24th**

Cheshire Chamber  
Collective  
Violin & piano



**Free Entry**

1.15pm—2pm

Light refreshments or a main meal  
available before or after from

Angel At My Table cafe

**Thursday 30th**

Tim Ward  
and Julia Harding  
Flute & clarinet



Donations for  
East Cheshire Hospice  
&  
St Michael's Church  
welcomed

**Nov**

**Friday 7th**

Chris Cromar  
Organ



**Thursday 13th**

King's School

**King's**

**Friday 21st**

Southland  
of the Heart  
Folk / Jazz



**Friday 28th**

Kell Wind Trio



See our website for latest news <http://www.stmichaels-macclesfield.org.uk> or visit our Facebook page

**Epilepsy Support, Wilmslow**

2nd Tuesday in the month, 7pm (~ 8.30pm)  
King William pub, 35 Manchester Rd, Wilmslow SK9 1BQ  
[www.epilepsy.org.uk/support-groups/epilepsy-support-wilmslow](http://www.epilepsy.org.uk/support-groups/epilepsy-support-wilmslow)

**EPILEPSY  
ACTION**

# **EPILEPSY SAYS STOP. WE SAY GO.**

## **Support for You:**

- **Helpline** – phone, webchat or email
- **Talk and Support Groups** – online & in-person
- **Befriending** – online or phone
- **Website** – high quality information about all things epilepsy
- **Epilepsy awareness courses**



**scan for more**

Registered charity in England and Wales [No. 234343]

**[epilepsy.org.uk/support](http://epilepsy.org.uk/support)**



Patient Information Forum

**0808 800 5050**

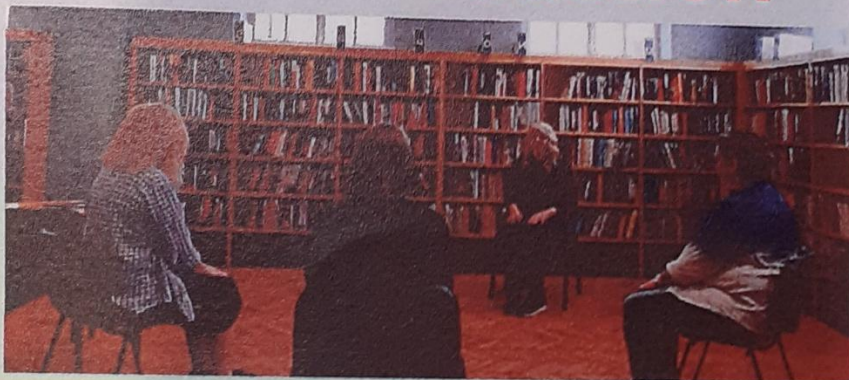




MINDFUL  
PHOENIX

Serious about stress. Passionate about resilience.

## Stress Reduction



### With Mindful Compassionate Resilience

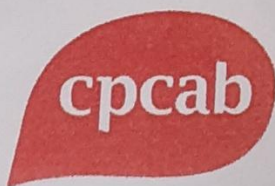
*"I have recently been waiting for some health test results, and your course was helpful for me in my recent situation. I have also noticed that I have more patience with my son."*

Monika, Manchester

**Come and join us at Poynton Civic Hall  
every Tuesday**

**Starting 7 October 09:30 - 10:30 & 10:45 - 11:45**

**CONTACT GAIL 07 919 258 190 [info@mindfulphoenix.net](mailto:info@mindfulphoenix.net)**



THE WELCOME CAFE

146-147 LONGRIDGE, KNUTSFORD, WA16 8PD



## **Winter Warmer Event - The Welcome**

The Welcome warmly invite you to their Winter Warmer Event on Friday, 3rd October, from 12:00pm to 2:30pm.

Join members of the local community for an afternoon of friendly conversation and practical support. Advice on saving money and staying warm over the colder months; tips for maintaining a healthy lifestyle during winter; connecting with local organisations and services will be available.

Light refreshments will be provided, and all are welcome. Visit

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



## MACCLESFIELD FOOD PROJECTS

Hope Food Partnership Macclesfield



### *The CORE Pantry - Upton Priory*

<https://www.yourlocalpantry.co.uk/pantry-listings/macclesfield-the-core-pantry/>

A Food Pantry for members of the SK10 3 area of Macclesfield. Apply in advance at the link above. £3.50 membership when you attend - up to once per week.

Wednesday 4 - 7pm, Thursday 12 - 2.30pm

The Church of the Resurrection, Churchway, **Upton Priory**, Macclesfield, SK10 3HT



### *Cre8 Surplus Food Grocery*

[www.cre8macclesfield.org](http://www.cre8macclesfield.org)

A food grocery and cafe open to all. £3 per visit. Once per week. No restrictions.

Tuesday 12.30 - 5pm **Macclesfield** St Barnabas Church, SK11 7RS

Thursday 1pm **Hurdsfield** Green on the Corner, SK10 2RJ - Hosted by HTH Church

Thursday 1.30 - 3.30pm **Bollington** Life Church, Hawthorn Road, SK10 5JN



### *One Project Macclesfield*

[www.theoneproject.co.uk](http://www.theoneproject.co.uk)

Surplus food and Community fridge and freezer - open to all to use donations welcome

Monday to Saturday 10am - 2pm 110 **Mill Street**, **Macclesfield**, SK11 6NR

One Project Deli - **Dukes Court**, affordable, surplus food deli for the local community



### *Cheshire Streetwise*

Visit the page on Facebook

A food grocery open to all. No restrictions, no charges.

Monday 10 - 11am **Salvation Army**, Roe Street, SK11 6UT - Wellington Street entrance

Friday 10 - 11am **Calvary Church**, Merebrook Road, SK11 8RH



### *Sutton Community Fridge*

Find the group on Facebook

A community Fridge and Surplus Food project. Free food - donations welcome.

Monday and Wednesday night 10.15pm - 11pm for chilled food, bread and pastries

Other food available by checking on the Facebook group

Next door to **Sutton** Ex-Servicemen's Club



### *Angel at my Table*

Visit the page on Facebook

A surplus food cafe, serving food on a pay-as-you-feel basis

Thurs to Sat 10am - 3pm **St Michaels Church**, Market Place, Macclesfield, SK10 1DY



### *Silklife Foodbank*

<https://www.silklife.co.uk/foodbank>

Emergency food support. Referral only

View website to see which agencies are able to refer

Days and times may be subject to change. All groups can be found online, either at a website or on a Facebook page.

## **ONE YOU CHESHIRE EAST**

### ACTIVE LIVES

Calling all Macclesfield residents are you looking to become active? We have changed our eligibility criteria for our Active Lives programme so you could now be eligible.

Delivered in a variety of ways so you can choose the right option to fit into your daily routine. Whether that's accessing exercise classes online or Pilates for Beginners in the community or join our facility offer with access to swimming, gym, exercise classes and more!

We are here to support you every step of the way, find out more here: [www.oneyoucheshireeast.org/active-lives/](http://www.oneyoucheshireeast.org/active-lives/) or call [0300 123 5026](tel:03001235026) or email [OneYouCE@everybody.org.uk](mailto:OneYouCE@everybody.org.uk)

**Active Lives member has better movement, less pain & hasn't used her stick in the last month.**

Before starting the Active Lives programme, Carol shared her health and fitness wasn't very good, rating it 4/10, especially with pain in her legs and needing to take a walking stick around with her everywhere.

Now she has better movement, less pain and hasn't used her stick in the last month!

Lowered her blood pressure, reduced her weight and waist size and increased her physical activity time. Carol has continued as a member so she can continue to keep active and improve on her health and fitness.

Here's Carol & Health and Fitness Specialist Instructor Holly to tell you more:

[www.oneyoucheshireeast.org/news/active-lives-member-has-better-movement-less-pain-hasnt-used-her-stick-in-the-last-month/](http://www.oneyoucheshireeast.org/news/active-lives-member-has-better-movement-less-pain-hasnt-used-her-stick-in-the-last-month/)

One You Cheshire East's, free, 12-week Active Lives programme is available in Alsager, Bollington, Nantwich, Congleton, Crewe, Holmes Chapel, Knutsford, Macclesfield, Poynton, Sandbach and Wilmslow. Find out more here: [www.oneyoucheshireeast.org/active-lives/](http://www.oneyoucheshireeast.org/active-lives/) eligibility criteria applies.





Change  
Grow  
Live

## Drug and Alcohol Service

Cheshire East



# Do you want to make a fresh start?

**Are drugs or alcohol  
affecting your life, or the life  
of someone you know?**

Want to cut down or stop?  
We can help.

### We offer:

- Advice and access to treatment
- A personal support plan
- Encouragement and motivation to make a change

**Contact us for free and  
confidential information.**

**T:** 01625 464995

**E:** [eastcheshire.info@cgl.org.uk](mailto:eastcheshire.info@cgl.org.uk)

**W:** [www.changegrowlive.org/drug-  
alcohol-service-cheshire-east](http://www.changegrowlive.org/drug-alcohol-service-cheshire-east)



ChangeGrowLiveCheshireEast



@CGLcheshireeast

We're part of



**Change  
Grow  
Live**

Change Grow Live Registered Office: 3rd Floor, Tower Point, 44 North Road, Brighton BN1 1YR. Registered Charity Number 1079327 (England and Wales) and SC039861 (Scotland). Company Registration Number 3861209 (England and Wales).



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**



# 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>

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## 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>

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## 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>

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## 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>

