



**Wednesday 16<sup>th</sup> April 2025**

**Drop-in any time between 1pm-4pm.**

**At Just Drop-In, Macclesfield.**

Chat to our Counselling Team about proposed changes to how we do assessments

FREE Easter egg for all young people who take part!

*...and lots more!*

**Sign up here!**



Meet our Youth Advisory Board and vote on our Theme for the year



*Just Drop-In  
& The Tytherington*

# Charity Ball



Join us on 26th April as we host a fundraiser for Macclesfield's amazing charity organisation 'Just Drop-In'

Includes: Arrival Drink, Canapes, Elegant Evening Buffet, Dessert Platters, One Raffle Ticket, Donation to the Charity, Entertainment  
Tickets £50pp

Expect a fun filled night of Live music, charity raffle & auction, speeches from the organisation and DJ entertainment.  
*Don't forget to dress to impress!*

To book please email [tytherington.events@theclubcompany.com](mailto:tytherington.events@theclubcompany.com)



THE TYTHERINGTON  
BY THE CLUB COMPANY

Your *You* Place



## **MACCLESFIELD BIKEATHON** **IS BACK!**

**SATURDAY 17TH MAY 2025**

Starting from the Town Hall, Market Place, Macclesfield, SK10 1EA.

### **3 ROUTES TO SUIT MOST ABILITIES:**

Family route: 12 miles

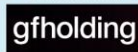
Cheshire Plain: 30 miles

Cheshire Plain: 60 miles

**SIGN UP AND RAISE MONEY  
FOR JUST DROP-IN!**



**A HUGE THANK YOU TO ALL OUR SPONSORS!**



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**SUPPORT FOR PARENTS**



# 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](mailto:parenting@justdropin.co.uk)





### **Parent/Carer Peer Support Forum**

For parents and carers of young people aged 8-18 living in Macclesfield who want support.

**Wednesday 16th April  
6:15pm-7:30pm at Just Drop-In.**

For all enquiries or to book a place, email:  
[parenting@justdropin.co.uk](mailto:parenting@justdropin.co.uk)



## **GROUPS FOR YOUNG PEOPLE**

## CIRCLES COUNSELLING GROUP

THURSDAYS, 6PM-7:30PM  
AT KNUTSFORD OFFICE (44-46 KING ST, WA16 6DT)

**JUST DROP IN**  
HELPING YOUNG PEOPLE FIND THEIR FEET

*I finally have a group I can speak to*

Circles is a friendly, relaxed group where young women can meet each week to be together and talk about what feels important to them.

The group is small, to help members to speak freely, without feeling judged. Knutsford Group is led by JDI Counsellor Catherine and supported by our volunteer Mary.

*You aren't judged*

Circles is a really supportive place, if you're feeling lonely and feel unsure of how to meet other young women, please contact JDI to find out more, we'd love to hear from you!

*You're not alone*




FOR MORE INFO OR TO BOOK ON, VISIT OUR WEBSITE [JUSTDROPIN.CO.UK](http://JUSTDROPIN.CO.UK) OR CALL US ON 01625 665 079

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## Gym Sessions

Tuesdays  
4:30pm-5pm  
At Macclesfield Performance Gym, Gunco Lane

**JUST DROP IN**  
HELPING YOUNG PEOPLE FIND THEIR FEET

This is a 12-week block of PT sessions in a small group of 4 young people led by Darren Prestwood (PT) and supported by Tim for 11-17 year olds.

*In this block of sessions you will work with Darren to set yourself goals and over the 12 week block work with him and the group to achieve your goals in a safe, nurturing and inclusive environment.*

No previous experience is necessary and Darren can tailor the programme to your needs.

This group is ideal if you want to improve your wellbeing through physical exercise, build your confidence and socialise with peers.





Please check the website for availability to join this group before making contact with Jen: [jenni.chadwick@justdropin.co.uk](mailto:jenni.chadwick@justdropin.co.uk)

## Bright & Bold

Thursdays (fortnightly)  
5:45pm-7:45pm  
At Just Drop-In, Macclesfield

**JUST DROP IN**  
HELPING YOUNG PEOPLE FIND THEIR FEET

This fortnightly group is led by Chrys Costanda, and two volunteers Judith and Morgan and provides a safe space for members of the LGBTQ+ community to meet with peers.

In each session with you have the opportunity to play games, cook/bake, socialise, plan and join in with activities, and engage in discussion around LGBTQ issues. Activities are planned out with the group members.

This group is ideal for members of the LGBTQ+ community looking for a safe space to explore their identity, discuss queer topics and build relationships with their peers.





Please check the website for availability to join this group before making contact with Jen: [jenni.chadwick@justdropin.co.uk](mailto:jenni.chadwick@justdropin.co.uk)





**Please note that in order to access any of our parenting workshops, you must live in the Old Macclesfield Borough; this includes Wilmslow, Knutsford and Poynton.**

Our parent workshops are designed to help inform & empower parents, to support their children's needs.

Please visit <https://www.justdropin.co.uk/contact-us/info-for-parents/> for more information on all courses and email: [parenting@justdropin.co.uk](mailto:parenting@justdropin.co.uk) to request a referral form.

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