



Bulletin

What's on... LOCAL AREA CO-ORDINATOR

**YOU KNOW
YOUR AGE
DO YOU KNOW
YOUR NUMBERS?**



Get YOUR Blood Pressure checked TODAY!
Know Your Numbers! Week: 7-13 September '26

 Whether you're aged between **20 to 80**, you could be living with **undiagnosed high blood pressure**

 High blood pressure can lead to **stroke, heart disease and kidney disease**

#KnowYourNumbers bloodpressureuk.org


Blood Pressure UK
Helping you to lower your blood pressure

Blood Pressure UK is an operating name of the Blood Pressure Association. • Charity Registration No. 1000944

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Know Your Numbers! Week: A Simple Check That Could Make a Big Difference

Every September, Know Your Numbers! Week shines a spotlight on the importance of checking your blood pressure. As the UK's biggest blood pressure testing and awareness event, the campaign encourages people to take a few minutes to understand their blood pressure numbers and take positive action for their health.

Blood pressure checks are taken by thousands to help prevent heart attacks and strokes, while also identifying people who may have high blood pressure without realising it. High blood pressure often has no symptoms, which is why it is sometimes referred to as a "silent killer". The only way to know if your blood pressure is high is to have it checked.

That's why Everybody Health and Leisure and One You Cheshire East are helping residents access free, self-screening blood pressure machines across the borough.

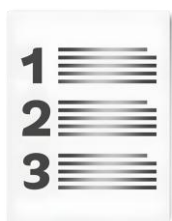
These machines are available for anyone aged 18 and over, with no appointment required.

You can check your blood pressure at:

- Crewe Lifestyle Centre
- Shavington Leisure Centre
- Nantwich Leisure Centre
- Knutsford Leisure Centre
- Holmes Chapel Community Centre
- Congleton Leisure Centre
- Wilmslow Leisure Centre
- Macclesfield Leisure Centre

Find out more here: www.oneyoucheshireeast.org/know-your-numbers-week-a-simple-check-that-could-make-a-big-difference/





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Spotlight Events



**You're invited to our SPARKS Autumn Disco on
Tuesday 15th September, and we can't wait to see
you there!**

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Now's the time to book your spot, as spaces are limited and we don't want you to miss out on a brilliant night.

Here's the details:

When: Tuesday 15th September, 6pm-8pm

Where: The Wingate Centre, Wrenbury Hall Drive, Wrenbury, CW5 8ES

Tickets: £5 per person (includes a hotdog, chips and a drink)

Ages: 18+

It's always one of our favourite nights of the year. On the decks will be Spencer Hickson (Desyfer) of the Inner Trust, so there'll be music, dancing and plenty of fun.

Whether you're a SPARKS regular or joining us for the first time, everyone is welcome.

Booking is essential, so get in touch now to grab your tickets:

Phone: 01270 780456

Email: office@thewingatecentre.co.uk

Or just pop into the centre

See you on the dance floor!

The Wingate Centre Team



Community Activities

This section covers the following areas;

**Macclesfield, Wilmslow, Bollington, Poynton, Disley, Alderley Edge,
Knutsford, Chelford**



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For more information, please follow the link www.circus-starr.org.uk



Wilmslow Youth – please see the Year 7 free drop in but the team offer lots of other support to young people and their families Wilmslow Youth



Parent/Carer Peer Support Forum

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

**Wednesday 16th September, 6:30pm-7:45pm
at Just Drop-In, Macclesfield.**

For all enquiries or to book a place, email:
parenting@justdropin.co.uk



Timid to Tiger

Just Drop-In, 15 Brook St, Macclesfield SK11 7AA



Timid to Tiger is an entirely parenting-based approach to managing anxiety in children. For parents & carers of children aged 8 - 11 yrs living in the old Borough of Macclesfield (including Wilmslow, Poynton & Knutsford)

Starting Tuesday 15th September

6.30pm-7.30pm, for 8 weeks

(No session on 27th Oct for half term.)

For more information or to book a place, please email:
parenting@justdropin.co.uk



Just Drop In – are running some courses and drop-in sessions for parents but don't forget they offer lots of support for the young people too [Home Page – Just Drop In](#)

THE LIVING WELL BUS

IS COMING TO POYNTON

Access all of these services on a free, walk-in basis:

- Health Checks
- Mental Health advice and support
- Physical Health advice and support

**THURSDAY | 24TH
SEPTEMBER**

CIVIC CENTRE CAR PARK: 10.30AM - 1PM
TARMAC AREA, COPPERFIELD RD. 1.30PM - 4PM

Learn more about the Living Well Service at
www.cwp.nhs.uk/livingwellservice

Living Well Bus – anyone can pop along and receive advice and support around mental health and physical health.



Community sessions for family carers

September - December 2026



Understanding Dementia

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

- 9 Sept, 1-3pm Poynton Civic Hall
- 15 Sept, 1-3pm The Elms Care Home, Crewe
- 8 Oct, 10.30am-12pm New Life Church, Congleton



How to plan for the future

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

- 7 Oct, 1-3pm Poynton Civic Hall
- 15 Sept, 10.30am-12pm New Life Church, Congleton



Grieving before loss

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

- 22 Oct, 10.30am-12pm New Life Church, Congleton

Coming soon



Grieving when caring ends



Confidence to care at end of life

Places are funded for those living or working in Cheshire East

 [BOOK NOW](#)

 eolp.co.uk/public

 Scan the QR code



 info@eolp.org.uk

 01270 310260

 www.eolp.org.uk

Poynton – Free community sessions for family carers



MACCLESFIELD TEXTILE WEEK

19-27 September 2026

IN PARTNERSHIP WITH



SUPPORTED BY



WHAT'S ON?

Welcome to the inaugural Macclesfield Textile Week. From 19 – 27 September 2026, our town is set to transform into a vibrant hub of creativity, heritage, and community.

Silk Museum, Macclesfield – are hosting lots of events during textile week including free events for the visually impaired taking place at the Hope Centre where you can learn to knit or crochet and general community events for everyone at the museum, please follow the link for all the details [Textile Week What's On – Silk Museum](#)



Mentell Matters



Before the group launches, we'd love to invite the local community to join us for a **Coffee & Chat on Thursday 17th September at The Acoustic Lounge in Poynton, Stockport, SK12 1RE.**

This is your opportunity to meet the team, find out more about what's coming and be part of the conversation from the very beginning.

[Coffee and Chat with Mentell Poynton Tickets, Thursday, September 17 • 2 PM – 6 PM | Eventbrite](#)



Alderley Edge Methodist Church – hosting a lunchtime concert. Also as part of the RVS there is a luncheon club which will be resuming on Tuesday 29th September and will meet each week until December 8th? A two-course traditional cooked lunch is served at Alderley Edge Methodist Church and costs £5. To become a member and book a meal please phone Anne on 07743 678721.

LUNCHEON CLUB

JOIN US ON THE 1ST WEDNESDAY OF THE MONTH FOR A
2 COURSE MEAL & REFRESHMENTS 11am-1pm
VEGETARIAN OPTION AVAILABLE ON REQUEST
£8 PER PERSON
CALL WIN 07815 672 413



2026 DATES

4TH FEBRUARY	3RD JUNE	7TH OCTOBER
4TH MARCH	1ST JULY	4TH NOVEMBER
1ST APRIL	5TH AUGUST	2ND DECEMBER
6TH MAY	2ND SEPTEMBER	

Ovenhouse Lane Bollington SK10 5EZ

Bollington Luncheon Club please see the poster with all the dates and information.



**Come along to our
Hope Centres
for a Warm Welcome**

Come and join us at our drop-in Lacey Green Hope Centre.

Our Hope Centres are drop in centres for adults where everyone is warmly welcomed.

We offer **free hot drinks and food**, a **caring community**, **crafts and games** as well as access to our other services which support people out of poverty. Come along to find out more.

Everyone is welcome.

Lacey Green Hope Centre
Lacey Green Pavilion, Clough Ave, SK9 4BU
Open Tuesdays 10-12:30



HOPE

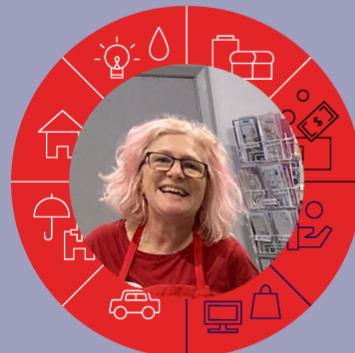
Are you struggling to make ends meet? Is there never enough money at the end of the week?

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

We're running 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 to find out more information or book on:

info@hopecentral.org.uk | 01625 724 133



Starting
Wednesday 23rd Sept | 1-3pm
St Cross Church
Mobberley Rd, Knutsford WA16 8EL

www.hopecentral.org.uk | info@hopecentral.org.uk | 01625 724 133



HOPE
central
BRINGING HOPE, RELIEVING POVERTY

Registered Charity Number 1183290

Hope Central offers weekly drop ins at their centre's but also Life skills course and lots more here is the link too www.hopecentral.org.uk



Knutsford Litter Pickers volunteering opportunities in your community.

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One Project, Macclesfield can you help.



Packhorse, Macclesfield are hosting two events that are open to everyone., still awaiting the Silky Sunday dates to resume.

Community Activities

This section covers the following areas;

Crewe, Nantwich and rural areas, Congleton, Holmes Chapel, Sandbach, Middlewich, Alsager, Shavington and Haslington.





Crewe Heritage Centre – have coming up in September lots of different events including some free days on the 19th and 20th September to visit the heritage centre here is the link to learn more [What's On | Crewe Heritage Centre](#)



Crewe Sheddars – there is an open day taking place on the 10th November.



Stitch and Natter – taking place every fortnight at the Hub and Health in Alsager.



RSPCA Dog Show – taking place in Congleton with lots of other activities and things to get involved with too including lots of dogs for those who love the furry variety.

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The Sewcial Club, Mow Cop – taking place at the community hall.



Craft & Connect – weekly group run by Her Place.



Holmes Chapel Partnership Community Newsletter

Issue 146 September 2026

WELCOME TO THE SEPTEMBER 2026 NEWSLETTER

 Who would have thought that here in North West England with an international reputation for wet weather, we would be longing for rain as the summer draws to a close? Our green and pleasant landscape has turned crisp and brown - let's hope it recovers.

We are all getting back into the swing of things after the summer break - so many things to look forward to over the coming months and opportunities to get involved! Our newsletter is full of information about life in Holmes Chapel - whatever your interests.

 Our Church dates back to 1430 and will therefore soon be 600 years old! Learn more about St Luke's 600+ Project and the remarkable history of the church. Visitors will be able to explore the story of St Luke's through presentations, self-guided tours and historical displays.
Open Day - Saturday 12 September, 11.00am-2.00pm

The Youth Club is back every **Thursday from 6pm to 8pm** at the **Community Centre**. First session on **September 3rd**. See inside for the September activities.

YOUTH CLUB

Visit the Art Exhibition of work by Northwest artists **Friday September 25th to Sunday September 27th 10am - 4pm** in **The Orchards Farm Barn**. Opposite Bidale Dairy, Twentlow.

 **HOLMES CHAPEL CHRISTMAS MARKET & FAIR 6TH DEC 2026**

And looking even further forwards to midwinter! Save the date but if you would like a stall on the market, stall applications open **September 1st** - for more details, see inside.

Best wishes from your Partnership Team.
For more information visit www.hcpartnership.org.uk

Holmes Chapel Community Newsletter – follow the link to find out more
[Community Newsletter | Holmes Chapel Partnership | Holmes Chapel](#)



Alsager Health and Wellbeing Event

Saturday 26th September
10.00 – 12.30pm
Alsager Civic Centre

Alsager Community Choir Performing

Café open

Blood Pressure Checks

Over 35 different stalls and activities for ALL ages!

Demonstrations and Talks:

- Tai Chi Balls
- Pilates
- Journalling Workshop
- Menopause Talk





Organisations Attending



- Alsager Dementia Friendly
- Alsager Community Support
- Alsager Stroke Survivors
- Blooming Good Care
- Public Health Team
- Cedars Medical Centre
- Merepark Medical Centre
- Change Grow Live
- Plus Dane Housing
- Alsager Carers Group
- Healthier Futures Programme
- Visyon
- AbilityNet
- Ruby's Fund



- CEC Family Hub Team
- Tai Chi Balls – Amber Ho
- Alsager Library
- Age UK Cheshire
- Alsager Royal British Legion
- Deaf & Sensory Network
- Slimming World
- Health Watch
- The Fit Nest
- U3A
- Papyrus
- Life Between the Trails
- Writing with purpose
- IPS Employment Support
- Cheshire Diabetic Eye Screening Programme



- Alsager Arts Association
- One You
- Alsager Community Choir
- Pilates First – Ceri Hewitt
- FIT Therapy
- Alsager Owls Chess Academy
- Crime Prevention Officer
- Cheshire East Young Carers Team
- Fledgling Education
- Wishing Well
- Ableworld
- Cheshire Police
- Neal's Yard Remedies
- Dementia Reablement
- Conquest Art

OFFICIAL

Alsager Wellbeing Event – they would love you to go along if you live locally to find out more.



Wistaston Community Event taking place open to everyone.



Sandbach Community Event please see the poster for all the details.



Brew Club, Crewe taking place on a Monday each week.



Multi Sports Fun Day, Crewe please see the above poster.

Free Open Day

Come to create some art with us

3 options to choose from:
Pastel - Avocado Still Life
Acrylic - Autumn Trees
Watercolour - Highland Cow

30th September 1.30-3.30
Guide Hall, Cedar Avenue ST7

All materials & refreshments will be provided
Beginners to any level welcome.

Booking Essential : alsagerart@yahoo.com
Maria - 07714763020



Alsager Art Free Open Day

Regular groups and activities

Covering all areas of Cheshire East



Time out Group – [Home - Time Out Group](#). I have also shared next week's activities for you to see.



Time Out Group – supported activities for adults aged 18+ with learning disabilities/autism

Time Out Group activities 7th September – 12th September

Monday 7 th Sept 10am – 12.30pm	Monday Makers Stone painting TOG Shop 11am-12nd	
Monday 7 th Sept Tag Trip 12.45 – 3.15	Karaoke Railway pub Handforth	
Tuesday 8 th Sept 10.30am-3.30pm, TOG Hub	Together Time Wellbeing activities and gardening Hobbies & Skills	
Tuesday 8 th Sept SANDOACH Drama 4.30pm– 6.30pm	The Ballroom Town hall	
Wednesday 9 th Sept 6pm – 8.30pm Seashell Trust Stanley Road, Cheshire Hulme, Hazel Green SK8 6RQ	Active Wednesday Bikes	
Thursday 10 th Sept 6pm-8.30pm, TOG Hub	Social Thursday Living Lingo	
Friday 11 th Sept 10.30am-3.30pm TOG Hub	Foodie Friday Ready steady cook	
Saturday 12 th Sept 11am-2.30pm TOG Hub	Creative Saturday Landmarks	
Contact numbers:	Office – 01625 520652 Yvonne – NUMBER 07517274386 Sarah – NUMBER 07517274623 Stephen – NUMBER 07517274565 Outreach	

Working together for greater independence

Supported as Charity of the Year 2023 by

Time Out Group, 25 The Padstock, Handforth, SK9 3HG | Charity number: 105883

Wishing Well, Let's Get Social – Please see the schedule for September lots of great evening activities coming up and don't forget their Wellbeing Wednesday offer for individuals and their carers to go along and join in with.



Let's Get Social!

A Place to Connect, Have Fun and Make Memories

It's a fun, friendly and interactive drop in session designed for neurodiverse adults (18+) accompanied by their carer.

What's On?

- 3rd September Bingo & Popcorn
- 10th September Games night
- 17th September Disco
- 24th September Games night

Thursdays 6.30pm – 8.30pm

£5 entry (Carers Free)

Find us @ The George's Community Hub West Street, Crewe, CW2 8SJ Home of our Supported Adults Service

deb.lockett@wishingwellproject.net or 07907 080903 and leave a message.

Registered Charity Number 1180756



Wellbeing Wednesdays

Join us every week!

10.30am – 1.30pm

£5 entry (Carers Free)

It's a fun, friendly and interactive drop in session designed for neurodiverse adults (18+) accompanied by their carer.

It's all about choice – lots of activities, lots of fun with friends in a safe and welcoming space. Bring a packed lunch.

Find us @ The George's Community Hub West Street, Crewe, CW2 8SJ Home of our Supported Adults Service

deb.lockett@wishingwellproject.net or 07907 080903 and leave a message.

Registered Charity Number 1180756



Space4autism – What's on Guides, please see their

new details shared as to what is coming up for September, lots of support help and activities for everyone to get involved [What's on Guide | Autism Awareness Charity | Space 4 Autism](#)



Friends For Leisure

Friends For Leisure – have shared with us

what is going on in your area with them from September to December please follow the link for all the details [What's going on in your area](#) but remember your young person needs to be registered with Friends for Leisure before attending activities if you need further details please email Hannah hannah@friendsforleisure.org.uk





Wingate Centre, SPARKS – please follow the link for

the regular activities and what is going on for adults and young people to get involved with at the centre and at Crewe Lyceum with Lyceum Lites [SPARKS | The Wingate Centre](#)

Looking Forward Activities – please follow the link [Looking](#)

[Forward Activities | For people with learning disabilities and autism in Cheshire](#) and see below some of their weekly activities that take place both at the centre but also out and about at other places lots of choices available.

Why choose Us?

Activities

Our activities help members build confidence, independence, friendships and everyday life skills, with success being personal to each individual.

Transport

WE PROVIDE TRANSPORT
From Macclesfield to the Wirral

Getting here is just the start of the day!

Transport routes stretch from Macclesfield to the Wirral, helping members access Looking Forward safely and easily.

Our Facilities

Looking Forward has created a safe, welcoming and varied environment where members can build independence, stay active, get creative and enjoy time with friends.

Our Facilities

Looking Forward has created a safe, welcoming and varied environment where members can build independence, stay active, get creative and enjoy time with friends.

Their Life

We encourage members to make choices, have their say and take an active role in everyday life. Wherever possible, we support them to build confidence, independence and new skills.

Safety and Wellbeing

The safety, dignity and wellbeing of our members always come first. We understand each person and the support that works best for them. Our trained staff use personalised care plans and risk assessments to provide safe, individual support while promoting independence, choice and opportunity.

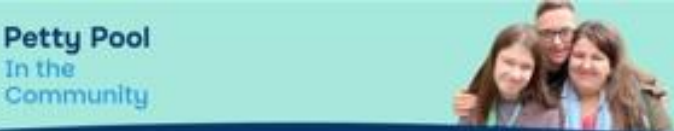
Looking Forward Activities

Everyone is different, so we adapt our support around each person. We continue to grow, improve and create new opportunities. More than just an activity centre we want Looking Forward to be somewhere members build independence, make friends and genuinely look forward to coming to.

Community Activities

General information





Community Lounge

Relaxed Social Evenings for Neurodiverse Adults

Join us for Community Lounge, a welcoming opportunity to connect with others, build friendships, enjoy conversation, and be part of your community. Open to all neurodiverse adults in Cheshire.

Attendees can take part independently or attend with their own support if required. Please note that transport is not provided, and anyone requiring 1:1 support must attend with their own support.

Upcoming Evening Sessions:

- 1st September 6-9pm – White Barn Pub, Northwich
- 8th September 6-9pm – Green Oak Farm, Ellesmere Port
- 15th September 6-9pm – Chapel Ford Farm, Warrington

The sessions will then continue to rotate weekly between all three venues. Please book onto each session you'd like to attend.

Free to Attend! Book Here



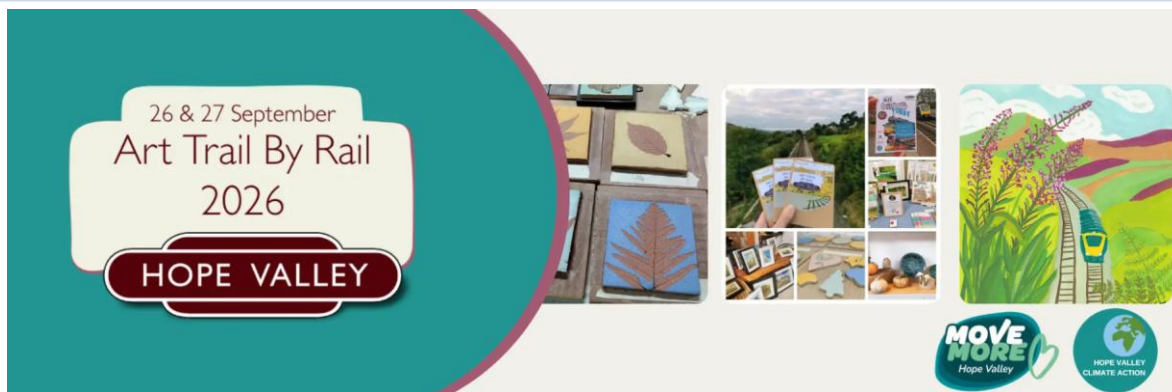
For more information please contact us: ppc.team@pettypool.org.uk / 07842424495

Petty Pool in the Community – open to all Cheshire residents, relaxed social evenings for neurodiverse adults, free to attend.



New Skills, New Opportunities: Adult Learning in Congleton, Crewe and Macclesfield

Springboard – to learn more about all the courses and support available starting in September [Springboard](#)



Free Event Art trail by Rail, Hope Valley – please follow the link for all the details this is taking place 26th and 27th September 2026 10-5pm [Select tickets – Hope Valley Art Trail By Rail 2026 – Hope Valley](#)



Mencap are running an AI survey and would like adults 18 + to say what they think of AI and accessible information please follow the link below if you want to take part. [AI Survey | Mencap](#)



Cheshire East Ranger Events please follow the link below if you want to learn more about September's events [Ranger events](#)



Truckfest taking place Knutsford, don't forget to get your access card to help with admission fees. [Truckfest North West | Cheshire Showground | Amazing Truck Show](#)



Carers Ticket Scheme

As a company we offer a free carers ticket scheme. This is valid only on the day when the accessible person is purchasing a general admission ticket at the gate.

Due to the unfortunate fraudulent activity around tickets for carers we have certain measures in place. To ensure the scheme is not abused we ask for supporting evidence for your request. Carers will need to bring an access card as proof before we can offer a free ticket to them. This is the only type of proof we will accept.

A free carers ticket cannot be issued to a carer if the accessible person already has a ticket purchased in advance online.

This is our company policy and please note is always down to the discretion of the seller on the gate on the day.





Please follow the link below to learn more and apply for the access card.

[Access Card: Making access easy](#)

[Access Card - application form](#)



Healthwatch Cheshire East is inviting local people living in Cheshire East to share their experiences of leaving hospital as part of a new survey to improve hospital discharge experiences across the country.

Being discharged means leaving the hospital ward where you were being treated. This may include returning home, moving to a care home, to a community hospital bed, or somewhere else to continue your recovery.

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If patients are discharged too early without proper support, they may need to be readmitted to hospital or seek help from GPs or pharmacies. Meanwhile, delays in discharging medically fit people create issues for new patients needing beds, leading to longer wait times in A&E and treatment in corridors until beds are available.

The survey, which asks you to share experiences that happened in the last year, is particularly aimed at people who experienced difficulties during the discharge process, including:

- Delays in leaving hospital (24 hours or longer).
- Leaving hospital before they were ready.
- Problems accessing the support, equipment, medication, information, or follow-up care needed after leaving hospital.

People are invited to share their experience by answering the questions in this link [Survey: Delayed or Difficult Hospital Discharge](#) by **Friday 9th October**.

By taking a few minutes to share your story, you can help Healthwatch make hospital discharge processes work better for patients and carers across England, your feedback is anonymous.



Cost of living help and support

IMPORTANT LINK [Cost of living \(cheshireeast.gov.uk\)](https://cheshireeast.gov.uk)

Thank you for reading.

Sarah

Local Area Coordinator for the
Adult Social Care Learning Disability and Preparing for Adulthood Teams