



Bulletin

International Week of Deaf People 2026

Celebrating Identity, Culture, and Rights!

Declaring Deaf People's Human Rights

21 to 27 September 2026



INTERNATIONAL DAY
OF SIGN LANGUAGES



INTERNATIONAL WEEK
OF DEAF PEOPLE

For more information, please follow the links below

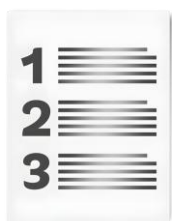
[International Week of Deaf People 2026 – World Federation of the Deaf](#)

[British Deaf Association – The BDA stands for Deaf Equality, Access and Freedom of Choice.](#)



THANK YOU

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



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Spotlight Events

Tomorrow night 22nd September 2026

? BIG QUIZ NIGHT ?
Planned and hosted by SCB trainees



TUESDAY 22 SEPTEMBER 2026
6.00pm - 8.30pm
HERE AT SCB - GATEWAY
EVERYONE WELCOME

£5 PER PERSON | TEAMS OF UP TO 6

Form your own team before the night, or come along
and we will help put teams together.

💡 **No general knowledge expertise needed!**
Expect a fun mix of rounds with something for everyone.

PRE-BOOK TO GUARANTEE A TABLE
Walk-ins are welcome if space is available.

**BYOB**
IF YOU WISH

**SOFT DRINKS**
& SNACKS

**GREAT PRIZES**
TO BE WON

**Raising funds for SCB and supporting trainees' ASDAN
Employability work**

To book: return the slip in the parent/carer letter
01270 255319 | info@scbspecialneeds.co.uk

**COME ALONG, SUPPORT OUR TRAINEES AND ENJOY A
GREAT NIGHT!**

Community Activities

This section covers the following areas;

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





Cheshire East Partnership Board

Join our next meeting
Self-advocates subgroup



You are invited to join our evening meeting – the self-advocates group and have a say on what matters to you



Join in and Speak Up

When: Thursday 15th October 2026
Time: 6.30pm to 8.30pm
Where: The Guild for Lifelong Learning
1 Bourne Street Wilmslow SK9 5HD

Our self-advocates group have been working together to ensure the rights of the learning disability community have a voice – join us to have your say!

Tea, coffee, juice and biscuits will be available to purchase from the cafe





To find out more phone 07717733349

Wilmslow Self Advocates Group – we would love you to join us on the 15th October 2026.

Bulletin LOCAL AREA CO-ORDINATOR

Super 1s

AUTUMN SESSIONS COMMENCE FRIDAY 10 SEPT

ALL DISABILITIES WELCOME

AGES 8 - 25

FREE INCLUSIVE CRICKET SESSIONS

GET ACTIVE AND MAKE NEW FRIENDS!

MACCLESFIELD HUB

FRIDAYS 5PM - 6PM

LIFESTYLE FITNESS
MACCLESFIELD COLLEGE
PARK LANE
MACCLESFIELD SK11 8LF

CONTACT

OWEN WILLIAMSON
01784 186148
owen.williamson@cheshirecricketboard.co.uk

LORD'S TAVERNERS
Empowering young people through cricket

MACCLESFIELD CRICKET CLUB
ESTABLISHED 1841

www.lordstaverners.org/super1s
Registered Charity No. 305054 | CSCI No. SC046238

All Abilities Cricket, Macclesfield – Autumn term has begun and Tandy and Owen would love people to come and get involved if you are ages 8-25 years old.

LEARN TO FIX

SOCIAL RIDE

DR BIKE

BigBikeRevival.org.uk
#BigBikeRevival

Funded by UK Government

Wednesday 23 Sep 2026 5:00 PM - 8:00 PM Autumnal Equinox Ride - Come and join us for our last Big Bike Revival Social Ride. It falls on the Autumnal Equinox, so we can celebrate the coming of the new season as we ride into the sunset. We'll start in the late afternoon and weave our way from Victoria Park on a shortish ride, finishing at Tommy's Pizza for refreshments. Meet at Victoria Park, Buxton Road entrance (where the buildings are) at 5pm. (Sign up Here - <https://www.tickettailor.com/events/lovcommunity/2186761>)

Friday 9 October - Dr Bike - 6:30 PM - 9:00 PM get your bike ready for winter rides or a refresh check after summer - drop your bike off, go have a coffee/food, come back, have some cake and take your bike away! (Sign up Here - <https://www.tickettailor.com/events/lovcommunity/2186706>)

Bulletin LOCAL AREA CO-ORDINATOR



Chelford Youth Group

Tuesdays | 6-7.30pm
Suggested age 10-21 | £5 per session
Chelford Village Hall, Knutsford Rd,
Chelford, Macclesfield, SK11 9AS

NEW

15th September
Welcome to Chelford Youth Group!
A relaxed session with pizza, board games and air dry clay modelling. A chance to get to know each other!

20th October
Ability for all!
Andy from Everybody Health and Leisure will be joining us for an evening of multi sports.

17th November
Christmas spirit
A night filled with Christmas crafts and music.

1st December
DISCO
Get your party outfits ready for a Christmas disco with our very own DJ Worth!

www.friendsforleisure.org.uk | 01260 275353 | info@friendsforleisure.org.uk

Chelford Youth Group – being run by Friends for Leisure



IMPROVING YOUTH MENTAL HEALTH
We are now offering our adult learning course "Improving Youth Mental Health" across Cheshire East for free!

Thursday 24th September
Poynton Civic Hall, Park Ln, Poynton,
Stockport SK12 1RB
Doors Open 5:30 - Sessions starts 6pm ~ 9pm

This training is aimed at learners aged 18+ who are focused on positive outcomes and support for young people aged up to 25, such as school/college staff, youth workers and social workers, family help teams, community and voluntary sector practitioners, as well as parents and carers.

THE COURSE
The Improving Youth Mental Health course is delivered over 4 hours and enables adults to improve young people's emotional resilience and mental wellbeing. It explores confidence-building strategies, helping learners recognise strengths and positive self-image.

Participants will gain an understanding of anxiety, its causes, signs and effects, plus practical techniques to minimise (i.e. breathing exercises/ grounding methods). The course promotes self-care routines, including sleep hygiene, healthy boundaries and mindfulness. Interactive activities and reflections provide learners with tools to recognise and manage stress and anxiety (including when to seek help), boost self-esteem and support mental wellbeing long-term.

Learners are signposted to additional support networks and digital tools during and on exit from the course.

The training follows the NHS-approved 5 Ways to Wellbeing strategy/advice.

WANT TO HOST A SESSION?
We can also offer this free course, delivered at your own venue! If you would like to host this session directly for your group or community, please contact us directly to discuss. Availability is limited, and it is strictly first come, first served.

Eligibility rules apply:
Aged 18+ and Cheshire East Resident

COURSE CONTENT:

- Breaking myths & stigma
- Self-esteem & confidence
- Anxiety & stress
- Burnout & mental fatigue
- Depression/low mood
- Self-care - grounding, mindfulness & meditation, breathing techniques, connection, thinking & learning, exercise & activity, community connectors (5 ways to Wellbeing)

BOOK NOW BY SCANNING ABOVE OR CONTACTING BELOW

07572904289
0151 357 1971
michael.jones@youthfed.org

NHS Cheshire and Wirral Partnership NHS Foundation Trust
CVS Community & Voluntary Services Cheshire East
youthfed

Youth Fed, Poynton – are hosting some mental health training for young people



Good Grief Café, Poynton – being hosted at St George's Church Hall open to anyone affected by bereavement, grief or loss.



Just Drop In, Astra Zeneca Event – a free event for anyone aged 18-25 who wants to learn about employment or job opportunities.

Community Activities

This section covers the following areas;

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





Join our next meeting Self-advocates subgroup



You are invited to join our daytime meeting – the self-advocates group and have a say on what matters to you

Join in and Speak Up

When: Thursday 22nd October 2026

Time: 10am -12 noon

Where: The Acorn Centre, Crewe Lifestyle Centre, Crewe, CW1 2BB



Our self-advocates group have been working together to ensure the rights of the learning disability community have a voice – join us to have your say!

Tea, coffee, juice and biscuits will be available



10am



12 noon

To find out more phone 07717733349



Crewe Self Advocates – we would love for you to join us on the 22nd October 2026.

Bulletin LOCAL AREA CO-ORDINATOR



Parent/Carer Online Webinar
Emotionally Based School Non Attendance

Document was last saved: Just now



What: This workshop aims to support you to understand how to help your child with emotionally based school non attendance, look at strategies to support this and explore reasons why it may occur.

When: Wednesday 23rd September
11:30am - 1pm

Where: Online via Teams

Visit www.visyon.org.uk or call 01260 290000 to learn more about how our charity supports children, young people and their families with mental health & emotional wellbeing across Cheshire East.

Registered Charity Number 1107951
Registered company number 5250758



Parent Drop In Session



What: A welcoming space for parents to drop in and talk to our practitioners and other parents, share ideas and explore challenges.

When: Wednesday 23rd September
10am - 11:30am

Where: Fellowship House, Park Road,
Congleton, Cheshire, CW12 1DP

Book now:
Call: 01260 290000
Email: Wellbeing@visyon.org.uk

Visit www.visyon.org.uk or call 01260 290000 to learn more about how our charity supports children, young people and their families with mental health & emotional wellbeing across Cheshire East.

Registered Charity Number 1107951
Registered company number 5250758

Visyon – have shared with us some of their parent workshops and support services.

Cledford Estate Residents, Middlewich Questionnaire: Health and wellbeing

Cheshire East Council, SMASH Care Community, NHS partners and local organisations would like to better understand the health and wellbeing needs of residents living on the Cledford Estate.

Feedback from an earlier residents' survey highlighted a range of issues affecting local people and families. We are now undertaking a follow-up survey focused specifically on health, wellbeing and access to support services.

Your responses will help us understand local health needs and identify opportunities to improve services and support for residents.

This questionnaire is anonymous and no personal information will be collected.

Please respond by DEADLINE now the 27th September 2026

If you have any questions about this questionnaire, please contact Lucie Ferneyhough (Community Development Officer) by emailing: Lucie.Ferneyhough@cheshireeast.gov.uk or ringing: 07929 717909

Your confidentiality is assured

Any personal information you supply will be used in line with the latest Data Protection legislation. To find out more about how we use your information, please see our [privacy policy](#).

Here is the link to completed the survey

<https://surveys.cheshireeast.gov.uk/s/CEHealthandWellbeing/>

Thank you for your time.

Bulletin LOCAL AREA CO-ORDINATOR

 ALL DISABILITIES WELCOME AGES 8 - 25 FREE INCLUSIVE CRICKET SESSIONS GET ACTIVE AND MAKE NEW FRIENDS!					
WIRRAL HUB MONDAYS 5PM - 6PM THE HIVE, BRIGHT STREET, BIRKENHEAD, CH41 4EA	NORTHWICH HUB MONDAYS 5.30PM - 6.30PM ST NICHOLAS HIGH SCHOOL CW8 1JW	CHESTER HUB TUESDAYS 5PM - 6PM CHESTER CATHOLIC HIGH CH4 7HS			ALL DISABILITIES WELCOME AGES 8 - 18 FREE INCLUSIVE CRICKET SESSIONS GET ACTIVE AND MAKE NEW FRIENDS!
STOCKPORT HUB THURSDAYS 6PM - 7PM KINGSWAY SCHOOL (FOXLANDS CAMPUS) SK8 4QX	WARRINGTON HUB THURSDAYS 6PM - 7PM PADGATE ACADEMY WA2 0LN	MACCLESFIELD HUB FRIDAYS 5PM - 6PM LIFESTYLE FITNESS MACC COLLEGE PARK LANE MACCLESFIELD SK11 8LF	WHEN: EVERY MONDAY 5PM - 6PM STARTS 12TH OCTOBER	WHERE: THE DOME YOUTH ZONE OAK STREET CREWE CW2 7BX	
CONTACT: OWEN WILLIAMSON 07984196148 owen.williamson@cheshirecricketboard.co.uk		NEW - CREWE HUB MONDAYS 5-6PM THE DOME YOUTH ZONE CREWE CW2 7BX	CONTACT: OWEN WILLIAMSON 07984196148 owen.williamson@cheshirecricketboard.co.uk		
 LORD'S TAVERNS Empowering young people through cricket		www.lordstaverners.org/super1s Registered Charity No. 306054 OSCR No. SCO46238	 LORD'S TAVERNS Empowering young people through cricket		www.lordstaverners.org/super1s Registered Charity No. 306054 OSCR No. SCO46238

All Abilities Cricket, Crewe – please see the attached information about the new group in Crewe starting at the Dome.

Join Our Slow Cooker Club!
Learn. Cook. Save.

Starts Tuesday 13th October 2026

12:00pm – 2:30pm
Wishing Well Project, Jubilee House

A fun and hands-on 6-week course where you'll learn how to cook nutritious family meals using a slow cooker, helping you eat well and reduce your energy bills!

- ✓ Great for beginners
- ✓ Free to join
- ✓ Friendly, supportive environment
- ✓ Take home what you make!

How to book your place:
 ☎ Call: 01270 211000
 ✉ Email: enquiries@chancechanginglives.org

Spaces are limited – don't miss out on this great opportunity to build confidence in the kitchen and save money while you're at it!




Slow Cooker Group, Crewe – free to attend for those who would like to learn how to cook.



Sign, Sing and Shine

A fun, friendly, and inclusive Makaton choir where everyone is welcome

FIRST Sunday of the month
4th October 1.30-3pm
1st November and 6th December 3-4.30pm
Sandbach Masonic Hall, The Commons,
CW11 1FJ
Wheelchair accessible venue
£6 per participant
Parent/Carers – free to attend and are kindly asked to stay to supervise
Email CharlotteMakatontutor@outlook.com to register your interest and book your place

Sign Sing and Shine, Sandbach – please see the poster for more details.



ALSAGER ANIMALS IN NEED COMMUNITY CHOIR

STARTING FRIDAY 25TH SEPTEMBER
10.30AM - 12.00PM

Raising our voices for paws and claws.

ALL ABILITIES WELCOME – ladies and gentlemen!

- Helping your confidence
- Boosting your mental health
- Opportunities to meet new people
- All whilst helping to raise vital funds for Alsager Animals in Need

£5 ENTRY

SING CONNECT MAKE A DIFFERENCE

HELD AT THE PLOUGH PUB, ALSAGER
2ND AND 4TH FRIDAY OF THE MONTH
10.30AM - 12.00PM

Community Choir, Alsager – starting this Friday everyone welcome.

Feeling stressed? Need a creative outlet?

JOIN US!

Free

JUNK JOURNALING

For Young People (Ages 16+)

- No experience needed
- Come with a friend or **make new friends** here
- Take time to **switch off** and create
- Safe, welcoming space
- Free snacks & refreshments

All materials provided

**SPACES LIMITED
RESERVE YOURS NOW!**

Weekly Saturdays 2:30-4pm
Market Street Church Hall
Nantwich CW5 5DB
For ages 16+ in Cheshire East
Neurodivergent friendly & accessible

scan or visit: journalingmatters.com/pfcl

COMMUNITY FUND

JOURNALING MATTERS
PAGES FOR CHANGE
WWW.JOURNALINGMATTERS.COM

SCAN ME

Junk Journaling, Nantwich – please see the attached information shared with us.

**CITIZEN'S ADVICE ENERGY
HELP DESK**

Are you worried about your energy bills?

Why not come along and chat with Citizen's Advice? Get free, impartial advice on managing your energy costs, improving energy efficiency and finding out what help and support you may be entitled to.

No need to book – just drop in

9 SEPTEMBER	1030 TO 1230
28 OCTOBER	1030 TO 1230
9 DECEMBER	1030 TO 1230
13 JANUARY	1030 TO 1230
24 FEBRUARY	1030 TO 1230
31 MARCH	1030 TO 1230



SAVE ENERGY
Practical tips for heating, lighting, and appliances



GET SUPPORT
Friendly guidance from local energy advisers



BRING A BILL
We can help explain your energy costs



Cadent
Your Gas Network

SANDBACH LIBRARY

01270 375355

Energy Advice Drop In – please see the attached information

Bulletin LOCAL AREA CO-ORDINATOR



HELP US CREATE THE CREWE COMMUNITY BOOK!

- We're inviting residents, families, children and schools across Crewe to share the stories, memories, artwork, people and places that make our town special.
- There are no winners, no competition and no judging — just a chance to celebrate the people, places and everyday moments that make Crewe special.





SUPPORTED BY
CREWE TOWN COUNCIL



HELP US CREATE THE CREWE COMMUNITY BOOK!

Your story. Your voice. Your Crewe.

Use [the link \(click here\)](#) or scan the QR code to share the people, places, memories, hopes that make Crewe special.

You can submit:

-  A story or memory
-  A hope or dream
-  A poem
-  Artwork



 **Deadline: 13 November 2026**

 **Open to: Residents, families, children & schools across Crewe**

NEED HELP?
Kate Junory-Lusar
Head of Community Services, St Paul's Centre
kate.junorylusar@stpaulscentre.org.uk

Proudly supported by Crewe Town Council.



St Paul's Charity
Faith and practical help for those in need



SUPPORTED BY
CREWE TOWN COUNCIL

St Pauls would love you to get involved in creating the Crewe Community Book.

Delicious homemade meals delivered straight to your door



Start Well • Live Well • Age Well



 01270 256919 | support@wishingwellproject.net

 Registered Charity No. 1180756

 Meals delivered between 11.30am–1.30pm

 Price is just £6.50 for a main meal and dessert

 Areas we cover: Crewe, Shavington, Nantwich, Willaston, Alsager, Sandbach, Haslington, Weston

 Our friendly drivers provide more than a delivery service; they also offer a reassuring welfare check-in for customers and their families.



Start Well • Live Well • Age Well

Menu repeating on a four-week rota starting from 28th September 2026

Day	Meal
Monday	Chicken casserole, new potatoes and peas
Tuesday	Corried beef pie, mushy peas and carrots
Wednesday	Bacon chops, mash, swede and green beans
Thursday	Braised steak, mash potatoes, cabbage and swede
Friday	Sausages, mash potatoes, broccoli and carrots
Saturday	Fish, new potatoes and mushy peas
Sunday	Roast pork, stuffing, mash potatoes, roast potatoes, carrots and peas

Day	Meal
Monday	Beef stew & roll
Tuesday	Cottage pie, broccoli and carrots
Wednesday	Minted lamb hotpot, cabbage, green beans
Thursday	Roast chicken, roast potatoes, stuffing, swede and sprouts
Friday	Gammon, mash potatoes, peas and cauliflower
Saturday	Pork wellington, new potatoes and broccoli
Sunday	Roast beef, mash potatoes, roast potatoes, carrots, peas and Yorkshire pudding

Day	Meal
Monday	Chicken pie, mash potatoes, green beans
Tuesday	Sausages, yorkie mash, broccoli and carrots
Wednesday	Beef casserole, new potatoes and peas
Thursday	Savoury mince, carrot, mash potatoes and sprouts
Friday	Braised steak, mash potatoes, cabbage and swede
Saturday	Meatballs, new potatoes, cauliflower and green beans
Sunday	Roast pork, stuffing, mash, roast potatoes, carrots and peas

Day	Meal
Monday	Meat and potato pie, mushy peas and carrots
Tuesday	Roast chicken, roast potatoes, stuffing, swede and sprouts
Wednesday	Beef stew & roll
Thursday	Gammon, mash potatoes, peas and cauliflower
Friday	Cottage pie, broccoli and peas
Saturday	Lamb casserole, mash potatoes, carrots and green beans
Sunday	Roast beef, mash potatoes, roast potatoes, carrots, peas and Yorkshire pudding

Please ring 01270 256919 for more information, or email support@wishingwellproject.net

PLEASE INFORM US IF YOU HAVE ANY ALLERGIES

The Wishing Well – Helping People Start Well, Live Well and Age Well

Wishing Well Meals Service – delivering hot nutritious meals to the community please see the above information.

Regular groups and activities

Covering all areas of Cheshire East



Bulletin LOCAL AREA CO-ORDINATOR

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 28th September – 3rd October

Monday 28 th September 10am - 12.30pm	Monday Makers Biscuit Coasters TOG Shop 11am-12mid	
Monday 28 th September Handforth Drama 2pm – 3pm	Drama with Phil	
Tuesday 29 th September 10.30am-3.30pm, TOG Hub	Together Time Wellbeing activities and gardening Makton	
Tuesday 29 th September SANDBACH DRAMA 4.30-6.30pm	Drama The Ballroom Town Hall	
Wednesday 30 th September 6pm – 8.30pm Hub/Park	Active Wednesday Tennis Sue	
Thursday 1 st October 6pm-8.30pm, TOG Hub	Social Thursday Creative Writing	
Friday 2 nd October 10.30am-3.30pm TOG Hub	Foodie Friday Budget & Planning	
Saturday 3 rd October 11am-2.30pm TOG Hub	Creative Saturday Halloween Portraits	
Contact numbers: Office: 016250520652 Yvonne 07517274385 Monday-Friday 9am-5pm Sarah – 07517274623 Communications Operator Emma – 07507728624 Emergency contact		
Senior Activity Co-ordinators Kirsten: 07517274351 Mon, Tue, Wed, Fri Halle – 07517274320 Saturdays Yvonne 07517274386 Thurs Suzanne Sandbach 07517274401		

Working together for greater independence

Supported as Charity of the Year 2023 by


Time Out Group 25 The Paddock, Handforth, WILT SHG 1. Charity number: 103853


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





For more information, please follow the link

[Under One Roof | Accessible raving for all](#)

dsn
Deaf & Sensory Network

Do you have hearing loss?

Do you wear a hearing aid?

We are here to help!

Free Service

Do you struggle hearing conversations, visitors at the door, or the television? We support people who are deaf or have hearing loss in the Cheshire East, West or North Wales area. The support includes assisting with booking health appointments, communication support with letters, as well as advice on the self-purchase or loan of specialist technical equipment, including installation.

- Free Service
- Specialist team
- Assessment and equipment installation
- Home visits
- Drop-in sessions
- Online support
- Community events

For more information, please contact us or visit one of our centres,

Northwich
144 London Road,
Northwich, Cheshire,
CW9 5HH.

Chester
Chester Deaf Centre,
South View Road,
Chester, CH1 4JG

Macclesfield
King Edward House,
1 Jordangate,
SK10 1EE

Call 0333 220 5050
Text only (SMS) 07860 009038
Email dsn@dsnonline.co.uk
Web www.dsnonline.co.uk

Cheshire Deaf Society operating as DSN is registered in England & Wales as a Registered Charity No. 550791 & a Company Limited by Guarantee No. 01222562.

Deafness Support Network – share with us the support and services that they can provide.

Scams Awareness Bulletin - September 2026



A great read to find out what the current local scams are

[Issue 70 September Newsletter](#)



Cheshire East People's Panel

Your Voice Can Help Shape Future Care at Home Services

Do you receive care at home, support a family member or friend, or have experience of care services?

We're inviting residents and carers to join an online discussion about Care at Home Services for Older Adults (65+).

Whether your experiences have been positive, challenging, or somewhere in between, we want to hear from you. Your feedback will help us understand what matters most to residents and influence how care at home services are designed and delivered in the future.

Who Can Take Part?

We would particularly like to hear from:

- People who currently receive care at home
- Family members and unpaid carers
- People who have previously used care at home services
- Residents who may need support in the future
- Anyone with an interest in improving care and support for older people in Cheshire East

Join Us Online (Microsoft Teams)

Thursday 1 October | 🕒 6:00pm to 7:15pm
or
Thursday 8 October | 🕒 1:00pm to 2:15pm
You only need to attend one session.

Register Your Interest

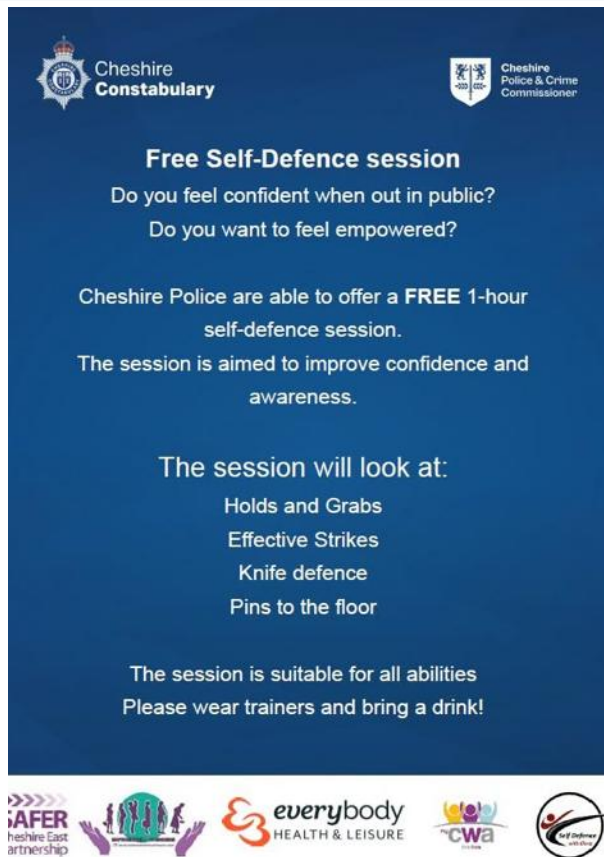
To take part, please email:
✉ ascpeoplepanel@cheshireeast.gov.uk

Your voice matters. By sharing your experiences and ideas, you can help improve care and support for local residents now and in the future.

www.cheshireeast.gov.uk
0300 123 5500

Enabling prosperity
and wellbeing for all

Cheshire East People's Panel – please see further information above



Free Self-Defence Sessions - Cheshire Police are once again working in partnership with Everybody Health and Leisure, Her-Place and MyCWA to offer free self-defence sessions to residents across Cheshire East.

To book a space on one of the sessions please visit the links below. Session numbers are limited with women only and mixed sessions available to residents aged 16yrs and above.

Crewe Lifestyle Centre
5-6pm Friday 25th September (Women Only)
1-2pm Saturday 3rd October (Mixed Session)
<https://orlo.uk/M9gr4>

Nantwich Leisure Centre
1-2pm Saturday 10th October (Women Only)
<https://orlo.uk/McGEb>

The Cornovii Trust

FREE SCHOOL MEALS ARE EXPANDING

FROM SEPTEMBER 2026

Cheshire East County Council has confirmed changes to Free School Meals (FSM) eligibility.

WHAT'S CHANGING?

CURRENT ELIGIBILITY
Most families receiving Universal Credit only qualify for income-based free school meals if their annual earned income is **£7,400 or less** (excluding benefits).

FROM SEPTEMBER 2026
All children in households receiving Universal Credit will become eligible for Free School Meals.

FREE SCHOOL MEALS CATEGORIES

TARGETED FREE SCHOOL MEALS
Available to families who:
• Receive Universal Credit and earn **£7,400 or less per year** (excluding benefits), or
• Receive certain qualifying benefits, including:
◦ Income-related Employment and Support Allowance (ESA)
◦ Pension Credit (Guarantee Credit)
◦ Support under Part VI of the Immigration and Asylum Act 1999

EXPANDED FREE SCHOOL MEALS
Available to:
• **All** other families receiving Universal Credit, **regardless of earnings.**

THIS MEANS ALL CHILDREN IN UNIVERSAL CREDIT HOUSEHOLDS WILL BE ELIGIBLE FOR FREE SCHOOL MEALS FROM SEPTEMBER 2026.

IMPORTANT DATES

APPLICATIONS OPEN: 1st August 2026

EXPANDED ELIGIBILITY STARTS: 1 September 2026

Please note: Applications can be submitted from 1st August 2026, but meals under the expanded scheme cannot begin before 1 September 2026.

WHO WILL BENEFIT?

- More families receiving Universal Credit
- More students accessing a healthy meal during the school day
- Reduced pressure on household budgets

FIND OUT MORE OR APPLY
Visit: www.cheshireeast.gov.uk/schools/school-meals Email: freeschoolmeals@cheshireeast.gov.uk



Cost of living help and support

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

Thank you for reading.

Sarah

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