



Bulletin

Down Syndrome Awareness Month

#31Facts

Day 28

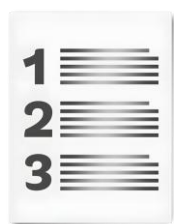
Every year, more young people with Down syndrome than ever before are living in the community, gaining qualifications and succeeding in a wide variety of jobs. People with Down syndrome date, socialise, form ongoing relationships, and get married.

DSUK
Down Syndrome UK

Positive About
Down Syndrome

I wanted to share this fact on Day 28 of October but for more information and facts please go into the link

[Down syndrome awareness month | Down Syndrome UK](#)



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HOPES & BEAMS
Charity No. 1201784

Poppy's + HOSPITALITY SKILLS

For people aged 16+ with disabilities or additional needs to learn hospitality skills in our community restaurant. Gain experience in front of house service, food preparation, and cleaning. Supportive incremental programme to develop new skills at your own pace. Develop a professional portfolio to help you take your next steps

What We Offer

- Professional kitchen
- Small class sizes
- Fun, supportive and inclusive environment
- Qualified teacher
- Head chef with decades of experience
- 5* Food Hygiene Rating



Enquire Now!

01270 255355 / 07303 147030
info@hopesandbeams.org



HOPES & BEAMS
Charity No. 1201764

Poppy's + HOSPITALITY SKILLS

📍 Poppy's Restaurant at Hopes and Beams, Broad Street, Crewe, CW1 3UD

What is Poppy's + Hospitality Skills Programme?

- For people aged 16+ with disabilities/additional needs
- Part-time programme of 3 hours per session available 2 days
- Flexible start dates and affordable rates
- Optional extra activities depending on your needs and interests
- Work alongside experienced staff and mentors to learn Front of House, Food Preparation and Cleaning skills progressively
- Set attainable goals and work towards them at your own pace
- Build a personal skills portfolio to showcase your achievements
- Gain skills and experience to carry forward to help you take your next steps

Enquire Now!

01270 255355 / 07303 147030
info@hopesandbeams.org

Hopes and Beams Kate and the team are hoping to start the project at the beginning of November. They would love to hear from anyone interested. Please get in touch with Kate on 07303147030 and complete an Expression of Interest. They are looking at Mondays and Wednesdays as the available days.

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

October 2026

Please contact us before attending a meeting to check current details



Phone: 01625 422602 info@eastcheshireeyesociety.org.uk

Day	Time	Group	Location
Fri 2 nd	1pm – 3pm	Macclesfield Support Group: Making a will with Tessa Whiskard of Anthony Collins solicitors	Townley Hall SK11 6HZ
Sun 4 th	11am – 4pm	Meet us at Knutsford Makers Market	Princess Street, Knutsford WA16 6BW
Mon 5 th	1pm – 3pm	Poynton VIP Indoor Bowling Group Please contact Vic Taylor 01625 521511 to confirm dates	Poynton Sports Club This group is not organised by ECES
Wed 7 th	10am - 12 noon	Indoor Bowling for people with Visual Impairments No experience needed	Packhorse Bowling Club, Macclesfield
Thurs 8 th	2pm - 3.30pm	Congleton Café Coffee Club: Drop in and meet others living with VI for information and support	Lion and Swan, Congleton
Mon 12 th	10am – 12 noon	Tea and Tech Peer Support group: Make the most of your smartphone or tablet	ECES Office, Macclesfield SK10 1EB
Mon 12 th	1pm – 3pm	Poynton VIP Indoor Bowling Group Contact Vic Taylor 01625 521511	Poynton Sports Club This group is not organised by ECES

Tues 13 th	Minibus Trip	Visit to Wedgwood Museum: Collection tour and Christmas shopping?	Booking essential
Wed 14 th	10am - 12 noon	Indoor Bowling for people with Visual Impairments No experience needed	Packhorse Bowling Club, Macclesfield
Wed 14 th	2pm - 4pm	Congleton Support Group: Meditation with Angela	New Life Church, CW12 4EY
Wed 14 th	2.30pm – 4pm	Knutsford Café Coffee Club: Drop in and meet others living with VI for information and support	The Lost and Found, Knutsford WA16 6BY
Thurs 15 th	10am - 12 noon	Men in Sight: “Breaking the silence”, encouraging men affected by or with sight loss to talk	Townley Hall, Townley St, SK11 6HZ
Thurs 15 th	10.30am – 12 noon	Handforth Café Coffee Club: Drop in and meet others living with VI for information and support	Costa Coffee The Paddock, Handforth, SK9 3HQ
Mon 19 th	1pm – 3pm	Poynton VIP Indoor Bowling Group Contact Vic Taylor 01625 521511	Poynton Sports Club This group is not organised by ECES
Tues 20 th	1pm -3pm	Wilmslow Support group: Claire Carter and the work of Wilmslow Youth	Wilmslow Library SK9 1NW
Wed 21 st	10am - 12 noon	Indoor Bowling for people with Visual Impairments No experience needed	Packhorse Bowling Club, Macclesfield
Mon 26 th	1pm – 3pm	Poynton VIP Indoor Bowling Group Contact Vic Taylor 01625 521511	Poynton Sports Club This group is not organised by ECES

Mon 26 th	2pm – 4pm	Poynton Support Group: Get ready for Winter ideas for lighting and more	Poynton Methodist Church SK12 1RB
Wed 28 th	10am - 12 noon	Indoor Bowling for people with Visual Impairments No experience needed	Packhorse Bowling Club, Macclesfield
Wed 28 th	2pm - 4pm	Congleton Support Group: The secret history of the Bayeaux Tapestry with Helen	New Life Church, CW12 4EY

Coming soon!

- **Tuesday 10th November:** Visit Manchester Christmas Markets with our volunteers (by train)
- **Saturday 14th November:** Meet us at Charities Bazaar, St Michael's Church Macclesfield, for Christmas cards, calendars and gifts. 9.30am to 1pm
- **Tuesday 1st December:** Drop in to our annual office Christmas Celebration
- **Sunday 6th December:** Meet us at Prestbury Fair for cards, games and gifts

A big THANK YOU to all our sponsors:

- Nisa Local Tytherington for sponsoring our Macclesfield group
- Congleton Lions for sponsoring our Congleton Support Group
- Mr Brook for sponsoring our Wilmslow Support Group
- Rotary Club of Macclesfield Castle for sponsoring Men in Sight
- Café Mustard for supporting Men in Sight

East Cheshire Eye Society have shared with us all the activities they have coming up.



Just Drop In are hosting their annual general meeting.



Macclesfield Town Council are hosting another free event for more details and also to look at other future events please follow the link [What's On - Macclesfield Town Council](#)



Wilmslow Community Garden have a sale coming up but do you know they have volunteering opportunities too. [Wilmslow Community Market Gardens | Transition Wilmslow](#)



Salvation Army also host Mission Monday, and lots more please follow the link for their activities for the whole of the community during the week [Macclesfield | The Salvation Army](#)



Bridgend Centre

TUESDAY TAI CHI WITH DEBBIE at 6:30pm
1st Floor of the Bridgend Centre in the
Middlewood Room



Powerful, gentle, low impact physical activity, which
can improve flexibility, balance and have a positive
impact on mental wellbeing



No need to book, just turn up!

£5

The Bridgend Centre 104 Palmerston Street, Bollington SK10 5PW
01625 576311 www.bridgendcentre.org.uk info@bridgendcentre.org.uk

Bridgend Centre has lots of different activities and things to get involved with including Tai Chi [Activities, groups and events – Bridgend Centre](http://www.bridgendcentre.org.uk/activities-groups-and-events)



Elov–Community Upcoming sessions

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/elovcommunity/2186706>)



Silky Sundays are back!

Hey fabulous folks! 🍂

October is here, and we're ready to embrace the autumn vibes with the return of Silky Sundays! After a 3-month break, we are back with our spectacular dance parties that celebrate EVERYONE! 🌈👯

Tasty Treats Alert! 🍷🍔 Enjoy our delicious chip butties that will keep your taste buds dancing all night long!

Win Big! 🎰 Participate in our exciting raffle and win some incredible prizes!

Dance the Night Away! 🎵 Our fantastic DJs are back to spin the hottest tracks, ensuring endless grooves and moves! 🎧

Silky Sundays is more than just a disco; it's an event that champions joy and inclusivity. ❤️ Whether you're busting your first move or showing off your pro skills, everyone's welcome on our dance floor! 🕺

Your presence isn't just about having a blast - it's about supporting a cause that spreads happiness and unity in our community. So, grab your friends, lace up those dancing shoes, and let's create unforgettable memories together! 🎉

Thank you for being the shining stars of this incredible journey! ☀️

The Silky Sundays Team 💙

DATES: 4th, 11th and 18th October 2026 ✅

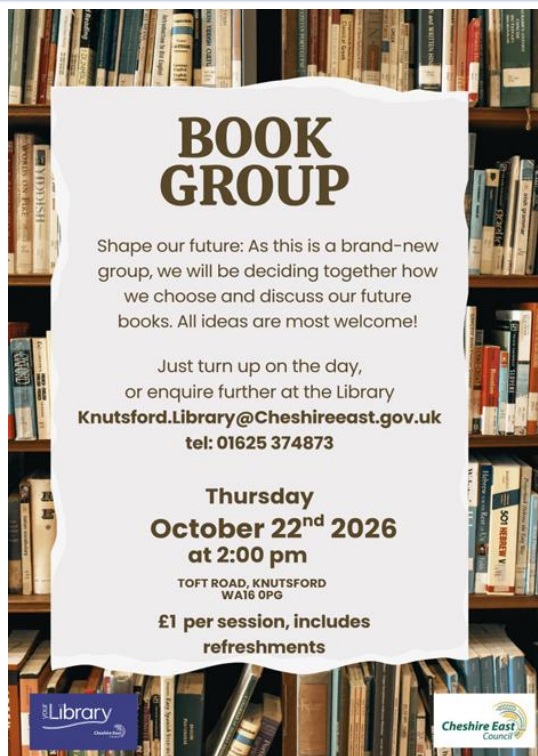
TIME: 7:00 – 9:00 p.m. ✅

VENUE: Packhorse Bowling & Social Club, Abbey Road, Macclesfield, SK10

3AT ✅

ENTRY FEE: £2 ✅

Mark your calendars for our Halloween Disco on Sunday, 1st November 2026! 🎃 Get ready for a spooky, fun-filled evening with costumes, treats, and thrilling tunes! 🎵



Knutsford Library new book group starting.



The Welcome, Knutsford new courses starting but they have lots of other groups too [Groups - The Welcome](#)



Macclesfield Artspace are hosting a learn to crochet workshop.



Next Step Domiciliary Care Ltd
St Peter's Working Institute
Windmill street
Macclesfield
SK11 7HS
07967225043

	9:00	9:30	11:00	12:00	1:00	2:00	3:00
Thursday 24th Sept	Brew and catch up	Mindfulness Morning	Mindfulness Morning	Lunch	Karaoke	Karaoke	Karaoke
Tuesday 29th Sept	Brew and Catch up	Harvest Festival	Harvest Festival	Lunch	Harvest Festival	Harvest Festival	Harvest Festival =
Thursday 1st October	Brew and catch up	Mindfulness Morning	Mindfulness morning	Lunch	Quiz	Quiz	Quiz
Tuesday 6th October	Brew and catch up	Spooky Crafts	Spooky Crafts	Lunch	Singing	Singing	Singing
Thursday 8th October	Brew and catch up	Boo-tiful Creations	Boo-tiful Creations	Lunch	Film	Film	Film

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Believe and Achieve have shared their drop-in activities for this week.

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.



Time Out Group Sandbach

BINGO

Get ready for an evening of bingo, music, laughter and friendship at our exciting one-off community event in Sandbach for adults with learning disabilities and/or autism.

BOOK EARLY TO AVOID MISSING OUT ON A FANTASTIC NIGHT OF FUN!

£14 per person | Ticketed Event | Limited Spaces

- ✓ Fun bingo games and prizes
- ✓ Friendly and welcoming atmosphere
- ✓ Meet new people and socialise
- ✓ Support workers and carers attend free

Friday 30th October | 7 to 9pm | Market Tavern, 8 The Square, Sandbach

This is a **Time Out Group** activity working in partnership with **Wayward Events** and the team at the **Market Tavern** to create fun, accessible, community activities in Sandbach.

RESERVE YOUR PLACE TODAY!

7 To express your interest in attending this event, please:
Email – stephen.pearson@timeoutgroup or Text – 07517 274565

Activities for adults with learning disabilities and/or Autism

Time Out Group, 25 The Paddock, Handforth, SK9 3HQ
www.timeoutgroup.org.uk T. 01625 520652
Registered Charity - Number 1101893

Time out Group have got a great new event coming up in Sandbach.



WISHING WELL
STREET WISE, LIVE WELL, GIVE WELL

Let's Get Social!

What's On?

Thursday 29th October
Halloween Disco
6.30pm - 8.30pm

£5 entry (Carers Free)

Fancy Dress optional

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

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

Wishing Well Halloween Disco coming at the end of October.



From Monday 8th June 2026

HOPES & BEAMS
A FANTASTIC NEW ALL AGE CHOIR FOR EVERYONE

Get your groove on!
Join our brilliant new Hopes & Beams All Age Choir, all generations and abilities singing popular music together for fun with our choirmaster Hope!

Only £1

MONDAYS
6:00PM-7:00PM

All ages welcome!
No experience needed
Suitable for everyone
Inclusive for those with disabilities, their families & friends

Just Come Along

Get in touch for more information:

Hopes and Beams, Broad Street, Crewe CW1 3UD
TEL: 01270 255355
Email: info@hopesandbeams.org
Website: hopesandbeams.org
Facebook: www.facebook.com/hopesandbeams.broadstreet

Made possible thanks to Radius Grants Foundation



Hopes and Beams have shared with us their weekly choir open to all.



POPPLY'S
RESTAURANT
HOPES & BEAMS

Broad Street, Crewe, CW1 3UD

Open Tuesdays, Wednesdays and Thursdays
12:15pm - 2:00pm
Call 01270 255355 Call to Book or Just Walk in & Enjoy!

Poppy's Restaurant is a friendly, welcoming community restaurant at Hopes & Beams on the corner of Broad Street and McLaren Street.

Affordable homemade meals, light bites, soup and desserts with vegetarian and healthy options available, just let us know any dietary requirements.

All profits from the restaurant directly support our charity work helping children and adults with disabilities / additional needs and senior members of the community - Charity No. 1201764.



Hopes and Beams have a lovely community restaurant open to all.



VISION
SUPPORTING CHILDREN'S MENTAL HEALTH
SINCE 1994

Rocket League Gaming Day

Saturday 14th November 2026

Free event for young people and parents/carers. Scan the QR to book your space.



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: 5230738

Visyon Gaming Day remember to book your place.



 **Holmes Chapel Partnership
Community Newsletter**
Issue 147 October 2026

WELCOME TO THE OCTOBER 2026 NEWSLETTER

Well, we got the rain! Enough to make the grass turn green again at least. Now we have autumn storms to look forward to, it seems. As always, plenty of things are happening. Our newsletter is full of information about life in and around Holmes Chapel - whatever your interests. This month there are lots of opportunities to get involved in village life - so many organisations are looking for volunteers who could dedicate an hour or two of their time to the community.

 Could you offer to drive someone to the Health Centre?
Could you spend half an hour monitoring speeding traffic?

 Could you spend an hour once a month keeping paths clear in the Dane Meadow?
Could you lend a hand to the Village Volunteers?

 And of course, our Christmas Market is the ideal opportunity to offer your services for an hour or two! See inside for further details of how you can get involved in your community.

 We have an update on our Safe Spaces scheme inside.

 Catch up with Thomas the Tank Engine in the Holmes Chapel Railway Station Corner!

Holmes Chapel Community news please follow the link for more information

[Community Newsletter | Holmes Chapel Partnership | Holmes Chapel](#)



CREWE TOWN COUNCIL

COMMUNITY ENGAGEMENT SESSIONS

We're here to listen, support and act

You told us you wanted more access to us.
As part of our Community Strategy for Crewe 2026-2028, we are holding 7 Community Sessions across Crewe so you can talk to Councillors and Officers face to face.

DATES AND LOCATIONS

	30.09.26	Library, Crewe Lifestyle Centre Moss Square, Crewe, CW1 2BB	 10am – 12pm
	28.10.26	GLO Café, YMCA Gresty Road, Crewe, CW2 6EL	 1pm – 3pm
	24.11.26	The Wishing Well, The Georges Crewe, CW2 8SL	 9am – 11am
	16.12.26	Online Session Join via the Teams link (Link available on our website and social media)	 4.30pm – 6.30pm
	27.01.27	Hopes and Beams Broad Street, Crewe, CW1 3UD	 2pm – 4pm
	24.02.27	St Barnabas Church Hall West Street, Crewe, CW1 3HX	 3pm – 5pm
	24.03.27	The Haven on North Street, Crewe, CW1 4NJ	 10am – 12pm

We're here for you!



Members of the public are invited to attend. Everyone welcome – no appointment necessary.



Discuss local issues



Seek advice



Access information



Find support

Have your say, share your ideas and help shape the future of Crewe.
We look forward to seeing you there!

Any queries, please contact:
community@crewetowncouncil.gov.uk

Working together for a stronger, more connected Crewe.



Crewe Town Council want to hear from their community open to all.

YMCA CHESHIRE

Communities Timetable

MON	TUE	WED	THU	SAT
Social Drop In 11 AM - 1 PM 28 Sherborne Rd	Family Drop-In 9:30 AM - 11 AM Beauchamp Primary School	Family Drop-In 9:30 AM - 11 AM Maybury Centre, West St	Listening Service (Call to Book In) 10:30 AM - 12:30 PM 28 Sherborne Rd	STEM Club (7-13yrs) 11 AM - 12:30 PM 189 Gresty Rd
Men's Group 1 PM - 3 PM 27 Sherborne Rd	Her-Place School Uniform Sockline Hub 12 PM - 1 PM 28 Sherborne Rd	Youth Club 4 PM - 5:30 PM St Barnabas Church Car Park	Her-Place School Uniform Sockline Hub 10 AM - 12 PM 28 Sherborne Rd	
Her-Place School Uniform Sockline Hub 10 AM - 2 PM 28 Sherborne Rd	Adults Social Group 12 PM - 2 PM 28 Sherborne Rd	Afterschool Club (7-13yrs) 4 PM - 5:30 PM 189 Gresty Rd	Baby Milk Bank 9 AM - 12 PM 28 Sherborne Rd	
Baby Milk Bank 10 AM - 1 PM 28 Sherborne Rd	After School Club (8-13yrs) 4 PM - 5:30 PM 27 Sherborne Rd		Youth Club 4 PM - 5:30 PM West St Christian Fellowship	
	Family Drop In 9:30 AM - 10:30 AM 189 Gresty Rd			
	Youth Hub (13-16) 5:30 PM - 7:30 PM 189 Gresty Rd			

FOR MORE INFORMATION

CONTACT TRACEY 
07590 883049
tracey.bentley@ymcacheshire.org.uk

CONTACT BEVERLEY 
01270 257673
beverley.cope@ymcacheshire.org.uk

Upcoming Events

- Half Term Youth Zone Visit (Sherborne)** | Tuesday 27th October 2026
- Half Term Youth Zone Visit (Gresty)** | Tuesday 27th October 2026 | 9.30am - 12.15pm
- Spooky Movie Time and Crafts Special** | Wednesday 29th October 2026 | 10am - 1pm | Gresty Suite, 189 Gresty Rd

YMCA Community Events open to all.

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UNCLASSIFIED

Bulletin LOCAL AREA CO-ORDINATOR



Crewe Creates have their Platform Gallery now and they would love to hear from artists and community groups follow the link to find out more
[PLATFORM:Gallery - Contemporary Art Gallery in Crewe](#)



Alsager Dinner Hub open to all ages.

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

Monday 12 th October 10am – 12.30pm	Monday Makers Hama Bebble designs and O&K game TOG Shop 11am-12md	
Monday 12 th October HANDFORTH 1pm-3pm	Drama with Phil	
Tuesday 13 th October 10.30am-3.30pm, TOG Hub	Together Time Wellbeing activities and gardening Hobbies & Skills	
Tuesday 13 th October SANDBACH DRAMA 4.30-6.30pm	Drama Sandbach Library, Sandbach, CW11 1FL The meeting room	
Wednesday 14 th October 6pm – 8.30pm Hub/Park	Active Wednesday Hub games / Archery	
Thursday 15 th October 6pm-8.30pm, TOG Hub	Social Thursday Inspiring Animal Therapy	
Friday 16 th October 10.30am-3.30pm TOG Hub	Foodie Friday Budget & Planning (Soup)	
Saturday 17 th October 11am-2.30pm TOG Hub	Creative Saturday Halloween Hats	
Contact numbers: Office: 01625 520652 Yvonne 07517274386 Monday-Friday 9am-5pm Sarah – 07517274623 Communications Operator Emma – 07507738624 Emergency contact		
Senior Activity Co-ordinators Kirsten: 07517274353 Mon, Tue, Wed, Fri Hallie – 07517274320 Saturdays Yvonne 07517274386 Thurs Stephen Sandbach 07517274565		

Working together for greater independence

Supported as Charity
of the Year 2023 by

Luxome

Time Out Group, 25 The Paddock, Handforth, Salford, M20 3HQ | Charity number: 1080553



Wishing Well, Let's Get Social – Please see the schedule for October 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

What's On?

- 1st October
Bingo & Popcorn
- 8th October
Games night
- 15th October
Bingo & Popcorn
- 22nd October
Games night
- 29th October
Halloween Disco

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

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 October, 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.



The poster for Looking Forward Activities (LFA) features a colorful design with the title 'Looking Forward Activities' at the top, followed by 'LFA FLEX' in large, bold letters. Below this, it says 'Extra support when you need it'. The poster includes a row of five photos showing people engaged in various activities. Below the photos are seven icons representing different services: Extra full days, Half days, Evening activities, Community activities, Transport available, A wide range of meaningful activities, and Friendly, experienced support. At the bottom, there is a section for 'Make the most of your funding' and contact information for booking extra sessions.

Looking Forward Activities
for people with learning disabilities and autism

LFA FLEX
Extra support when you need it

Use your Direct Payments or privately fund additional sessions
No need to change your regular LFA days – simply book extra support when it suits you.

More choice.
More opportunities.
Brighter days.

Flexible days, exciting activities and new opportunities!

Extra full days
9am – 5pm

Half days
Morning or afternoon

Evening activities
Social, fun and inclusive

Community activities
Trips, volunteering and new experiences

Transport available
across Cheshire*

A wide range of meaningful activities
tailored to individual interests

Friendly, experienced support

Make the most of your funding

NATIONAL LEARNING DISABILITIES & AUTISM AWARDS 2026

WINNER
Outstanding Contribution

Get in touch to book extra sessions or find out more.

01606 516140
office@lookingforwardactivities.co.uk
www.lookingforwardactivities.co.uk

More flexibility for you and your family.

*Transport and additional sessions are subject to availability and suitability.

Community Activities

General information



Bulletin LOCAL AREA CO-ORDINATOR



Down Syndrome Cheshire have a couple of groups coming up in October currently available to book on and they are looking for volunteers to help and at the same time enjoy live football.



One You Cheshire East please see the poster as part of Stoptober; One You Cheshire East's Be Smoke Free team are hosting free drop-in Carbon Monoxide (CO) screening events across Cheshire East

Bulletin LOCAL AREA CO-ORDINATOR

Delivered by ISL in
Partnership With:

NHS
Cheshire and Wirral
Partnership
NHS Foundation Trust

isl 
Bringing Opportunities to Life

Connect With Us

We are open 7 days a
week. You are welcome
to drop in anytime.

The Link Macclesfield
1 Park Street
SK11 6SR
10am - 10pm

The Link Crewe
108 Nantwich Road
CW2 6AT
2pm - 10pm

isl *link*
Support  the link



isl-org.uk/thelink
thelink@isl-uk.org
[@islthelink](https://www.instagram.com/islthelink)



If you are in need of
support, please call us on
07587507281

If you need support in a
crisis, please call NHS 111 -
Option 2 (mental health)

Welcome to The Link

Mental Health Support
in Cheshire East

About The Link

The Link is a safe, welcoming and supportive community space for adults aged 18 and over who are experiencing a mental health crisis, or who are looking for support to prevent things from reaching crisis point.

Our friendly team provides emotional support, resilience-building and practical advice, helping people to feel more supported and connected within their community. We also offer opportunities to build positive relationships in a relaxed, non-clinical environment.

Where needed, we can provide information, advice and signposting to other services and support people to access the most appropriate help for their needs. We work closely with local health and social care services and other community organisations.

The Link will be available across two locations: Crewe and Macclesfield.

Pop-in to See Us

Crewe: 2pm - 10pm
Monday - Sunday

Macclesfield: 10am - 10pm
Monday - Sunday

Referrals and signposting

People are welcome to walk in and access support directly, but we also accept referrals.

**People can be referred or
signposted to The Link by:**

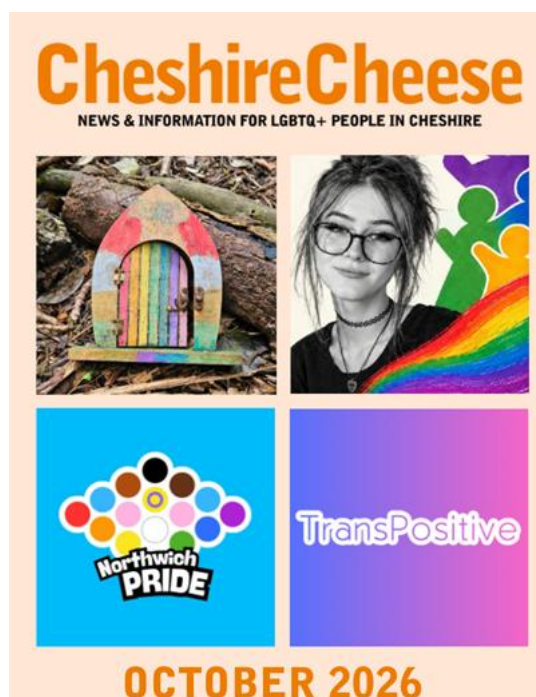
- Health and social care services
- Voluntary and community organisations
- Primary care services
- GP practices
- Mental health services
- Crisis services

How We Can Help



- ☒ **Safe Space**
- ☒ **Emotional Support**
- ☒ **Advice & Signposting**
- ☒ **Non-clinical Environment**

ISL new 'The Link' please see the details for the support being provided for adults aged 18+ who are experiencing a mental health crisis.



Cheshire Cheese share with us all the social activities and events coming up in October.



The Big Clothes Movement host lots of events throughout the year for all age groups if you want to find out more and keep up to date follow this link [The BIG Clothes Movement CIC | Congleton | Facebook](#)

 **Local Offer**
Cheshire East

 **Cheshire East**
Parent Carer Forum

JOIN US FOR A

LOCAL OFFER PARENT CARER FORUM

COFFEE
Morning



**JOIN US FOR COFFEE, BISCUITS
AND FRIENDLY INFORMATION
AND ADVICE**

CHESHIRE EAST SEND TEAM
EDUCATIONAL PSYCHOLOGISTS - NHS 0-19+ SERVICE -
CEAT - SALT - SPECIALIST TEACHERS - SPOTTS

Oakenclough Family Hub Colshaw Drive, Wilmslow, SK9 2PZ Monday 19 th October 2026 Monday 8 th February 2027 Monday 24 th May 2027	Wesley Place Methodist Church Lawton Rd, Alsager, ST7 2AF Monday 2 nd November 2026 Friday 26 th February 2027 Monday 7 th June 2027
Nantwich Methodist Church Hospital Street, Nantwich, CW5 5RP Friday 6 th November 2026 Friday 12 th February 2027 Friday 28 th May 2027	Macclesfield Town Hall Marketplace, Macclesfield, SK10 1EA Friday 20 th November 2026 Monday 22 nd February 2027 Wednesday 9 th June 2027

Book a place today 



Cheshire East Parent Carer Forum have events taking place.

Did you know that Cheshire East Libraries have a Home Library Service for the housebound?

If you're unable to leave the house or carry heavy bags, we can bring the books to you. Tell us what you like to read and we can choose, pack & deliver you a bag of books or audio books on CD once a month.



The service is free and each library branch operates a delivery service for their local area. Call your local library branch for more information and to register with the scheme.

Cheshire East Libraries supporting everyone don't forget this service supports our carers too.



ADDITIONAL NEEDS EVENING

Wednesday 28th October 2026
6:00pm – 8:00pm



- No music played (only essential announcements)
- Guest numbers capped to reduce queuing
- Friendly team on hand to assist guests and families
- Flotation devices available to use
- Ride slides with a carer
- All rides and attractions open (excluding the Nucleus and Outdoor Pool)

AUTISM FRIENDLY

Tickets now available online
Booking is essential

Book online at:
www.waterworld.co.uk

Waterworld, Stoke are hosting an Autism Friendly evening.



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