



What's ON...

DATE: April 2024

HELLO AND WELCOME TO OUR NEWSLETTER

We hope you find this information useful and please do share with everyone and anyone you feel may benefit.

If there is anything you would like us to add or you would no longer like to receive copies of our newsletter then please email us at:

localareacoordinator@cheshireeast.gov.uk

Disability Info Bureau

WE NEED YOU

Volunteer Opportunities

Apply for your positions now!

info@dibservices.org.uk

01625 501759

- Admin Worker
- Receptionist
- Welfare Rights



Local Area Co-Ordinator

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**Vision
Walk
2024**

East Cheshire
Eye Society



Join our annual sponsored walk!

Saturday 27th April 2024

Start time: 10-10:30am

Entry fees:

16+ years old: **£10**

5 – 15-year-olds: **£5**

4 years old and under: **Free!**

Get your entry fee refunded
when you raise **£50 or more!**

5 or 10KM route

Goody bags

Crisps, cake and
refreshments available

Adventure trail
for children

**For more
information:**

Email:
info@eastcheshireeyesociety.org.uk

Phone :
01625 422602

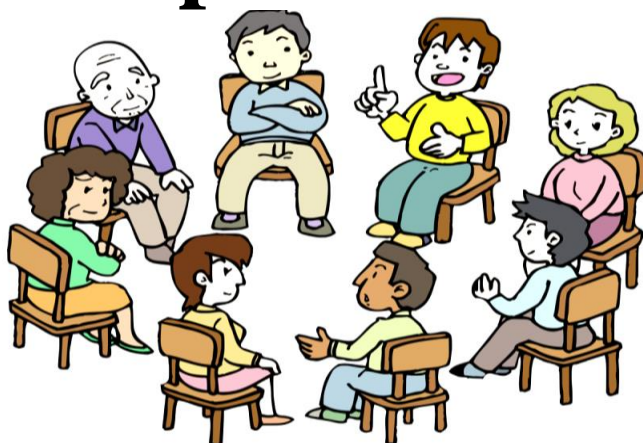
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Affected by sight loss?

Macclesfield Support Group for People with Visual Impairments



First Friday of the month
1pm to 3pm
Townley Hall, Townley St, SK11
6HZ

Phone: 01625 422602

East Cheshire Eye Society, 11 Market Place, Macclesfield SK10 1EB

Tel: 01625 422602 info@eastcheshireeyesociety.org.uk


www.eastcheshireeyesociety.org.uk



@ECEyesociety



East Cheshire Eye Society



Dean Row Art Workshop

(D.R.A.W.)

Dean Row Village Hall, Browns Lane, Wilmslow.
Thursday afternoons
£39 per 13 week term

Do you enjoy creating art?

We are a relaxed and sociable group who like to draw and paint (all levels represented) whilst enjoying a chat and tea and biscuits. No tuition - do your own thing - but help and advice is available from our friendly and experienced members.

**For more information, and to book
your free taster session, email Roy
DRAWartgroup@outlook.com**

THE SILK MUSEUM

HAVE A DABBLE



Have a Dabble is our popular adult art class that runs every Friday led by teacher Julie. The class explores different techniques and projects developing skills whilst creating new arts and crafts. All abilities welcome.

When: Every Friday from 9am until 12noon and then again from 1pm until 4pm

Where: The Silk Museum, Park Lane, Macclesfield, SK11 6TJ

Cost: £15 per session and booking is recommended.

GAWSWORTH HUB HAVE THE FOLLOWING EVENTS, ALSO IF ANYBODY WOULD LIKE TO LEARN TO PLAY BRIDGE PLEASE GET IN TOUCH AT

accounts@gawsworthhub.co.uk



**Dont miss the next
Village Night Out!**

Supper and Quiz Evening

**Saturday 27th April 7pm at
Gawsworth Village Hall**

**Tickets £12.50
available at the Hub**

(Includes a Pasta and Pud)

Licenced Bar and Raffle

**This is a fundraising event and all funds raised go
to the Hub**

SILK PAINTING WORKSHOPS

AT
GAWSWORTH HUB



TUESDAY 26TH MARCH
TUESDAY 30TH APRIL
TUESDAY 28TH MAY

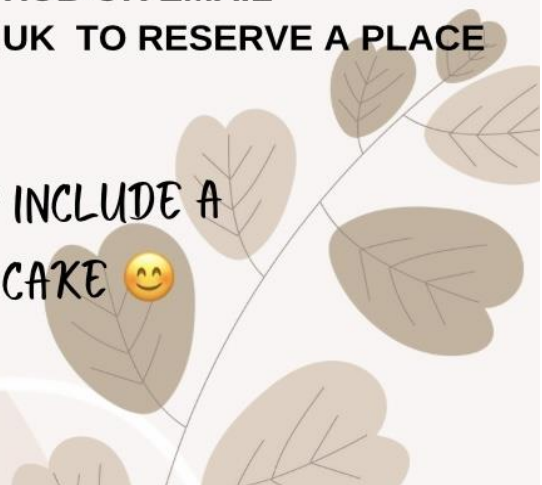
1.30-4.30PM

£18 INCLUDING ALL MATERIALS

PLEASE CONTACT THE HUB OR EMAIL
ACCOUNTS@GAWSWORTHHUB.CO.UK TO RESERVE A PLACE



ALL WORKSHOPS INCLUDE A
DRINK AND A CAKE 😊





watercolour workshops

WED MARCH 20TH , THURSDAY 11TH
APRIL, WED 17TH APRIL , WED 1ST
MAY , WED 15TH MAY 2-4PM , AT
GAWSWORTH HUB



Mindfully painting, eating
cakes, drinking tea and
having a great laugh
together ❤️

contact
accounts@gawsworthhub.co.uk

MENTELL, MENS MENTAL HEALTH SUPPORT

Circle Reminder

Macclesfield



Every Thursday
19:00 – 21:00

Excluding bank holidays



The Big Room CIC
45 Pickford St.
Macclesfield
SK11 6HB

Register at mentell.org.uk/signup

Circle Reminder

Wilmslow



Every Monday
19:00 – 21:00

Excluding bank holidays



Guild for Lifelong Learning,
1 Bourne St,
Wilmslow,
SK9 5HD

Register at mentell.org.uk/signup



MAY 6TH 2024

volunteer at our spring event

HELP WITH:

- EVENT SET UP & BREAK DOWN**
- WELCOME & SIGNPOSTING VISITORS**
- SOWING & PLANTING WITH VISITORS**
- EVENT COORDINATION**
- SERVING REFRESHMENTS**

TO TAKE PART:
DM ON FACEBOOK OR INSTA
EMAIL WILMSLOWMARKETGARDEN@GMAIL.COM

Open Arms Project



CHANGE GROW LIVE

CHESHIRE EAST



Join our SMART group every Friday.
We also have our drop-in for advice
and guidance, tea and coffee, activities
and friendly chats!



Open Arms Project
Howty CI, SK9 2SH



Every Friday



SMART - 10.00AM - 11.30AM
Drop in - 9.30AM - 12.30PM



01625 464995



cgl_cheshireeast



ChangeGrowLive
CheshireEast

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ALDERLEY EDGE PARISH COUNCIL

Don't forget to join Us This Monday for Welcoming CommuniTEA and Coffee Event!



☀️ Friendly Faces and Warm Conversations Await!



Date & Time: Monday, from 1:30 pm - 3:00 pm



Location: Festival Hall

Our event is the perfect spot to meet and mingle. Coming alone? No worries at all! You'll find plenty of friendly folks ready for a chat. It's all about community spirit and connecting with each other over a cup of something warm and comforting.

So, take a break, come along, and be part of our village's vibrant social tapestry. New guests or regulars – everyone is welcome here!

We're looking forward to seeing you there!

[#AlderleyEdgeParishCouncil](#)

[#CommunitySpirit](#) [#CommuniTEA](#)

[#FestivalHall](#)

HOPE CENTRE

COLSHAW FARM HOPE CENTRE IS OPEN

Fridays 1-3 pm

Open Arms Centre, Colshaw, SK9 2SH

*Warm Community - Thought for the Day - Debt Help - Support into Employment -
How to Live Well on a Budget*

Drop in for free hot drinks and a free food



HOPE
central

BRINGING HOPE. RELIEVING POVERTY.

in partnership with

 **Riverside**

OFFICIAL

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SATURDAY 27TH APRIL

10am – 2pm

Plant Sale

**ST BARNABAS CHURCH COMMUNITY
GARDEN & ALLOTMENT**

Come and buy plants, seedlings, shrubs, garden supplies for the coming season, as well as cakes and cups of tea & coffee.

If you have plants from your garden or other growing supplies to donate please let us know!

All funds going towards the work of Cre8.



facebook.com/cre8macclesfield



St. Michael and All Angels' Church

Market Place, Macclesfield, SK10 1DY

Office Number : 01625 421984

Email Address : office@stmichaels-macclesfield.org.uk

Music@Mike's Lunchtime Concert

Saturday 20th April 1.15pm – 1.45pm

Concerts are donations only, no charge and the café is open for a hot lunch before and afterwards.

Ukrainian Café – every Saturday 10 – 11.30am in our Youth Centre rooms, in church.





Living Well

A drop-in for everyone, including those living with memory loss – offering friendship, a warm welcome, and a chance to socialise.

Alternate Tuesdays beginning 16th January 2024 at St. George's Church Hall, Poynton

2.15 – 4:15pm

9th and 23rd April

7th and 21st May

4th and 18th June

2nd, 16th and 30th July.....

And every other Tuesday thereafter.

Varied activities, including...

refreshments and chat,
music, games, quizzes,
gentle exercise, bingo,
art/craft, gardening,
thought for the day

For more information contact the church office on 01625 879277

or email office@poyntonparishchurch.org

Disley Community Centre, SK12 2BB

Friday 10th May

2pm-3:30pm

Time to talk

Are you living with memory problems or dementia?

Are you a carer for someone with memory problems or dementia?

Would you like some advice or support?

Call in at one of the drop-in sessions at a venue in Poynton for friendly, professional advice from your local health team.

Find out about dementia services, finances, therapies, diet and social groups, etc.

There's no need to book, just turn up. For more details see overleaf.

NHS

connected communities

POYNTON - WITH - WORTH TOWN COUNCIL



Let's get together to share cake and a cuppa to raise vital funds for families facing dementia

JOIN THE COUNCIL COMMUNITY SUPPORT TEAM GARY, LOUISE AND PAUL FOR A CUPPA AND SLICE OF CAKE

TAKE PART IN THE RAFFLE FOR THE CHANCE TO WIN GREAT PRIZES!

Date **THURSDAY 2ND MAY**

Time **10AM–12:30PM**

Venue **POYNTON CIVIC HALL**



Registered with
**FUNDRAISING
REGULATOR**

Dementia UK is a registered charity in England and Wales (1039404) and Scotland (SC047429).



DementiaUK
Helping families face dementia



Dementia carer wellbeing programme

8-week educational course for family carers and their loved one with a diagnosis of dementia.

Starting in May at Poynton Civic Hall



Family carers learn a different topic about dementia every week.



The person diagnosed will receive group activities in a room close by.



The carer and person must be registered with a GP in Cheshire East



Those interested can self-refer but please check the referral criteria on the website before referring.



For more information telephone **01625 666990**

Or see website for more information and referral form:
<https://bit.ly/carerprogramme>

Picnic in the Park



Sun. 5th May 2024

11 am - 4 pm

Victoria Park

Macclesfield

Live Entertainment Canalside Radio

Fun Dog Show & Pride Tombola,

Food & Drink or Bring Your Own Picnic

Stalls & MaccPride Merchandise

Inflatable 10-Pin & Crown Green Bowling

Games & Activities, Fun For All Ages.

FREE EVENT!



Are you the guardian of a community defibrillator?

Thousands of families in the UK are left devastated by cardiac arrest every year. Early use of a defibrillator with cardiopulmonary resuscitation (CPR) can more than double a person's chance of survival. But if we don't know where they are, we can't direct people to them in an emergency. That's where The Circuit comes in. The Circuit is the national database of defibrillators which provides us and other ambulance services with visibility of the nearest defibrillator. It has been developed by British Heart Foundation (BHF) in partnership with the Association of Ambulance Chief Executives, Resuscitation Council UK, St John Ambulance and NHS England. It helps our emergency call handlers' direct bystanders to their nearest defibrillator when handling a 999 call for cardiac arrest. At a time when every second counts – you can make the difference. Register on [The Circuit](#) today – Give your defibrillator its best chance of saving a life. You can also check whether a defibrillator is [already registered](#).

Newsletter – Local Area Co-Ordinator What's ON



Live Well Cheshire East provides a wealth of information and advice to help you maintain your wellbeing and improve the choice and control over the care and support you need. With the easy to use directory, containing over 3000 entries, you can find wellbeing activities and support groups local to you. Below are some of the services Live Well offers:

- Mental health and wellbeing support groups, information and advice
- Connected Community Centres
- Personal Care and support services

Live Well also offers useful information and advice on a range of subjects, such as the following:

- Care and support for children, adults and carers
- Local offer for SEN and disabilities
- Independent living
- Education, employment and money matters
- Community activities



Live Well website address: <https://www.cheshireeast.gov.uk/livewell>

Care Finder

Live Well also offers the Care Finder solution which helps you arrange care services online by completing simple questions about your requirements. Find out if you are eligible using the link below.

Care Finder information page link: <https://www.cheshireeast.gov.uk/livewell/care-and-support-for-adults/care-finder.aspx>

Health and Wellbeing services

There are many websites and apps available in Cheshire East that you can use to track and set goals to improve your health and wellbeing and much more, find out more using the link below.

Referral to wellbeing services link: <https://www.cheshireeast.gov.uk/livewell/managing-your-health-online/managing-your-health-online.aspx#HealthUnlocked>

Choices for care

Live Well offers information and advice which will help you live independently and safely in the community. This will assist you in planning the support that you need. You might also want to think about the support that family or friends can also give.

Choices for care link: <https://www.cheshireeast.gov.uk/livewell/choices-for-care.aspx>