



# What's ON...

DATE: July 2021

## HELLO AND WELCOME TO OUR NEWSLETTER OF 2021

WE HOPE YOU ARE ALL KEEPING SAFE AND WELL AND LOOKING FORWARD TO BRIGHTER DAYS AHEAD.

IF THERE IS ANYTHING YOU WOULD LIKE US TO ADD TO FUTURE NEWSLETTERS PLEASE FORWARD TO US AT: [localareacoordinator@cheshireeast.gov.uk](mailto:localareacoordinator@cheshireeast.gov.uk)

### *North Local area Coordinators contact information.*

Jayne Varley - 07970 859563 [Jayne.varley@cheshireeast.gov.uk](mailto:Jayne.varley@cheshireeast.gov.uk)  
Clare Johnson - 07973 949187 [Clare.johnson@cheshireeast.gov.uk](mailto:Clare.johnson@cheshireeast.gov.uk)  
Sandra Bell - 07826 902227 [Sandra.bell@cheshireeast.gov.uk](mailto:Sandra.bell@cheshireeast.gov.uk)

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

If you would no longer like to receive copies of our newsletter then please email us at: [localareacoordinator@cheshireeast.gov.uk](mailto:localareacoordinator@cheshireeast.gov.uk) and we will remove you from our mailing list.



[www.cheshireeast.gov.uk/livewell/livewell.aspx](http://www.cheshireeast.gov.uk/livewell/livewell.aspx)

Local Area Co-Ordinator

CLLR SARAH BENNETT-WAKE WOULD LIKE TO  
INVITE YOU TO JOIN US FOR A FUN DAY AT

# ***THE GREEN IN THE CORNER COMMUNITY GARDEN!***

***3RD OF JULY, 2021***

***12:00 TO 4:00PM.***

***THE GREEN IN THE CORNER COMMUNITY CAFE,  
8/9 HURDSFIELD GREEN, MACCLESFIELD,  
CHESHIRE, SK10 2RJ***

Expert gardeners from Grow Macclesfield and Plant  
Swap will be on site to share their knowledge.

Don't forget to bring a plant for your Plant Swap!

children's sunflower growing . plant swap. snacks. wild  
meadow planting . refreshments . grow organic . free entry.



# Newsletter – Local Area Co-Ordinator What's ON

## Helping to Reduce Suicide Across Cheshire East

Samaritans' vision is that fewer people die by suicide and their strategy, *Working Together*, outlines their commitment to this by highlighting the need to reach more people who may be at risk of taking their own lives.

With almost 7,000 suicides annually across the UK and Northern Ireland, there is a huge need to work together to tackle this devastating but preventable issue.

Cheshire East Social Action Partnership (CESAP) is delighted to be working with Cheshire East Council and Samaritans in offering a one-day (6 hours) training course in Managing Suicidal Prevention Conversations to the Voluntary, Community, Faith and Social Enterprise (VCFSE) sector across Cheshire East.

The course will run on 12 and 14 July (9.30am – 4.30pm with an hour break) and will help attendees to:

- Understand the scale of the problem
- Recognise the factors that lead to suicide
- Recognise signs of distress and suicidal thoughts
- Understand and acknowledge suicidal thoughts and feelings
- Show that you have listened, heard and understood,
- Understand how talking about suicidal thoughts and feelings can be beneficial,
- Feel confident to converse with someone who is feeling suicidal,
- Sign-post people to support

The online (Zoom) training will be delivered by Samaritans trainer Liz Milligan and is available to:

- Volunteers within not-for-profit groups/organisations working across Cheshire East
- Staff within not-for-profit groups/organisations working across Cheshire East
- Anyone volunteering or working in any voluntary, community, faith, sport group, charity or social enterprise in Cheshire East

Places are fully funded by Champs via Cheshire & Merseyside Health & Care Partnership.

Places are limited for these training sessions and only 2 people from the same group/organisation may attend.

More information about the course can be found [here](#)  
To book your free place please email [sara.lamond@cesap.org.uk](mailto:sara.lamond@cesap.org.uk)





## Our Dementia Day Club re-opens in September

To register an interest in a place at the Club for  
someone you care for, please get in touch today

Tel: 01625 612958

Email: [enquiries@ageukce.org](mailto:enquiries@ageukce.org)

The New Horizons Club will operate from our specially adapted day centre in the heart of Macclesfield. Open between 10.30am and 2.30pm, Monday to Friday (excluding bank holidays), up to 10 older people will attend each day, undertaking a wide range of activities that combine mental, physical and social stimulation, including arts & craft, reminiscence, quizzes, baking falls prevention, music therapy, group interaction, word games and trips out. Refreshments will be provided throughout the day, along with a two-course meal at lunchtime.

### Who is the service suitable for?

Our support service is suitable for anyone with memory problems. We do not offer any assistance with personal care but can offer support to ensure that everyone who does attend has a thoroughly enjoyable experience.

### Emergency respite care

We know that things don't always go to plan. If service users need an additional day once in a while, we can take bookings for respite places one week in advance.

### What does the service cost?

The cost of the service will be £45 per day. Short term respite care, bookable one week in advance in advance (subject to assessment) costs £50. We do not make a profit on this service, any surplus generated is used to fund the charity's other services.

### Not sure if you can afford our Dementia Day Support Service?

You can call our free [Information and Advice](#) service to check if there are any benefits that you may be able to claim that will help cover the cost of the service.

# Newsletter – Local Area Co-Ordinator What's ON

Next 12 week Programme starting in August.



## Active Waterways Cheshire

### Aged over 55?

A **free** 12-week programme (1 hour / week) to get you up and about, enjoy the beauty of the canals and rivers on your doorstep and learn about your local area.

- All routes are easily accessible (walking aid / wheelchair friendly)
- Suitable for anyone finding it difficult to get out
- Carers / friends are welcome



@CanalRiverTrust

/canalrivertrust

Charity No. 1146792

For more information please call 07990 612700 or visit  
[canalrivertrust.org.uk/activewaterways](http://canalrivertrust.org.uk/activewaterways)

OFFICIAL



#NWASVoices

**NHS**  
North West  
Ambulance Service  
NHS Trust



## *Help shape your ambulance service by joining the* **Patient and Public Panel**



### *Get involved in a way that suits you best*

We're looking for volunteers from local communities, interest groups, voluntary sector and partner organisations to help influence improvements in our emergency, patient transport and 111 services.

#### *Consult*



Respond to surveys and give feedback on strategies, initiatives, publications, events and campaigns on an online, occasional basis.

#### *Coproduce*



Contribute to focus or discussion groups by providing opinions and experience to help inform improvements and review services on a periodic basis.

#### *Influence*



Take an active role in scheduled, high level meetings and committees, contributing to discussions and aiding decision making.

### *Who can join*

We encourage applications from people of all backgrounds, beliefs, cultures and circumstances. You must be over 16 and live in Cheshire, Cumbria, Glossop, Greater Manchester, Lancashire or Merseyside.

### *How do I apply*

Find out more and apply via:



[www.nwas.nhs.uk/panel](http://www.nwas.nhs.uk/panel)



01204 498428



## **Be Social**

### **Dedicated Day Centre Support**

**Open 7 days per week**

**Be Social are dedicated in providing a fun, safe and supportive environment to promote the wellbeing of all of our Client's.**

- Daily activities - tailored to meet individuals needs such as low level exercise classes, interactive games, crafts and much more
- Be Social have highly skilled Personal Assistants to support with meals, medication, personal care and companionship
- All staff will have a full DBS and receive face to face training
- Each Client will have a free full assessment in the comfort of their own home, so we can provide a person-centred service for each individual
- Be Social are skilled in providing high quality Dementia Care and the activities are tailored to support all needs



# Newsletter — Local Area Co-Ordinator What's ON



**Be Helpful Home Care are CQC registered and provide a high quality and person centred service.**

**Be Social will continue to provide our high-quality service in a friendly, safe and fun environment at the Day Centre. We strive to support the wellbeing of all our Clients with companionship, social interaction and creative activities.**

**Contact us today on 01260 276366 & lets Be Social together!**

## **Day Services Prices:**

Free Initial Assessment within your own home

Full day—£60.00— 8am to 6pm

Half Day—£40.00—8am to 1pm or 1pm to 6pm

Free continental breakfast and evening light meal

Hot/Cold meal provided at a cost of £5.50

Transport—costs £5.00 arrival £2..50 departure



**Be Helpful Home Care LTD incorporating Be Social**

**Millennium House, Centenary Place, Congleton, Cheshire, CW12 1EZ**

**Website: [www.behelpful.co.uk](http://www.behelpful.co.uk)**

**Email: [info@behelpful.co.uk](mailto:info@behelpful.co.uk)**





**Facebook: [www.facebook.com/BeHelpfulSupport](https://www.facebook.com/BeHelpfulSupport)**





## Tailored 1-2-1 support in Cheshire East

Journey First is a voluntary Support Programme which can help you to access Education, Training and Employment. Funded by the European Social Fund, the programme offers:

-  1-2-1 tailored employment support
-  Work placements to explore new career paths
-  Access to education, regardless of your level
-  Pathways to training, courses and new qualifications

Take the first step of your journey by emailing or calling our dedicated team who can offer advice or make a referral.

[JourneyFirst@cheshireeast.gov.uk](mailto:JourneyFirst@cheshireeast.gov.uk)

07814079458



**European Union**  
European  
Social Fund

The Journey First project is supported by the European Social Fund



## **Do you want to be part of our incredible team?**

We are looking to recruit a team of volunteers to help us across a number of areas within Arley. Whether you are looking to connect with our visitors, help at one of our fantastic events or get up close and personal within the Historic Hall, we have a range of roles to suit you.

Our volunteers will act as ambassadors for Arley and deliver the highest standards of visitor service and customer care, share our history, and promote the estate. We believe your work and enthusiasm are essential to our continued success and it is your skills, time and passion that makes Arley special. We will welcome your involvement, encourage your ideas, and actively promote opportunities for you to have your say.

Meet new people, work in an amazing place and know that your contribution is significantly helping maintain this beautiful estate – just 3 reasons why volunteering could be for you.

Interested? Please call Karen at the Estate Office on 01565 777 353 or email her directly at [karen.mcguinness@arleyhallandgardens.com](mailto:karen.mcguinness@arleyhallandgardens.com) for more information.





## **EVERYBODY SPORT & RECREATION HEALTH & WELLBEING PROGRAMMES**



BECOME ACTIVE

LOOK FOR:  
EXERCISE REFERRAL



LOWER BACK PAIN

LOOK FOR:  
ESCAPE PAIN FOR BACKS



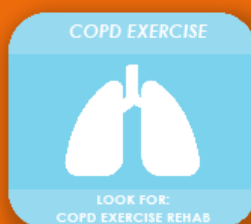
KNEE/HIP PAIN

LOOK FOR:  
ESCAPE PAIN - KNEE/HIP



FALLS PREVENTION

LOOK FOR:  
BE STEADY BE SAFE



COPD EXERCISE

LOOK FOR:  
COPD EXERCISE REHAB



CANCER REHAB

LOOK FOR:  
CANCER EXERCISE REHAB



CARDIAC REHAB

LOOK FOR:  
CARDIAC REHAB PHASE IV



HEALTH WALKS

LOOK FOR:  
HEALTH WALKS



GENTLE GROUP EXERCISE

LOOK FOR:  
MOVE IT OR LOSE IT

If you would like any more information on our programmes or to check if you are eligible\* visit [www.everybody.org.uk](http://www.everybody.org.uk)

You can also email Everybody Healthy at [ebhealthy@everybody.org.uk](mailto:ebhealthy@everybody.org.uk), call 01270 685589

[www.everybody.org.uk](http://www.everybody.org.uk)



Registered Charity No.1156084



## Always Active

Day Centres for older people with Dementia  
and other age-related conditions



Gina Jones 07972 572054  
[www.alwaysactive.org.uk](http://www.alwaysactive.org.uk)



**Award Winning Older Persons Day Centres**  
Continuing Our Award Winning Service for Older  
People Living with Dementia and Other Age  
Related Conditions...



## Where are we?

Tuesday 10.30am -3.30pm  
@ Calvary AOG Church, Merebrook Rd  
Macclesfield,  
Cheshire,  
SK11 8RH

## How to Book

To book a free taster session  
and any other enquiries please contact us on:



07972 572054

[enquiries@alwaysactive.org.uk](mailto:enquiries@alwaysactive.org.uk)

## FREE WALKING GROUP IN CHESHIRE EAST



35 - 45 Minutes  
Beginner/ Confidence  
Walks



45 - 75 Minutes  
Intermediate Walks

**SIGN UP TO  
MOVE MORE**



To register contact Tel: 0808 1643 202

Or book online: <https://www.oneyoucheshireeast.org/>

### One You- Stand Strong Re-Opening

One You are reopening their falls prevention program- Stand Strong.

Stand Strong is aimed at those aged 65+ of which one or more of the below applies: -

- Has fallen 2 or more times.
- Has had an acute fall within the last 12 months.
- Has difficulty walking or with balance.
- Can stand and take instruction from a coach.

Book an initial assessment and speak to a Health and Wellbeing Coach who will then welcome you into one of our face-to-face classes or onto our remote Stand Strong program. To book an initial assessment, call 0808 1643 202 or visit [www.oneyoucheshireeast.org](https://www.oneyoucheshireeast.org) to find out more

# Newsletter – Local Area Co-Ordinator What's ON



## **Meditation and Wellbeing Sessions**

meditation and wellbeing sessions, over the telephone.

This is a new project, with monthly sessions over the next 12 months. They will take place on the last Monday of each month (starting 28<sup>th</sup> June), 10am to 11am – you can join in as many or as few as you'd like (new people are welcome at any time and each monthly session will be different), and if you've got a landline, we'll telephone you.

These sessions are for complete beginners as well as for people more experienced in meditation techniques. As well as guided meditation, they will cover breathing exercises, body relaxation and stress management techniques.

The sessions also work alongside and complement our counselling service, which is still available should you feel you would benefit from talking to somebody about the emotional impact of sight loss, and/or the impact of COVID on you.

If you'd like to take part in either of these, get in touch and we'll make arrangements with you.

01625 422602 or [info@eastcheshireeyesociety.org.uk](mailto:info@eastcheshireeyesociety.org.uk)

## **Internet, telephone and technology support sessions**

Our internet, telephone and technology support sessions continue to grow in popularity and are proving to be really helpful and successful.

You don't have to be familiar or comfortable with technology – in fact we want to help absolute beginners as well, and even people who are just thinking of getting started on the internet.

To do this, we've set up a special session called:

**Can the internet help you? - A beginner's introduction to iPads, Kindles, tablets, mobile phones, Alexa and Google.**

Get in touch to register – 01625 422602 [info@eastcheshireeyesociety.org.uk](mailto:info@eastcheshireeyesociety.org.uk)

## **The Café Coffee Club**

We're really pleased to announce that the popular Café Coffee Club is to start up again. Our first meeting will be on the 30<sup>th</sup> June, and then the last Wednesday of every month going forwards. We'll meet at 1.30pm at the Velo Café in Macclesfield – but you must book in advance as we will be subject to COVID restrictions, and numbers and arrangements must be strictly managed.

01625 422602 [info@eastcheshireeyesociety.org.uk](mailto:info@eastcheshireeyesociety.org.uk)

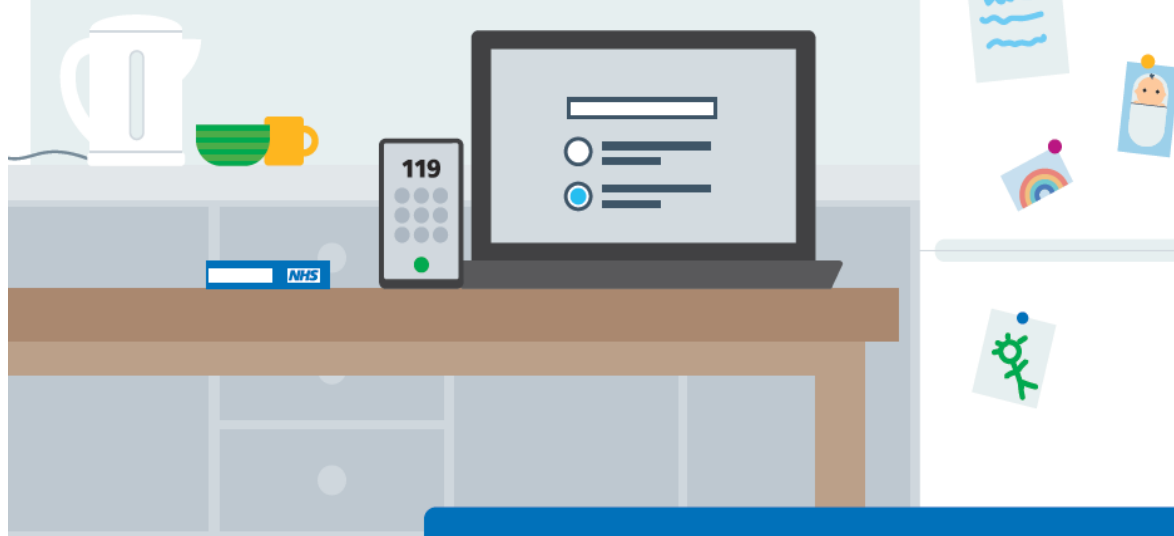




## Whatever your rapid Covid-19 test result, let us know right away

If people only report their positive results, virus case levels look higher than they really are.

So if yours are negative or void, make sure you still tell us. You could even help stop another lockdown.



Reporting your results is easy

Go to: [gov.uk/report-covid19-result](https://gov.uk/report-covid19-result)

Or call: **119** free from your mobile or landline. Lines are open every day, 7am to 11pm. We offer support in 200 languages as well as British Sign Language.

**Remember:** you've only completed your test when you've told us the result.

AGE UK

## Remote Dementia Support



We are pleased to offer this new service, providing much needed stimulation and activities for older people isolated in their homes

### **Who is the service aimed at?**

The service is aimed at anyone who has a diagnosis of dementia, or has memory problems, as well as their carers. We recognise how difficult the current restrictions on getting out and about are for older people, particularly those that may have traditionally accessed services such as our New Horizons Club, which is currently suspended due to COVID restrictions.

### **What does the service provide?**

The service provides two main elements of support to keep people entertained and occupied. These are

- A monthly activity pack which is circulated by post. This is intended to be used independently by the carer to provide a useful prompt for activities with their loved one [A sample of the pack can be found here](#)
- A regular online Zoom session where a member of our team together with volunteers run through a range of activities, stimulating wider discussion and informal chat to keep everyone on the session entertained

Over time, we hope that the online sessions will generate peer support groups and other opportunities which will provide additional support to those caring for people living with dementia.

**How do people access the service?** No formal referral is required. Anyone interested in accessing this service, and who lives in the borough of Cheshire East, can just call us on 01625 612958 or email at [enquiries@ageukce.org](mailto:enquiries@ageukce.org)



**S4A Cafe**  
15-17 Mill Lane, Macclesfield,  
SK11 7NN



The Queen's Award

## ***Galaxy weekly lunch club***



Are you an adult with ASC?

Would you like to join other  
ASC adults for lunch?



If so then come and join our new Galaxy lunch club

Every Wednesday during term time 12-.1.30pm

We can only take a table of 6 due to social distancing, therefore, you would only be able to book for the Galaxy lunch club once a month

Note: if you are bringing a carer they will need to sit on a separate table and pay for their own meal

If you would like to book please email [info@space4autism.org](mailto:info@space4autism.org)

Lunch will be 2 courses either starter/main course or main course/ cake – refreshments also included.

@Space4Autism

twitter

Find us on  
Facebook

Space4Autism Registered Charity Number: 1189689



# 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>