



What's ON...

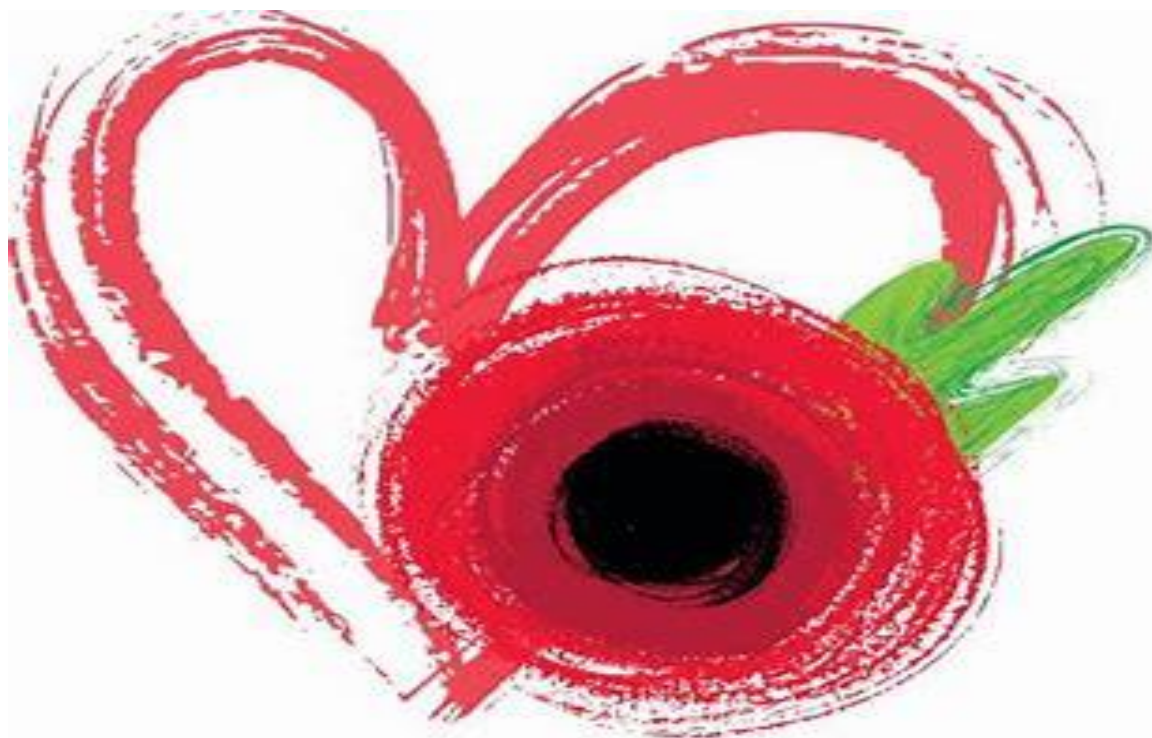
DATE: Nov 2022

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



Lest We Forget

Local Area Co-Ordinator



Space4Autism

15-17 Mill Lane,
Macclesfield, Cheshire, SK11 7NN
info@space4autism.org



Space4Carers

Are you a carer for a child or adult on
the Autistic
Spectrum?

Do you need a short break from your
caring role?

Do you live in Cheshire East?

If the answer is Yes then Space4Carers
is for you

Up and Coming Events

Theatre Trip to Buxton Opera House
Thursday 17th November—6pm tbc
A Christmas Carol

Lightopia—Manchester
Thursday 8th December—6pm tbc
£5 refundable deposit upon booking

Please note you can only attend
one or the other of the above
unless we have spaces available



To find out what
activities are taking place and
request a booking from please
email Space4Autism on:
bookings@space4autism.org

You must be a member to
access Space4Carers

www.space4autism.com

Space4Carers has been made
possible with a grant from



[twitter](https://twitter.com/Space4Autism)
@Space4Autism





Christmas Crafting Memories

28th November
10:30am -12:30pm
The Bridgend Centre
Bollington SK10 5PW

Come and craft a
Christmas Memory

Make a Christmas
Decoration in memory
of a loved one

Craft a Christmas Candle

Craft a Tree Decoration



Just come along
on the day



For more information call Anna 01625 576311



Free SIM cards and mobile data from Cheshire East libraries

We're working with [Good Things Foundation](#) to distribute free SIM cards and mobile data to local people facing digital exclusion through not being able to afford sim cards and mobile data. The [National Databank scheme](#) is supported by UK mobile networks Vodafone, O2 and Three, and offers vital connections for anyone cut off from the basic daily activities most people take for granted, like contacting loved ones, accessing job interviews, finding essential health or other information online, and digitised public services.

If you're a Cheshire East resident and meet the eligibility criteria, you can register your interest to receive free mobile data, as well as talk minutes and text. You can also register interest on behalf of other people if you know someone who would benefit from free mobile data.

Anyone aged over 18 from a low-income household who qualifies in at least one of the following ways can apply:

- you have no or insufficient access to the internet at home
- you have no or insufficient access to the internet away from home
- you can't afford your existing monthly contract or top-up

Once you register your interest, the library will contact you to make an appointment to collect a SIM card.

You can also visit your local library for more details.

<https://www.cheshireeast.gov.uk/libraries/libraries.aspx>

Affected by sight loss?



Assistive Technology Training



Increasingly, assistive technology is already built into devices you use every day, including smart phones, tablets and computers.

With a few simple adjustments, you can make them more accessible if you have sight loss or a visual impairment.

Or, you can easily find free or inexpensive hardware and software to help you in different ways.

If you would like to learn more, though a one-to-one or a group training session, just give us a call to make an appointment.

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**

Charity No. 1174656



NEW SENSORY LOSS SOCIAL GROUP

Cheshire East Council are working with volunteers to start a new social group for people aged 18-35 with a sight or hearing impairment.

Plans are at an early stage and we want to ensure as many people can access this group as possible.

To register your interest please email sensoryservice@cheshireeast.gov.uk





Counselling for BAME women in Cheshire

It's
good to
talk

- Are you Black, Asian, or from another Minority Ethnic group?
- Are you 18+?
- Are you a woman?
- Are you struggling with your mental health and feel you could benefit from counselling?

At Motherwell Cheshire we have a team of specialist BAME counsellors who are here to support BAME women with their mental health. For more information, please visit our website, or contact us via email (referrals@motherwellcheshirecio.com) or phone (01606 557666).



www.motherwellcheshirecio.com



Community Support Sessions

Caring for someone with advancing dementia

Online via Microsoft Teams

- Wednesday 2 November : 10.00 – 12.00

Confidence to Care at End of Life

Online via Microsoft Teams

- Wednesday 9 November : 10:00 – 12:00

How to plan for the future

Online via Microsoft Teams

- Wednesday 2 November : 14:00 – 16:00

Grieving before loss

Face to face at Spring Farm, Crewe CW1 4RJ

- Wednesday 26 October : 10:00 – 12:00

Grieving when caring ends

Face to face at Spring Farm, Crewe CW1 4RJ

Wednesday 26 October 2022 : 13:00 – 15:00

An Introduction to Supporting Loss, Grief & Bereavement

Online via Microsoft Teams

- Wednesday 5 October: 10:00 – 11:00
- Wednesday 7 December: 10:00 - 11:00



To book visit www.eolp.org.uk, email info@eolp.org.uk or call 01270 310260



Church Warm Spaces - Winter 2022/23

Our churches are pleased to welcome people of all faiths and no faith to our warm spaces that are available at the following times:

Church	Heated and open to the public on....	Information
All Saints Church, 2 St Andrew's Rd, Macclesfield, SK11 8HA	1 st and 3 rd Tuesday of the month 10:00am -11:30am	Tea, coffee & cakes. Play area for toddlers. No charge for food/drink but donation welcome
Broken Cross Methodist Church, Whirley Road, Macclesfield, SK10 3JR	Thursdays, 10:00 am – 12:00	Pop-up Café with voluntary donations for refreshments
Community Hub, Holy Trinity Hurdsfield Church, 197A Hurdsfield Rd, Macclesfield, SK10 2PX	Wednesdays 13:00 to 16:30	Drop in for a free cuppa and a chat.
Life Church, Hawthorn Rd, Bollington, SK10 5JN	Mondays 10:00am – 12:00	Free tea/coffee & chat
Macclesfield Methodist Church, Westminster Rd, Macclesfield, SK10 1BX	Fridays 10:00 am – 12:00	Tea, coffee, drinks. Drinks are payable but people can sit in without buying.
Silklife Community Hub, George Street, Macclesfield, SK11 6HS	Wednesdays 10:00- 12:00	Employment Advice & CV Support, Emergency Food Crisis Support, Table Football, Pool, Table Tennis, Music Corner, space to just sit, hot drinks, toast & toppings. No charge.
St Michael and All Angels Church, Market Place, Macclesfield, SK10 1DY	Mondays - Wednesdays 10:00 am – 12:00	Drinks and snacks available at a cost, but no purchase necessary to sit in the church/cafe
	Thursdays - Saturdays 10:00 am – 3:00pm	Drinks, snacks & hot meals available. Pay what you can afford but no purchase necessary to sit in the church/cafe
	Sundays 9.30am – 11.45am	Sunday Worship followed by free drinks. No purchase necessary to sit in the church/café. Open until 3pm on Treacle Sundays.

WARM PLACES

Keeping Cheshire East warm

Cheshire East Initiative to Supply Warm Spaces

Saint Paul's Church Hall, Glegg Street, SK11 7AJ

Opening hours are from 9.00 until 11.00 pm on Saturday mornings. Tea, coffee and a light breakfast cereal, toast, jam or marmalade are all on offer at reasonably low cost.

All are invited to come and enjoy our warm church hall welcome, take advantage of breakfast. Bring friends, meet neighbours or come on your own.

All are welcome to enjoy our low-cost menu.



MEN ONLY WEEKLY WALK AND TALK



MEN WALKING AND TALKING

Est. 2021

Macclesfield Walk

At the front of the

Town Hall

Monday @ 7pm

NEW COFFEE MORNING FOR ARMED FORCES

VETERANS AND THEIR FAMILIES

HANDFORTH YOUTH CENTRE, OLD ROAD,

HANDFORTH,

SK9 3AZ FROM 10AM-12PM.

Don't forget to join us this Thursday at Handforth youth centre for our cake and coffee morning! It's all completely free and is open to all veterans and their families!!! This is happening every Thursday from now on so please SPREAD THE WORD. Feel free to share in other groups, the more we get the word out the more veterans and their families we can help to build a community where they can all come together and know they're not on their own.



Seek inspiration for your next read, discover a new author, chat to fellow book lovers.

WILMSLOW LIBRARY BOOK CHAT SOCIAL

No set text or theme just a chance to chat about what you have recently read.
No admission charge.



First Thursday of the month
5:45–6:45PM

For further details contact us at
Wilmslow.Library@cheshireeast.gov.uk
01625 374 060

The Mental Capacity Act and Supported Decision Making

A one day workshop looking at the principles of the mental capacity act and how to provide the support needed for self-advocates to make their own decisions.

The workshop will include:

- An overview of the Mental Capacity Act.
- A focus on the Principles of the Mental Capacity Act and applying them to real life situations.
- Putting the Mental Capacity Act into practice.
- Upholding Human Rights in Practice.
- When a best interest meeting is needed.
- Exploring safe-guarding in terms of positive risk management/least restrictive practice.
- Where to find sources of information and support around good practice.

All training is linked to the Skills for Care Learning Disability Core Skills Framework and the Care Certificate Standards

Target Audience

The workshop is aimed at community support workers, however it is also suitable for family members and self advocates.

A choice of dates are available as follows:

Wednesday 23rd November 2022 - <https://www.gmjtp.org.uk/events/#!event/2022/11/23/the-mental-capacity-act-explained>

Thursday 23rd February 2023 - <https://www.gmjtp.org.uk/events/#!event/2023/2/20/the-mental-capacity-act-explained->

Time: 10am - 4pm

Cost per place

To book your place, join the Joint Training Partnership (it is free) via your preferred date. Courses are £10 per place. There are a limited number of free places available for self-advocates and family members on each course.

If you need help booking a place please contact Nadia:

nadia.tebbs@pathwaysassociates.co.uk

For more information, please contact Kim:

kim.doolan@pathwaysassociates.co.uk

07939 127811

Cheshire Buddying & Befriending - Wellbeing Service

Health
isn't just about
what you eat.
It's about what you
are thinking and
feeling too.

“ My family have noticed how much happier I am and always say the wellbeing calls have made me feel good.”

Supporting you to live your life

Changing Lives Together's Buddying and Befriending Scheme aims to reduce loneliness and isolation across Cheshire.

We are currently operating a Wellbeing Service for individuals who may benefit from some 1-2-1 support prior to being matched with a Volunteer Buddy or Befriender.

Start your wellbeing journey with us, call...

07919 327131 or **07506 998446**

Main number

Wellbeing number

befriending@changing-lives-together.org.uk

Charity Number: T819983. Company Limited by Guarantee: 07400060.

changing lives
together
for community year ahead



Our service aims to promote **wellbeing** and the benefits of good mental health, to improve the lives of individuals across Cheshire.

Wellbeing is important to us all. We want to feel good about ourselves, to get the most out of our lives and feel connected to other people.

How can we help?

- Providing support for those with lower levels of anxiety, depression and low mood
- Prioritise self-care moments
- Help to practice being mindful
- Break negative thought patterns
- Positive thinking
- Healthier lifestyles to improve mood

We can provide

- Provision of six 121 sessions with a Wellbeing Co-ordinator
- Up to six follow-on calls for additional support
- A match with a suitable Volunteer befriender for weekly on-going companionship and support as part of a managed scheme

Start your wellbeing journey with us, call...

07919 327131 or **07506 998446**

Main number

Wellbeing number

befriending@changing-lives-together.org.uk

Charity Number: 1131983. Company Limited by Guarantee: 07400060.

changing lives
together
for community year ahead



ST BARTHOLOWMEWS WILMSLOW

CHANCEL LANE, WILMSLOW SK9 1AX



WARM SPACE

St Bart's
Monday
10am-12noon
Thursday
2pm-4pm
First Saturday
of the month
10am-1pm

All are welcome to join us for hot drinks and biscuits (cake on Saturday!), conversation and board games...

Meditation Class at Bridgend Centre, Bollington

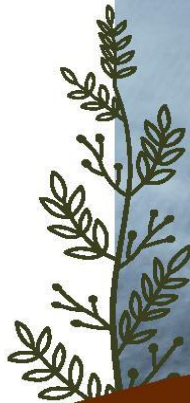
Mondays 2 - 3 PM
From 7th November to 12th
December

**A beginner's class suitable for all
ages inspired by nature.**

Held by Amanda, a certified
Meditation Teacher & Forest
Therapy Guide. Sharing a nature
based meditation practice to
support your wellbeing.

www.letsstepin.com

Let's Step In



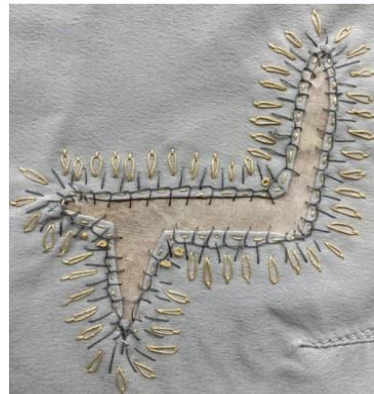
£4 per class. Suitable for adults only. Drop in for 1 class or join for all.
To book a space please contact Bridgend Centre by phone 01625
576311 or email info@bridgendcentre.org.uk

Visible Mending Workshop

Don't throw it away, mend it and celebrate the wear and tear!



**Have you some much loved clothes with holes?
Would you like to be more sustainable with your fashion?
Like to learn more about fabric repair?
Interested in chatting to like minded people?
Come stitch with us!**



**Join us at our workshop on
Saturday 12th November
10am–12 noon
@ the Bridgend Centre
£5 per person**

**Contact the Bridgend Centre to book your place
info@bridgendcentre.org.uk or 01625 576311**

Newsletter – Local Area Co-Ordinator What's ON

SUSSO Supporting the lives of adults with learning disabilities and/or autism.



NOVEMBER 2022



MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
		1 ST AM Reading Group	2 ND AM Bonfire Treats	3 RD Closed	4 TH AM Drama Club				
		PM Colour and Relax	PM Bonfire Crafts	PM Netflix and Hot Drink					
7 TH AM Make and Create	8 TH AM SUSOs Got Talent	9 TH AM Dance and Relax	10 TH AM Travel Training Theory	11 TH Closed					
	PM Pub Quiz at The Porters	PM Fabric Wreath Making	PM Travel Training Practical						
14 TH AM Xmas Crafts	15 TH AM Bingo	16 TH AM Fabric Wreath Making	17 TH AM Travel Training Theory	18 TH Closed					
	PM Basic Makaton	PM Coffee Afternoon (C.I.N)	PM Travel Training Practical						
21 ST AM Xmas Crafts	22 ND AM Learning Morning	23 RD AM Make and Create	24 TH Closed	25 TH AM Drama Club					
	PM Creative Writing	PM Christmas Crafts	PM Karaoke						
28 TH Closed	29 TH AM Catch Up Sessions	30 TH AM Sketchbook Scribblers							
	PM Cinema Trip	PM Pub Quiz at The Porters The Porters							

AM – 10:30-12:30
PM – 1:30-3:30

FOR MORE INFORMATION REGARDING OUR ACTIVITIES,
PLEASE VISIT WWW.MACCSUSO.ORG.UK





146-147 Longridge,
Knutsford, WA16 8PD

We are holding our AGM on 25th
November at 2PM, it would be great if
professionals and the residents in our
community can attend to see our
annual achievements, how we
operate and for people to ask
questions or provide feedback.

Launch of Cheshire East Warm Places

Cheshire East Council launches 'Warm PlaCEs' scheme

On October 19th, Cheshire East Council launched a 'Warm PlaCEs' scheme to help the community with the cost-of-living crisis.

'Warm PlaCEs' are spaces where people can go, free of charge, to spend time to keep warm if they are struggling to heat or keep their homes warm.

Libraries are proud to participate in this scheme which provides 'Warm PlaCEs' across the borough.



Cheshire East libraries are warm, welcoming spaces for you to enjoy. You can come along for a quick visit, to pop in to say hello and chose a book to read. Or maybe you would like to spend a little longer, enjoying a relaxing time reading, using the WiFi, or just meeting friends and neighbours. Whatever the reason, you can be sure that the library will be a warm welcoming space where staff strive to make everyone comfortable.

Cheshire East Place - Learning Disabilities Plan 2023-2028

A new survey has been developed to support work on the above, which is a refresh of our current [All Age Learning Disability Strategy 2019-22](#), with [Easy Read Version](#).

The survey has been coproduced by self-advocates, parent carers and people with lived experience, together with professionals across Cheshire East Council, Health, and the Cheshire East Partnership to know peoples thoughts about what is important to them, and what should be included in the future plan.

To take part, please link to;

[Easy Read Cheshire East Place - Learning Disabilities Plan 2023-2028](#)
[Full Version Cheshire East Place - Learning Disabilities Plan 2023-2028](#)

The surveys are open now and **closes on 02 December 2022** – I would be grateful if you share with your networks.

A paper version is available on request.

Please contact me if you need any further information.

Thanks
Gerard

Gerard Buckley | Integrated Commissioning Manager - Learning Disabilities, Mental Health & Autism | People's Directorate | **Cheshire East Council**
Westfields, Middlewich Road, Sandbach, CW11 1HZ
Mobile: 07790 565154 Tel: 01270 6 86885
gerard.buckley@cheshireeast.gov.uk

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>
