

Autumn/Winter Edition 2022

**Cheshire
East**



Newsletter



**ONE
IN SIX**
adults is now
providing unpaid care



Welcome
to the **12th**

**Cheshire East
Carers' Hub
Newsletter**

www.cheshireeastcarershub.co.uk
Tel: 0300 303 0208



Cheshire East Carers' Hub provides a single point of access for both young and adult carers who provide care to a friend, family member or neighbour living in Cheshire East. The Hub ensures that carers of all ages have access to information, advice and a wide range of support services across the county and nationally.

**Cheshire
East**
carers'
HUB

**Cheshire
East** YOUNG
carers'
HUB

Welcome to the Autumn/Winter Edition of the Cheshire East Carers' Hub Newsletter

We hope this newsletter finds you safe and well. As usual, we have included a lot of information which we hope is helpful to you.

We are continuing to offer our monthly Coffee and Chat sessions across the borough including our new venue in Knutsford, there is no need to book these sessions, just come along on the day. We also have a range of other activities and short breaks, if you wish to come along to any of those, please book in advance so we can contact you should any arrangements need to change, and places are limited. Please don't attend any session or group if you feel unwell.

We are also offering a range of zoom activities and we do hope you will be able to join us for some of them. If you haven't used zoom before, please go to <https://zoom.us/meetings> to register or just copy and paste the meeting link provided under each activity into your browser. Activities are held weekly and include some evening as well as daytime sessions. We've got everything from Coffee and Chats to gentle exercise and quizzes for you to enjoy and meet other carers.

We are here to support you and can be contacted through our Service Access Team on **0300 303 0208** or by email to enquiries@cheshireeastcarershub.co.uk. Please let us know if you change your postal or email address or no longer wish to receive our newsletter so we can update your details.

Best wishes

Cheshire East Carers' Hub Team x

Support for Adult Carers Includes

Carers Line

A team of knowledgeable and skilled Service Access Advisors are available Monday to Friday from 9.00am until 5.00pm to help with your enquiries, to transfer your call to, or to take a message for a Carers Assessment and Support Officer. To talk to a Service Access Advisor please call **0300 303 0208**.

Support from a dedicated Carers Assessment and Support Officer

Discuss with a dedicated Carers Assessment and Support Officer about how being a carer affects you and highlight any support you may need. We can provide you with information and support to access a break and can facilitate access to community health and wellbeing services, activities and much more. We have specialist staff in fields such as dementia.

Carers Help and Talk (CHAT) Line

Are there times when you want to talk but feel that there is no one to talk to? Don't suffer in silence, call the Carers Help and Talk (CHAT) Line. All calls are answered by volunteers who understand the common challenges faced by carers. The CHAT Line is available 24 hours a day, 7 days a week, 365 days a year. To talk to a volunteer please call **0330 022 5448**. In the event that a volunteer is not immediately available to answer your call, please do try again.



Carers Community Network



This is our virtual community where you can meet other carers, share ideas, experiences, sources of information and support each other through these difficult times by being able to talk about the issues that are most important to you. You can also share some of the tips that have helped you to manage your wellbeing.

It only takes a minute to sign up and once you have done this, head over to your profile where you can add a photo and a quick introduction if you wish to. We currently have more than 1500 active members who are looking forward to connecting with you!

*Please be aware, that to access the Carers Community Network Platform, you will need to contact the Service Access Team on **0300 303 0208** who will be happy to support you with this. You will just need to provide them with your name and email address.

Social Media

Facebook

Please have a look at and “like” and “follow” our Facebook page @cheshireeastcarers. From there you can find out more about our groups for both adult and young carers. They are both closed groups for carers in Cheshire East. We will keep you updated with activities and events across the county and will also ensure that any changes or news is posted here. To join, just search “Cheshire East Carers’ Hub” or “Cheshire East Young Carers’ Hub”

Twitter

Follow us @_n-compass

The Volunteer Hub

Cheshire East Carers’ Hub has volunteer roles designed to support carers to give back to their community. The Carers Help and Talk (CHAT) Line is our telephone helpline service set up to offer emotional support to carers, 24 hours a day. It is manned entirely by volunteers who work from the comfort of their home. If you are interested to hear more, we’d love to hear from you! Please call **0300 303 0208** or email volunteering@cheshireeastcarershub.co.uk



Contact Us Today

How to Get in Touch

Address: **FREEPOST CHESHIRE EAST CARERS’ HUB**

Email: enquiries@cheshireeastcarershub.co.uk

Website: www.cheshireeastcarershub.co.uk

Telephone: **0300 303 0208**

Opening times: **Monday to Friday 9.00am-5:00pm**

If you would like to read any part of this newsletter in large print, please call: **0300 303 0208** to make your request.

Disclaimer

Please Note: That whilst Cheshire East Carers’ Hub does our best to print accurate information; times, dates and venues may be subject to change.

Every care has been taken in the publication of this newsletter. However, Cheshire East Carers’ Hub will not be liable for inconvenience caused as a result of inaccuracy or error within these pages. The information contained in this newsletter is for general information only and does not constitute advice on personal health or any other matter.

The Cheshire East Carers' Hub Team

Our friendly, knowledgeable team at Cheshire East Carers' Hub have extensive experience working with carers in Cheshire East. We have welcomed Shamila Bi and Emma Gelsthorpe to the team since our last newsletter. They are both Assessment and Support Officers with the adult's team.



Dawn Brown
Service Manager

Dawn is the point of contact for our local partner organisations and leads on developing our services. She liaises with both statutory and voluntary organisations, delivering service presentations to develop successful referral pathways.



Joanne Priest
Team Leader

Jo looks after the operational day to day functions of Cheshire East Carers' Hub and ensures that adult carers receive the support they need from a dedicated Assessment and Support Officer. Jo also leads on the recruitment and induction of volunteers and development in this area of our service.



Cara Fullelove
Young Carers Team Leader

In addition to providing direct support to young carers, Cara supports the Young Carers Team, and manages their daily workflow. She also works with schools and a variety of social care and health professionals to raise the awareness of young carers and the support that is available to them.

Assessment and Support Officers provide information, advice, and support for adult carers on an individual basis so that carers in Cheshire East are well supported in their caring roles and connected to the help they need. They also work in group settings, facilitate our zoom events, and attend local network meetings. They ensure that Cheshire East Carers' Hub information is up to date and available in community settings.



Shamila Bi
Assessment and Support Officer



Lynn Dewar
Assessment and Support Officer



Rachel Geary
Assessment and Support Officer



Emma Gelsthorpe
Assessment and Support Officer



Helen Hassall
Assessment and Support Officer



Gill Robinson
Assessment and Support Officer



Bridget Robson
Assessment and Support Officer



Jayne Shaw
Assessment and Review Officer



Debra Watling
Assessment and Support Officer

Dementia Support Workers, Joanne and Sue provide carers, who care for a person living with dementia, with personalised information, advice and guidance. This includes supporting them to understand the disease, access services, receive peer support and helping to identify coping strategies to support them in their role as carer.



Joanne Foster
Dementia Support Worker



Sue Kisloff
Dementia Support Worker

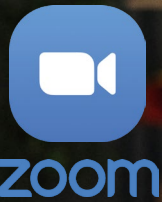
Young Carers Practitioners provide information and support to improve the health, well-being and safeguard the interests of children and young people adversely affected by their caring roles through the delivery of tailored, person-centred support. They provide and support young carers to access services, peer support and respite to reduce the impact of their caring role.



Jen Webber
Young Carers Practitioner



Megan Graves
Young Carers Practitioner



Zoom Activities

Our zoom sessions are very informal, grab a cuppa and join us for some fun, chat to staff and meet other carers. If you haven't used Zoom before and want to find out more about the platform, please go to <https://zoom.us/join> for further information or simply click the links on each of the meetings to join in.

Morning Quiz

Every Tuesday 11.00am to 12.30pm

Zoom Link: <https://zoom.us/j/94919752910?pwd=OVY5L2VzamovcXRzcGxTVdVoRExmQT09>
Meeting ID: 949 1975 2910 Password: 544401

Evening Coffee and Chat

Every Tuesday 7.00pm to 8.00pm

Zoom Link: <https://zoom.us/j/95950538168?pwd=WIUvdmlJR1lyM2ExUE5XN1VLRzdjUT09>
Meeting ID: 959 5053 8168 Password: 559497

Distance Reiki

Every Wednesday 2.00pm to 3.00pm

Zoom Link: <https://us02web.zoom.us/j/81351943140?pwd=emZZV3RsM052M0lQOE5yNWwMxWnMwZz09>
Meeting ID: 813 5194 3140 Password: 940735

Seasonal Flow Yoga

Every Wednesday 6.15pm to 7.30pm

*may be subject to change from Oct

Zoom Link: <https://us02web.zoom.us/j/89264970582?pwd=YmxtN29MRkxYUUt5RDmRcnp1Ky82Zz09>
Meeting ID: 892 6497 0582 Password: 030426

General Knowledge Quiz

Every Wednesday from 7.30pm

Zoom Link: <https://zoom.us/j/92248677156?pwd=ZlJablR3OGJnOXg4TTBBc3dYeVpwdz09>
Meeting ID: 922 4867 7156 Password: 269978

Yoga Nidra

Every Thursday 7.00pm

Zoom Link: <https://us06web.zoom.us/j/87080076510?pwd=S09MZ2ZlZmNKSU5KSkdMeDRvVEF2UT09>
Meeting ID: 870 8007 6510 Password: 455916



Let's catch up!

Meet and chat with other carers, speak to our team and take a well-earned break from your caring role whilst enjoying a coffee. If you haven't been along before don't worry, a friendly member of our team will be there to greet you and offer a warm welcome. **There's no need to book for these sessions, please just come along and look out for a group of friendly Carers. Each group will be deciding on the dates and venues for December meetings.**

Venue	Alsager	Congleton	Crewe	Holmes Chapel	Knutsford: new venue
	Alsager Library (upstairs room), Sandbach Road North, Alsager. ST7 2QH	New Life Church, West Road, Congleton, CW12 4EY	Wishing Well, Jubilee House, St. Pauls Street, Crewe. CW1 2QA	Meeting Room, Holmes Chapel Library, London Road, Holmes Chapel. CW4 7AP	Apus Peak Cafe, Tatton Street, Knutsford. WA16 6AF
When	Every Third Tuesday 1.00pm-3.00pm	Every Third Thursday 10.00am – 12.30pm	Every Second Thursday 1.00pm-3.00pm	Every Fourth Friday 10.30am-12.30pm	Every Third Thursday (*2nd Thursday in October only!) 10.45am-12.45pm
Dates	20th September	15th September	8th September	23rd September	15th September
	18th October	20th October	13th October	28th October	*13th October
	15th November	17th November	10th November	25th November	17th November

Venue	Macclesfield	Middlewich	Nantwich	Poynton	Sandbach	Wilmslow
	Space 4 Autism Cafe, 15-17 Mill Street, Macclesfield. SK11 7NN	Willowmere, East Road, Middlewich. CW10 9PY	Mill House, Queens Drive Nantwich, CW5 5BX	Civic Hall, Park Lane, Poynton, SK12 1RB	Meeting Room, Sandbach Library, The Commons, Sandbach, CW11 1FJ	The Topiary Café, Wilmslow Garden Centre, Manchester Road, Wilmslow, SK9 2JN
When	Every Third Friday Times dependent, please see below	Every Second Thursday 10.30am-12.30pm	Every Fourth Wednesday 10.30am-12.30pm	Every Fourth Tuesday 2.00pm-4.00pm	Every Second Thursday 10.30am-12.30pm	Every Third Friday 2.00pm-4.00pm
Dates	16th September - Coffee & cake, 12.30pm-2.30pm	8th September	28th September	27th September	13th September	16th September
	21st October - Breakfast butty, 9.30am-11.30am	13th October	26th October	25th October	11th October	21st October
	18th November - Soup and a roll, 12.30pm-2.30pm	10th November	23rd November	22nd November	8th November	18th November

Events & Activities

We are offering special events and breaks throughout the coming months. Please keep an eye on our Facebook group or call our Service Access Team if government guidelines change. Please note that you must be registered with Cheshire East Carers' Hub prior to requesting a place.

Important Events and Activities Information

Allocation is on a first come first served basis, but priority may be given to those carers who have not accessed a break if places are limited. Booking is essential, please call us on 0300 303 0208 or email: enquiries@cheshireeastcarershub.co.uk

There are no charges to carers for our activities, unless specified otherwise. All places need to be booked and we will confirm your place by telephone. Parking charges and travel to venues will not be reimbursed. If your circumstances change and you are no longer able to attend, please let us know and help us to avoid the costs of non-attendance. Please don't attend an activity if you feel unwell.



Crafty Mornings

Macclesfield Arts Space, 2nd Floor, Sutton Mill, Heapy Street, Macclesfield. SK11 7JB
Thursday 8th September, Thursday 13th October, Thursday 10th November, Thursday 8th December
10.00am until 1.30pm

At these workshops you can try your hand at a variety of crafts at Artspace. There is a textiles room where you can do sewing, dressmaking, knitting and crochet.

There's a 'messy' area for painting, gluing and printmaking and a wood working area with hand- and power-tools. Reassuringly there's also a chilling-out area for a brew and a chat.

Our volunteers can help you on the day if you want to make something in particular or if you just want to try things out and see what happens.

No special skills or experience needed – just a willingness to have a go and enjoy some time out. A light lunch is provided, booking is essential.



Walk and Talk around Crewe Park

Crewe
Queens Park (meet by the swings), Victoria Avenue, Crewe. CW2 7SE.
Thursday 15th September 2022
10.30am until 12.30pm

Fancy a leisurely autumn stroll around Queens Park? This is a great chance to meet other carers and have a chat as we walk. This will be followed by refreshments.



Carers Big Saturday Breakfast at The Kingfisher

Poynton
The Kingfisher, London Road South,
Poynton SK12 1NJ
Saturday 17th September 2022
10.00am until 11.30am

We understand that not everyone is able to access our groups and activities during the working week but would like to meet and chat to other carers. Following on from our summer dates, join us for a chilled-out breakfast at the Kingfisher. Booking is essential.



An afternoon at Durfold Hall

Nantwich
Durfold Hall, Nantwich. CW5 8LD
Wednesday 28th September 2022
1.00pm until 3.00pm

Join us at Durfold Hall near Nantwich, the visit includes a private tour of the 17th century stately home and beautiful gardens, followed by tea and cakes in the old tack room. Places are limited so book early. Booking closes on 14th September.



Mid morning brunch at Wild & Wild

Congleton
Wild & Wild, 2 Bridge Street, Congleton.
CW12 1AY
Wednesday 5th October 2022
10.30am until 12noon

Come along for brunch at Wild & Wild, where the team make delicious healthy food made entirely by plants (vegan). You will be able to enjoy a selection of sandwich and sweet treat delicacies. We will be providing share board platters as well as teas and coffees.

Carers' Afternoon Tea

Nantwich
The Tea Lounge at Nantwich Town
Football Club, Weaver Stadium,
Nantwich,
CW5 5BS
Wednesday 12th October 2022
2.00pm until 4.00pm



Please come along and join us for relaxing afternoon tea at The Tea Lounge (formerly Stapeley Tea Rooms)



Christmassy "Crafternoon" Tea

Sandbach
Sandbach Art Room, 2 Bradwall Road,
Sandbach, CW11 1WB
Thursday 24th November 2022
1.30pm until 3.30pm

Join us to make your own Christmas wreath to adorn your front door or be a centrepiece on your table!

Meet with other carers to socialise and chat, whilst learning a new skill.

All materials and tuition provided from artists at Sandbach Art Room.

Complimentary Tea, coffee and cake.

Carers lunch at the Cobbles Tearooms

Holmes Chapel
5, Church View,
Holmes Chapel, CW4 7AG
Thursday 17th November 2022
12.30pm until 2.00pm



Early "Afternoon tea" styled lunch at the Cobbles Tearooms. Enjoy a social bite to eat and an opportunity to chat to other carers in a relaxed and welcoming atmosphere. Due to limited spaces, booking is required by 7th November.

(Please let us know when booking if you have any special dietary needs).



Young Carers Breaks and activities News

We have teamed up with Cheshire Young Carers and Wishing Well to fund further Young Carer Breaks to be delivered by both organisations for young carers registered with Cheshire East Carers' Hub. You will find further information about these opportunities and how young carers can get involved in the young carers section of this newsletter.

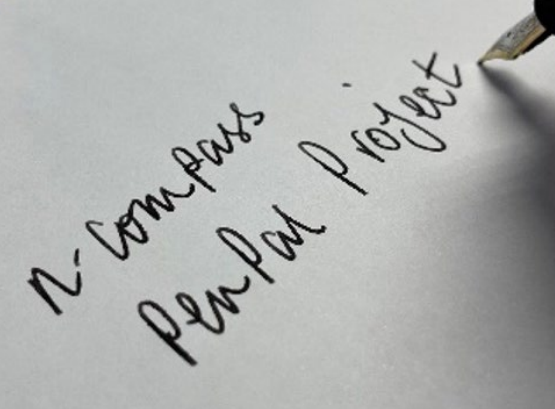


Carer Emergency Card



Having a contingency plan in place can help to provide peace of mind if you are unable to care for those who rely on your support due to an unforeseen circumstance or emergency. Cheshire East Carers' Hub have introduced a Carers Emergency Card and an accompanying Emergency Care and Support Plan document that can support you with putting a contingency plan in place.

Please be aware that care will not be provided by Cheshire East Carers' Hub or any external services. The card is to help identify you as a carer and ensure that there are contact details for a nominated person to support the person you care for in the event that you are unable to do so. If you would like to receive a card and a template support plan, please call our Service Access Team on **0300 303 0208** or email enquiries@cheshireeastcarershub.co.uk



Carers Help and Talk (CHAT) Line

Call: 0330 022 5448

Do you sometimes feel like you just need to pick up the phone and talk to someone?

Do you feel like you would benefit from a listening ear, the chance to offload, emotional support or just a friendly chat? You can call our Carers Help and Talk (CHAT) Line and speak to one of our volunteers. Our CHAT Line is available 24 hours a day, but if your call is not immediately answered by one of our volunteers, please try calling again at a different time.

Pen Pals

Do you prefer the written word to emails, texts and video-calls? Would you like to be matched to a trained volunteer who would then exchange hand-written letters with you once a month... using good old-fashioned pen, paper and The Post Office! This service might provide a bit of support for you at a time of loneliness, or it could simply provide a much needed boost to your wellbeing.

The Volunteer Hub at n-compass provide a freepost reply envelope with each letter you receive, so you will not have to pay postage. The Volunteer Hub administer the freepost re-direction, so that the addresses for both you and the volunteer are kept confidential and un-shared. You are free to write about whatever you feel is appropriate (weather, TV, events, poetry, books, sport, etc, etc) and your communications will remain private (unless the volunteer has a safeguarding concern).

If you are a carer and would like to take advantage of this free service, please contact Service Access Team on 0300 303 0208 or email volunteering@n-compass.org.uk



Carer Breaks Opportunities



Carers Choice Awards Breaks for Carers

The disbursements of Carers Choice grants allow Cheshire East Carers' Hub to work with other local organisations and enhance their ability to provide adult or young carers living in Cheshire East with a wide choice of activities to choose from to have a break from their caring role and meet other carers. We were delighted to be able to offer to extend the provision of this funding until the end of the year. For more detailed information, please contact the organisations individually to find out more about their offer.



Featured Organisations



Age UK Cheshire East - Activity Packs for people living with Dementia

We are very happy to report that Cheshire East Carer's Hub have extended the funding for Age UK Cheshire East to continue providing our FREE activity packs for people living with Dementia. The activity packs are posted out each month and are full of stimulating activities which can be completed alone or with support if required. We have received some great feedback about the packs including:

'Thank you so much for the activity pack which came today. It is BRILLIANT and has such very good ideas I can use with my husband.... I have already got him doing some of the puzzles, quizzes etc and there are so many things I will be able to do with him, so I am very grateful to you.'

Other services that we provide are Dementia Day Care, Help at Home, Counselling, Information and Advice, Keep in Touch telephone Befriending, and Scams Awareness.

To request a free activity pack or to find out more about the services we offer please get in touch with Age UK Cheshire East. Email enquiries@ageukce.org or telephone **01625 612958**.



Snow Angels

Snow Angels are now working with ages 40+ for both befriending and benefits related support, a change from our previous 65+.

For our benefit related support, including benefit checks, support applying for benefits, accessing, and applying for grants, support with lasting power of attorneys and advice on wills, we're still happily taking on referrals.

For enquiries, please contact us at cheshireeast@snowangels.org.uk or call 0300 666 0002

For referrals, please go to www.snowangels.org.uk/referrals

Our befriending service aims to reduce social isolation and loneliness in Cheshire East, linking local volunteers to provide a listening ear, company, and social chatter for around 1 hour per week, or a friendly weekly telephone call.

We've sadly had to pause referrals due to unprecedented demand for our befriending service and in the interest of providing timely service for those on our waiting list. We'll reopen referrals around October 2022 for the befriending referrals to resume.



St Lukes Hospice Carers and Dementia Carers



Our 'Carers Workshop' offers professional support and practical advice when you are caring for someone with a serious or life-threatening illness.

How can our care and support services help you?

- Practical advice and information to help carers maintain their own health and wellbeing.
- Support to help sustain yourself within a caring role.
- An opportunity to meet with others who can relate to your situation, needs and concerns.
- We work closely with other health care teams and can refer you to these if longer term support is required

About the Group

The group runs for course of 5 weeks, every Wednesday at St Luke's (Cheshire) Hospice in Winsford. We meet from 11.00am to 12.30pm, hot drinks and biscuits are provided. There's no cost to attend and each group consists of a maximum of 6 people.

How can I access this service?

You can ask your GP, Macmillan nurse, district nurse or social worker to refer you, or you can contact us direct for a friendly chat and to join a group on 01606 555681. Please ask for Clare.

"I have learned how to move my wife safely without hurting her or me"

"It was full of information, help and support, such as finances, counselling and social services"

Our Dementia Carers' Workshop is designed to help people who are supporting a person with dementia in their own home.

We offer an eight-week structured support programme for carers of people with dementia. The workshops are held at our Day Hospice in Winsford, and free parking is available. You are welcome to bring the person with dementia to the Hospice with you. While you attend the workshop, your loved one will be cared for and supported by our staff and volunteers in a nearby room within Day Hospice. All staff and volunteers have received appropriate dementia and dementia friends training.

The Dementia Carers' Workshop will provide you with:

- A safe and relaxed environment in which you can share problems, concerns or experiences with others who can relate to your situation.
- Support to help you develop coping strategies to sustain yourself within the caring role.
- Practical advice and information to help you maintain your own health and wellbeing.

What to expect

Workshops are limited to a small group of up to ten carers and run for a total of eight weeks. Light refreshments are available during the sessions. A typical eight-week programme will cover a range of topics such as financial and benefits advice, moving and handling, legal matters, advanced care planning and managing stress. We work closely with other health care teams and dementia support services and can refer you to these if longer term support is required. How can I access this service? You can refer yourself or ask your GP, Macmillan Nurse, District Nurse, Social Worker or other healthcare professional to refer you.

For a friendly chat contact St Luke's directly on 01606 555681.

Dementia Support & Information

Alzheimer's Society Dementia Support Workers provide specialised dementia information and support within the Carers Hub. Part of the personalised support they offer to carers is to signpost to a range of Dementia Activity groups, Dementia Cafés, and Peer Support Groups.

Activity Groups provide appropriate activities that will enable people with dementia to maintain their skills and be active in a supportive environment. Carers can also attend, and the groups provide the opportunity for them to enjoy an activity together, whilst talking to other carers.

Dementia Cafés are dementia friendly places where carers and people with dementia can attend together in an informal setting to meet up with others who are also living with and affected by dementia.

Dementia Support Workers have produced a handy Directory of Activity Groups and Dementia Cafés in the Cheshire East Area.

Dementia Cafés and Groups Cheshire East



Are you affected by dementia? Come along to one of the following groups, where you can spend time with people who understand. Please find our groups, times, types and locations on the following pages.



Alsager

Name	Type	For	Time	Date	Venue Address	Cost	Contact Details
Alsager Memory Cafe	Dementia café	People living with dementia and their carers and families	10.30am-12.30pm	Last Friday of the month	1st Floor (lift available) Alsager Library, Sandbach Road North, Alsager ST7 2QH	Free	07825 776921 01270 872975 or info@alsagerpartnership.com or kath.reader@alsagerpartnership.com
Heydays!	Social and activity group	'Youth Club' for the over 65s including people with dementia and their carers	2.00pm-4.30pm	Every Friday	The Thirteen Club, Cedar Ave, Alsager, ST7 2PH	£2.50	Kath Knight on 07443 492573 or alsagergn@gmail.com
Memory Choir	Music	People living with dementia and their carers	2.00pm-3.30pm	Second Wednesday of the month	St. Mary's Church, 52 Sandbach Road South, Alsager, ST7 2LP	£2.50	Kath Reader 01270 873975 or kath.reader@alsagerpartnership.com

Bollington

Name	Type	For	Time	Date	Venue Address	Cost	Contact Details
Coffee and chat	Drop-in	Anyone wanting to know more about dementia	2.00pm onwards	Every Wednesday	Bollington Library	Free	Just call in to the library or contact Dementia Friendly Bollington via Facebook

Congleton

Name	Type	For	Time	Date	Venue Address	Cost	Contact Details
Company Corner	Coffee morning	Anyone wanting company and a chat - dementia friendly	10.00am-12.00pm	Every Monday	Congleton Cricket Club, Booth Street, Congleton CW12 4DG	Refreshments as desired	Liz on 0771 7736645
Forget Me Not Club	Social and activity group	People living with dementia and their carers - must be booked	10.30am-12.00pm	2nd and 4th Friday of the month	New Life Church, West Road, Congleton, Cheshire CW12 4EY	Free	Essential to phone Clare Sheard on 078664 15211 before attending as places are limited.
Time Out Club	Social and activity group	People in early to mid-stage dementia, wanting an introduction to day care	10.00am-3.00pm	Every Thursday	Bromley Farm Community Centre, Edinburgh Road, Congleton CW12 3EN	£20 including lunch and refreshments	Glen Williams or Margaret Butcher on 01270 279707 or bscdt@tiscali.co.uk
Dementia Swap Shop	Dementia resources	Anyone caring for or supporting a person with dementia	Library hours		Congleton Library	Library membership card	Available when library is open - ask staff for more details

Crewe

Name	Type	For	Time	Date	Venue Address	Cost	Contact Details
Wishing Well Project	Various - day centres, luncheon clubs, meals	Older people in the community in Crewe and South Cheshire	Contact for time and dates		Jubilee House, St Paul's Street Crewe CW12 2QA		Gill Tarrant on 01270 256919 or gill.tarrant@wishingwellproject.net
Making Golden Memories	Social and activity group	People living with dementia	10.00am-12.00pm or 1.00pm-3.00pm	Every Tuesday	Hopes & Beams, Broad Street, Crewe CW13 3UD	£4 Carer fee/ refreshment fee	01270 255355

Handforth

Name	Type	For	Time	Date	Venue Address	Cost	Contact Details
In Together Handforth	Social and activity group	People living with dementia and their carers and families	2.00pm-4.00pm	Every Thursday	St. Mary's Church, Wilmslow Road, Handforth, SK9 3JX	Voluntary donation	Roberta on 01625 528 569

Holmes Chapel

Name	Type	For	Time	Date	Venue Address	Cost	Contact Details
Holmes Chapel Memory Cafe	Dementia Café	Local residents living with dementia and their carers	10.00am-12.00pm	First and third Tuesdays of the month	Holmes Chapel Methodist Church, 4 Hawthorn Villas, Crewe, CW4 7AR	Donation for refreshments	Space is limited so please call before attending. (Catchment area of local residents from Allostock, Brereton, Goostrey, Holmes Chapel, Somerford and Sproston) Dorothy Davidson 01477 537679 or dedavidson1@aol.com

Knutsford

Name	Type	For	Time	Date	Venue Address	Cost	Contact Details
Knutsford Friendship Cafe	Dementia Café	People living with dementia and their carers and families	10.00am-12.00pm	Every Friday	Knutsford Methodist Church, Princess Street, Knutsford, WA16 6BY	Free	Paula Lambe 01565 652251 or 07816308505

Macclesfield

Name	Type	For	Time	Date	Venue Address	Cost	Contact Details
Golden Memories	Social and activity group	People living with dementia and a carer or family member	10.00am-12.00pm	Fortnightly on Tuesdays	Tytherington Family Worship Church, 57 Sandwich Drive, Macclesfield, SK10 2UD	Voluntary contribution to tea and coffee	Pam Jagger 01625 828 425
Singing for the Brain	Music	People living with dementia and a carer or family member	11.00am-12.30pm	2nd and 4th Tuesdays of the month	Tytherington Family Worship Church, 57 Sandwich Drive, Macclesfield, SK10 2UD	Free	Alzheimer's Society in Cheshire 0300 369 0570 or cheshire@alzheimers.org.uk
Sunday Tea	Coffee and chat	Older members of the community, including those with memory problems	4.00pm-5.30pm	1st Sunday of the month	Gawsworth Methodist Church, Dark Lane, Gawsworth, Macclesfield, SK11 9QZ	Free	Rev Sheila Bishop 01625 433239 or Muriel on 01625 427992
ABCD Club	Social and activity group	People living with dementia and their carers	1.30pm-3.30pm	1st and 3rd Thursdays of the month	Broken Cross Methodist Church, Chelford Road, Macclesfield SK10 3JR	Free	John on 07915252535 or Jean on 01625 402446
Golden Memories Sutton	Social and activity group	People living with dementia and their carers	TBC	1st and 3rd Thursdays of the month	Sutton St. James Church Hall, Sutton, Macclesfield, SK11 0DS	Free	Judith Harries on 01260 253945 or pastoral@peakparishes.org.uk
Singing Together	Music	People living with dementia and their carers	10.30am-12.00pm	1st Friday of the month	Sunflower Centre, East Cheshire Hospice, Millbank Drive, Macclesfield SK10 3DR	Free	Sunflower Centre: 01625 610364
Love to Move	Exercise	People living with dementia	10.30am-12.00pm	3rd Friday of the month	Sunflower Centre, East Cheshire Hospice, Millbank Drive, Macclesfield SK10 3DR	Free	Sunflower Centre: 01625 610364

Nantwich

Name	Type	For	Time	Date	Venue Address	Cost	Contact Details
Dementia Friendship Group	Dementia Café	People living with dementia and a carer or family member	2.00pm-3.30pm	3rd Monday of the month	Nantwich Museum, Pillory Street, Nantwich CW5 5BQ	Voluntary contribution for refreshments	Limited spaces. Please contact the Museum if you plan to attend. 01270 627104 education@nantwichmuseum.org.uk
Elim Church Circle of Friends Group	Dementia Café	People living with dementia and a carer or family member	1.30pm-3.00pm	Every Tuesday	Elim Church, London Road, Nantwich CW5 6LW	Free	Elim Church 01270 626 749
Singing for the Brain	Music	People living with dementia and a carer or family member	2.00pm-3.30pm	Every 2nd and 4th Thursday of the month	Elim Church, London Road, Nantwich CW5 6LW	Free	Alzheimer's Society Cheshire on 0300 369 5070 or cheshire@alzheimers.org.uk
Seniors' Lounge	Social and activity group - refreshments, hymns, activities	People living with dementia and a carer or family member	3.00pm-4.00pm	2nd Sunday of the month	St. Mary's Church Hall, The Rectory, Church Ln, Nantwich CW5 5RQ	Free	Ros Reid on 01270 611344 or Cathie Riddell on 01270 629122 or the Parish Office on 01270 625268

Poynton

Name	Type	For	Time	Date	Venue Address	Cost	Contact Details
Living Well	Social and activity group	People living with dementia and their carers	2.15pm-4.15pm (doors open 2.00pm)	Fortnightly on Tuesdays	St George's Parish Church, Fountain Close, Poynton SK12 1NH	N/A	Dave McClland on 07768 772881 or dave.mcclland@ntlworld.co.uk or Colin and Stephanie Rookwood on 01625 877540 or colinrookwood@icloud.com or office@poyntonparishchurch.org
Poynton Golden Memories	Social and activity group	People living with dementia and their carers	11.00am-3.00pm	Fortnightly on Wednesdays	Poynton Civic Hall, SK12 1RB	£5 per couple- includes soup, cake and tea and coffee	Judy Hatton: 01625 879376 Mary Moss: 07500 558280 Derek Scriven: 01625 875261 Pauline Winfield: 01625 879273

Sandbach

Name	Type	For	Time	Date	Venue Address	Cost	Contact Details
Singing for the Brain	Music	People living with dementia and a care	1.15pm-2.45pm	1st and 3rd Thursdays of the month	St Peter's Church, Elworth, Sandbach CW11 3HU	Free	Alzheimer's Society Cheshire on 0300 369 5070 or cheshire@alzheimers.org.uk
Coffee and chat	Dementia Café	People living with dementia and their carers and families	10.00am-12.00pm	3rd Saturday of the month	Wesley Centre, Unity Church, Wesley Avenue, Sandbach, CW11 1DG	Cost of any refreshments purchased	Dementia Friendly Sandbach – Dave Whitworth on 07593 533260 or Barbara Glassonbury on 01270 764113
Coffee and chat	Dementia Café	People living with dementia and their carers and families	10.00am-12.00pm	2nd Thursday of the month	Sandbach Rugby Club 124 Bradwall Road, Sandbach CW11 1RA	Cost of any refreshments purchased	Dementia Friendly Sandbach – Dave Whitworth on 07593 533260 or Barbara Glassonbury on 01270 764113
Coffee and chat	Dementia Café	People living with dementia and their carers and families	10.00am-12.00pm	1st Tuesday of the month	Market Tavern, 8 The Square, Sandbach CW11 1AT	Donations accepted for refreshments	Dementia Friendly Sandbach – Dave Whitworth on 07593 533260 or Barbara Glassonbury on 01270 764113
Arts for Dementia	Arts and Crafts session	People living with dementia and their carers and families	1.30pm-3.00pm	Mondays	Sandbach Art Room 2 Bradwall Road, Sandbach CW11 1GR	£7 per session	Tracey Mee: 01270 757757 or Rebekah Thomas: 07557 883035
Coffee and chat	Dementia Café	People living with dementia and their carers	10.30am-12.20pm	Last Monday of the month	Elworth Grange Care Home, James Brindley Drive, Sandbach CW11 3TQ	Free	Emma Daniels: 01270 439950 e-mail: activities.elworthdealcarehomes.co.uk

Wilmslow

Name	Type	For	Time	Date	Venue Address	Cost	Contact Details
In Together Wilmslow	Social and activity group	People living with dementia and their carers	2.00pm-4.00pm	Every Monday	Wilmslow Methodist Church, King's Close, Water Lane, Wilmslow SK9 5AR	Voluntary donation	intoggetherwilmslow@gmail.com Church office on 01625 58892

Contact your local Alzheimer's Society office

Tel. 0300 369 0570

Email cheshire@alzheimers.org.uk

Visit our website at www.alzheimers.org.uk

Call the National Dementia Helpline on Tel. 0300 222 1122

About Alzheimer's Society

We provide help - we support people affected by all types of dementia through some of the hardest and most frightening times. Whoever you are, whatever you're going through, you can turn to us for practical advice, emotional support, and guidance to the best next step.

We provide hope - we are, and we empower people affected by dementia to be, a leading force for change - using cutting edge research and influencing to push for breakthroughs that'll change the lives of people affected by dementia, now and in the future.

Together, we will make sure people living with dementia and their carers live more fulfilled and less fearful lives, free from stigma and inequality.



Useful Numbers and Links

Cheshire East Carers' Hub

0300 303 0208

(Monday to Friday 9:00am until 5.00pm)

www.cheshireeastcarershub.co.uk

Carers Help and Talk (CHAT) Line

0330 022 5448

Cheshire East Adult Social Care

0300 123 5010

(office hours)

Cheshire East Adult Social Care

0300 123 5022

(Emergency out of hours duty team number)

The Cheshire East Consultation Service ('front door' for access to children's services)

0300 123 5012

Carers UK Advice Line

0808 808 7777

www.carersuk.org

Dementia Helpline

(supported by Dementia UK)

0800 888 6678

Alzheimer's Society National Dementia Helpline

0300 22 11 22

NHS 111 Service for non-emergencies

111

NHS Carers Direct Helpline

0300 123 1053

Carers Awareness Briefings – Support for Professionals

Does your work team come into contact with unpaid carers, or do you have any carers in your staff team? If so, Cheshire East Carers' Hub offers Carer Awareness Briefings. This session can currently be delivered via ZOOM or Microsoft Teams and takes around 30 minutes.

The session will:

- Help you to identify carers
- Help you understand the needs of carers
- Understand how important a carers health and wellbeing is
- Increase your knowledge of what support is available for carers from Cheshire East Carers' Hub and other organisations who support carers
- Inform how you can refer carers to Cheshire East Carers' Hub

For further information, or to book a briefing session please call 0300 303 0208 or email enquiries@cheshireeastcarershub.co.uk