


making space
Kind hearted care and support


Cheshire East
Council

Cheshire
East 



NEWSLETTER

March - May 2026





COFFEE & CHAT SESSIONS: MAR - MAY 2026

ALSAGER	Alsager Library, Sandbach Road, North Alsager, ST7 2QH	Every third Tuesday of the month, 1pm – 3pm: 17 Mar, 21 Apr, 19 May
CONGLETON	Congleton Library, Market Square, Congleton, CW12 1ET	Every third Thursday of the month, 10.30am – 12.30pm: 19 Mar, 16 Apr, 21 May
CREWE	Wishing Well, Jubilee House, St Pauls Street, Crewe, CW1 2QA	Every second Thursday of the month, 1pm – 3pm: 12 Mar, 9 Apr, 14 May
HOLMES CHAPEL	St Lukes, 2 Macclesfield Road, Holmes Chapel, Crewe, CW4 7BS	Every fourth Friday of the month, 10.30am – 12.30pm: 27 Mar, 24 Apr, 22 May
KNUTSFORD	Curzon Cinema, Toft Road, Knutsford, WA16 0PE	Every third Thursday of the month, 10.45am – 12.45pm: 19 Mar, 16 Apr, 21 May
MACCLESFIELD	The Hope Centre Cafe, 16-18 Park Green, Macclesfield, SK11 7NA	Every third Tuesday of the month, 12pm – 2pm: 17 Mar, 21 Apr, 19 May
MIDDLEWICH	Willowmere, East Road, Middlewich, CW10 9PY	Every second Thursday of the month, 10.30am – 12.30pm: 12 Mar, 9 Apr, 14 May
NANTWICH	Mill House, Queens Drive, Nantwich, CW5 5BX	Every fourth Wednesday of the month, 10.30am – 12.30pm: 25 Mar, 22 Apr, 27 May
POYNTON	Civic Hall, Off Park Lane, Poynton, SK12 1RB	Every fourth Tuesday of the month, 2pm – 4pm: 24 Mar, 28 Apr, 26 May
SANDBACH	Sandbach Library, The Common, Sandbach, CW11 1FJ	Every second Tuesday of the month, 10.30am - 12.30pm: 10 Mar, 14 Apr, 12 May
WILMSLOW	The Topiary, Wilmslow Garden Centre, Manchester Road, Wilmslow, SK9 2JN	Every third Friday of the month, 2pm – 4pm: 20 Mar, 17 Apr, 15 May

PARENT CARER COFFEE AND CHAT

Parent carers are welcome to attend any of the Coffee and Chat sessions listed above. In addition, we recognise the importance of creating opportunities specifically for parent carers to come together. **These sessions are only for adult parent carers, as there are no provisions for children to attend.**

PARENT CARER COFFEE AND CHAT DATES:

CREWE	Minshull's Garden Centre Cafe, CW1 4RQ	Thursday 9 April, 10 - 12 midday
MACCLESFIELD	The Hope Centre Cafe, 16 - 18 Park Green, Macclesfield, SK11 7NA	Thursday 12 March, 10 - 12 midday Thursday 14 May, 10 - 12 midday

ACTIVITIES: MARCH - MAY 2026

Activity bookings will be open from 26 February and can be made by calling: 0300 303 0208.

- Please note: Only one activity can be booked and confirmed per monthly cycle.
- This does not apply to the Carers Voice Group or Parent Carer Meetings – you may attend these in addition to your chosen activity.
- If you'd like to attend more than one activity, we can place you on a waiting list for your second choice. If a space becomes available, you'll be contacted before the activity takes place.

This approach helps us maximise access to activities for as many carers as possible.

PARENT CARER ACTIVITIES:

Just Kidding Soft Play

Wednesday 8 April, 11:15am - 1:15pm, Just Kidding Holmes Chapel, Unit 8 Holmes Chapel Business Park, Holmes Chapel, Cheshire, CW4 8AF

Looking for a fun, active way to connect with other families? Join us for a child-friendly session designed to bring parent carers and their children together for exercise, enjoyment, and support. The session will be supported by our activities coordinator and offers a relaxed, welcoming environment for all. **Booking is essential.**



Parent Carer Picnic in the Park

Thursday 28 May, 12 noon - 2pm, Carrs Park, Wilmslow

Parent carers, looking for something to do in half term? Then this is for you. Join us for a picnic in the park with your children, where you can meet other parent carers and enjoy sweet treats and finger foods, enjoying the grass on your feet surrounded by nature. We will provide you with everything you need, simply bring yourselves and something comfy to sit on. We hope to see you there.

Meeting at Carrs Park car park at 12. **Booking is essential.**

ADULT CARER ACTIVITIES:

Male Carers Drop-In Sessions

Macclesfield: Held on the third Tuesday of the month. 17 March, 21 April and 19 May. The Hope Centre Cafe, 16 - 18 Park Green, Macclesfield, SK11 7NA, from 11am - 12 noon

Poynton: Held on the fourth Tuesday of the month. 24 March, 28 April and 26 May. The Red Room, Poynton Civic Centre, Poynton, SK12 1RB, from 1pm - 2pm

If you are a male carer looking for an environment to talk, relax and feel connected to other male carers then come along to our drop-in sessions. You will be able to discuss experiences of your caring role, receive support and signposting, or simply have a chat. **Booking is essential.**

Holi: Art Painting Activity

Wednesday 4 March. Macclesfield Art Space, Heapy Street, Macclesfield, SK11 7JB, from 11am - 1pm

Join us for Holi: a vibrant Hindu event activity, celebrating spring, love, and the triumph of good, famously known as the "Festival of Colours", where we will be painting sacred animals: Elephants, cows, bull, monkey or snake on Canvas. We will provide everything you need, including aprons, but recommend wearing suitable clothing. **Booking is essential.**

Green Spaces for Wellbeing. Allotment Session

Allot drop-in Tuesday 14 April. Queens Park, Victoria Avenue, Crewe, CW2 7SJ, from 1pm - 3pm

As a team we have made links with Green Spaces for Wellbeing and are excited to announce carers are able to access and attend Green Spaces for Wellbeing Allotment Sessions and will be joined by one of our dedicated team members. If you would like to start your afternoon with a cuppa and a natter, enjoy nature and participate in growing a range of vegetable and fruit or even help with flowering and the community space then this activity is for you, come along and join us for the opportunity to unwind, socialise and discover nature. **Booking is essential.** Please be aware that suitable clothing and footwear is essential, a water bottle is also advisable.

Brereton Lake Coffee, Walk and Birding

Saturday 2 May. Davenport Lane, Brereton Heath, Congleton, CW12 4SU, from 12 noon - 1pm

If you're looking for a little stroll with friends, listening to the sounds of nature, then this is for you. Join us for a coffee/ tea, walk, talk and birding experience and don't forget to bring binoculars if you have! Meeting by the little Cow shed for a coffee before and then a stroll around the lake and some birding in the forest. **Booking not essential but preferred.**

Tai Chi Balls, Qigong and Sound Mediation

Tuesday 5 May. Sandbach Library, The Common, Sandbach, CW11 1FJ, from 11:30am - 12:30pm

Calling out to all carers who are looking to participate in an activity that provides exercise, peace and calmness, this is the activity for you. Providing not only the opportunity to engage in physical and mindfulness exercises but also promoting peer support from other carers and our trained professionals. **Booking is essential.**

Tenpin Bowling

Ages 18 - 25 Young Adult Carers, Friday 22 May, from 6:30pm - 8pm. Unit 1, Phoenix Leisure Park, Dunwoody Way

If you are a young adult carer looking to meet others your age and have an enjoyable evening out, then this is for you! Join us for bowling with your fancy feet, meeting new friends and having time to yourself while showing your smooth bowling moves. **Booking is essential.**



CARER TRAINING

BOOKING OPENS 26 FEBRUARY

MARCH - MAY 2026

Call 0300 303 0208 to book your place



Manual Handling in the Home

Tuesday 10 March, Middlewich, Canalside Conference Venue, 34 - 36 Brooks Lane, Middlewich, CW10 0JG. 10am - 2pm

Hosted by Disability Positive, this training will be theory based with some video presentations on carer equipment such as a height adjustable bed, mobile hoists, standing aids, and a couple of slings for demonstration purposes. They will also cover some basic falls prevention and will open the floor to questions. Refreshments provided. **Booking is essential.**

The Red Cross: Supporting connections workshop (online)

Commencing Tuesday 24 March. 1:30pm - 3:30pm

Are you acting in a supporting role for individuals or communities who may be at risk of experiencing loneliness? This workshop will give you the opportunity to learn and discuss how you can recognise being at risk of loneliness, understand the importance of connection, and help to empower yourself and those around you. We will use collaborative learning, case studies and goal-oriented learning to reflect on your experiences and develop the tools and skills to support those at risk of experiencing loneliness to have the confidence and willingness to explore and grow meaningful connections in order to create a more connected, resilient community.

As a result of this workshop, you will:

- Learn about the importance of connection and how to help yourself and others who may experience loneliness.
- Apply your learning to develop tools and skills to help people build meaningful connections.
- Share your learning with those at risk of loneliness in your organisation or community, to give them the confidence and willingness to explore and grow meaningful connections.

Booking is essential.

Please note: A Smartphone/tablet/laptop and a stable internet connection is required to take part in the session. You will receive an email on the day or day before of the session with details of how to access it.



Parent Carer training: Understanding Neurodiversity in children

Friday 27 March, Congleton Library, Market Square, Congleton, CW12 1ET. 11am - 12:30pm

This session will be on Neurodiversity with a focus on Emotional Regulation and Managing Feelings for Children. This will be 1 hour of training and the floor will be open to discussion questions thereafter. **Booking is essential.**

First Aid training

Thursday 9 April, YMCA, 189 Gresty Road, Crewe, Cheshire, CW2 6EL. 10:30am - 12:30pm

The session covers:

- The bystander effect, with the emphasis on doing something rather than nothing.
- Your Safety
- First aid without a First aid kit or equipment.
- What to do in an emergency
- Initial survey
- Unconscious and breathing
- Unconscious and not breathing CPR
- Calling for help including What3words
- How to find and use an AED including MyDefibfinder
- Choking
- Bleeding
- Burns
- Slings without bandages
- Other aspects can be covered if there is interest in a specific condition by the group.

Booking is essential.

First Aid training (online)

Thursday 7 May. 11am - 12:30pm

The session covers:

- The bystander effect, with the emphasis on doing something rather than nothing.
- Your Safety
- First aid without a First aid kit or equipment.
- What to do in an emergency
- Initial survey
- Unconscious and breathing
- Unconscious and not breathing CPR
- Choking
- Bleeding
- Burns
- Slings without bandages

Please note: A Smartphone/tablet/laptop and a stable internet connection is required to take part in the session. You will receive an email on the day or day before of the session with details of how to access it. **Booking is essential.**

Financial Planning with Guest Speaker

Thursday 23 April, The Hope Centre, 16 - 18 Park Green, Macclesfield, SK11 7NA. 10:30am - 12:30pm

What you can expect from this session delivered by Co-Op:

- **Protecting your home and savings** - For many people, one of the biggest worries as they grow old is being able to give their family a helping hand and make sure that when they pass away, what they have worked all their life for goes to the people they love the most. Care fees can have a significant effect on this, and we'll explain how it works and what steps you can take to protect your estate.
- **Inheritance tax** – We can help explain how people can be impacted, and some simple steps to take that may reduce the burden.
- **'Sideways disinheritance' and blended families** - Re-marriage of a surviving spouse can inadvertently result in the new husband/wife inheriting everything, whilst the children from the first marriage get nothing. And with blended families being commonplace today, it's never been more important to take steps to ensure your chosen beneficiaries inherit. We'll explain how.
- **Lasting Powers of Attorney** - No one wants to think about what will happen if they become unable to make decisions themselves through illness, an accident or old age. However, thinking about this now and planning ahead will remove the burden from your family and help reduce the stress and cost to your family at a very difficult time.
- **Booking is essential.**

Dementia Information Sessions for Carers Training (DISC)

Wednesdays on 13, 20 and 27 May, 3 and 10 June. Wesley Centre, 16 Chapel Street, Sandbach, CW11 1DS. 10am - 12 noon

DISC is for Carers and family members of people living with dementia. It is a five-week program of weekly sessions which aims to do the following:

- Improve your knowledge about dementia
- Improve your confidence as a Carer
- Provide practical information and advice about local services to help you and the person you care for
- Help you and the person you care for to plan for the future
- Help you to prepare well for hospital visits, stays and discharges
- Help you to get the most out of your GP surgery
- Offer advice to improve the safety of your home and the person you care for
- Look after YOU and your wellbeing
- Help you and the person you care for to live well with dementia
- **Booking is essential.**

Carer Voice Groups (online)

Cheshire East Carers Hub is focused on carers of Cheshire East being at the heart of the service, ensuring carers feel valued and encouraged to thrive. These groups will provide an opportunity for carers to come together and share feedback about carer services.

They will promote collaborative thinking and bring together a variety of skills, ideas and lived experiences to help solve problems with shared solutions to shape the service carers deserve. Each session will require focus, care, and creativity to determine ideas, stages and overcome any challenges to achieve set goals.

Our carer voice group is aimed at identifying exciting opportunities and events to work together towards achieving more in 2026. As carers live through experiences, you are the experts. Have your voices heard!

Parent Carer Voice group: 28 April, 10am

Adult Carer Voice Group: 29 April, 10am

This is being held online so more carers can have their say to help shape the service. Booking is required to access the link which will be sent to carers closer to the time.

Scam Awareness Training for Carers

Carers have the opportunity to participate in 2 of our Scam Awareness training sessions on the following dates:

- 17 March at the Macclesfield Coffee and Chat: The Hope Centre, 16 - 18 Park Green, Macclesfield, SK11 7NA, 2 - 4pm
- 28 April at the Poynton Coffee and Chat: Civic Hall, Off Park Lane, Poynton, SK12 1RB, 2 - 4pm



MAILING LIST – STAY CONNECTED

If technology is a barrier to accessing The Carers Hub newsletter and information, we're here to help.

We offer a postal mailing service for carers who prefer or require printed copies. If you are a registered carer with the Cheshire East Carers Hub and would like to receive updates and information by post, please call us on 0300 303 0208.

We'll be happy to add you to our mailing list so you can stay informed and connected.



VOLUNTEERING: GET INVOLVED AND MAKE A DIFFERENCE

We're always looking for enthusiastic volunteers to join our team and support our services!

Our dedicated volunteering team will work with you, alongside staff and existing volunteers, to help match you to a role or service that best suits your interests and availability - whether it's offering a little time or getting more involved.

If you're interested in supporting in any way, find out more about volunteering at makingspace.co.uk/volunteering to learn more and apply. Or contact us directly on 0300 303 0208 or email enquiries@cheshireeastcarershub.co.uk.

Your time could make a real difference to someone's life.



CHESHIRE EAST FOOD NETWORK – WE'RE HERE TO HELP

At the Carers Hub, we believe no one in our community should have to face going hungry. If you're finding it difficult to put food on the table, we can refer you to a local Foodbank in your area.

Please don't hesitate to speak to one of our support workers or call us on 0300 303 0208. Our team will be happy to help and make a referral on your behalf.

Foodbanks provide three days' worth of nutritionally balanced emergency food, along with support for individuals and families in crisis. We work with a network of Foodbanks supported by The Trussell Trust, who are committed to combating poverty and hunger across the UK.

If you're able to help others, you can also donate money, food, or time via: midcheshire.foodbank.org.uk/give-help/donate-money.

CHESHIRE EAST CARERS HUB

Commissioned by Cheshire East Council, Delivered by Making Space

We will ensure adult and parent carers receive information and support which is tailored to their individual needs. We offer personalised and holistic support and consider ALL areas of your life and what is important to and for you. This includes:

- Carers assessments
- One-to-one support
- Peer support and groups
- Extra activities
- Training opportunities relevant to your caring role
- Volunteering opportunities
- Referrals and signposting to our partners



We're here to support you, every step of the way!

CONTACTING US

If you would like to know more information, please contact us using the details below or visit our website.



enquiries@cheshireeastcarershub.co.uk



0300 303 0208



www.cheshireeastcarershub.co.uk



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