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Cheshire East  
Council

# Cheshire East



# NEWSLETTER

June - August 2026





# COFFEE & CHAT SESSIONS: JUN - AUG 2026

ALSAGER	Alsager Library, Sandbach Road, North Alsager, ST7 2QH	Every third Tuesday of the month, 1pm – 3pm: 16 Jun, 21 Jul, 18 Aug
CONGLETON	Congleton Library, Market Square, Congleton, CW12 1ET	Every third Thursday of the month, 10.30am – 12.30pm: 25 Jun, 16 Jul, 20 Aug
CREWE	Wishing Well, Jubilee House, St Pauls Street, Crewe, CW1 2QA	Every second Thursday of the month, 1pm – 3pm: 11 Jun, 9 Jul, 13 Aug
HOLMES CHAPEL	St Lukes, 2 Macclesfield Road, Holmes Chapel, Crewe, CW4 7BS	Every fourth Friday of the month, 10.30am – 12.30pm: 26 Jun, 24 Jul, 28 Aug
KNUTSFORD	Curzon Cinema, Toft Road, Knutsford, WA16 0PE	Every third Thursday of the month, 10.45am – 12.45pm: 18 Jun, 16 Jul, 20 Aug
MACCLESFIELD	The Hope Centre Cafe, 16-18 Park Green, Macclesfield, SK11 7NA	Every third Tuesday of the month, 12pm – 2pm: 16 Jun, 21 Jul, 18 Aug
MIDDLEWICH	Willowmere, East Road, Middlewich, CW10 9PY	Every second Thursday of the month, 10.30am – 12.30pm: 11 Jun, 9 Jul, 13 Aug
NANTWICH	Mill House, Queens Drive, Nantwich, CW5 5BX	Every fourth Wednesday of the month, 10.30am – 12.30pm: 24 Jun, 22 Jul, 26 Aug
POYNTON	Civic Hall, Off Park Lane, Poynton, SK12 1RB	Every fourth Tuesday of the month, 2pm – 4pm: 23 Jun, 28 Jul, 25 Aug
SANDBACH	Sandbach Library, The Common, Sandbach, CW11 1FJ	Every second Tuesday of the month, 10.30am - 12.30pm: 9 Jun, 14 Jul, 11 Aug
WILMSLOW	The Topiary, Wilmslow Garden Centre, Manchester Road, Wilmslow, SK9 2JN	Every third Friday of the month, 2pm – 4pm: 26 Jun, 17 Jul, 21 Aug

# 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 (BOOKING IS ESSENTIAL)

MACCLESFIELD	The Hope Centre Cafe, 16 - 18 Park Green, Macclesfield, SK11 7NA	Tuesday 30 Jun, 11am - 1pm Friday 10 Jul, 11am - 1pm
CREWE	Minshull's Garden Centre Cafe, CW1 4RQ	Thursday 20 Aug, 11am - 1pm

## ACTIVITIES: JUNE - AUGUST 2026

**Activity bookings will be open from 18 May 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:

### Jodrell Bank

**29 July, 10am - 12pm. Jodrell Bank, Bomish Lane, Lower Withington, Cheshire, SK11 9DL**  
Parent carers and family, immerse yourself with the wonders of space. Join us; Embark on an out-of-this-world journey to discover our cosmic origins in this astounding Dome Show, answering some of the Universe's biggest questions. **Booking is essential.**



## Chocolate Truffle Making Workshop

**3 August, 2:30pm - 4pm. The Hope Centre Cafe, 16 - 18 Park Green, Macclesfield, SK11 7NA**

Tickle your tastebuds and join for this exciting parent carer activity.

Young ones creating magic in the kitchen,  
parents enjoy a natter and brew,  
we'll enjoy a game & a craft too!

**Booking is essential.**

## ADULT CARER ACTIVITIES:

### Male Carer Drop-In Session

**Macclesfield: 16 June, 21 July, 18 August. The Hope Centre, 16 - 18 Park Green, Macclesfield, SK11 7NA. From 11am - 12pm. Held on the third Tuesday of the month.**

**Poynton: 28 July, 25 August. The Red Room, Poynton Civic Centre, Poynton, SK12 1RB. From 1pm - 2pm. Held on the fourth Tuesday of the month.**

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.

### Afro Fest

**6 June, 12pm - 2pm. Queens Park, Victoria Avenue, Crewe, CW2 7SJ**

Let's get together and celebrate the richness of African and Caribbean cultures through our spectacular offerings and unique experiences on show. Offering a family-friendly atmosphere, this festival features activities for all ages, ensuring that everyone can find joy and connection while celebrating culture. Carers to meet at location discussed upon confirmation of booking with the Hub closer to the time. **Booking is essential for meeting point.**

### Tearoom Trundle with Janice

**1 July, 9:30am - 12pm. Tearoom at number 11, 11e Cheshire Street, Audlem, CW3 0AH**

Join us for a stroll with Janice around Audlem, admiring its beauty for an hour or so, followed by a drink and cake of your choice at the Tearoom. Ideal footwear, sun hat and sun cream advised. Water bottle suggested. **Booking is essential.**

### Art Painting Activity

**8 July, 11am - 1pm. Sandbach Craftworks, Sandbach Enterprise Centre, Bradwall Road, Sandbach, CW11 1DG**

If you are looking to create a floral piece of art while relaxing among friends, then this is for you. Why not join us for a cup of tea / coffee and pick a unique designed flower on canvas, with your choice of colours, and take home a masterpiece! **Booking is essential.**

## Adventure Mini-Golf (Ages 18 - 25)

5 August, 6pm - 8pm. Waterworld Leisure Resort, Festival Park, Festival Way, Stoke-on-Trent, ST1 5PU

Looking for a little break? Come along and show us your skills at this indoor 18-hole mini golf course, navigating between rocks, hills and caves. **Booking is essential.**

## Brereton Lake Coffee, Walk and Birding

8 August, 11:30am - 1pm. Davenport Lane, Brereton Heath, Congleton, CW12 4SU

If you're looking for a light stroll with friends, listening to the sounds of nature, then this is for you. Join us for a milkshake, walk, talk and birding experience and don't forget to bring binoculars if you have a pair! Meeting by the Little Cow Shed for a drink as we head off into Nature with friends. **Booking not essential but preferred.**



# CARER TRAINING

## BOOKING OPENS 18 MAY

JUNE - AUGUST 2026

Call 0300 303 0208 to book your place



### First Aid Training

2 June, 11am - 1pm. The Hope Centre Cafe, 16 - 18 Park Green, Macclesfield, SK11 7NA

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.

### Understanding Neurodiversity in Children - Parent Carer Training

31 July, 11am - 12pm. Online (Microsoft Teams)

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.



## Financial Planning with Guest Speaker

12 August, 2pm - 3:30pm. Sandbach Library, The Common, Sandbach, CW11 1FJ

Back by popular demand! You asked, we listened.

What you can expect from this session delivered by Matthew Matin from 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**

## Scams Awareness Training

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

**Macclesfield Coffee and Chat: 18 August, The Hope Centre Cafe, 16 - 18 Park Green, Macclesfield, SK11 7NA. 12pm - 2pm**

**Nantwich Coffee and Chat: 26 August, Mill House, Queens Drive, Nantwich, CW5 5BX. 10:30am - 12:30pm**

These sessions cover:

- How to avoid banking scams
- How to avoid business scams
- How to spot the scam
- How to report the scam

## "A Little Me Time" - Workshop with Nicky

25 August, 11am - 1pm. Middlewich Canalside Conference, 34 - 36 Brooks Lane, Middlewich, Cheshire, CW10 0JG

Sometimes as carers, we forget about ourselves. Join us for a mini workshop on 'a little me time' which looks at the importance of looking after self. This workshop works alongside the 20 page booklet that you get to keep and fill in as we go along.

## **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: 10 August, 12:30 - 1pm (online)**

**Adult Carer Voice Group: 11 August, 12:30 - 1pm (online)**

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.**



## OUR CARERS WEEK 2026 EVENTS

As part of Carers Week 2026, which runs nationally from 8 – 14 June, we are delighted to announce that Carers Hub and Cheshire East will be hosting two events celebrating and supporting YOU - all unpaid carers.

This year's theme is "Building Carer Friendly Communities", and we would be delighted to invite all carers to join us.

We are holding two market-style events during the week, where you will have the chance to talk to local businesses, charities, and community organisations who will showcase the services, offers, or support they provide in our local community.

## EVENT DETAILS



**Tuesday 9 June**

**Salinae Day Centre (Middlewich), Lewin Street, Middlewich, Cheshire,  
CW10 9DG**

**10:30am - 2:30pm**



**Thursday 11 June**

**Macclesfield Town Hall, Silk Room, Market Place, Macclesfield, Cheshire,  
SK10 1EA**

**10:30am - 2:30pm**

We hope you can join us for a light lunch and help us continue to build a more carer-friendly Cheshire East.



## 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.**



## 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](https://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
- Carer catch up call service - NEW!
- CCBT - Open to all carers



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](mailto:enquiries@cheshireeastcarershub.co.uk)



0300 303 0208



[www.cheshireeastcarershub.co.uk](http://www.cheshireeastcarershub.co.uk)



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# Carer Catch-Up Calls

Are you a carer who is:

- Looking for a friend?
- Living in a rural area?
- Socially isolated or know somebody who is?

Then our team are here for you to chat to.

If you'd like to chat to our team, or find out more information about our Carer Catch-Up Calls, you can contact us on:

**0300 303 0208**

[enquiries@cheshireeastcarershub.co.uk](mailto:enquiries@cheshireeastcarershub.co.uk)

You do not need to have received any previous support from us to have a chat with our team. You can easily sign up with the hub by using the contact details above.

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# Cheshire East Carers' HUB

## CCBT Service

The CCBT service within the Cheshire East Carers Hub offers one to one mental health and wellbeing support with a dedicated Psychological Wellbeing Support Worker.



“After having a difficult time caring for my daughter, it is lovely to know people are there to help. They are kind and understanding. It is helpful to know that someone is there to talk to. You don't realise how much this helps.”



  
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Our support can be delivered over the phone or by video call on days/times that are convenient for you, for around 6-8 weeks.

Support is tailored around learning simple techniques based in cognitive behavioural therapy, to help you to manage feeling low, anxious or overwhelmed, as well as creating a space to talk through what is going on for you.

Our team will create a safe and supportive space for you to express your concerns and will listen and work with you, at your own pace, to guide you through. Our support is tailored to suit your style of learning. So far, this project has helped some of the carers who have opted in to manage their wellbeing, feel more in control and feel better.

## How to contact us



If you are interested in support or would like further information, please contact one of the Cheshire East Carers Hub team, who can send a referral to us. We will need your consent to contact you and will store your details securely.



[Enquiries@cheshireeastcarershub.co.uk](mailto:Enquiries@cheshireeastcarershub.co.uk)

