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Cheshire East Council

Cheshire East Carers' HUB



NEWSLETTER

September - November 2026







Coffee & Chat sessions: Sep - Nov 2026

Alsager	**Alsager Library, Sandbach Road, North Alsager, ST7 2QH**	Every third Tuesday of the month, 1pm – 3pm: 15 Sep, 20 Oct, 17 Nov
Congleton	**Victoria Cafe, 3 Victoria Street, Congleton, CW12 1GU**	Every third Thursday of the month, 10.30am – 12.30pm: 17 Sep, 15 Oct, 19 Nov
Crewe	**Wishing Well, Jubilee House, St Pauls Street, Crewe, CW1 2QA**	Every second Thursday of the month, 1pm – 3pm: 10 Sep, 8 Oct, 12 Nov
Holmes Chapel	**St Lukes Church Hall, Parkway, Holmes Chapel, CW4 7BA**	Every fourth Friday of the month, 10.30am – 12.30pm: 25 Sep, 23 Oct, 27 Nov
Knutsford	**Curzon Cinema, Toft Road, Knutsford, WA16 0PE**	Every third Thursday of the month, 10.45am – 12.45pm: 17 Sep, 15 Oct, 19 Nov
Macclesfield	**The Hope Centre Cafe, 16-18 Park Green, Macclesfield, SK11 7NA**	Every third Tuesday of the month, 12pm – 2pm: 15 Sep, 20 Oct, 17 Nov
Middlewich	**Willowmere, East Road, Middlewich, CW10 9PY**	Every second Thursday of the month, 10.30am – 12.30pm: 10 Sep, 8 Oct, 12 Nov
Nantwich	**Mill House, Queens Drive, Nantwich, CW5 5BX**	Every fourth Wednesday of the month, 10.30am – 12.30pm: 23 Sep, 28 Oct, 25 Nov
Poynton	**Civic Hall, Off Park Lane, Poynton, SK12 1RB**	Every fourth Tuesday of the month, 2pm – 4pm: 22 Sep, 27 Oct, 24 Nov
Sandbach	**Sandbach Library, The Common, Sandbach, CW11 1FJ**	Every second Tuesday of the month, 10.30am - 12.30pm: 8 Sep, 13 Oct, 10 Nov
Wilmslow	**The Topiary, Wilmslow Garden Centre, Manchester Road, Wilmslow, SK9 2JN**	Every third Friday of the month, 2pm – 4pm: 18 Sep, 16 Oct, 20 Nov

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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 (those caring for someone under 18 years old) 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)

Congleton	**Congleton Park Cafe, Mill Green, Congleton, CW12 1JG**	Second Monday of the month, 11am - 1pm 14 Sep, 12 Oct, 9 Nov

Activities: September - November 2026

Activity bookings will be open from 24 August and can be made by calling: 0300 303 0208.

Parent Carer Activities:

Cafe Glaze Pottery Painting

27 October, 11am - 1pm. Cafe Glaze, 9 Penda Way, Sandbach

Show us your skill! Parent carers, unleash your creativity at a pottery painting session! Perfect for all ages and abilities—no skills are required. Choose your favourite blank ceramic piece, paint it with your own custom design, and leave it with the cafe for a week to be professionally glazed and fired. The Carers hub will contact you to organise delivery / collection. Only for registered parents with the hub, children are welcome! Booking is essential.

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Adult Carer Activities:

Nantwich Food Festival

4 September, 11am

Nantwich Bookshop Coffee Lounge, 46 High Street, Nantwich, CW5 5AS

One of the UK's largest food festivals; this 3-day event brings together the best of talent and produce. Local heroes and celebrity Chefs from across the county offer unmissable live cooking demonstrations, and our 2 live music stages deliver an eclectic line-up ensuring there's something for everyone. Meeting point at the Nantwich Bookshop Coffee Lounge for a cuppa before we explore culinary talent and stroll our way around the town centre. Booking is essential.

Male Carer Lunch

Second Tuesday of every month, 8 September, 13 October, 10 November, 11:30am - 1:30pm

Wishing Well, Jubilee House, St Paul's Street, Crewe, CW1 2QA

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 lunch time drop-in sessions. You will be able to discuss experiences of your caring role, receive support and signposting, or simply have a chat., with a free lunch. Booking is essential for attendees who would like to eat. If you're not eating then you can just drop in.

Pizza Evening (Ages 18-25)

9 September, 6pm - 8pm

500 Degrees, 78 - 80 Crewe Road, Alsager, Stoke-on-Trent, ST7 2HA

To our young adult carers, this one is for you. Why not join us for a pizza & drink of your choice and take some much-deserved time out of your caring role. Booking is essential.

Sandbach Craftworks - Tote Bags (celebrating Black History Month)

7 October, 10am - 12:30pm

Sandbach Enterprise Centre, Bradwall Road, Sandbach, CW11 1DG

For the month of October we celebrate Black History month. This year we have decided to get crafty. Black African and Black History Month honors rich cultural heritage. Join us creating and crafting custom African style tote bags blending this vibrant legacy and embracing Africa's unique cultural values. Spaces limited. Booking is essential.

Move It or Lose It - Everybody Health and Leisure

12 October, 9:30am

Wilmslow Everyday Leisure Centre, Station Road, Rectory Fields, Wilmslow, SK9 1BU

This is a seated, fun, low-impact exercise class focused on improving flexibility, balance, aerobic health, and strength. Suitable for all. Water bottle and comfortable clothes advisable. Booking essential.

Astbury Mere Walk & GG's Coffee

7 November, 10 - 12pm

Astbury Mere County Park, Sandy Lane, Congleton, Cheshire, CW12 4FP

Join us for a fresh, leisurely stroll around the lake, followed by a coffee and chat at the local cafe. Meeting point by the car park. Comfortable walking shoes and water bottle advisable. Booking essential.

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Carer Training

Booking opens 24 August

September - November 2026

Call 0300 303 0208 to book your place



Citizens Advice Talk

23 September, 11am - 12pm. Alsager Civic, 3 Lawton Road, Alsager, ST7 2AE and 3 November, 10:30am - 11:30am. Middlewich Victoria Hall, Civic Way, Middlewich, CW10 9AS

This talk is hosted by Citizens Advice, and will cover topics including:

- Energy saving
- Cold weather benefits available
- Grants and income maximisation to help with the costs of bills

Booking is essential.

DISC - Dementia Information

8, 15 and 22 October, 10:30am - 12pm. New Life Church Congleton, New Life Church, Danesford Community Centre, West Road, Congleton, CW12 4EY

DISC is for Carers and family members of people living with dementia. It is a 3-week program of weekly sessions which aims to do the following:

First session: Understanding dementia.

- 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

Second session: Planning for the future.

- 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

Third session: Grieving before loss (anticipatory grief)

- A supportive session with practical strategies for coping with grief, loss of future plans and maintaining self identity

Booking is essential.



First Aid Refresher Training

10 November, 11am - 12:30pm. Nantwich Methodist Church, Hospital Street, Nantwich, CW5 5RP
(Best parking - across the street, Bowling Green car park: The Gullet, Nantwich, CW5 5DN)
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.

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: 24 November, 12:30pm - 1pm (online)**
- **Adult Carer Voice Group: 25 November, 12:30pm - 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.

Thank you!

In June we held two carers events to celebrate Carers Week 2026, which took place on 9 June in Middlewich, and 11 June in Macclesfield.

Both events proved successful and we would like to thank all carers that dropped in, and all organisations that took part to help us celebrate our carers in the community!





Carers Rights Day Event

We are delighted to announce that Carers Hub will be hosting a carers rights day event celebrating and supporting YOU - all unpaid carers.

This year's theme is "Know your rights, use your rights" and we would be delighted to invite all carers to join us.

We are holding a market-style event 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

19 November 2026
Yoxall Village Hall, Crewe Road, Haslington, CW1 5QZ
1pm - 4:30pm

We hope you can join us for some crafting with Sue from The Witch Crafter, light refreshments and a 'carers rights' quiz- fish for something in our lucky dip box after completing the quiz!

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

Cheshire East Carers' HUB

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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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

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

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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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

Community Support Sessions for family carers

New Life Church (Danesford Community Centre),
West Rd, Congleton, CW12 4EY





Join our free sessions to help you in your caring journey -

Held in partnership with: Cheshire East Carers Hub, and the Congleton & Holmes Chapel Care Community

Understanding Dementia

Thursday 8 October 10.30am - 12pm

What to expect when supporting someone with later-stage dementia, including practical advice and tips on topics such as eating and drinking and communicating
Book now: www.eolp.co.uk/knowledge-base/understanding-dementia

How to plan for the future

Thursday 15 October 10.30am - 12pm

Together we'll look at 'formal' and 'informal' planning, covering information on subjects such as Lasting Powers of Attorney, Wills and funeral planning.
Book now: www.eolp.co.uk/knowledge-base/how-to-plan-for-the-future

Grieving before loss

Thursday 22 October 10.30am - 12pm

A supportive session looking at practical strategies for coping with grief arising from loss of companionship, loss of future plans or role and identity
Book now: www.eolp.co.uk/knowledge-base/grieving-before-loss

"Thank you so much - I found this session very informative and interactive too. Highly recommended"

"It was amazing, lots of info, clear and explained well, very useful"

info@eolp.org.uk 01270 310260 www.eolp.org.uk