

July 2024



# SMASH Care Community Newsletter



## Diabetes Support Group- Sandbach



Rachel Nesbitt SMASH CCSM is working with Lisa Winkle Diabetes Team Leader, Lyndsey Kocbusz Diabetes Specialist Nurse, and Diabetes UK to set up a support group in Sandbach. A venue has been secured at Sandbach United Football Club and we are looking for the first session to be launched in early September. This group will run monthly, and will offer people living with diabetes a chance to meet and share experiences with others. Guest speakers will talk about a range of topics including diet and exercise, and there will be an opportunity for Q & A sessions. Promotional material is currently being developed and will be circulated throughout July and August, look out for further updates coming soon.



Welcome to our SMASH Care Community July 2024 Newsletter. Our newsletter gives an update on our current projects and a complete round up of events that are happening within the SMASH Community.

## Sandbach Market Hall Event- 3rd July

On the 3rd July we ran another successful Care Community event. 11 amazing organisations attended, including Motherwell. Motherwell are now able to accept referrals from people living in Sandbach. Our next event is set to take place on Wednesday 4th September from 10am until 12pm.



@SMASHCareCommunity

# Project Round-up

## Period Dignity

On the 4th June Rachel Grace attended the Period Power event at the New Vic Theatre, Stoke.

The Myperiod app was a key topic at the Event. It enables people to find nearby venues where they can collect free period products. The app is charity run and focuses on tackling period poverty and inequalities, numerous Partners including Stoke libraries, GP practices and Community venues are registered, in Cheshire East only Motherwell Crewe is included.

Cedars Practice in Alsager are currently in the process of signing up to the app, however it would be great for more of our local libraries, GP practices and Community venues to sign up. Please email [PA.SMASH@mcht.nhs.uk](mailto:PA.SMASH@mcht.nhs.uk) for more information.



## SMASH Food Banks

The local Food Banks have seen an increase in referrals and decrease in donations, we have supported by creating new promotional posters to share on our facebook page.

The SMASH Hub team have set up a donation point for CCICP staff and Nia Atkinson our Admin Care Coordinator dropped off our donations to Wesley Centre, Sandbach on the 6th July. If you would like to support please email:

[sandbachfoodbank@gmail.com](mailto:sandbachfoodbank@gmail.com) & [Alsagerfoodbank@aol.co.uk](mailto:Alsagerfoodbank@aol.co.uk)

*This Food Bank contribution has been donated by the SMASH Care Community Hub team*



## New volunteer programme in Cheshire East supports people discharged from hospital

A new initiative across Cheshire East is seeking kind and compassionate individuals to join the Home from Hospital Good Neighbour programme, to support people with little or no support, coming out of hospital.

The scheme aims to provide practical support and friendly companionship to those recovering at home after a hospital stay, in most cases providing support for up to six weeks.

The service is focussed on individuals discharged from Macclesfield and Crewe hospitals by offering a helping hand and a listening ear.

Home from Hospital Good Neighbours will receive comprehensive training and ongoing assistance to ensure they feel confident in their role. Volunteers will assist with tasks such as grocery shopping, pet care, transport, checking in for a friendly chat, connecting to advice and services and will use a structured wellbeing check where appropriate.

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## Motherwell drop in Sandbach Family Hub

On the second Wednesday of the month from 9:45am until 11:45pm Motherwell regular drop in support at Sandbach Family Hub.

### You can:

- find out more about the Motherwell services
- Find out more about agencies in the local area
- Have your blood pressure taken
- Order/Pick up uniform, baby items, Period Dignity supplies



## Women's Health Drop Ins

Our women's health drop in sessions are a chance for individuals to find out more about the services of Motherwell Cheshire and also those of local women's health services.

At the drop ins we can help signpost to local services as well as providing a range of informative and reputable literature all supporting women's health.

The drop ins can also provide period dignity supplies and women's toiletries - it would be helpful, where possible, if these could be requested beforehand so that we have them ready for collection.



For more details, including dates and locations email: [wellbeing@motherwellsheshirecio.com](mailto:wellbeing@motherwellsheshirecio.com)



# Local Information support groups



July 2024



## Support groups

Many patients and families affected by a liver condition find it helpful to speak to others with shared experience. We facilitate a number of virtual support group which meet regularly to discuss a variety of topics. Groups may be condition specific or offer more general support.

All are welcome!

### Evening Drop-in

Wednesday 10th at 6.30pm

### Carers Group

Wednesday 3rd at 6.30 pm

### Under 40s Group

Next session in September

### Alcohol-Related Liver Disease

Thursday 4th at 2pm

### Genetic & Autoimmune daytime

Tuesday 9th at 2pm

### Genetic & Autoimmune evening

Next session in August

### Hepatitis B (HBV)

Next session in September

### Hepatic Encephalopathy (HE)

Friday 12th at 11am

### Liver Cancer

Tuesday 2nd at 1pm

### MASLD (Fatty Liver Disease)

Thursday 18th at 1pm

### UK Pre & Post Transplant

Thursday 25th at 4pm

To register your interest and be sent joining details each session, please fill in our online form:

<https://britishlivertrust.org.uk/virtual-support-group-registration/>



Supporting people living with Dementia and their carers

### CONCERT

September 21<sup>st</sup> 2024

7.30pm

at

Alsager United Reformed

Church

Sandbach Singing Sensations

and

The Bakerfield Duo

Tickets £5 from

Kath Reader 01270 873975

Barbara Plunkett 01270 874244



### For more info contact:

Kath Reader on 01270 873975  
or email [kath.reader75@gmail.com](mailto:kath.reader75@gmail.com)

## FREE IT SESSIONS

DO YOU LACK CONFIDENCE IN FINDING YOUR WAY AROUND YOUR PHONE or TABLET?

If so, please come along to Sandbach Library, The Commons, Sandbach, Cheshire, CW11 1FJ

Wednesday 3rd July

Wednesday 7th August

Wednesday 4th September

Wednesday 2nd October

2pm until 3pm- Help with phones and tablets drop in sessions

Library members, please bring your library card. If you aren't a library member it is free to join. Just bring a form of ID with your name and address on to become a member.



For more information, please contact Lucie Ferneyhough on 07929 717909 or [lucie.ferneyhough@cheshireeast.gov.uk](mailto:lucie.ferneyhough@cheshireeast.gov.uk)



## OUR OFFER

### One to one support

You will meet one of our team in a space which is confidential, warm and welcoming. This can be our office, your home, school/college or a community space.

### Group sessions

When suitable, the Your Mind Matters project can facilitate group sessions on all aspects surrounding Mental health and Wellbeing.

- ✓ Anyone can refer (including self referrals)
- ✓ If you have no transport we will come to you
- ✓ We are here for as long as you need us

0151 351 1971

<http://www.youthfed.org>



### How to refer:



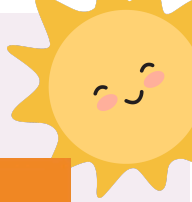
Scan the QR code or e-mail us!

- 1 Email or QR code YourMindMatters@YouthFed.org to and request a referral form
- 2 Fill in the referral form once it has been sent to you
- 3 From receiving your referral, we will contact you within 3 working days
- 4 We call you to have assess what support is best offered
- 5 A support worker will contact you to talk you through the next steps



The Reaching Communities Programme

# HAF Update



## WHAT WE DO

Welcome to the Cheshire East Holiday Activities and Food (HAF) Programme booking webpage.

Here you can view the activities on offer and book your place. If you need help to book your place, you can message for help or book a video chat with our platform provider Eequ, via the message support page

The Cheshire East HAF programme enables children and young people who are in receipt of income/benefits-related free school meals who live in Cheshire East or attend a Cheshire East school to attend free activities during the main school holidays, where nutritional food is also provided.

Please visit the below website for more information including booking:

<https://eequ.org/cheshireeasthaf>

Everybody Health & Leisure are offering Free Teen Membership's this summer:

Young people aged 14- 16 years and in receipt of benefits related free school meals can gain unlimited access to our Gym & Pools from 1st July-31st August 2024.

Apply for our FREE Teen Membership here- <https://everybody.org.uk/membership.../free-teen-membership/>

Don't miss out on our latest offers, funded places are also available for young people on benefits related free school meals.

Find out more and book online today: <https://everybody.org.uk/.../active.../multi-activity-days/>

Terms and conditions apply.

# Summer Holidays



**SKILLS FOR LIFE MULTIPLY**

## Gamification with Microsoft Make Code

Create retro arcade style games. Remember the BBC-B? Nostalgic for the NES?

In this FREE\* 4 week course you will design characters and scenes, add music and sound effects, by using block coding so that characters can explore the games and collect points.

Using the skills you learn on this course, you'll be able to build games, code devices and even mod Minecraft!

Location: Reaseheath College  
Starting: Wednesday, 7 August  
Time: 6-9pm



Email [multiply.enquiries@reaseheath.ac.uk](mailto:multiply.enquiries@reaseheath.ac.uk) or visit [www.reaseheath.ac.uk/multiply](http://www.reaseheath.ac.uk/multiply) to book your spot!



\*Free for learners who are 19+, live in Cheshire East and are currently working below GCSE C/4 in maths.

Funded by UK Government | Springboard Skills to succeed | In association with Cheshire East Council | Delivered by Reaseheath College



## SUMMER FAYRE

**SATURDAY 20TH JULY 11-2PM**

**WILLOWMERE, EAST ROAD, MIDDLEWICH, CHESHIRE CW10 9HW**

## FREE COMMUNITY FUN DAYS

**WITH FREE BBQ!**

TUESDAY 23RD JULY & TUESDAY 30TH JULY, 11-3PM  
WOOD PARK ALSAGER

BRING A PICNIC BLANKET AND JOIN US FOR LOTS OF FUN, INCLUDING GAMES, SNACKS, DRINKS, A WATER SLIDE, AND A FREE BBQ. EVERYONE WELCOME!

Organised by Christ Church, Wesley Place Church & Alsager Community Church.  
Contact us for more details - [Youth@Christchurchalsager.uk](mailto:Youth@Christchurchalsager.uk)



**SKILLS FOR LIFE MULTIPLY**

## Forest fundamentals

Immerse yourself and your children in the natural world whilst mastering essential numeracy through hands on bushcraft and outdoor cookery.

Lunch included each session

Join our innovative FREE\* 4 week course designed for those who love the outdoors and seek to enhance their number skills in a practical, engaging, and adventurous setting.

This unique program combines the serenity of the forest with the excitement of survival skills and the satisfaction of creating and eating lunch outdoors.

Location: Reaseheath College  
Starting: Thursday, 8 August 2024  
Time: 10:00am – 13:00pm



Email [multiply.enquiries@reaseheath.ac.uk](mailto:multiply.enquiries@reaseheath.ac.uk) or visit [www.reaseheath.ac.uk/multiply](http://www.reaseheath.ac.uk/multiply) to book your spot!



\*Adults must be 19+, live in Cheshire East and currently be working below GCSE C/4 in maths. Maximum 2 children per adult for safety reasons.

Funded by UK Government | Springboard Skills to succeed | In association with Cheshire East Council | Delivered by Reaseheath College

# SMASH Care Community Hub's at the GP Practices

Our Hub Organisations attend our SMASH GP Practices each week.

Each week one Organisation attends:

**Alsager Primary Care Centre, Sandbach on a Thursday morning from 10am until 12pm.**

**Waters Edge Medical Centre, Middlewich on a Friday morning from 8am until 12pm.**

**At Green Moss Medical Centre, Scholar Green on a Tuesday morning from 10am until 12pm**

**At Cedars Medical Centre, Alsager on a Monday morning from 10am until 12pm.**



## SMASH Care Community Hub

Everyone is welcome to come along and meet our friendly organisations for support and information.



Join Us **EVERY TUESDAY FROM 10:00AM UNTIL 12:00PM**



**GREEN MOSS MEDICAL CENTRE  
PORTLAND DRIVE  
SCHOLAR GREEN  
STOKE-ON-TRENT  
ST7 3BT**

**NO NEED TO BOOK JUST TURN UP**

For more details or if you are an organisation wanting to attend please contact Rachel Grace:

[PA.SMASH@mcht.nhs.uk](mailto:PA.SMASH@mcht.nhs.uk)

<https://www.facebook.com/SMASHCareCommunity>



## SMASH Care Community Hub

Everyone is welcome to come along and meet our friendly organisations for advice and support



Join Us **EVERY THURSDAY FROM 10AM UNTIL 12PM**



**ASHFIELDS PRIMARY CARE CENTRE  
SANDBACH  
CW11 1EQ**

**NO NEED TO BOOK JUST TURN UP**

For more details or if you are an organisation wanting to attend please contact Rachel Grace:

[PA.SMASH@mcht.nhs.uk](mailto:PA.SMASH@mcht.nhs.uk)

• One organisation will be on hand each week.  
• The community hub brings organisations to support the local community. <https://www.facebook.com/SMASHCareCommunity>



## SMASH Care Community Hub

Everyone is welcome to come along and meet our friendly organisations for advice and support



Join Us **EVERY FRIDAY FROM 8:00AM UNTIL 12:00PM**



**WATERS EDGE MEDICAL CENTRE  
MIDDLEWICH  
CW10 9BH**

**NO NEED TO BOOK JUST TURN UP**

For more details or if you are an organisation wanting to attend please contact Rachel Grace:

[PA.SMASH@mcht.nhs.uk](mailto:PA.SMASH@mcht.nhs.uk)

• One organisation will be on hand each week.  
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# SMASH Community HUB Events

Our Hubs are a fantastic way of bringing organisations to the community, allowing the opportunity to offer support and advice to everyone. Some examples of organisations that attend our Hub include Citizens Advice, Age UK, Cheshire East Public Health, the Live Well Bus, Dementia Friends, Health Watch, Social Prescribers, Motherwell and many more. Our events are well promoted on our Community Facebook pages and shared within the Wider Care Community and Councils to increase awareness and promote the amazing support and services available.

In 2024 we are running Hub events at Sandbach Market, the next event is on 4th September from 10am until 12pm. We are also running a Haslington Health and Wellbeing event in collaboration with Haslington GP Practice on Wednesday 18th September from 1pm until 4pm



**SANDBACH MARKET HALL COMMUNITY HUB**

Everyone is welcome to come along and meet our friendly organisations for advice and support

**NO NEED TO BOOK JUST TURN UP**

Join us on the following Wednesday's from 10am until 12pm

1st May 2024  
3rd July 2024  
4th September 2024  
6th November 2024

Contact Us  
[PA.SMASH@mcht.nhs.uk](mailto:PA.SMASH@mcht.nhs.uk)

## HASLINGTON HEALTH AND WELLBEING EVENT

Come along to our information event to find out about organisations that are here to support you, with your health and wellbeing. Everyone is welcome.

**WEDNESDAY 18TH SEPTEMBER**  
9AM UNTIL 1PM

**Location:**  
Yoxhall Village Hall, Crewe Road, Haslington, Crewe, CW1 5QZ

**ORGANISATIONS ATTENDING INCLUDE:**

- Ableworld
- Stroke UK
- Crewe Veterans
- Home First
- Carers Trust
- British Liver Trust
- Age UK
- Red Cross
- Public Health
- Dementia Reablement



For more information please contact [PA.SMASH@MCHT.NHS.UK](mailto:PA.SMASH@MCHT.NHS.UK)

# THANKYOU

Thank you for reading Our SMASH Community newsletter!

Please submit anything you would like to share in our Summer edition to Rachel Grace - [PA.SMASH@mcht.nhs.uk](mailto:PA.SMASH@mcht.nhs.uk) by Friday 6th December 2024