



Buddy and Befriending

Reducing loneliness in Cheshire



Stay Healthy and Warm This Winter



Winter is a time when we all need to take care of ourselves that little bit more...
Here are some resources to help!

Pharmacy First

The NHS Pharmacy First service is now live across Cheshire, offering walk-in consultations for seven common conditions—no GP appointment needed.

Conditions include sinusitis, sore throat, earache, insect bites, impetigo, shingles, and UTIs (women aged 16-64).

Visit your local pharmacy or check the NHS website to find participating locations.

Warm Welcome Spaces

Will you need company and a little warmth this winter?

Libraries, churches, and community centres across Cheshire West are opening their doors with free heated spaces, refreshments, and friendly company. Get in touch to learn about our own Warm Welcome Groups!

Flu & COVID-19 Vaccines

Free NHS flu vaccines are available from September 1 for eligible groups including pregnant women, children, adults 65+, and those in clinical risk categories. COVID-19 vaccines are offered to people aged 75+, care home residents, and those with weakened immune systems. Book via your GP, pharmacy, or NHS website.

GP Online Services

From October 1, 2025, all NHS GP practices in England offer online consultations from 8 a.m. to 6:30 p.m. Submit non-urgent requests, medication queries, and admin tasks during these hours. AI tools like Anima help to assess urgency, and pharmacy visits are logged in your NHS App.

CWP Living Well Bus

Offering free health checks and support, the Living Well Bus will be making its way across Cheshire from October. Services include immunisation advice, screenings, and lifestyle advice. Stay connected and take advantage of these services to stay well this winter!





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Staying Safe and Comfortable This Halloween and Bonfire Night



As the nights draw in and the air turns crisp, October and early November bring two of Britain's most colourful traditions, Halloween and Bonfire Night. For many, they're a time of laughter, fireworks, and community. But for others, especially those living alone or far from family, these noisy, lively celebrations can sometimes make the quiet at home feel even louder.

If that sounds familiar, you're not alone and there are gentle ways to stay safe, comfortable, and enjoy the season in your own way.

Halloween: A Night for Fun — and Feeling Secure

Halloween can be lovely to watch children in costumes, neighbours chatting at the door but it can also feel a bit unsettling if you're at home alone or simply not fond of the evening.

Here are a few ways to make it feel easier:

- If you'd rather not have visitors: It's perfectly fine not to take part. You can leave your porch light off or put up the poster attached saying 'SORRY, no trick or treaters'
- If you do want to join in: Only open the door if you feel safe. Keep your hallway light on, and perhaps have a small bowl of wrapped sweets ready so you don't need to leave the door open for long. Again, you can display the poster saying 'HELLO, trick or treaters welcome'
- Stay connected: If you're feeling nervous, let a neighbour or family member know you'll be in a quick phone call before or after the evening can be reassuring. If you have a volunteer that calls you, maybe ask them to call you too?





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Bonfire Night: Comfort for You and Your Pets



Fireworks can be beautiful to watch, but they can also be loud and startling, especially for pets or anyone sensitive to noise.

To make the evening easier:

- Close windows and curtains to muffle the sound and reduce bright flashes.
- Keep the TV or radio on — soft background sound helps distract both you and your pets.
- If you have an animal, make a cosy space for them to hide, with their favourite blanket or toy nearby.
- For yourself, perhaps treat it as a quiet night in: warm drink, favourite programme, and maybe a phone call with a friend or your volunteer while the fireworks go off outside.
- And remember, the displays usually don't last long — things are often much calmer after 9 or 10pm.

Whether you join in or not, you're in control. Halloween and Bonfire night should be about enjoyment, not anxiety or worry.





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You can let callers know beforehand by
downloading and displaying useful free
posters





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AWARD

WE'RE SO PROUD TO SHARE THAT OUR BUDDY & BEFRIENDING IN CHESHIRE TEAM RECEIVED THE FITNESS & WELLBEING AWARD FROM TARPORLEY WAR MEMORIAL HOSPITAL TRUST!
A HUGE WELL DONE TO EVERYONE INVOLVED, WE ARE SO GRATEFUL TO BE RECOGNISED FOR THIS FANTASTIC AWARD!





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Warm Welcome Group Update

It's hard to believe it's already been six weeks since we first opened the doors to our **Warm Welcome Group in Crewe!** The response has been amazing — so much so that we now have a waiting list. We quickly reached double figures in attendance and have been delighted to welcome six new friends over the past three weeks!

We have enjoyed some great conversations with plenty of hot drinks and kept busy with our optional activities including our group jigsaw! Our warm lunches seem to be welcomed in this autumn weather and we have enjoyed cottage pie, filled jacket potatoes, homemade soups and sausages with onions on fresh bread rolls!

This month we have seen a total of 114 people attend our Warm Welcome Group in Northwich, supported by over 80 hours of volunteer time. This is incredible and we really are thankful to our volunteers across the Buddy and Befriending Scheme.

We decided to get 'crafty' at our recent Warm Welcome Group in Winsford, by getting the paints out! We had fun with autumn leaf printing and turning conkers into cute hedgehogs! We still have spaces at this group, so please contact us if you know of anyone who would benefit from attending.





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OCTOBER



160 people attended one of our Warm Welcome Groups!



11 volunteers gave 108 hours of their time

160 hot meals were served

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7 people attended for the first time

Approximately 320 hot drinks were served





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Crafternoon Tea - funded by Cheshire West Voluntary Action -UKSPF

Our October Crafternoon Tea, kindly funded by the Cheshire West Voluntary Action UKSPF Fund, was another highlight of the month. Led by Sarah, we spent a lovely afternoon card-making, chatting, and enjoying the simple joy of good company. A big thank you to Lynne for treating us to one of her beautiful afternoon teas — they're always a treat!





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Upcoming Events



Buddy and Befriending

Warm Welcome Groups

The Warm Welcome Group will meet each week:

- **Every Monday** at The ReUse Warehouse in Crewe Victoria square
- **Every Wednesday** at Rudheath Social Club
- **Every Thursday** at The Winsford Community Hub

Crafternoon tea

Our next Crafternoon tea event will take place on the 25th November at The old School house on Manchester Road Northwich



Winsford Community Hub

Every Week

Did you know we have a tasty new Weekly Special every week at Winsford Community Hub? From delicious dishes to great offers

Vision Support Group

Visiting us once a month, this session will be on the 10th November.

Over 50s Roast Dinner

One of our most popular events continues, and our next session is 13th Nov



Global events

Throughout November

- 31st Oct - Halloween!
- 5th Nov - Bonfire Night
- 9th Nov - Remembrance Sunday
- 10th Nov to 14th Nov 2025 Anti Bullying Week
- 11th Nov - Remembrance Day
- 13th Nov - World Kindness Day
- 14th Nov - Children In Need
- 16th Nov to 27th Nov 2025 - road Safety Week



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Changing Lives together are always on the look out for keen volunteers.
If you would like to or know someone who would like to join our amazing team
please email us at Befriending@changing-lives-together.org.uk
<https://www.changing-lives-together.org.uk/buddy-and-befriending>
Together we can change even more lives!

Contact us

Meet the faces behind the Buddy and Befriending scheme!



Lead Coordinator
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Look out on our Website, Facebook and future newsletters for
our upcoming events

[Web Page](#)

[Facebook](#)