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Kind hearted care and support


Cheshire East
Council

Cheshire
East



NEWSLETTER



June - August 2025





CHESHIRE EAST ALL-AGED CARERS HUB

Commissioned by Cheshire East Council | Delivered by Making Space

The Cheshire East All-Aged Carers Hub provides dedicated, personalised support for both adult and young carers. Our aim is to ensure you receive information and assistance that's tailored to your individual needs, with a holistic approach that considers all aspects of your life and what matters most to you.

Support includes:

- Carers assessments
- One-to-one support
- Peer support groups
- Social activities and events
- Training opportunities relevant to your caring role
- Volunteering opportunities
- Referrals and signposting to trusted partner organisations

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

COFFEE & CHAT: JUNE - AUGUST 2025

- As part of our regular Coffee & Chat sessions, carers will have the opportunity to take part in Scams Awareness training on the following dates:
 - Tuesday 10 June – Sandbach
 - Thursday 10 July – Crewe
- Stephen Green from Dementia Reablement will be giving a talk on dementia at the Sandbach Coffee & Chat group at the library on Monday 8 July, from 10.30am - 12.30pm.
- Parent carers are welcome to attend any of the Coffee & Chat sessions listed in the table. However, we also recognise the value of creating spaces specifically for parent carers. A dedicated session has been incorporated with this in mind. Please note: these sessions are for adult parent carers only, as there are no childcare provisions in place.

Parent Carer Coffee and Chat dates:

- Congleton: The Pillar Room, St Stephen's Church - Friday 20 June, 12pm - 2pm
- Alsager: Alsager Library - Friday 18 July, 12pm – 2pm
- Knutsford: Jubilee Hall Knutsford - Friday 15 August, 12 – 2pm



COFFEE & CHAT SESSIONS...

ALSAGER	Alsager Library, Sandbach Road, North Alsager, ST7 2QH	Every third Tuesday of the month, 1pm – 3pm: 17 June, 15 July, 19 August
CONGLETON	Congleton Library, Market Square, Congleton, CW12 1ET	Every third Thursday of the month, 10.30am – 12.30pm: 19 June, 17 July, 21 August
CREWE	Wishing Well, Jubilee House, St Pauls Street, Crewe, CW1 2QA	Every second Thursday of the month, 1pm – 3pm: 12 June, 10 July, 14 August
HOLMES CHAPEL	St Lukes, 2 Macclesfield Road, Holmes Chapel, Crewe, CW4 7BS	Every fourth Friday of the month, 10.30am – 12.30pm: 27 June, 25 July, 22 August
KNUTSFORD	Curzon Cinema, Toft Road, Knutsford, WA16 0PE	Every third Thursday of the month, 10.45am – 12.45pm: 19 June, 17 July, 21 August
MACCLESFIELD	Space4Autism, 15-17 Mill Lane, Macclesfield, SK11 7NN	Every third Friday of the month, 12pm – 2pm: 20 June, 18 July, 15 August
MIDDLEWICH	Willowmere, East Road, Middlewich, CW10 9PY	Every second Thursday of the month, 10.30am – 12.30pm: 12 June, 10 July, 14 August
NANTWICH	Mill House, Queens Drive, Nantwich, CW5 5BX	Every fourth Wednesday of the month, 10.30am – 12.30pm: 25 June, 23 July, 27 August
POYNTON	Civic Hall, Off Park Lane, Poynton, SK12 1RB	Every fourth Tuesday of the month, 2pm – 4pm: 24 June, 29 July , 26 August Please note: the meeting will be held on the 5th Tuesday of the month instead of the 4th, due to planned works in the Civic Hall.
SANDBACH	Sandbach Library, The Common, Sandbach, CW11 1FJ	Every second Tuesday of the month, 10.30am - 12.30pm: 10 June, 8 July, 12 August
WILMSLOW	The Topiary, Wilmslow Garden Centre, Manchester Road, Wilmslow, SK9 2JN	Every third Friday of the month, 2pm – 4pm: 20 June, 18 July, 15 August



ACTIVITIES: JUNE - AUGUST 2025



Activity bookings will be open from 1 June 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.

ADULT AND PARENT CARER ACTIVITIES: JUNE - AUGUST 2025

Males Carers Breakfast Club

Wednesday 11 June 2025, 10 – 11.30am: Bulls Head, 30 Wilmslow Rd, Handforth, Wilmslow SK9 3EW

Are you a male carer looking for a relaxed environment to talk, share experiences, and connect with others who understand your role? Join our Breakfast Club – a welcoming space where you can chat, receive support, or simply enjoy some good company over your choice of breakfast and a hot drink. **Booking is essential.**

Sandbach Art Room, Afternoon Workshop

Wednesday 18 June, 1 – 3pm: 2 Bradwall Road, Sandbach, CW11 1GR

Looking for a creative, mindful, and social activity? Join us for a relaxed afternoon workshop designed to boost your wellbeing through creativity. No artistic experience is needed – the session is open to all ages, skills, and abilities. Just come along, get creative, and enjoy the moment! **Booking is essential.**

Tai Chi, Balls, Qigong and Sound Mediation

Thursday 3 July 2025, 2.30-3.30pm: Alsager Girl Guiding Hall. 2 Cedar Ave, Alsager, Stoke-on-Trent ST7 2PQ

Calling all carers looking for an activity that promotes exercise, peace, and calm – this session is for you. Enjoy a blend of gentle physical activity and mindfulness, designed to support both your body and mind. You'll also have the chance to connect with fellow carers and receive guidance from our trained professionals. **Booking is essential.**



ADULT AND PARENT CARER ACTIVITIES: JUNE - AUGUST 2025



Parent Carer Meeting

Wednesday 23 July, 10am – 12pm: Jubilee Hall Room, Stanley Road, Knutsford, WA16 0GP

Cheshire East Carers Hub is re-developing activities specifically for parent carers – and we want your input. We understand that being a parent to a child with additional needs can feel overwhelming. Balancing the roles of parent and carer is a long-term commitment that can often be exhausting. That's why we're committed to ensuring your wellbeing is also a priority.

We're inviting parent carers to come together with us to help shape future activities, ensuring they offer the right balance of support, relaxation, and time for yourself. Your lived experience makes you the expert, and your voice matters. There are lots of exciting opportunities ahead for 2025 – come along and help us make them happen. **Booking is preferable but not essential.**

Carer Voice Group

Thursday 24 July 2025, 10am – 12pm: Macclesfield Library, Jordangate, Macclesfield, Cheshire, SK10 1EE

At Cheshire East Carers Hub, carers are at the heart of everything we do. The Carer Voice Group is your opportunity to share feedback, shape services, and help build the support carers deserve. These sessions will bring together carers with a variety of skills, ideas, and lived experiences, encouraging collaborative thinking and creative solutions. Each meeting will focus on listening, problem-solving, and achieving shared goals.

Groups will meet four times a year, across different areas of Cheshire East to ensure local voices are heard. Let your experience guide positive change. You are the expert – have your voice heard and help us shape the future of carer support. **Booking is preferable but not essential.**

Parent Carers Activity – Fun4all Soft play centre

Wednesday 30 July, 11am – 1pm: Industrial Estate, 7-8 Queen's Ave, Macclesfield SK10 2BN

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 Parent Carer Advocate and offers a relaxed, welcoming environment for all. **Booking is essential.**

Green Spaces for Wellbeing - Allotment Session

Tuesday 5 August, 1pm – 3pm: Queens Park, West Lodge, Crewe

We're excited to announce that carers can now join our Green Spaces for Wellbeing Allotment Sessions, supported by one of our dedicated team members. Start your afternoon with a cuppa and a chat, then enjoy the great outdoors by helping to grow fruit and vegetables, tend to flowers, and care for a vibrant community space. It's a fantastic opportunity to unwind, socialise, and connect with nature. **Booking is essential. Please wear suitable clothing and footwear, and don't forget to bring a water bottle.**



ADULT AND PARENT CARER ACTIVITIES: JUNE - AUGUST 2025



Parent Carer Fun Day – Available to Parent Carers and Young Carers

Tuesday 19 August 9.45am - 2pm

Holmes Chapel Zoo, The Orchards, Farm Twemlow Ln, Holmes Chapel, Crewe CW4 8DS

Calling all parent carers and young carers – if you're looking to enjoy a fun day out as a family while connecting with others in similar roles, this event is for you! Join us for a Family Fun Day designed to offer relaxation, connection, and support in a positive and enjoyable setting. You'll also have the chance to access information and advice from our adult and young carers teams. The day includes:

- Admission to Holmes Chapel Zoo
- A private educational session and meet & greet with 5 different animals
- Picnic lunch and refreshments

Booking is essential. Please note that parent carers are responsible for supervising their child/children and young carers must attend with a parent or guardian.

CELEBRATE CARERS WEEK AT THE CARERS FAYRE!

CARERS WEEK: 9-15 JUNE 2025

You're invited to The Carers Fayre – a friendly marketplace event celebrating carers of all ages across Cheshire East.



Hosted by Cheshire East Carers Hub, the event will bring together local services offering support, information, and inspiration for unpaid carers. It's a fantastic opportunity to connect, learn and feel valued.

Our amazing young carers have been busy preparing for the day, with a special display board and powerful live poetry readings planned to help amplify the voices of young people with caring responsibilities.

Now, we'd love to hear from you!

There are lots of ways to get involved:

- Share your caring journey
- Submit a poem or song that reflects your experience
- Volunteer as a guest speaker on the day

Want to get involved?

Call us on 0300 303 0208 or email enquiries@cheshireeastcarershub.co.uk.

Let's come together to celebrate, support, and shine a light on the incredible carers across Cheshire East.



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CARERS WEEK FAYRE

Saturday 14 June | 11am-4pm

Sandbach Leisure Centre

Middlewich Road, Sandbach, CW11 1FH



All-Aged Carers Welcome!

Join us for a fun, informative and supportive day to celebrate Carers Week!

Our Carers Week Fayre brings together services from across Cheshire East to help carers of all ages access the advice, support, and information they need.

What's happening on the day:

- ✓ Marketplace of stalls from local services and organisations (children & adult)
- ✓ Interactive talks & displays from carers, including a Sing & Sign performance
- ✓ Soft play area for young carers and children
- ✓ Young Carer Workshop
- ✓ Tai Chi demonstration – join in!
- ✓ Free sandwiches, snacks, desserts & refreshments (served from 1pm)

Connect with services including:

- Family Hub ● Friends for Leisure ● Cheshire Independent Agents ● Time Out
- End of Life Partnership ● Always Active (Day Service) ● Stroke Survivors
- Dementia Friendly Sandbach ● Warrington and Cheshire Carers Trust
- Dementia Reablement ● and many more!

Whether you're a carer or a professional, come along to learn more about local support, and enjoy a positive and welcoming environment.

INFORMATION FOR YOUNG CARERS!!



Our Young Carer Service recognises the importance of regular support and respite for young carers. We offer a variety of engaging sessions that include cooking, crafting, gaming, peer support, and 1:1 support - designed to give young carers time to unwind and connect with others in similar roles.

Please note that booking is essential, and we've updated our process to make it easier and more reliable.

Online booking links are no longer in use as it was unable to confirm live availability and booking confirmation.

To book a session, please call or text: 0300 303 0208 / 07736 621 775

These sessions are available for young carers aged 5 to 18.

PEER SUPPORT SESSIONS:

All Age Young Carers Peer Support and Activity Group	CREWE: Wishing Well, 3 Chester Bridge, Crewe, CW2 7EF	Every first Wednesday of the month, 4.30 - 6.30pm: 4 June, 2 July, 6 August
Young Carers Peer Support and Activity Group (5 –11 years)	KNUTSFORD: Methodist Church, Princess Street, Knutsford, WA16 6BY	Tuesdays, 3.30 - 5pm 10 June, 17 June, 16 July, 22 July, 12 August 26 August
Young Carers Peer Support and Activity Group Primary Aged Young Carers (5-11 years)	MACCLESFIELD: Macclesfield Scouts HQ, 32 West Bond Street, SK11 8EQ	Thursdays, 3.30-5pm 19 June, 26 June, 10 July, 31 July, 7 August, 31 August
Young Carers Peer Support and Activity Group. Secondary Aged Young Carers (12-18 years)	KNUTSFORD: Methodist Church, Princess Street, Knutsford, WA16 6BY	Tuesdays, 5 - 6.30pm 10 June, 17 June, 15 July, 22 July, 12 August, 26 August





Young Carers Peer Support and Activity Group. Secondary Aged Young Carers (12-18 years)	MACCLESFIELD: Macclesfield Scouts HQ, 32 West Bond Street, SK11 8EQ	Thursdays, 5 - 6.30pm 19 June, 26 June, 10 July, 31 July, 7 August, 21 August
Primary Aged Young Carers Steering group	ONLINE Bringing young carers between the ages of 5 –11 together to share their ideas and thoughts to help shape the support for all young carers.	Wednesday 11 June, 4pm - 5pm
Secondary Aged Young Carers Steering group	ONLINE Bringing young carers between the ages of 12 –18 together to share their ideas and thoughts to help shape the support for all young carers.	Thursday 3 July, 4pm - 5pm

ACTIVITIES:

Gauntlet Birds of Prey Wild Day Adventure

Primary Aged Children (5-11) and Secondary aged children (12-18)

Tuesday 29 July, 12 – 4.00pm

Gauntlet Birds of Prey, Manchester Road, Knutsford, WA16 0SX

Join the Young Carers Team for a day full of fun and wild encounters! Start your adventure with a drink and snack before setting off on a mystery walk around an incredible eagle and vulture park. At 2pm, you'll meet some of the park's feathered and furry residents, followed by the main event - a thrilling bird flying display where you'll want to keep your head down as majestic birds soar above the arena! If you're lucky, you might even get to feed the goats and watch the playful meerkats. **Young carers bookings must be made by 1 July to guarantee a place.**

Houdini's Escape Room Experience

Secondary Aged Children (12-18)

Tuesday 5 August, 11am –1.30pm

Located within Tenpin, Phoenix Leisure Park, Dunwoody Way, Crewe, CW1 3AW

Calling all secondary aged young carers, if you enjoy brain-teasing, thrilling, challenging but fun and interactive activities, then this has your name on. Come and join others to help Escape from Alcatraz, where you will find that you have been framed for a crime that you did not commit! Will you be able to prove your innocence? Immerse yourself in puzzle games and solve the challenges to escape. If you manage to escape, you will then be able to enjoy a well-deserved lunch with your choice off a burger, cheeseburger, spicy bean burger with fries and a drink. **Young Carers places must be booked by the 1 of July to guarantee availability.**

Monumental Mapping Workshop - Tatton Park

Primary Aged Children (5-11)

Friday 8 August, 12 – 3.30pm

Tatton Park, Knutsford



Join us for a fun-filled, garden-based adventure at Tatton Park! Young carers will explore the award-winning gardens, discover natural beauty, and learn new skills through monument spotting and mapping techniques. During the session, each young carer will create a personalised map of their visit to take home, along with their very own certificate of achievement!

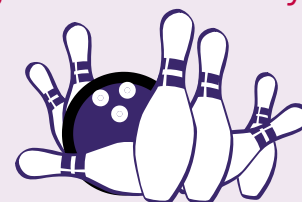
Transport will be provided for all young carers attending the activity. For those with access to their own transport, the designated drop-off and collection point is Monks Coppenhall Family Hub, Remer Street, Crewe, CW1 4LY. Drop-off is at 12:00pm and collection is at 3:30pm. Please ensure young carers are dropped off and picked up promptly to help us stay on schedule for the planned activities. **Young Carers places must be booked by the 1 of July to guarantee availability.**

Tenpin Bowling

Primary aged Children (5-11)

Monday 11 August, 12 - 2pm

Phoenix Leisure Park, Dunwoody Way, Crewe, CW1 3AW



If you're ready to have some fun and burn off some energy, join us for an exciting Tenpin Bowling activity! The atmosphere will be lively and fun-filled, with music playing throughout and plenty of opportunities to socialise and enjoy a bit of friendly competition. After the games, young carers can enjoy a delicious lunch with a choice of meals, including Beef Burger and Fries, Cheeseburger and Fries, Chicken Nuggets and Fries, or a Kids Veggie Burger and Fries. **Young Carers places must be booked by the 11 of July to guarantee availability.**

Lazer Tag and Lunch

Secondary aged children (12-18)

15 August, 11.45am - 1.30pm

Phoenix Leisure park, Dunwoody Way, Crewe, CW1 3AW

If you're a young carer who loves gaming and action, then this is the perfect activity for you! Join us for a fun and exciting team-based adventure where you'll use infrared-emitting gear to tag opponents, score points, and battle your way through obstacles to VICTORY. It's a great way to build teamwork, enjoy some friendly competition, and let off steam in a safe, energetic environment. **Young Carers places must be booked by the 15 of July to guarantee availability.**

Café Glaze Pottery

Primary aged children (5-11)

25 August, 11am – 2pm

Cafe Glaze, 9 Penda way, Sandbach, CW11 1GS



If you're a young carer who loves to get creative, this activity is perfect for you! Come along and choose from a wide range of pottery items to paint—from fun ornaments to useful keepsakes. Once you've finished decorating your piece, simply leave it on the table to dry. It will then be glazed and fired, ready for you to take home as a lasting memory of your creativity. **Young Carers places must be booked by the 11 of July to guarantee availability.**



UPDATES & INFORMATION



YOU SAID, WE DID

Carers Said...	Carers Hub Did...
There have been very few activities across Middlewich and Macclesfield.	A variety of support and activity sessions have been introduced to cover the different demographic areas across Cheshire East.
Feedback has highlighted the need for a more inclusive and varied range of activities and training to better meet the diverse needs of carers.	We have provided a diverse range of activities and training opportunities designed to meet the unique needs of adult carers, parent carers, and young carers.
Parent carers feedback suggested there have been very little training for them to access.	We have introduced a range of training opportunities for parent carers, including behaviour de-escalation training and specialist workshops. These sessions will continue to be delivered over the coming months.
The Dementia Information Sessions for Carers (DISC) training has been a valuable asset to carers in the Sandbach area, as no other service currently offers dementia-specific training in this locality.	As The Carers Hub supports all-aged carers providing care for individuals with physical and learning disabilities, mental health conditions, and diagnosed conditions, it is essential that we offer a broad range of training opportunities. In response to carer feedback, DISC training will be made available this quarter.
Co-production feedback from carers suggested it may be more beneficial to integrate the Carer Voice Group into existing peer support sessions across Cheshire East.	As the feedback was only captured on 24 April, it has not yet been fully reviewed or explored.



GP PRACTICE ATTENDANCE – ASHFIELD MEDICAL CENTRE

The Cheshire East Carers Hub will be attending Ashfield Medical Centre on 9 June, from 10am – 12pm, with an information stall.

Come along to find out more about the support available to carers and speak to a member of our team in person.



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 food bank 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 TRAINING

BOOKING OPTIONS 1 JUNE

JUNE - AUGUST 2025

Call 0300 303 0208 to book your place.



Wildlife Friendly Gardening Sessions (available to adult and parent carers)

This is a six-week programme and will commence on Tuesday 1 July
Victoria Park, Macclesfield, SK10 1GA

We're working with Green Spaces for Wellbeing to offer carers the chance to take part in Wildlife Friendly Gardening Sessions, supported by one of our dedicated team members. These sessions offer a chance to enjoy nature in a social setting, explore local wildlife, create habitats, survey species, and help build beautiful wildlife gardens, all while connecting with others.

Upcoming sessions:

Tuesdays from 10am–12pm on 8, 15, 22, 29 July and 5 August

Booking is essential.



Scam Awareness Training

Join us for a practical session on spotting, avoiding, and reporting scams—covering banking, business scams, and more to help keep you and others safe. **Booking is preferred but not essential.**

- Tuesday 10 June, 10.30am–12.30pm: Sandbach Library, The Commons, Sandbach, CW11 1FJ
- Thursday 10 July, 1–3pm: Wishing Well, Jubilee House, St Paul's Street, Crewe, CW1 2QA

Dementia Information Sessions for Carers Training (DISC)

Commencing Friday 11 July 2025: Sandbach Library, The Commons, Sandbach, CW11 1FJ

The DISC programme is a five-week course designed for carers and family members of people living with dementia. Each weekly session offers practical guidance and emotional support to help you feel more confident and better prepared in your caring role. What you'll gain from DISC:

- 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

If you care for someone with dementia, this programme is here to support you as well.

The sessions are on Fridays, 10am–12pm: 11 July, 18 July, 25 July, 1 August, 8 August

Booking is essential.

Parent Carer online workshops:

Understanding and Supporting Anxiety in Children

Wednesday 11 June, 11am-12pm

Gain a clear understanding of what anxiety is, how it can affect children, recognise the signs, and learn practical strategies to support your child effectively. **Booking is essential.**

Understanding Autism

Tuesday 15 July, 1-2pm

Build your understanding of Autism, explore different traits in children, and learn effective strategies to support an autistic child. **Booking is essential.**

Understanding ADHD

Thursday 14 August, 6-7pm

Gain insight into ADHD, recognise common traits, and explore practical strategies to support a child with ADHD. **Booking is essential.**



CONTACTING US

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



enquiries@cheshireeastcarershubs.co.uk



0300 303 0208



www.cheshireeastcarershubs.co.uk


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