


making space
Kind hearted care and support


Cheshire East
Council

Cheshire
East



NEWSLETTER

September - November 2025





COFFEE & CHAT SESSIONS: SEPT - NOV 2025

| | | |
|---------------|---|--|
| ALSAGER | Alsager Library, Sandbach Road, North Alsager, ST7 2QH | Every third Tuesday of the month, 1pm – 3pm: 16 Sept, 21 Oct, 18 Nov |
| CONGLETON | Congleton Library, Market Square, Congleton, CW12 1ET | Every third Thursday of the month, 10.30am – 12.30pm: 18 Sept, 16 Oct, 20 Nov |
| CREWE | Wishing Well, Jubilee House, St Pauls Street, Crewe, CW1 2QA | Every second Thursday of the month, 1pm – 3pm: 11 Sept, 9 Oct, 13 Nov |
| HOLMES CHAPEL | St Lukes, 2 Macclesfield Road, Holmes Chapel, Crewe, CW4 7BS | Every fourth Friday of the month, 10.30am – 12.30pm: 26 Sept, 24 Oct, 28 Nov |
| KNUTSFORD | Curzon Cinema, Toft Road, Knutsford, WA16 0PE | Every third Thursday of the month, 10.45am – 12.45pm: 18 Sept, 16 Oct, 20 Nov |
| MACCLESFIELD | Space4Autism, 15-17 Mill Lane, Macclesfield, SK11 7NN | Every third Friday of the month, 12pm – 2pm: 19 Sept, 17 Oct, 21 Nov |
| MIDDLEWICH | Willowmere, East Road, Middlewich, CW10 9PY | Every second Thursday of the month, 10.30am – 12.30pm: 11 Sept, 9 Oct, 13 Nov |
| NANTWICH | Mill House, Queens Drive, Nantwich, CW5 5BX | Every fourth Wednesday of the month, 10.30am – 12.30pm: 24 Sept, 22 Oct, 26 Nov |
| POYNTON | Civic Hall, Off Park Lane, Poynton, SK12 1RB | Every fourth Tuesday of the month, 2pm – 4pm: 23 Sept, 22 Oct, 25 Nov |
| SANDBACH | Sandbach Library, The Common, Sandbach, CW11 1FJ | Every second Tuesday of the month, 10.30am - 12.30pm: 9 Sept, 14 Oct, 11 Nov |
| WILMSLOW | The Topiary, Wilmslow Garden Centre, Manchester Road, Wilmslow, SK9 2JN | Every third Friday of the month, 2pm – 4pm: 19 Sept, 17 Oct, 21 Nov |



COFFEE & CHAT INFORMATION...

As part of the listed Coffee and Chat sessions, there will be an opportunity to join a talk and discussion on:

- Recycling
- How to reduce food waste - helping to save the planet and save money

Afterwards, Cheshire East Council will deliver a **craft session** demonstrating how to turn an old book into a paper hedgehog.

Dates and locations:

- Tuesday 9 September, 10.30am – 12.30pm, Sandbach
- Friday 24 October, 10.30am – 12.30pm, Holmes Chapel



Scam Awareness Training for Carers

Carers can also take part in Scam Awareness training on the following dates:

- Thursday 9 October, 10.30am – 12.30pm, Middlewich
- Tuesday 25 November, 2pm – 4pm, Poynton

Claim your FREE Will writing support

Making Space has partnered with professional Will-writing company Octopus Legacy to offer carers the chance to make a Will for free. We're covering costs up to £150 – so you can write a simple Will at no cost or get money off a Will with trust. Support is available online, over the phone or in person with a Will-writing expert or solicitor.

This September, we're also running short talks with a fun quiz (and prize!) plus time for questions:

- Thursday 11 September, 1 – 2pm, Crewe
- Thursday 18 September, 10.30 – 11.30am, Congleton
- Tuesday 23 September, 2 – 3pm, Poynton

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:

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| ALSAGER | Chatwins Cafe, 11 Lawton Road CW2 7EA | Thursday 11 September 10am – 12 midday |
| CREWE | Minshull's Garden Centre Cafe, CW1 4RQ | Thursday 9 October 10am – 12 midday |
| MACCLESFIELD | The Society rooms, Park Green SK11 7NA | Thursday 13 November 10am – 12 midday |

ACTIVITIES: SEPTEMBER - NOVEMBER 2025



Activity bookings will be open from 1 September 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:

Tai Chi Balls, Qigong and Sound Meditation

Friday 12 September, 10.30am – 11.30am: Sandbach Library, The Commons, Sandbach, Cheshire, CW11 1FJ

Calling all carers looking for an activity that offers exercise, peace, and calmness - this is for you. You'll engage in both physical and mindfulness exercises, promoting relaxation, wellbeing, and peer support from other carers and our trained professionals. **Booking is essential.**

Male Carers Breakfast Club

Wednesday 1 October 2025, 10am – 11.30am: Wetherspoons, The George Inn, 39 High Street, Sandbach, Cheshire, CW11 1AL

For male carers seeking an environment to talk, relax, and feel connected to others in a similar role. Discuss your experiences, receive support, or simply enjoy a chat alongside your choice of breakfast and a beverage. **Booking is essential.**

Parent Carer Meeting

Wednesday 15 October, 10am – 12 midday: Online (booking required to receive link)

Cheshire East Carers Hub is re-developing parent carer activities and values your input. We recognise the challenges of balancing the roles of parent and carer, and we want to ensure your wellbeing is a priority.

Come together to help shape future activities that promote access to breaks, relaxation, and support - time for you as well as your caring role. Your lived experience makes you the expert, and your voice matters. **Booking is essential.**



ADULT AND PARENT CARER ACTIVITIES:



Green Spaces for Wellbeing – Allotment Session

Thursday 16 October, 1pm – 3pm: Victoria Park, Macclesfield, Depot Gardening Area

Join our team and Green Spaces for Wellbeing for a relaxing allotment session. Start the afternoon with a cuppa and a chat, then enjoy nature while planting vegetables and fruit, tending flowers, and helping maintain the community space. Please wear suitable clothing and footwear; bringing a water bottle is also advisable. **Booking is essential.**

Parent Carer Event – Family Deer Workshop

Tuesday 28 October, 1pm: Tatton Park, Knutsford, WA16 6QN

Join Tatton Park's knowledgeable Education Team for a fun, family-friendly session exploring the history and significance of the park's deer herd. Activities include:

- Handling real antlers and pelts
- A deer-tracking walk
- Craft activity
- Observing deer from a safe distance with specialist binoculars (children's binoculars provided; adults encouraged to bring their own)

Each child will receive a Parkland Explorer handbook filled with outdoor activities and quizzes.

Booking is essential — places must be booked by 30 September to guarantee tickets.

Lyceum Theatre – Big Night of Musicals

Sunday 2 November, 7.30pm – finish: Lyceum Theatre, Heath Street, Crewe, CW1 2DA

Enjoy a night of song, dance, and show-stopping numbers from favourite musicals. This uplifting event supports the Alzheimer's Society and promises an unforgettable evening of fun and feel-good entertainment. **Booking is essential — places must be booked by 30 September to guarantee tickets.**

Carers Voice Group

Thursday 6 November, 10am – 12 midday: Online (booking required to receive link)

Cheshire East Carers Hub is committed to ensuring carers are at the heart of our service, with opportunities to share feedback and ideas to shape the support carers deserve.

These groups promote collaborative thinking, drawing on the skills, ideas, and lived experiences of carers to develop solutions and achieve shared goals. Meetings take place four times a year, split by geographical area to ensure diversity and local relevance. **Booking is essential.**



CARER TRAINING

BOOKING OPTIONS 1 SEPTEMBER

SEPTEMBER - NOVEMBER 2025

Call 0300 303 0208 to book your place.



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.**

- Thursday 9 October, 10.30am – 12.30pm, Willowmere, East Road, Middlewich, Cheshire CW10 9PY
- Tuesday 25 November, 2pm – 4pm, Civic Hall, Off Park Lane, Poynton SK12 1RB

Dementia Information Sessions for Carers Training (DISC)

Commencing November 2025 – 10am to 12pm, weekly for 5 weeks
Sandbach Library, The Commons, Sandbach, CW11 1FJ

Booking is essential. Please contact us for more details or to be added to the training list.

DISC is for carers and family members of people living with dementia. This five-week programme aims to:

- Improve your knowledge about dementia
- Increase your confidence as a carer
- Provide practical information and advice about local services
- Support you and the person you care for in planning for the future
- Help prepare for hospital visits, stays, and discharges
- Get the most from your GP surgery
- Improve home safety for the person you care for
- Support your own wellbeing
- Help you and the person you care for live well with dementia



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.

These sessions are available for young carers aged 5 to 18 - booking opens 1 September.

Important booking information:

Booking is essential. We have updated the way young carers are booked onto peer sessions and activities:

- **Previously:** Bookings were made via an online link. However, this did not update in real-time and could not confirm live availability or booking confirmation.
- **Now:** All bookings should be made by telephone or text message: 0300 303 0208 / 07866 821 609

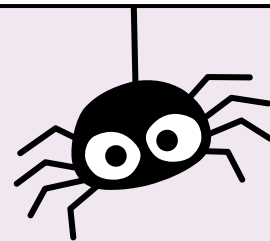
PEER SUPPORT SESSIONS:

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| 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: 3 Sept 1 Oct, 5 Nov |
| Young Carers Peer Support and Activity Group (5 –11 years) | KNUTSFORD: Methodist Church, Princess Street, Knutsford, WA16 6BY | Tuesdays, 3.30 - 5pm 9 Sept, 23 Sept, 14 Oct, 28 Oct, 11 Nov, 25 Nov |
| 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 4 Sept, 18 Sept, 9 Oct, 23 Oct, 6 Nov, 26 Nov |
| 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 9 Sept, 23 Sept, 14 Oct, 28 Oct, 11 Nov, 25 Nov |



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| 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 4 Sept, 18 Sept, 9 Oct, 23 Oct, 6 Nov, 26 Nov |
| 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. | Monday 13 October 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. | Monday 20 October 4pm - 5pm |

HALLOWEEN ACTIVITIES:



Tegg's Nose Country Park Halloween Trail

Primary Aged Children (5-11)

Wednesday 29 October, 10am – 1pm

The Nose Coffee, Tegg's Nose Visitor Centre, Tegg's Nose Country Park, Buxton Old Road, Macclesfield, SK11 0AP

Calling all young carers - join our team and other young carers on a fun-filled Halloween trail to search for hidden spooky characters.

Booking deadline: Places must be booked by 30 September to guarantee availability.

Halloween at Quarry Bank

Secondary Aged Children (12-18)

Monday 27 October 2025, 4.30pm – 7pm

Quarry Bank, Wilmslow, SK9 4HPW

Calling all young carers - step into a spine-tingling night of thrills, chills, and glowing surprises. As twilight falls over the historic Quarry Bank Mill, the shadows grow deeper...and the haunting begins. Wander through flickering paths and swirling fog, where glowing Demon Eyes stare and Giant Skeletons loom over twisted trees.

Then, venture inside the eerie Mill itself - a creaking, clanking, shadow-filled space where nothing is quite as it seems. During this activity, you will experience:

- Glowing fire spheres dancing in the dark
- A mesmerising laser garden lighting your path
- A thrilling fire show by daring performers
- ...and other surprises waiting in the shadows

Booking deadline: Places must be booked by 30 September to guarantee availability.



BOO!

UPDATES & INFORMATION



YOU SAID, WE DID

| Carers Said... | Carers Hub Did... |
|---|---|
| Carers have told us that DISC (Dementia Information Sessions for Carers) is a much-needed training opportunity that had previously been missed. | DISC training was featured in our June - August newsletter and will be available for carers to access again in this newsletter. |
| Feedback from the Carers Hub 2024 Questionnaire and Have Your Say highlighted that carers would benefit from more physical and outdoor activity opportunities. | We have introduced a range of activities to meet these needs, including Tai Chi Balls, Qigong and Sound Meditation, and a Green Spaces for Wellbeing Allotment Session. These sessions are available for carers to access in this newsletter. |
| Feedback from young carers has shown they would like more fun, exciting, and varied activities to attend. | Between June and August, The Carers Hub offered a range of activities for young carers, from Monumental Mapping to Gauntlet Birds of Prey. Feedback from young carers included: "I forgot how much fun it was to come to young carers." and "This has been amazing - can't wait to come again!" |
| Carers have expressed that they are the experts in knowledge and awareness when it comes to shaping the delivery of carer support. | In January, The Carers Hub reintroduced the Carers Voice Group, Parent Carer Meeting, and Young Carer Steering Group. These groups are available for carers to access in this newsletter. |
| During co-production, carer feedback suggested it may be more beneficial to incorporate the Carers Voice Group into regular peer support sessions across Cheshire East. | In response, The Carers Hub has introduced an online platform for carers to attend the Carers Voice Group and Parent Carer Meeting. We hope this will make it easier for carers across Cheshire East to take part, share their expertise, and help shape the delivery of Carers Hub support and services. |



CALLING ALL CARERS – CARERS RIGHTS DAY

We have an exciting programme of activities, training, and events planned. Our young carers have been busy developing the voices of young people and designing Christmas cards for our upcoming Christmas Card Competition.



For Carers Rights Day, we'd love your input! You can get involved by:

- Adding your own piece of work to our display board
- Suggesting ideas for what would be useful on the day
- Volunteering at the event

To take part, contact us on 0300 303 0208 or email enquiries@cheshireeastcarershub.co.uk

STAFF AWARD NOMINATION

We are delighted to announce that Lynn Dewar, from our Adult Carer Support Team, was nominated for a Diversity and Inclusion Award in the Making Space Colleague Awards 2025.

This award recognises a strong commitment to diversity by valuing everybody and appreciating the importance that differences bring to our teams and services. Nominees create a safe and inclusive environment that fosters a positive experience through respect, openness, and honesty.

Nominations were open to all staff across Making Space, and we are pleased to share that Lynn was shortlisted to the final three candidates and reached the interview stage. Although Lynn will be on annual leave during the award ceremony and has chosen not to continue with the final stages, this is still a fantastic achievement for Lynn and for The Carers Hub team.

Huge congratulations to Lynn on this well-deserved recognition.

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 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.



CHESHIRE EAST ALL-AGED CARERS HUB

Commissioned by Cheshire East Council | Delivered by Making Space

Providing tailored information and support for adult and young carers, offering personalised, holistic help that considers all areas of your life and what matters most to you. Support 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



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

