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Kind hearted care and support

  
Cheshire East  
Council

Cheshire  
East



# NEWSLETTER

December - February 2026





# COFFEE & CHAT SESSIONS: DEC - FEB 2026

ALSAGER	Alsager Library, Sandbach Road, North Alsager, ST7 2QH	Every third Tuesday of the month, 1pm – 3pm: 16 Dec, 13 Jan, 17 Feb
CONGLETON	Congleton Library, Market Square, Congleton, CW12 1ET	Every third Thursday of the month, 10.30am – 12.30pm: 18 Dec, 15 Jan, 19 Feb
CREWE	Wishing Well, Jubilee House, St Pauls Street, Crewe, CW1 2QA	Every second Thursday of the month, 1pm – 3pm: 11 Dec, 8 Jan, 12 Dec
HOLMES CHAPEL	St Lukes, 2 Macclesfield Road, Holmes Chapel, Crewe, CW4 7BS	Every fourth Friday of the month, 10.30am – 12.30pm: 16 Dec, 23 Jan, 20 Feb
KNUTSFORD	Curzon Cinema, Toft Road, Knutsford, WA16 0PE	Every third Thursday of the month, 10.45am – 12.45pm: 18 Dec, 15 Jan, 26 Feb
MACCLESFIELD	Space4Autism, 15-17 Mill Lane, Macclesfield, SK11 7NN	Every third Friday of the month, 12pm – 2pm: 19 Dec, 16 Jan, 20 Feb
MIDDLEWICH	Willowmere, East Road, Middlewich, CW10 9PY	Every second Thursday of the month, 10.30am – 12.30pm: 11 Dec, 8 Jan, 12 Feb
NANTWICH	Mill House, Queens Drive, Nantwich, CW5 5BX	Every fourth Wednesday of the month, 10.30am – 12.30pm: 17 Dec, 28 Jan, 25 Feb
POYNTON	Civic Hall, Off Park Lane, Poynton, SK12 1RB	Every fourth Tuesday of the month, 2pm – 4pm: 23 Dec, 27 Jan, 24 Feb
SANDBACH	Sandbach Library, The Common, Sandbach, CW11 1FJ	Every second Tuesday of the month, 10.30am - 12.30pm: 9 Dec, 13 Jan, 10 Feb
WILMSLOW	The Topiary, Wilmslow Garden Centre, Manchester Road, Wilmslow, SK9 2JN	Every third Friday of the month, 2pm – 4pm: 19 Dec, 16 Jan, 20 Feb



# COFFEE & CHAT INFORMATION...

## Scam Awareness Training for Carers

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

- Friday 20 February, 10.30am - 12.30pm at Holmes Chapel
- Wednesday 25 February, 10.30am - 12.30pm at Nantwich

## 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:

CREWE	Minshull's Garden Centre Cafe, CW1 4RQ	Thursday 11 December, 10am - 12 midday Thursday 12 February, 10am - 12 midday
MACCLESFIELD	Costa Coffee at Lyme Green Retail Park, Macclesfield, SK11 0TA	Thursday 8 January, 10am - 12 midday

# ACTIVITIES: DECEMBER - JANUARY 2026



**Activity bookings will be open from 1 December 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.**

## PARENT CARER ACTIVITIES:

### Enchanted Winter Walk

**Monday 22 December: Styal Road, Styal, Wilmslow, SK9 4HP**

The meeting time is 5.40pm and the walk starts at 5.50pm. Meet at the entrance of Quarry Bank Mill.

Come and join us for a walk through the festive lighting and illuminated walkways, wandering through the Upper Garden on the Enchanted Winter Walk. Keep an eye out for Mrs Claus preparing the sleigh for Christmas Eve, and little ones don't forget to pick up your reindeer food ready for the big day. Adults are provided with a hot drink, and children will be able to collect some reindeer food and enjoy a child's size hot drink.

Please note this event does include some flashing lights. **Booking is essential.**

### Superbowl UK

**Monday 16 February, 12 midday: Lyme Green Business Park, London Road, Lyme Green, Macclesfield, SK11 0TB**

Calling parent carers, looking for an activity to join that will bring you and your child together with other parent carers. Come along for a fun packed bowling session! Whether you're aiming for a strike or happy with a gutter ball, it is all about relaxing, connecting and enjoying time with others who understand the ups and downs of caring. **Booking is essential.**

### Parent Carer Meeting (via video call)

**Thursday 5 February, 10am – 12 midday: Online (booking required to receive link)**

Our services recognise that being a parent to a child with additional needs can feel overwhelming and how vital it is that parent carers are able to access support. Support not only for children but also for themselves, as this can often feel like a balance between being a parent and a carer. The role of a parent carer is a long-term commitment, and at times challenging and exhausting. Our service wants to ensure that parent carers' wellbeing is also a priority and are able to maintain a balance in all areas of lived experiences.

Our service would like parent carers to come together with the service to help shape delivery of activities, to promote parent carers access to breaks, relaxation and support that is important to you, ensuring that you also have that time to look after yourself. There are lots of exciting opportunities and events to work together towards achieving in 2025. As parent carers, you live through experiences and are the experts. Have your voice heard and come along!

# ADULT CARER ACTIVITIES:



## Male Carers Breakfast Club

**Tuesday 1 February, 10am – 11.30am: Wetherspoons, The George Inn, 39 High Street, Sandbach, Cheshire, CW11 1AL**

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 Breakfast Club. You will be able to discuss experiences of your caring role, receive support or simply have a chat along with your choice of breakfast and beverage. **Booking is essential.**

## Thai Chi Balls, Qigong and Sound Meditation

**Tuesday 3 February, 11am - 12 midday: Crewe YMCA, 189 Gresty Road, Crewe, CW2 6EL**

Calling out to all carers who are looking to participate in an activity that provides exercise, peace and calmness, this is the activity for you. Providing not only the opportunity to engage in physical and mindfulness exercises but also promoting peer support from other carers and our trained professionals. **Booking is essential.**

## Lyceum Theatre – The Music of Bob Marley

**Thursday 26 February, 7.30pm – finish: Lyceum Theatre, Heath Street, Crewe, CW1 2DA**

Are you looking to participate in an activity that provides exercise, fun and a feel-good vibes? Come join us to celebrate the legend, Bob Marley. The evening will bring you an unforgettable evening of songs like Is this Love, One Love, No Woman No Cry, Three Little Bids, Jammin and many more. Have your dancing shoes on ready and immerse yourself in a spectacular 2-hour showcase which will capture the charisma and culture of the one and only icon. **Booking is essential — places must be booked by 30 January to guarantee tickets. Tickets are subject to availability.**

## Green Spaces for Wellbeing, Allotment Session

**Tuesday 10 February, 1pm - 3pm: Queens Park, Crewe, Depot Gardening Area**

As a team we have made links with Green Spaces for Wellbeing and are excited to announce carers are able to access and attend Green Spaces for Wellbeing Allotment Sessions and will be joined by one of our dedicated team members. If you would like to start your afternoon with a cuppa and a natter, enjoy nature and participate in growing a range of vegetable and fruit or even help with flowering and the community space then this activity is for you, come along and join us for the opportunity to unwind, socialise and discover nature. **Booking is essential. Please be aware that suitable clothing and footwear is essential, a water bottle is also advisable.**



## Carer Voice Group (via video call)

Thursday 5 February, 10am – 12 midday: Online (booking required to receive link)

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. 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 will take place four times a year and be split into geographical areas of Cheshire East to ensure diversity and cover local and relevant information and feedback.

There are lots of exciting opportunities and events to work together towards achieving in 2025. As carers live through experiences, you are an expert. Have your voice heard and come along!

## FOR PARENT AND ADULT CARERS:



### Carers Come Together Christmas Celebration

Wednesday 10 December, 10.30am - 2.30pm: Middlewich Community Centre, St Annes Walk, Middlewich, CW10 9BE

Make it a December to remember! This festive season, we want to say a heartfelt thank you to carers across Cheshire East and will be holding a Christmas celebration that brings carers together to enjoy the festive season. Carers are invited to join us and capture the magic of Christmas. So, why not come along to our special event dedicated entirely to carers. Step away from your caring responsibilities if only for a few hours and enjoy some well-deserved festive cheer.

You are invited to join us for a relaxing festive day, to celebrate all you do. Enjoy some festive arts and crafts, a warm meal and plenty of Christmas cheer. B



# CARER TRAINING

## BOOKING OPTIONS 1 DECEMBER

DECEMBER - FEBRUARY 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.**

- Friday 20 February: St Lukes, Parkway, Holmes Chaptel, CW4 7BA
- Wednesday 25 February, Mill House, Queens Drive, Nantwich, CW5 5BX

### Dementia Information Sessions for Carers Training (DISC)

Commencing 27 February: 10.30am - 12.30pm, 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 December.

## 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:

All Age Young Carers Peer Support and Activity Group	<b>CREWE:</b> Wishing Well, 3 Chester Bridge, Crewe, CW2 7EF	Every first Wednesday of the month, 4.30 - 6.30pm 3 December
Young Carers Peer Support and Activity Group (5 –11 years)	<b>KNUTSFORD:</b> Methodist Church, Princess Street, Knutsford, WA16 6BY	Tuesdays 3.30 - 5pm 9 December
Young Carers Peer Support and Activity Group Primary Aged Young Carers (5-11 years)	<b>MACCLESFIELD:</b> Macclesfield Scouts HQ, 32 West Bond Street, SK11 8EQ	Thursdays 3.30 - 5pm 11 December, 18 December
Young Carers Peer Support and Activity Group (5-11 years)	<b>ALSAGER:</b> Alsager Community Church, 5 Lawton Road, Alsager, Stoke-on-Trent, ST7 2AA	Tuesdays 3.30 - 5pm 2 December, 16 December
Young Carers Peer Support and Activity Group. Secondary Aged Young Carers (12-18 years)	<b>KNUTSFORD:</b> Methodist Church, Princess Street, Knutsford, WA16 6BY	Tuesdays 5 - 6.30pm 9 December, 23 December
Young Carers Peer Support and Activity Group. Secondary Aged Young Carers (12-18 years)	<b>MACCLESFIELD:</b> Macclesfield Scouts HQ, 32 West Bond Street, SK11 8EQ	Thursdays 6.30pm 11 December, 16 December
Young Carers Peer Support and Activity Group (12-18 years)	<b>ALSAGER:</b> Alsager Community Church, 5 Lawton Road, Alsager, Stoke-on-Trent, ST7 2AA	Tuesdays 5 - 6.30pm 2 December, 16 December

# YOUNG CARER ACTIVITIES:

The young carer activities are facilitated by the Hub, and young carers support workers, to enable you to meet other young carers and take a break from your caring role.

## Yuletide, A Glittering Winter Adventure at Tatton Park

Age group: 12 - 18

Tuesday 23 December, 3.30 - 5.30pm

Warm up around the fire at the Yuletide Gathering and let enchanting stories and music take you to lands anew. Embark on the Glittering Trail where folklore comes to life, and magical stories unfold before your eyes!

Parents will be required to drop their children off at the latest by 3pm, for prompt admission to the activity. For young carers requiring transport please discuss this with one of the team members at the point of booking your young carers' place.

Booking is essential and subject to availability.



## Breakfast with Santa

Age group: 5 - 11

Saturday 20 December, 9.30am

Hungry Horse, Four Eagles, Crewe

This December, Santa's swapping his sleigh for your local Hungry Horse pub! Bring the kids for a magical morning of festive food, games, and a special visit from Father Christmas. Every child gets a delicious breakfast, a drink, and a special gift from Santa. Whether they've been naughty or nice (we won't tell), it's the perfect way to kick off Christmas together.

Spaces sell fast, so don't get left out in the cold. Book your spot before Santa heads back to the North Pole! Tickets are subject to availability.



# UPDATES & INFORMATION



## YOU SAID, WE DID

Carers Said...	Carers Hub Did...
<p><b>Carers voiced that DISC (Dementia Information Sessions for Carers) was a missed and much needed training opportunity for carers.</b></p>	<p>Carers Hub incorporated DISC training sessions for carers to access in November; this has been well received. DISC training is available for carers to access additional courses running in February.</p>
<p><b>Feedback from carers identified carers would benefit from more physical and diverse activities.</b></p>	<p>We have made provisions for a range of activities to meet these needs, inclusive of Thai Chi Balls, Qigong and Sound Meditation and Green Spaces for Wellbeing. Allotment Session. In November carers were able to attend the theatre as a chosen activity. This was well received and includes the opportunity for carers to attend the theatre in February 2026.</p>
<p><b>Feedback from young carers has been that they would like to see fun, exciting and different activities for them to attend.</b></p>	<p>The Carers Hub has carried this forward for this quarter's activities, and young carers have the opportunity to attend a variety of peer group sessions and or Breakfast with Santa and A Glittering Wonderland Adventure.</p>
<p><b>Carers have voiced that they are the experts of knowledge and awareness to shape delivery in carer support.</b></p>	<p>The Carers Hub continues to implement Carers Voice Group, Parent Carer Meetings and Young Carer Steering groups. These provide an opportunity for all-aged carers to attend, to provide feedback, share knowledge and awareness and shape delivery of carer support.</p>



## MAKING SPACE CHRISTMAS CARDS

The last few months have been an exciting time for our young carers. Since September they have been hard at work designing Christmas cards for a competition, where the winning designs would be professionally printed and sold as the official Making Space Christmas cards for 2025!

We are pleased to announce that two of our young carers' Christmas card designs were selected, and these are now available to purchase! Please contact the service for more information.

To recognise the tremendously exquisite sentimental designs, our winners Seamus (11) and Macy (15) were awarded with a £50 Amazon voucher each.

## 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 [makin.space.co.uk/volunteering](https://makin.space.co.uk/volunteering) to learn more and apply. Or contact us directly on 0300 303 0208 or email [enquiries@cheshireeastcarershub.co.uk](mailto: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](https://midcheshire.foodbank.org.uk/give-help/donate-money).

# Shaping the future of adult carers support in Cheshire East

At Cheshire East Council, we are on an exciting journey to shape how we provide support services for carers, with carers. We want to hear more about your experiences as a carer and what is most important to you.

We would love to hear from you if you are 18 years of age or older and provide care/support, unpaid, to a family member or friend who lives in Cheshire East.

We understand that people's circumstances can change. If you no longer provide care for a loved one, but you were caring for someone in the past we would still love to hear from you, your experiences as a carer are still incredibly valuable to us.

We would be grateful if you could take the time to complete a short questionnaire.

Follow the link

<https://surveys.cheshireeast.gov.uk/s/CarersSupportCE/>

Or you can use the QR code



The closing date for the survey is Sunday 14<sup>th</sup> December 2025.

# 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](mailto:enquiries@cheshireeastcarershub.co.uk)



0300 303 0208



[www.cheshireeastcarershub.co.uk](http://www.cheshireeastcarershub.co.uk)

The logo for Making Space, featuring two overlapping hearts, one red and one blue, above the text 'making space' in a lowercase, sans-serif font. Below the text is the tagline 'Kind hearted care and support' in a smaller, lowercase, sans-serif font.

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