

New volunteer group flourishes during the pandemic.

Nantwich Buddies help over 160 local households during lockdown

At the beginning of lockdown many organisations in Nantwich found themselves closed or unable to operate. RedShift Radio was one of those to suffer, plans and preparations for an April relaunch as a community podcast network had to be put on hold.

To keep the RedShift team busy they decided to make good use of their strong community network, and swung into action by setting up a volunteer support group to help households that needed to isolate.

Initially, the first 40 volunteers came from their immediate network of family and friends and The Nantwich Buddies was formed. After a few days they began working with [Cheshire East's People Helping People](#) team who received calls from the general public asking for help mainly with shopping and prescription collection. To date the Nantwich Buddies have supported over 160 households in Nantwich and Acton and at the peak had over 60 people volunteering each week.



For many, life is returning to a "new normal", but the Buddies are still supporting around 60 households. They are finding that new volunteer roles are being requested of them and volunteer coordinators Liz Parkin & Kedren Elliott are currently preparing rota's to help at Church View Pharmacy with temperate checks.

Another activity now underway is the Street Ambassador Scheme to help visitors navigate their way around Nantwich. Sporting pink high-vis vests, kindly sponsored by Nantwich Food Festival, you'll see the Street Ambassadors in town every Saturday and, as the team grows, hopefully weekdays also.

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If you would like to contribute to future editions of the Cheshire East Community Newsletter.

Contact: Deb Lindop

Community Development Officer

deb.lindop@cheshireeast.gov.uk

Business Sponsorship opportunities are also available

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John Coulter, director of the Nantwich Food Festival said: "We've been so disappointed that we've had to cancel the Food Festival this year. Our event is a great showcase for local food producers, something I'm very passionate about and it brings a lot of visitors to our town."

When I heard about Nantwich Buddies I wanted to get involved and help the community in a different way and knew they were looking for sponsors. There is so much going on in our little town to support residents and the work that Nantwich Buddies has been doing is fantastic. Myself and the other festival director are proud to be able to help."

Liz Parkin founder of RedShift and the Buddies scheme commented "We've all been impacted by the pandemic and many people are feeling stressed, anxious and very isolated. I am delighted with how the Buddies, from all walks of life, have stepped up and supported their community."

"We are here for our town, for anyone in our community that needs us. We can help with shopping, dog walking, basic gardening jobs, befriending, prescription collection, whatever people or organisations need help within Nantwich - just ask!"

Plans are underway to launch a Virtual Volunteer Conference in late-September. This will be a series of online pre-recorded and live zoom workshops for anyone in Nantwich to take part in. Already confirmed we have workshops such as Becoming a Dementia Friend, Mental Health First Aid, Basic Sign Language and Listening Skills.



You can sign up and find out more about Nantwich Buddies and the Virtual Volunteer Conference on www.nantwichbuddies.org
Find us on facebook, or call 01270 440 750 and leave a message for the Buddies coordinators to get back to you.



Come and join us

www.nantwichbuddies.org

The Virtual Volunteer Expo launches on Monday 21 September at 7.30pm.

Volunteers from across Cheshire & beyond are invited to take part in any or all of the workshops over the subsequent weeks.

Kicking off the Expo, we have:

7.45pm - Get the best from Zoom with Merryn Myatt from Perris-Myatt Training: a short presentation with hints and tips to help the novice and experienced Zoomer present themselves well in a virtual world.

8.00pm - Introduction to British Sign Language with Jo Grubb from JG Creative: An interactive, live session where Jo will teach us some basic sign language (including the word that is spelt out on the workshop graphic) to help us communicate more effectively with clients with hearing impairment.

We finish off the session by inviting you to listen to our mindfulness audio by Nigel Keegan from Right Minds Clinical Hypnotherapy who will help to put you into a nice state of relaxation before bed.

Tuesday 22 September

7.30pm - Become a Dementia Friend with Ben Selby from Right at Home South Cheshire

8.10pm - Improve your listening skills with Jan Ferguson, Humanist Celebrant

8:30pm - Make your own facemask

To book a place please visit

www.nantwichbuddies.org/volunteerexpo

THE FIRST STEP IS A FEW STEPS.



New moves. New foods.
New habits. We've got ideas
to get you started today.
Get help and support at
[nhs.uk/BetterHealth](https://www.nhs.uk/BetterHealth)

Public Health England has launched a major new adult health campaign to seize the opportunity for a national reset moment.

Better Health will help capture the imagination of the nation, using this unique moment in time to help kick start our health to eat better and get active. COVID-19 has affected the whole country; for almost everyone, life has had to fundamentally change. But it has also prompted many people to reflect and think more seriously about their health. What's more, people have been surprised by how able they have been to change their behaviour, with lockdown showing many that they are able to make and sustain changes to their lives.

Better Health
LET'S DO THIS

HEALTH AND WELLNESS

Better Health

The Better Health campaign will kick off by supporting individuals on their weight loss journey, but later down the line, the programme will also provide advice and support for quitting smoking, drinking less and looking after your mental health. Nearly two thirds (63%) of adults in the UK are overweight or living with obesity. Gaining weight is often a gradual process that takes place over a number of years and modern life doesn't always make it easy. This extra weight causes pressure to build up around vital organs, making it harder for the body to fight against diseases like cancer, heart disease and now COVID-19.

The brand-new Better Health webpage will be available at [nhs.uk/BetterHealth](https://www.nhs.uk/BetterHealth). It provides tools to help people manage their weight loss – from checking their BMI, to getting access to free support tools including the NHS 12-week weight loss plan. The NHS 12-week weight loss plan, available via a new app, promotes evidence based safe and sustainable weight loss. It helps users to make healthier choices, by providing the most up to date evidence based healthy eating and physical activity advice in a magazine format that enables them to keep track of their calorie intake, portions of fruit and veg, physical activity level and teaches skills to prevent weight gain.

Alongside the free NHS 12-week plan, PHE is also working with a number of well-known weight management providers that will be offering exclusive discounts across their weight loss programmes. Partners include, WW Weight Watchers reimaged, Slimming World and Get Slim, get healthy. For full details of these offers and to find out about other Better Health partners, please visit:

www.nhs.uk/better-health

Stand Strong



NEW! Stand Strong Classes starting in September

Reducing your risk and fear of falling is possible with our free Otago strength and balance training programme.

Locations: Nantwich Elim Church & Audlem Public Hall

Are you over 65
and worried about
falling?

Have you fallen in
the last 12 months?

Join today
Call 0808 1643 202
Visit [oneyoucheshireeast.org](https://www.oneyoucheshireeast.org)



From September, the One You Cheshire East team will begin to deliver Stand Strong services again, based from Nantwich Elim Church and Audlem Public Hall. This gentle exercise programme helps participants improve strength, balance and mobility.

The simple exercises are designed for older adults or those at risk of falling and are adaptable to match all abilities and circumstances. Most of them can be done seated if required. For more information, to sign up or refer someone to the programme visit <https://www.oneyoucheshireeast.org/stand-strong/> or call 0800 1643 202.

Newsletter:

https://www.oneyoucheshireeast.org/stand-strong/?utm_source=nantwich-newsletter&utm_medium=referral&utm_campaign=stand-strong

Live Well Cheshire East provides a wealth of information and advice to help you maintain your wellbeing and improve the choice and control over the care and support you need. With the easy to use directory, containing over 3000 entries, you can find wellbeing activities and support groups local to you. Below are some of the services Live Well offers.

- Mental health and wellbeing support groups
- Mental health and wellbeing information and advice services
- Befriending services
- Connected community centres
- Personal Care and support services

Live Well also offers useful information and advice on a range of subjects, such as the following:

- Care and support for children
- Care and support for adults
- Health matters
- Support for Carers
- Local offer for SEN and disabilities
- Keeping your independence at home
- Education, employment and money matters
- Feeling safe in your community



Care Finder

Live Well also offers the Care Finder solution which helps you arrange home care services online by completing simple questions about your requirements. Your answers are shared with matching providers registered in the Live Well online service directory, giving you greater choice and control of the services you need. Providers respond to you online, allowing you to compare and choose the provider most suitable to support your needs.

Care Finder information page link:

<https://www.cheshireeast.gov.uk/livewell/care-and-support-for-adults/care-finder.aspx>

Health and Well being services

There are Referral to wellbeing services
There are many websites and apps available in Cheshire East that you can use to:

- track and set goals to improve your health and wellbeing
- get information about how to live well
- manage your GP appointments and prescriptions

Referral to wellbeing services link:

<https://www.cheshireeast.gov.uk/livewell/managing-your-health-online/managing-your-health-online.aspx#HealthUnlocked>

Choices for care

Live Well offers information and advice which will help you live independently and safely in the community. This will assist you in planning the support that you need. You might also want to think about the support that family or friends can also give.

Choices for care link: <https://www.cheshireeast.gov.uk/livewell/choices-for-care.aspx>

New Carer Emergency Card



Having a contingency plan in place can help to provide piece of mind for a Carer should they be unable to care for those who rely on their support due to an unforeseen circumstance or emergency.

Cheshire East Carers' Hub have introduced a Carers Emergency Card and an accompanying Emergency Care and Support Plan document that can support Carers with putting a plan in place. Please note that care will not be provided by Cheshire East Carers' Hub or any external services. These can be requested through our Service Access Team. If you are a Carer and want to find out more then please get in touch

Email: enquiries@cheshireeastcarershub.co.uk

Telephone: 0300 303 0208

Website: www.cheshireeastcarershub.co.uk

New Carer Online Forum

For Adult Carers we have developed a Carers Community Network – an online forum where Carers living in Cheshire East can meet other Carers, share experiences, ideas, sources of information and talk about the topics that are most important to them.

Carers are encouraged to grab a cuppa and join other Carers and one of our friendly Carers Support Workers for an hour. Virtual Coffee and Chats are being held 3 times per week including evening chats.

Email: enquiries@cheshireeastcarershub.co.uk

Telephone: 0300 303 0208

Website: www.cheshireeastcarershub.co.uk



THE BLAGGERS
GUIDE TO

Parenting

AFTER ALL, THEY DON'T COME WITH A MANUAL OR INSTRUCTION BOOK.

THE BLAGGERS GUIDE TO PARENTING DOESN'T HAVE ALL THE ANSWERS, BUT IT MAY POINT YOU IN THE RIGHT DIRECTION.

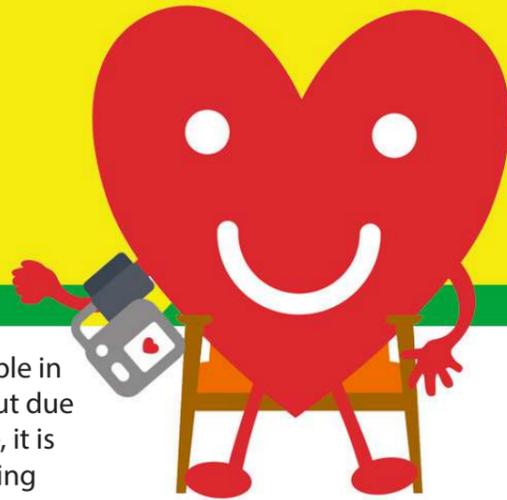
www.theblaggersguidetoparenting.co.uk

Take a look at our website

Take a look at our Facebook Page

Do You Know Your Numbers?

Know Your Numbers Week (7th-13th September) is a national campaign targeted at raising awareness about the importance of checking your blood pressure and taking the necessary actions.



High blood pressure (hypertension) affects around one in three people in the UK, including over 650,000 adults in Cheshire and Merseyside, but due to being a silent killer many do not know that they have it. Therefore, it is vital you are aware of the implications of high blood pressure including heart attacks, angina, strokes and kidney failure.

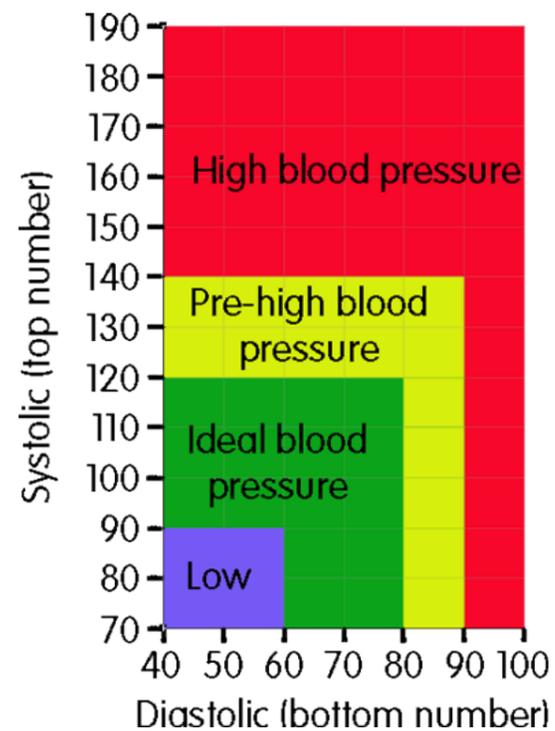
In most cases, it's not clear exactly what causes high blood pressure but there are several things that can increase your risk:

- Lifestyle factors such as eating too much salt, being inactive, being overweight, smoking or regularly drinking too much alcohol.
- Age – our risk of high blood pressure increases as you get older
- A family history of high blood pressure
- Being of African or Caribbean origin

This year due to COVID-19, we are asking that you take control of your health by using a simple home blood pressure monitor; it is quick and painless but could save your life. See the link below to find out more. Readings of 140/90 or over are considered high, so please speak to your GP to take the next steps towards improving your health if this is the case. If you are known to have high BP already but don't have your own BP monitor, ask your general practice nursing team about how to get checked (at least annually).

One of the most important ways you can 'take control' and prevent or reduce high blood pressure is by making lifestyle changes. These include, eating more fruit and vegetables and less salt, drinking less, losing weight if you need to, being more active and stopping smoking. For information on how you can successfully lose weight and be more active, visit the Better Health Website. For support to stop smoking, lose weight or get more active make use of the free Cheshire East One service.

The campaign is supported by the Cheshire East Wellbeing Network which is a group set up by Cheshire East Council, Cheshire Clinical Commissioning Group, Everybody Sport and Recreation Trust and is supported by various providers across Cheshire. It aims to align communications and work collaboratively to improve the wellbeing of Cheshire's population.



For more information, please visit:
<https://www.happy-hearts.co.uk/>

COMMUNITY ANNOUNCEMENTS

Big Cheshire Clothes Swap

Big Cheshire Clothes Swap event planned for October

A charity "Big Cheshire Clothes Swap" event is planned for October to help raise funds for charity. The event will help people donate clothes they no longer want and find clothes they will actually wear.

Money raised will be split between several charities, such as Georgy's Fund as well as a youth charity.

The event, at a location to be confirmed, will be held Saturday 3rd October, from 1-5pm.

Organiser Hannah Lewis said it will abide all the Covid-19 social distancing guidelines to ensure people can attend safely.

She said: "It's an event I have wanted to run for a really long time, but now thanks to having a little extra time on my hands, I am able to"

Ethical shopping and sustainability is something that we all need to consider, but it can be hard to know where to start.

Reducing single-use plastics and using metal straws are a great start, but the fast fashion industry has a huge carbon footprint and the amount of clothes that end up in landfill is huge.

Not only that, but clothes shopping can be expensive and as someone who relies on charity shops for the majority of their clothes, I know how hard it can be to replace items.

The purpose of this event, put simply, is to allow people to donate clothes that might not get worn, in return for items they might actually wear!"

There will be Women's, Men's and children's clothes and shoes, separated by size (dependant on volunteers).

And there will be a £1 per entry cost (under 16s are free). Entry will be staggered and numbers will be restricted due to COVID regulations.

Clothes will be priced at flat rates per item, (as an example – all trousers £2). There will be nothing costing over £4 and there will be no haggling tolerated.

The amount of clothes you can buy will be restricted. If larger numbers are anticipated, organisers want everyone to have an equal chance to browse and purchase.

The main purpose is to support those who may not be able afford to buy clothing to have increased access to clothing," added Hannah.

I am hoping to contact local foodbanks to enable people using their services to access this event."

Donation rules:

You can donate as many clothes as you like, and for every 2 items you donate, you will receive a token for 1 item. (The idea is to create a surplus for people who do not donate but still want to buy items)

The maximum amount of free tokens donors will receive is 5. This is a charity event at heart and small donations for items will be requested.

If all items could be washed before donating that would be helpful.

The quality of your donations must be considered, and we reserve the right to no accept certain items. We would like people to donate items that are in good condition and WEARABLE.

Items that are well-worn, faded, personalised, damaged or in poor condition will not be accepted. This is event is not an amenity tip, it is for people to exchange equally good quality items.

Brands will not be taken into account, it doesn't matter if something is from Primark or Laura Ashley... it is the condition of the item that matters.

Shoes must not be dirty, well worn or broken in any way. They must come in matching pairs and sizes.

Organisers are appealing for clothes rails and hangers, and if anyone wishes to run a food stall can hire space. Details of location and where to donate will be published soon.

For more details on the event visit <https://facebook.com/events/s/the-big-cheshire-clothes-swap/284233556009853/?ti=icl>



RedShift Online, formerly known as RedShift Radio celebrates turning 10 this month.

Now a Community Podcast Network, the RedShift team are starting to come out of lockdown and welcome guests into their new studio in Nantwich.

Still at Regents Park, but now in the Grove Building, the popular non-profit organisation is gearing up for a busy end to the year. With 12 community podcasts launched during lockdown, the team is growing weekly and plan to have 40 podcasts by next spring.

If you have a great idea for a podcast, or you would like to sponsor one, please call Liz Parkin on 01270 440 750.

A positive future for North West charity



A Cheshire-based disability charity has launched an exciting new brand to reflect the growth of the charity across the North West, to reconnect it with its values and to shine a positive light on disability.

The charity, formerly known as Cheshire Centre for Independent Living, will now be known as Disability Positive. The charity has unveiled a new logo, brand narrative, and website, rebranded its headquarters and revamped its social media channels and printed materials.

Disability Positive, based in Northwich, helps people with disability and long-term health conditions, and their families, to live well. The charity understands what people need because it is led by people who live with disability and long-term conditions too. It employs over 70 staff and supports over 10,000 people living across Cheshire, and other parts of the North West.

The charity's new brand has been developed by experts from JG Creative in Nantwich to highlight the incredible services and opportunities that Disability Positive provides to people living with disability and long-term health conditions, as well as their families.

Lynne Turnbull, Chief Executive of Disability Positive, said: "This is a very exciting time for us for us and we are really proud of our exciting new brand. We have been introducing it at our head office over the last few days and getting lots of positive feedback.

Joanne Grubb, owner of JG Creative, said: "When we started working with Cheshire Centre for Independent Living back in 2019, we knew its brand wasn't aligned with the charity that exists today.

"After some initial research, we discovered that there was a real disconnect between the old brand, and what people understood about the charity, with who it really was and how it wanted people to feel about it.

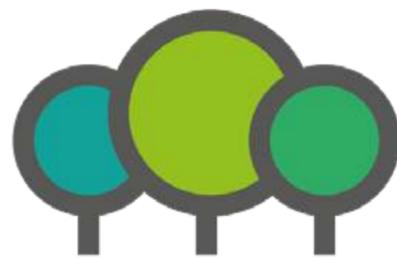
"Its previous name implied that the charity offers supported housing, but it actually provides services to help people live their everyday lives, to be part of their local community and to look after their own wellbeing. It also offers advice and help with practical tasks and advocates for people in lots of situations. All of these services are very positive for their services users and help to remove any barriers which stand in their way. This is where the name Disability Positive came from and I think it's a much clearer message."

A key part of the rebrand was to address the fact that a common representation of a disabled person is a icon of man in a wheelchair, and JG creative have helped the charity to developed a new icon that better represents the diversity of disabled people and that disability isn't always visible.

Lynne Turnbull continued: "As a charity which is run by people living with a disability or long-term health condition, , we believe that people are not disabled by their condition, but by a world that doesn't meet their needs. This year has been a particularly challenging year for many people so it feels even more important that Disability Positive is here to make the world more accessible and to help society to understand disability in a more positive way that brings people together."



To find out more about Disability Positive, visit www.disabilitypositive.org.



Nantwich and Rural Care Community

Nantwich & Rural Care Community website launches.

The website developers are inviting residents to send in content for its Local Directory and Health Events sections.

<https://nantwichandruralcarecommunity.org/>

The geography of Nantwich & Rural Care Community is based upon the registered lists of our five GP Practices. These are Audlem Medical Practice, the three Practices at Church View Primary Care Centre in Nantwich (Kiltearn Medical Centre, Nantwich Health Centre and Tudor Surgery), and Wrenbury Medical Centre. This is a population of approx 33,000 people.

Please visit the website for all kinds of local health-related information."

St Bartholomew's Church,
Church Minshull

Plant Sale



19th September – 9.30am to 5pm
Winter Bedding Plants, Bulbs,
Hardy Perennials & Bushes.

Refreshments and sanitisation station will be provided but please bring your own mask.



Nantwich Museum Re-opens to the Public



After almost six months closure due to the Covid-19 pandemic Nantwich Museum will re-open to the public at 10.30 am Friday 18 September. It will be open on Saturday 19 September and thereafter on Thursdays, Fridays and Saturdays with a view to returning to full opening hours as soon as possible, namely Tuesday – Saturday 10.30 am – 4.30 pm. Visitors must book their visit by telephoning the Museum on 01270 627104 when they will also be advised of any specific requirements.

There is still an opportunity to visit the temporary exhibition in the Millennium Gallery, "Personal Voices" by the Breakaway Textile Group, which will remain in place until the end of the year.

Despite the closure, Museum staff have been working from home and, more recently, at the Museum using the opportunity to undertake several housekeeping tasks which are difficult under normal circumstances. A major project has been planning for the re-opening with the top priority the protection of staff, volunteers and visitors from exposure to the Covid-19 virus as well as seeking the funding required to finance the extraordinary requirements.

Museum Manager, Kate Dobson commented: "I am extremely grateful to all those volunteers who have been only too keen to enable the Museum to re-open as soon as possible despite what will inevitably be challenging conditions" and she reassured prospective visitors that everything would be done to make their visit as enjoyable as possible.

The Museum has acknowledged the continued support of Cheshire East Council and Nantwich Town Council especially as other income streams, the shop, education activities with schools, town tours and outreach activities have all been curtailed for several months. It costs around £1,200 a week to run the Museum and the earliest return to normal operation will become increasingly important to sustain the facility.



Online Talks at Nantwich Museum

Nantwich Museum has announced the resumption of its "Aspects of Nantwich" series of talks originally scheduled for the Spring but interrupted by the pandemic. Due to continuing restrictions the talks will be given online with the following schedule. Wednesday 16 September 'Theatres and Cinemas of Nantwich' by Graham Dodd outlining the development of entertainment in the town with particular reference to the theatres and cinemas.

Wednesday 23 September 'Nantwich Races' by Bernie Strawson and Keith Lawrence introducing Nantwich's racecourse and a day at the eighteenth century races. The latest aerial mapping tools and recently discovered documents have provided new evidence of the whereabouts of the racecourse.

Wednesday 30 September 'A Walled Garrison' by Keith Lawrence describing what life was like in Nantwich

during the English Civil War, where the wall which defended the town was located, how the residents were treated by the soldiers and how many local people died.

Participants can join talks from 1.50 pm for a prompt start at 2.00 pm. Full instructions for joining will be provided when booking.

The cost is £5.00 per talk with all proceeds supporting the work of the Museum, a registered charity. Tickets can be obtained online at: <https://nantwichmuseum.org.uk/webinars-2020>.

enquiries@nantwichmuseum.org.uk

Website: www.nantwichmuseum.org.uk

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

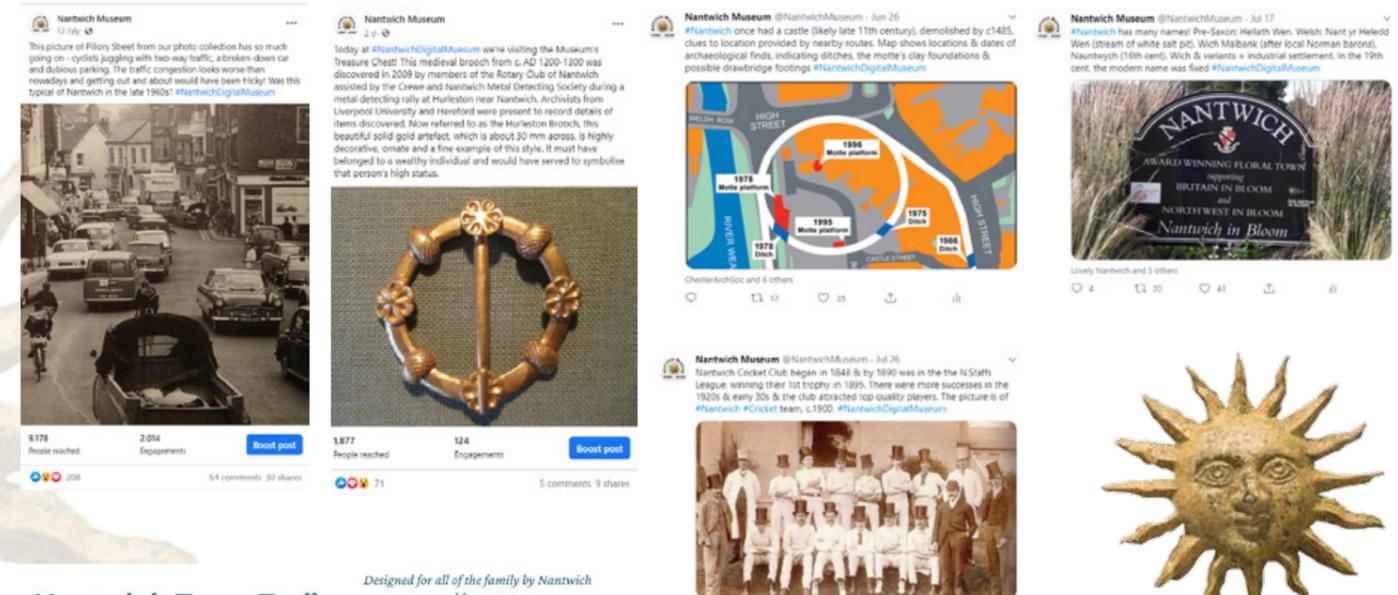
<https://twitter.com/NantwichMuseum>

Celebrating success in lockdown:

Nantwich Museum is a small museum which attracts visitors from the local area and tourists from far and wide. Closure of the Museum due to Covid-19 provided the catalyst for us to improve our online presence - instead of visitors coming to us, we wanted to take the Museum to them!

Inspired by Hastings Museum and Art Gallery (#HastingsDigitalMuseum), on 23 March 2020 we launched #NantwichDigitalMuseum on Facebook and Twitter. With a broad range of daily snippets of local history, aligned to evolving themes, we've tried to provide something for everyone.

Over 150 posts later we're still going strong, with large increases in followers on both platforms. Our Facebook post with the most Likes so far has been an old photo of a busy day in Nantwich, which we also converted to a jigsaw <https://www.jigsawplanet.com/?rc=play&pid=0dc4f819da74>



Designed for all of the family by Nantwich Museum

Nantwich Town Trail

- 1. Outside the Museum**

1. When was John Gerard born?

2. When was the Museum built and what was its original purpose?
- 2. Cocoa Yard**

3. Where does the name Cocoa Yard come from?

4. What industry was the chimney used for?

5. Find a cottage with an appropriate name.
- 3. Hospital Street**

6. What is the time on the clock on the pavement opposite Church Lane?

7. How many sides does the tower have?
- 4. St Mary's Church**

8. What is the Old Theatre building used for now?

9. When was the Market Hall built?
- 5. Old Theatre**

10. What mythical animals are guarding the main entrance to Barclay's Bank?

11. When was the Crown Hotel rebuilt?

12. Estimate the number of small windows on the second floor.

13. Can you find a real stage coach? (Hint look up).
- 6. Crown Hotel**

14. What is the Old Biot?
- 7. Old Biot**
- 8. Water Lode**
- 9. Town Square**
- 10. Pillory Street**
- 11. Hospital Street**
- 12. Old Theatre**
- 13. Crown Hotel**
- 14. Old Biot**

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We've had lots of positive feedback, a typical example being: "I must congratulate you all on your amazing digital museum, visiting it became a daily feature of lockdown days."

Other initiatives include digitisation of the external art/craft exhibitions scheduled for this summer, the information panels for our 40th Anniversary exhibition and some previous local history exhibitions. We've also started an online shop.

Unable to provide our regular historic walking tours, we decided to make some self-guided town trails available free of charge on our website along with other family-focused and educational resources <https://nantwichmuseum.org.uk/learning/things-to-do/>.

In the near future we'll be starting a programme of local history talks by Zoom.

Covid-19 has been an opportunity as well as a threat, but we're missing our visitors and our community activities. We'll be opening our doors soon, but like most Museums we don't imagine we'll be returning to the "old" normal for a long time. So we'll be continuing to reach out to our audience by enhancing our online offerings over the coming months.



Nantwich Library



Nantwich Library reopened in early July and we have been thrilled to see many of our customers return. As well as books, our public computers are available for use again. Please book in advance for an hour's use. Printing and scanner facilities are also available.

The Cheshire East Customer Service Point is open. Please book in advance for any council enquiries such as blue badge renewal and bus pass applications.

The Summer Reading Challenge, this year called 'Silly Squad', has been online this year and is due to finish on 30th September. Well done to all local children who have taken part and read some fantastic books this summer. We hope that children keep up the good work now that they have returned to school.

Whilst we are still unable to resume our regular activities, there are a number of weekly online events being held on the Nantwich Library Facebook page. These include our pre-school rhymetimes, storytimes, book reviews, STEM activities and crafts.

Lots of new books are being delivered, both for children and adults. Do pay us a visit and see what's on offer! Customers will be pleased to learn that our reservation service will resume as of 7th September. Holds can be placed either in the library or online.

**For all enquiries, please call
Nantwich Library on
01270 375361.**

Recent Warrington start-up relocates headquarters to Nantwich



Eco-business Mere & Meadow expands doorstep deliveries to Nantwich!

Maddy Fowler

I am very excited to announce that the headquarters of my local eco delivery business, Mere & Meadow, will soon be relocating from Warrington to Nantwich. I founded Mere & Meadow with a mission to help free Warrington from avoidable single-use plastic and have since expanded to offer eco-swap deliveries in many parts of Cheshire. My independent online business has also qualified for the nationally-recognised "Plastic Free Champion" award from environmental charity Surfers Against Sewage.



After moving to Cheshire last year, I found that, while there is a growing trend of eco, bulk and refill stores opening across the UK, starting the journey to a zero-waste lifestyle is still not accessible for many people living in more suburban and rural areas. Mere & Meadow stocks plastic free and zero waste bathroom, kitchen and laundry alternatives, including refillable cleaning products. Environmentally-conscious homewares and gifts are also available, with deliveries now made to Nantwich, but also to the many smaller suburbs and villages of CW5.

www.mereandmeadow.co.uk

COMMUNITY SUPPORT SERVICES

ADCA is back!

(Pssst! We never went away!)

Like every organisation, business and individual in the country, ADCA (Audlem & District Community Action) has been caught up in the maelstrom of Covid-19.

When lockdown was announced we immediately stopped all our face-to-face activities for older people and carers – no Tuesday Club, no Wednesday Group, no Friday Coffee Club, no Carers' Coffee Mornings, no Friday Fun, no anything!

It was a shock for everyone, and we know it left a big empty hole in the lives of many of our members and carers – not to mention our dedicated volunteers.

So... what to do?

The Trustees took the decision to use ADCA's resources to immediately set up a Coronavirus Home Support Service. The aim was to provide telephone support and shopping and prescription deliveries to people who are self-isolating or who live alone and whose family, friends or neighbours are unable to help them.

Over the past six months this service has regularly supported around 80 older people and 100+ carers we already work with, plus an ever-growing number of new people who approached us for help across the six local parishes of Audlem, Buerton, Hankelow, Hatherton & Walgherton, Dodcott-cum-Wilkesley and Newhall.



We have been overwhelmed with offers of help from many wonderful new volunteers joining our ranks of existing stalwarts, and have worked in close collaboration with Allan and Jo Brown at The Lord Combermere to deliver meals, fresh fruit and vegetables, celebration teas for VE Day, and luncheon picnics (if you can't celebrate out, you have to celebrate in!).

All this activity made heavy inroads on our finances, and called for many hours of work on grant applications to bring in more funds to keep us going. We are immensely grateful to the funding bodies whose grants have enabled us to ensure that we can persevere into next year, and to all the individuals who have given personal donations large and small.

Meanwhile, the Trustees were gazing into their crystal ball. What does the future hold for ADCA and its members, volunteers, and carers? What will things be like in the Covid-19 Era? Staff, volunteers, members and carers were consulted on a Recovery Plan. Understandably, many people felt nervous about re-opening services.

However, many members also made it plain that they were longing to get together again, even if it must be in restricted and controlled conditions to keep everyone as safe as possible. And so, after careful risk assessment to work out robust safety protocols, the doors are creaking open again.



The sanitisers are at the ready... bright yellow tapes mark out safe distances... one-way systems are in place... staff and volunteers have shiny visors and not so shiny face masks and strict instructions on when and where to use them...

Small groups of eight can now meet in Hankelow Methodist Chapel Hall or in the Thornton Room at the Public Hall Annex, as appropriate. Tracey Humphries and Lynn Morear, our Coordinators, are managing an invitation rota to ensure that everyone gets a chance to be at one of these meetings approximately once a fortnight. The first group into Hankelow were unanimous – "It's so wonderful to be together again and to enjoy Helen's superb Mediterranean Tart and Salad, not to mention the cake and cream!"



In addition, our Medical Transport service, in association with Overwater WheelyBus, is now back in action to take people to GP or hospital appointments – call 07984 785907 to book.

As government guidance changes, we may be able to do more, or may have to do less, but the main thing is, we're back! And our home support is still available for anyone who needs it, on the same number - 07984 785907.

More information on our website: www.adca.audlem.org

Free training from the Gambling Support Service for North West organisations



GambleAware®

It is estimated there are over 400,000 problem gamblers in the UK and the Gambling Support Service delivered by Citizens Advice Wirral is offering free training to frontline staff and volunteers across the North West in order to offer support to any of your service users who might be struggling with this. It is suggested that the current pandemic has heightened the gambling activities for those who were already taking part.

The free training lasts just over an hour and looks at a background to gambling, the size of the industry and reasons as to why people gamble and who are the key stakeholders. We also cover the different ways gambling can affect people and how we can identify problem gamblers in our day to day work.

The session is currently delivered remotely using Google Meet or Microsoft Teams. Alongside the training the Gambling Support Service also offer shorter awareness sessions and attend community events to raise the profile of not just the service but also of problem gambling itself.

If you are interested in the service or have any questions email:
james.callaway@citizensadvicewirral.org.uk

Here to help food businesses

A campaign to support food businesses during the COVID-19 pandemic.

In order to continue operating during COVID-19, many established food businesses have diversified into food delivery, takeaway or online sales. There has also been an increase in people cooking from home and selling food locally or online.

The Food Standards Agency are offering support and guidance to established and new businesses to help address the challenges of the COVID-19 pandemic.

The Here to Help campaign will provide guidance and promote best practice to support food businesses to stay compliant with food hygiene and safety requirements and best respond to the impacts of COVID-19. A good place for all those changing their business model, starting a food business from home, or reopening your food business

<https://www.food.gov.uk/here-to-help-food-businesses>

Kindness AT Home

Struggling to carry out those everyday tasks?
Would you like help from an experienced friendly caregiver?

- Companionship
- Reading & hobbies
- Ethical support
- Help getting to and from appointments
- Trips out
- Prescriptions
- Shopping
- Washing and ironing
- Conversation
- Housekeeping (light)
- Meal preparation

Contact Kath ☎ 07908 921373 ✉ kindnessathome1@outlook.com
Public Liability and DBS checked



News from Richmond Village

From Nicola Jackson

Wearing Yellow for Georgy

Over the years, Richmond Village Nantwich has raised thousands of pounds for local causes, charities and groups and in more normal times host events including wine tasting, quizzes and even black tie balls!

This month however we have all been doing our bit to raise money for a local boy called Georgy who many of you will either know or have heard about. For those that don't, Georgy has a very nasty form of cancer and the money is being raised to fund specialist treatment that will give him a real chance of beating this disease. Staff have sold tickets for raffles, donated gifts and more recently dressed up in yellow for "Wear Yellow for Georgy Day" but it didn't just stop at the staff, residents also joined in! One such lady was Errol Lochead who, on hearing about the yellow day dug out her favourite yellow items and wore them all at the same time!

We think she looks great – don't you?



Recent Plea

You may recall a recent plea from Richmond Village Nantwich asking for 101 cards for two ladies celebrating their 101st birthdays. Well, people certainly responded sending beautiful cards (some homemade) with lovely message inside! Here's Dorothy with just a few of her cards having a wonderful day enjoying lots of attention and a glass or two of her favourite tippie!



New Life Coaching Package To Tackle Stress



Local Life Coach, Annie Taylor, is offering a Stress-Specific coaching package with a discount for anyone who confirms their booking with payment in September.

Annie qualified with The Performance Partnership in London and has been coaching for nearly 20 years with qualifications in NLP and Time Line Therapy. She also has further certification in Hypnotherapy, Spiritual Healing and Mind Mapping and prior to lockdown, was running regular Meditation classes.

Appointments are available on-line. Contact Annie to book a free discovery call.

annie@annietaylorcoaching.co.uk / 07393 722129

Further information on this and other coaching options, visit or contact Annie direct www.annietaylorcoaching.co.uk



Local volunteer group "Creating Dementia Friendly Nantwich" has been working with traders in the Nantwich Indoor Market to become dementia friendly. Chair of the group and owner of local home care business Right at Home, Ben Selby delivered a dementia friends information session with market traders to help them understand about how the disease can affect someone, and also what they can do to help.

Ben said "It was a really great session and listening to some the experiences traders have had with customers, it was very reassuring to hear that many of them have dealt with various situations very well in the past. I hope that with our support they can continue to build on this and offer a very safe shopping environment for people living with dementia to continue enjoying their local community."

Dementia Friends sessions are available for free to all local business' and organisations, and can be done virtually or in person and take no longer than 1 Hour.



The group has recently released new dates for it's popular "Thursday Club", a volunteer led and completely free event held every two weeks on a Thursday 10.30am-12pm at St Mary's Parish Hall in Nantwich. The hall is now booked for the first session on 24th September, which will have an autumnal theme and then every two weeks thereafter.

The group is perfect for anyone living with dementia and their carer's. It offers a relaxed environment for social interaction and companionship and is open to all.

The group will be following strict Covid19 guidelines and therefore booking will be essential, to book a place or to find out more information please call Right at Home on 01270 257347.

new leaf

What is New Leaf?

New Leaf is a project to support not working participants take control and change their lives. This is done through:

- helping you with skills & training,
- boosting confidence & future prospects,
- providing 1-2-1 mentoring support,
- supporting mental health & wellbeing.

How we have adapted our service during Covid-19?

During Covid-19 all of our face to face contact stopped and we moved to online technology. We held meetings via Teams & Zoom alongside video calls to ensure continuity & reach out to our participants.

How can participants join the project?

- Telephone office -01270 250390
- Email - new.l@mycwa.org.uk
- Self Referral
- Professional referral

What we can we offer?

Opportunity to start your journey to employment through training or voluntary work with the guidance of your mentor.

More information about New Leaf is available at

<https://newleafcheshire.co.uk/> and you can also find us on Facebook: <https://www.facebook.com/new.leaf.7186>.



The Wingate Centre

Brightening the Lives of Children
with Disabilities

Wingate Centre Goods news!

We are pleased to announce our Mini Play sessions for Under 5's will be restarting on 14th September!

Sessions will be running in our gym on;

Mondays 10-11am

Fridays 10-11am

Places are limited to a maximum of 15 children (siblings under 12 months do not count) and must be PRE-BOOKED in advance. Due our COVID policy we cannot accept people turning up on the day. *A maximum of 1 adult per child* Call us on 01270 780456 or email gym@thewingatecentre.co.uk to book your space.

What is rebound therapy?

Rebound therapy is the use of a trampoline for physical exercise and therapy for people with a wide range of abilities from mild to profound physical and learning disabilities and sensory needs. The benefits of rebound therapy can include:

- improved exercise tolerance, stamina and balance
- improved muscle tone and coordination
- relaxation
- and... it's fun!

We will be re-commencing our rebound therapy sessions from Monday 7th September! Please visit our website www.thewingatecentre.co.uk for more information #reboundtherapy



REBOUND THERAPY
FROM 7TH SEPTEMBER



MINI PLAY IS BACK!
FROM 14TH SEPTEMBER



Introducing the **My CWA** *lunch and learn*

Helping you work more confidently with people affected by domestic abuse.

FREE support and consultation through virtual lunch & learn sessions. **All Times 12:30pm - 2pm**

An opportunity to consult about adult cases, behaviour change work, or to talk more broadly about domestic abuse.

1st September

8th September

15th September

22nd September

29th September

For professionals working with children and young people affected by domestic abuse.

To book your place, email programmes@mycwa.org.uk



Morrisons creating a place where community matters

If I said what does CSR mean to you what would you say? CSR is about companies any company with a great social conscious CSR stands for Corporate Social Responsibility. And right now, nobody does it better here in Nantwich than Morrisons.

So, what does this really mean well in this instance Morrisons Nantwich are enthusiastically scoping out their action plan of what difference they can make to our communities they serve. It is a very targeted approach that involves looking at the needs of the neighbourhood and then exploring how they can support - and it's not all about money it's about being creative, kindness and sometimes a kind word, or an hour of your time.

The plan has begun to evolve but take a look at what they are already doingthey are committed to regularly supporting the fortnightly Thursday Club a dementia project based at St Marys Nantwich, already adding value to the lives of residents that are less mobile with their personalised shopping service that is far more than a delivery to their door step and one in which they now plan on expanding into more rural villages because they are understanding of the isolation issue and reduced bus services, are also regularly fund raising for good local causes, and are great supporters of Nantwich Foodbank with the great idea of by providing pre picked items which are in need.



Shoppers can help by grabbing a Pick Up Pack they are all individually priced from as little as 50p then pay for it with your shopping and place in one of the donation stations behind the checkouts. The question of do the community need this type of support? They sure do and it very much is appreciated. Only last week CEC members, Nantwich Town Council officials and community radio station Cat Radio met with Fin the store manager and Nikki the community champion and are all equally delighted to have formed a great new partnership on a mission so watch this space for the developing plan.

If you are a local organisation or company and wondering where you fit in to community life and want to chat about ideas please get in touch with Deb on 0773669 4443

VOLUNTEERING AND SOCIAL ACTION

The Prince's Trust has been working in partnership with Cheshire Fire and Rescue Service since 1993 looking to break down barriers for young people not in education, employment or training aged.

The course is 12 weeks long and includes a residential trip, interview skills, work placements, team projects and challenges designed to improve confidence and self-esteem for the young people that attend the course. The start date is Monday 28th September 2020.

If you have any young people that are aged 16-25 and you feel may benefit from taking part in our programme please can you get in touch with me to arrange an interview. The community project that our last team completed was a renovation of an indoor space at Jubilee House in Crewe for the Wishing Well Project, which the team planned, fundraised and created themselves and received a lot of thanks from the local community for their efforts.

In addition to referrals of young people we are always on the lookout for potential community projects in the local area and for work placement providers as both of these aspects of the course take up almost half of the time we have with our young people so if you have any ideas or knowledge of a project we can get stuck into please get in touch.



YOUTH CAN DO IT

We aim for the projects to last around 10 days and we have around 14 young people on each team and we hope to have a lasting positive effect on the community so anything from landscaping community gardens or refurbishing a local youth centre would be much appreciated. The community project for this particular course would look to begin around Monday 19th October 2020.

The work placement part of the programme lasts for 2 weeks and simply provides our young people with real working experience and hopefully a good reference so any work placement opportunities would be greatly appreciated. The work placement part of the course would look to begin on Monday 16th November 2020.



If you have any questions or would like to know any more information, please do not hesitate to contact me on:
07817087187 or you can email Sarah on
sarah.mccreddie@cheshirefire.gov.uk

FUNDING SUPPORT



Council welcomes Local Authority Emergency Assistance Fund for food and essential supplies. The government has recently announced emergency assistance of £63 million to be distributed to local authorities in England.

Cheshire East Council has been allocated with £326,292.53 to use to support groups who are helping people who are struggling to afford food and other essentials due to Covid-19.

This additional funding will be used to build on the success of our community response and recovery fund. It is primarily aimed at supporting residents who are struggling to afford food and other essentials due to the economic impact caused by Covid-19 and is now open to those groups and organisations that want to help communities through the crisis.

Local charities and community organisations already can apply for grants towards the cost of getting food and other essentials to those who need it the most and by delivering essential Covid-19 related services.

Councillor Mick Warren, Cheshire East Council's cabinet member for communities, said: "Our share of this government funding will help to ensure our most vulnerable residents continue to get access to food and other essentials at this challenging time.

"Our priority will be allocating grants where the need is greatest and other eligible projects that fall into categories such as food banks, soup kitchens, meal and shopping delivery, food distribution and lunch/breakfast clubs".

Local charities and voluntary groups, including faith-based organisations taking an active role in responding to urgent needs of Cheshire East residents who have suffered from the economic impact of the coronavirus pandemic, can apply for these new funds.

For more details about this latest fund visit our community funds and grants website page
<https://www.cheshireeast.gov.uk/communitygrant>

Senior Communications Officer: Stephen Kelly
Mobile: 07920 252071 Email: communications@cheshireeast.gov.uk

We are supporting Cheshire Wildlife Trust (CWT) in their efforts to apply for the Governments Green Recovery Challenge Fund.



Cheshire Wildlife Trust

More details of the fund on this link:
<https://www.gov.uk/government/news/government-announces-40-million-green-jobs-challenge-fund>

CWT and their national umbrella organisation, The Wildlife Trust, are well placed to apply for this but will only have a 2 week window from 14th Sept to submit, so time is of the essence!

CWT are keen to work with a network of local community groups in Cheshire East that are planning nature based neighbourhood improvements that benefit nature. It must benefit a green recovery but can also have a health and wellbeing spin. This might be the creation of a community garden, meadow or woodland or the creation of some other wild space in a school or workplace. CWT are therefore looking for any small local groups who may have plans for such a project and are needing a practical and financial boost.

I'm sure this could benefit a number of local groups. Jan Shone, Development Manager at CWT who is tasked with making this all happen, would be grateful if you can have a think and let us know of any groups or projects that you are aware of through your local networks that might be 'shovel ready' to go. If you do, if you can please be in touch and will put you in touch with Jan.

This is a great opportunity for Cheshire East to benefit through Green Recovery, and to achieve important health and wellbeing outcomes for local residents.

Debra Lindop, Community Development Officer
Mobile : 0773 6694443