

Self Care Week **NHS**

16-22 November 2020



What is Self-Care Week?

Self Care Week is an annual national awareness week that focuses on establishing support for self care across communities, families and generations. More needs to be done to support people to better look after their own health. Empowering individuals to self care has many benefits for their short term and long term health and this is important since people are living longer. We want you to be inspired by this months issue of the Nantwich Community Newsletter to look after your own health, and your family's health because this also helps to manage demand on health services.

Health and Wellness

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Rotary Club
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Volunteering and Social Action
Become a BCH young fund-raiser

Community Support Services

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Nantwich Foodbank
The Wingate Centre
Wrenbury Together
Adult Support Group
British Red Cross
Citizens Advice
Morrison's quieter hours

Funding Support

Headspace
CAP
Morrison's Doorstep Deliveries

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

Why Self Care is Important

There are 57 million GP appointments and 3.7 million A&E visits for self-treatable conditions every year which costs the NHS an estimated £2.3 billion. An understanding of self care means that people feel more confident in asking pharmacists for healthcare advice and reduces misuse of GP and A&E services. Research by PAGB shows that 49% of people would be more likely to seek advice from a pharmacist instead of a GP for a self-treatable condition if they knew how much time and money it would save them. Similarly 24% believe better education about how to treat common conditions would make them more likely to visit a pharmacist instead of a GP. This demonstrates how important it is to promote the role of community pharmacists and the benefits including convenience and accessibility.

1 in 10



are driven to exaggerate symptoms in order to get a same-day emergency appointment, which they may not actually need³

32%

a third of people have seen a GP in the past year for conditions like a cold, which a pharmacist would be better placed to treat and be more convenient for the individual³



74%

Worry that misuse of GP and A&E services for self-treatable conditions means the NHS will be harder to access when they really need it³



Flu- <https://www.gov.uk/government/collections/annual-flu-programme#2020-to-2021-flu-season>

Every Mind Matters- <https://www.nhs.uk/oneyou/every-mind-matters/>

Mind - <https://www.mind.org.uk/>

24/7 local Mental Health support - <https://livewellservices.cheshireeast.gov.uk/Services/4397>

Live Well Cheshire East - <https://www.cheshireeast.gov.uk/livewell/livewell.aspx>

One You Cheshire East - <https://www.oneyoucheshireeast.org/>

Nantwich and Rural Care Community - <https://nantwichandruralcarecommunity.org/>



Be prepared...

To make over your medicine cabinet

Coughs, colds, headaches and other common illnesses can leave you feeling unwell and struggling to carry on as normal. Be prepared by keeping a well-stocked medicine cabinet at home.

All it takes is just 5 minutes to make sure your medicine cabinet is ready to help you manage common illnesses. GPs recommend your medicine cabinet should contain the following:

- ✓ A self care guide
- ✓ Painkillers, such as paracetamol or ibuprofen
- ✓ Antihistamines for allergies
- ✓ Antiseptic cream for bites and stings
- ✓ A laxative to help constipation
- ✓ Sunscreen
- ✓ A first aid kit with plasters and bandages to manage cuts and sprains



Self Care for all the Family



Always be careful to follow the product instructions and regularly check medicines are still in date. If you're not sure what medicines to stock or how best to treat the symptoms of common health problems, ask your pharmacist for advice.

When will I feel better?

Self Care Forum
Helping people take care of themselves



treat
yourself
better
with pharmacist
advice

Speak to your pharmacist first for advice on what is best for you.

Symptoms can last longer than you think:

Ear infection: at least 4 days	Flu: 2 weeks
Sore throat: 1 week	Nasal congestion: 2½ weeks
Cold: 1½ weeks	Cough: up to 3 weeks

Remember antibiotics **DO NOT** help common winter ailments.

Visit www.treatyourselfbetter.co.uk for more information, advice and warning signs to look out for which may suggest you do need a GP appointment or medical attention.



Self Care by Sam Wilkinson

In the last few years the term self care has been used regularly by professionals. I just wanted to check in with myself on what it actually means.

Checking Collins online dictionary, it says
Self-care (noun)

1. the practice of looking after one's own basic health needs, esp as opposed to relying on a carer
2. the practice of looking after one's own emotional wellbeing

I agree with both of these descriptions but for me personally I'm going to share how I practice self care at home.

If I'm in an indoor mood, then I will light a nice smelling candle, put on a face pack (mud is my favourite) and just sit still for 20 minutes or so whilst the soothing ingredients do their magic. Washing off the pack and then splashing my face with really cold water helps me to reset how I feel for the rest of the day. Should these items not be to hand, then watching a favourite DVD with a mug of hot chocolate works wonders too.

Should the weather be dry, then just a walk around my garden in bare feet, smelling flowers, touching leaves and taking deep breaths in and out is a lovely experience. Especially now that so many of us work from home. It is too easy to just stay indoors and neglect your mind and soul.



CountryLiving



ENERGISE AT YOUR DESK

Stuck at your desk all day? Here's a breathing technique that you can easily enjoy on the spot.

Uncross your legs and have your feet firmly planted on the ground. Your ankles should be directly under your knees, and your legs hip-width apart. Before you start, move your legs: shake them, move your feet up and down.

Now shuffle forward a little on your chair, so that your buttocks are resting nearer the front of the seat.

With a tall spine, take your arms behind you and, with your hands, clasp the lower edge of the back of the chair. Draw your shoulder blades toward each other gently and notice a slight lift in the upper chest.

Gently tilt your pelvis and hips forward, allowing your belly to round toward your thighs. Raise your chin slightly and soften the face.

Apply equal resistance between pulling the back of the chair toward you and squeezing your shoulder blades toward each other.

Now that you're in position, begin to bring your awareness to the breath. Breathe in through the nose, press the tip of your tongue on the hard palate of the mouth and draw your shoulder blades further toward the centre of the spine.

Take in a little more air at the peak of the inhalation. **Breathe out** through the nose and, when you feel you've expelled all the air, push a little more out through the nose.

Repeat this exercise for five to ten rounds.

STAY COOL IN THE QUEUE

We've all had to grow more accustomed to standing in long queues over the past few months. Transform the mundane and frustrating into a mindful moment with this technique.

Breathe in and scan your immediate environment for a beautiful colour, moment or scene. It could be something as simple as a brightly coloured jacket, a smile on someone's face while talking to a loved one or children playing.

Breathe out while holding your gaze on your chosen subject.

Repeat a few times until you're in a more positive frame of mind - and at the front of the queue!

Creativity and Wellbeing

Creativity often goes hand in hand with wellbeing, as many of us use it as a way to express ourselves. Don't just write it off thinking you don't want to draw or paint. Creativity has many forms, yes the standard ones are drawing, painting, colouring in. I get it, that's either not your style or you've done so much you are bored of it. Been there done that.

Creativity is more than that. It could be writing a poem or a rap, perhaps you want to write a song. No, still not hooked you on creativity yet? No worries lets try something else, how about building a model, sewing an outfit, cushion or bag, editing a video, maybe you could try photoshopping some photos or images. There are so many ways you can be creative. Even this writing a blog is being creative, just letting the words flow as you paint your thoughts on paper.

We all need an outlet for our emotions, some people keep a diary or a journal, others kick a ball around, it does the same thing. Some times we just need to express an emotion that is hard to put into words, or something we just don't want to talk about, that's where creativity comes in. It gives you the freedom to just be you, to put your message out their.

Don't define creativity as simply fine art, it comes in many forms. With new technologies there are becoming more and more ways to express ourselves from photoshop, to 3D pens, to VR paintings and video editing there is an endless amount of ways for you to let your emotions guide your creativity. When my mental health was at its worst I would get this sudden urge to express it, I wrote poems, made sculptures and made paintings, I would recommend to anyone struggling with emotions to try and express it in a creative way. It doesn't have to be perfect to say what you want it to say.

Ellen Edby

Hello there! I'm Catherine, a Year 8 Brine Leas student.

As you know, this month is self-care month, and I'm going to tell you what self-care means to a 13-year-old girl like me. To me, self-care doesn't just mean washing your face and brushing your teeth. To me, self-care means doing the right thing, making the right decisions. Self-care, to me, means feeling mentally and physically positive about whatever life throws at me.

I'm going to start off by telling you how I feel mentally positive, my first point being sleep. Most people, when I say the word "sleep", would immediately think of being lazy and their bed. But me, no, I think of how important a good sleep routine is. When people ask me, "What time do you go to bed?" I tell them the truth, usually between 8 and 9pm. They tell me that's early, but when they tell me that for them, a sleep routine doesn't exist, and that they go to bed at 11pm or get up to walk the dog at 2am, I wonder how they function properly the next day, after half a night's sleep. Having a routine is a very important step to feeling more positive. Going to bed and getting up in the morning at the same time every day makes me feel like I'm on a mission. A mission to stick to my routine times. Getting the right amount of sleep is crucial to feeling more optimistic. Although I'm not always prepared to follow my routine, I know that if I do, I eat better, concentrate in lessons more, and, overall, feel more positive.

I'm now going to move on to exercise. Getting lots of exercise is a vital part of becoming more positive, not to mention it helps with your mental and physical wellbeing. Not only does it keep your body healthy, but it also keeps your mind healthy. I love playing sports, particularly netball, because it forces me to forget the rest of the world, just for a while. It makes me feel like I'm in charge of everything, even if I'm not, and it makes me feel like I'm winning, even if our team isn't. It makes me forget any worries I might have and helps me see the positives in life.

A few weeks ago, in PE, we were discussing the benefits of Physical Education and how exercise has helped many people. We watched videos about how famous athletes got over their depression and anxiety simply by going for a run every day (I tried this myself with a friend during lockdown, but we ended up walking most of the time, which was still fun).

Making thoughtful decisions throughout the day can seem like something small, but can avoid regret. Regret is an awful feeling of guilt that washes over people when they fail to choose the right thing. It may be as simple as spending £5.00 on a fruit juice and a packet of crisps instead of on a more filling sandwich. When in doubt of choosing the right thing, ask yourself "Which is going to make me feel good about myself", or, in the sandwich situation, "Which will keep me full for longer?" Remember, the choice is yours, no one can decide this for you...

So, for me, self-care is all about feeling more confident, less stressed and being in control.

Take your time to think; what does self-care mean to you?

Keep smiling, because even a small smile can make you feel a whole lot better.

Catherine Taylor
Brine Leas School

New HEALTH INFORMATION HUB for residents in NANTWICH & RURAL



<https://nantwichandruralcarecommunity.org/>

Look out for the QR CODE to be displayed locally SOON



LOCAL DIRECTORY

As you can see the Directory is listed by health-related category in alphabetical order. The number in brackets next to each category is the number of different entries listed when you click on it. **Given the very tricky and fluid circumstances with Covid-19 we are adding updated content all the time.**



Another way to track up-to-date local health news and services, taking account of Covid-19 realities, is in the fantastic monthly Community Newsletter. **It is packed full of AMAZING local initiatives and information!** Please click on the links below.

(Thank you to Deb Lindop, Community Development Officer!)

[OCTOBER COMMUNITY NEWSLETTER](#)

[SEPTEMBER COMMUNITY NEWSLETTER](#)

[AUGUST COMMUNITY NEWSLETTER](#)

DIRECTORY

You can browse the directory by selecting a category from the drop-down box below.

- Abuse & Sexual Abuse (3)
- Advocacy (0)
- Arthritis, Fibromyalgia & Pain Management (1)
- Asbestosis (1)
- Autism (4)
- Befriending (3)
- Bereavement (1)
- Brain Injury (1)
- Cancer (1)
- Carers (11)
- Children, Families & Young People (5)
- Community Activities (0)
- Confidence (2)
- Counselling (4)
- Dementia (7)
- Diabetes (1)
- Drugs & Alcohol (2)
- Education, Information & Awareness (3)
- Employment (3)
- Equipment Access (3)
- Exercise & Weight Management (2)
- Facial Palsy (1)
- Food Poverty (1)

Self Care – What Does It Mean?



It doesn't need to be like this...

“Take care” “Look after yourself” “Stay well”.

We hear these phrases on a daily basis. What exactly do they mean? And does your way of taking care echo the methods of your friends and neighbours?

Look around you and it's easy to find advice on eating and drinking healthily, getting enough sleep, taking exercise. But we're all different. For example, a chunk of nutty bread, topped with cottage cheese and fresh herbs might be a healthy lunch for Person A...but for the wheat and dairy intolerant Person B, it could be a nightmare.

A healthy menu for Person A needs to look completely different to a healthy menu for Person B.

It's not enough to unthinkingly step in line with whatever fad everyone else seems to be following. Each one of us needs to be aware of what “healthy eating” looks like for us.

It's the same for sleep. We reference “8 hours” as though it's a standard for us all. But in reality, some need 8.5 hours and others – particularly the older generation – may function better on 5 or 6 hours, plus an afternoon nap. The key is understanding how much sleep you need to be able to be at your best. We sleep so that we can apply the right level of concentration to a task, be present and truly hear what someone's saying to us, know that our reactions will be reliable in an emergency. We sleep because without it, we can't cope. So, for you personally, how much is just the right amount? As actor, Miranda Hart says, “one size does not fit all”.

Be responsible for working out what “self-care” means for you. And make it a priority.

Those who care for others as a profession or at home are some of the most self-neglectful. Engrossed completely on the needs of others, self-care slips, one task at a time, to the bottom of the pile. For some, it's not until they reach crisis point that they begin to take notice of themselves. But once in crisis, the lack of self-care mutates into something bigger. It grows tentacles and reaches out to other areas of life. Think of a parent working from home, glued by an invisible force to their unsuitable chair for intense work during school hours.

A snatched half-breakfast before seeing the kids off to school, followed by too much coffee and a poorly filled sandwich for lunch, eaten whilst bending over a make-shift desk. A stiff back at the end of each day, remedied with a hot water bottle doesn't cut the mustard. Months of neglect results in real pain, problems maintaining homelife, an inability to work...costly visits for corrective therapy. And then, of course, the self-care plan. If only you'd done that in the first place!

It's worth considering the different areas of Self-Care and giving yourself a score out of 10 to begin focussing in on what might need your attention:

Eating habits:
Sleep habits:
Physical exercise:
Emotional strength:
Intellectual challenge:
Spiritual development:

Once you've identified the areas you need to work on, you can decide an approach that will best work for you. It's personal. Remember, one size does not fit all. Your plan needs to give you what you need, in a way that is easy; in a way that fits with your life. Make it complicated and you won't stick with it. You can introduce new habits gradually so that the transition feels doable. My clients are often surprised at how easy their plans for change can be. Knowing how to work simple change for big effect is, as one lady said recently, “life changing”.

To those who worry that self-care = selfish, please stop worrying. You put the right fuel in your car, don't you, because you know it can't run without it. You take it for a service as a preventative measure. When it gets a flat tyre, you change it. You don't ignore the warning lights, and lollop along for another 300 miles before doing something about it... I hope. Your car can't take you where you need to go if you don't do the right thing by it. And you're the same. Whether you want to view your own self-care as your way of continuing to serve others or your way of reaching the goals you so desperately want and deserve, you have to be fit and ready – physically, mentally and emotionally to be able to achieve what matters most to you.

Self-care is a big topic because it has to be different for everyone. Finding the best way to care for yourself is a journey you can – and should – enjoy. And I wish you every success!

Here's a fun quiz to see where you are on your journey to self-care.

1. When your alarm goes off in the morning, you:

- a. ignore it for as long as you can. It switches itself off after 10 minutes anyway.
- b. feel ready to tackle what lies ahead.
- c. manage to get up although you'd rather stay in bed for another hour, at least.

2. When making a meal, you:

- a. grab whatever will fill you quickly without wasting time thinking about it.
- b. choose food being mindful of contributing to well-rounded nutrition and prepare it in a way so that you really enjoy it.
- c. have a salad, but you're still hungry so you fill up on a pudding afterwards.

3. After a tough day, do you:

- a. grumble, binge on chocolate and crisps, then open a bottle of wine as soon as it's 7pm
- b. meditate to calm yourself, prepare something healthy to eat and talk with family/friends before watching a TV comedy to lift your mood
- c. in the first moments of meditation you realise you're wearing your last pair of pants so you'd better do the laundry instead

4. Your relationship with social media is:

- a. you always feel fed up afterwards but you're quite simply addicted. .
- b. you rarely look at or interact through social media as you find it has a negative effect on your mood. You're not sure you can remember your password, anyway.
- c. you schedule 15mins per day but once you get involved, at least an hour goes by without you realising it. Before you know it, you've commented on someone's new hairdo (hopefully they won't be offended – you were just being honest) and uploaded selfies of eating pizza with your face-pack on.

5. Your approach to exercise is:

- a. you watch as much sport on TV as you can fit into your week.
- b. you practice 3 different types of fitness every week and take a brisk walk in addition, just before lunch every day.
- c. you joined the gym but it was difficult to commit the time. You have, however, continued to pay the membership fee – that's something, right?

6. You've noticed that your daily bar of fruit'n'nut chocolate has been resulting in a headache of late. You:

- are annoyed. Time to try a different brand.
- swap your Fruit'n'Nut habit for kiwi and banana.
- try to eat only half the bar but you keep forgetting and polishing off the whole thing. (Can't keep an eye on the chocolate and Facebook at the same time!)

7. The family evening comprises of watching all the Soaps on TV. Lately, everyone seems negative and lethargic during the evening.

- really? You hadn't actually noticed.
- you gain agreement from the rest of the household to swap a couple of the programmes for something funny or educational.
- No-one wants to give up their favourite, so you carry on watching and make a mental note to include this as a New Years Resolution.

8. You've been tired all week. Glad that it's now Friday, you:

- invite your friends to party via Skype and dance the night away to '80s classics in your living room.
- take a short walk before dinner, enjoy a relaxed meal and retire to bed early with a lavender based pillow spray and a book.
- well, you would have an early night, obviously, but it's Friday. Hopefully, the dog will let you sleep late tomorrow morning. So, basically, you'll watch the film you planned with a big bowl of chilli and open some beers. You'll be fine.

9. You receive some rather bad news which means you have a tough decision to make. You:

- get cross about it. It's not fair. You're having a lot of bad luck!
- book a session with your life coach to help gain clarity on your best way forward.
- share the news and your sadness with your friends; listen to all their well-meaning words and then pick the one that seems the wisest. If that doesn't work, you can try someone else's idea.

10. You've decided to follow a new schedule for meditation and exercise. You:

- think it's a good idea and ask a friend to test it for you.
- enter the details on your calendar, highlight the times and set alarms as reminders.
- you're trying to work out how to keep everything as it is at the moment and then fit your new plan around it. It's tricky.

Mostly a

It could be that you feel fit, healthy and relaxed all the time, in which case, there's no need to change anything. If, however you have trouble getting up in the morning, or you're constantly snacking because you're hungry or you feel grumpy a lot of the time, then it's time to take a look at your lifestyle and think about what you can do to take better care of yourself. Try scoring the different areas of self-care, shown above, as a start.

Mostly b

Congratulations! You understand the value of self-care – it's at the heart of your lifestyle and it has a positive impact on those around you, too! You're mindful of the consequences of your actions and open to change for the better. You probably find others looking to you as a good example. Great job! As you progress through life, continue to seek out what will support you through change.

Mostly c

You begin with really good intentions, but you're easily distracted, so you let things get in the way of self-care – and possibly your desired lifestyle. If you're going to promote self-care higher on your list of priorities, you'll need to shift other things around to accommodate it. Try reducing or removing one of your unhealthy habits to make room for a new, positive one. Commit to a small change and stick with it. When discipline results in success you'll motivate yourself to carry on.

Annie Taylor
Profile

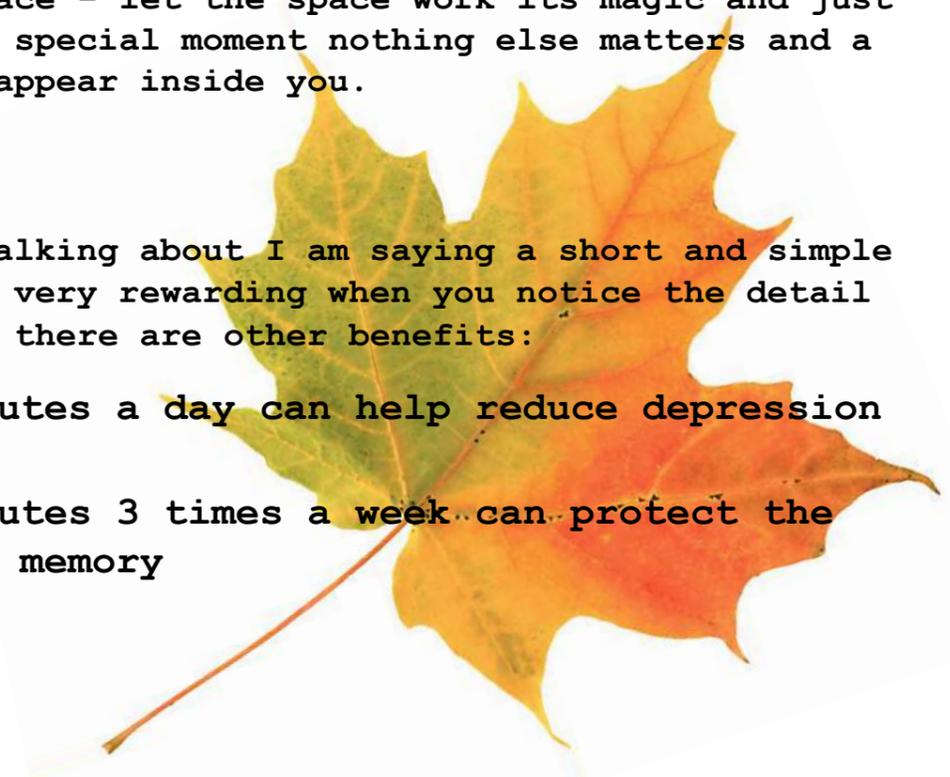
Annie Taylor is a Cheshire based transformational Life Coach who works with individuals on matters of stress, relationships, goal planning and personal style. She trained with Tad James and David Shephard in NLP Coaching, Time Line Therapy, and Hypnosis, Michael Grinder in Amazing Relationships and Emmeline Stevens in Personal Style. Annie has been helping people make positive change for over 20 years. Visit: www.annietaylorcoaching.co.uk Contact: annie@annietaylorcoaching.co.uk

A Mindful Walk

With many of us being under extra restrictions, maybe you're limiting visits to the gym or struggling to stay motivated to exercise at home. But one thing we could do is to go for a beautiful autumn walk. Taking time to look a little closer at the world around us is calming for the mind, can be a feast for our eyes, and has the ability to reenergise the spirit – all it takes is 5 minutes taking a step off the path then listening to the sounds of the leaves beneath your feet allowing your eyes to wander over the colours and devour them on a sunny October afternoon. Watching the light dance about, feeling bathed in the warmth and feeling the air over your face – let the space work its magic and just be for this special moment nothing else matters and a smile will appear inside you.

What am I talking about I am saying a short and simple walk can be very rewarding when you notice the detail in it. Plus there are other benefits:

- 30 minutes a day can help reduce depression by 36%
- 40 minutes 3 times a week can protect the brains memory



Six steps to reduce your risk of falling



Introduction

Falls are serious at any age, but breaking a bone after a fall becomes more likely as we get older. Even if a bone is not broken after a fall, it can make you more fearful of falling again, and this may limit how you live your life.

But it is possible to reduce your risk of falling. This booklet explains how to do this in six steps.



If after reading this booklet you still think you need more help to reduce the likelihood of you falling please contact our specialist falls service:

For Cheshire East visit oneyoucheshireeast.org

For Cheshire West and Chester call 0300 777 0033 or visit cheshirechangehub.org

This leaflet is based on Salford City Council's 'Six Steps to Reduce Your Risk of Falling' leaflet.

Are you at risk of falling?

If you answer yes to any of the questions below then this leaflet may be particularly useful to you. You may also wish to discuss your risk of falling with your doctor.

If you are aged 65 or more:

- Have you fallen in the last 12 months?
- Do you feel unsteady when standing or walking?
- Do you worry about falling?
- Are you on four or more medications a day?



Six simple exercises

Try these exercises a few times a week to build up your strength, balance and mobility.

All the exercises (except sit to stand) can be done seated if required. Stop exercising if you feel unwell.

If you have any concerns about exercising, please speak to your doctor or healthcare professional first.



Adapted from nhs.uk/live-well/healthy-body/are-you-at-risk-of-falling/



START YOUR JOURNEY TO BETTER HEALTH

MENS MOVE MORE

MEN'S ONLY FREE ONLINE WORKOUT

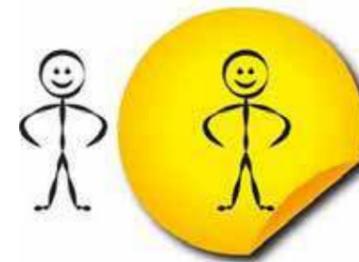


NEW!

- WEEKLY LIVE AND PRE-RECORDED EXERCISE CLASSES FOR MEN
- QUALITY AND ENJOYABLE NUTRITIONAL ADVICE AND SUPPORT
- ACCESS TO AN EXPERT COACH TO HELP YOU ACCELERATE YOUR PROGRESS
- A FRIENDLY ONLINE COMMUNITY OF MEN FOR SUPPORT AND BANTER!
- FREE TO RESIDENTS OF CHESHIRE EAST

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CHESHIRE EAST

CALL 08081643202 OR JOIN ONLINE
[HTTPS://TRY.ONEYOUCHESHIREEAST.ORG/MOVE-MORE-MEN/](https://try.oneyoucheshireeast.org/move-more-men/)



Friends for Leisure

At a safe distance, but still together.

We are excited to be hosting 2 wellbeing zoom sessions for parent carers with CBT therapist and hypnotherapist Rebecca Kinnear, founder of Eden Therapy and Wellbeing Services. Partly funded by Crewe Town Council, these sessions will be a chance for parent carers to develop both their own wellbeing and resilience; learn strategies to support their child and share experiences with other parent carers with guidance from Rebecca.

Book your place now and receive the zoom details by emailing hannah@friendsforleisure.org.uk or call 01260 275333.

Friends for Leisure

...because everyone needs a friend



PARENT CARER VIRTUAL WORKSHOPS

FREE 2-PART ZOOM SESSIONS with Eden Therapy & Wellbeing Services



PART 1: Weds 25th Nov 7-8pm

PART 2: Weds 9th Dec 7-8pm

Hello,

My name is Rebecca Kinnear and I am a CBT therapist and trainer working with both children and adults. I run 'Eden Therapy and Wellbeing Services' which is based in Cheshire.

I have worked within the mental health field for over 10 years, in a range of roles supporting children with their mental health, providing parenting support and individual work with adults too. I often work with people around things such as anxiety, depression, phobias, self-confidence and many other things, but do also work with parents to provide group support and workshops.



Share

Share experiences and support with other parent carers.



Develop

Top tips for your own wellbeing as well as your child's.



Learn

Friendly but informative with guidance from a trained therapist.

Not sure about Zoom?

Let us know and we can talk you through it.

Video and microphone are not required if you prefer not to use them.

Book your place by emailing hannah@friendsforleisure.org.uk or call 01260 275333.



As well as being a cognitive behavioural therapist, I am also a trained clinical hypnotherapist and am trained in motivational interviewing, counselling techniques, multi-systemic therapy and other forms of therapy which I use to ensure a package of care that is right for each person I work with.

I am particularly interested in resilience building and empowering children to understand and manage their emotions, to help skill them up with strategies they can use as they move through life as well as advocating for self-care.

www.edentherapyandwellbeing.co.uk

Mental Health Link Worker



Cheshire and Wirral Partnership NHS Foundation Trust



Carers Wellbeing Programme Growing your confidence to care

Open sessions designed especially for carers – just sign up to Zoom and put in the meeting code and password.

Keeping well whilst caring

Talk about self-care, healthy living and looking after you.

Thursday 5th November – 13:00pm -14:30pm

Join Zoom Meeting

<https://zoom.us/j/94771148847?pwd=aGF0NUVyOENuT2hzcEN4eHRHNW1iZz09>

Meeting ID: 947 7114 8847

Passcode: 356039

How to plan care for the future

Talking about you and your loved ones preferred priorities for care

Thursday 12th November -13:00pm -14:30pm

<https://zoom.us/j/91667079946?pwd=enBlcFZoRTkvMWZnL05mNDMyalozQT09>

Meeting ID: 916 6707 9946

Passcode: 577044

Be confident to care at end of life

It can be stressful to watch a loved one's health decline, find out how you can offer them comfort.

19th November - 13:00pm -14:30pm

<https://zoom.us/j/97140538172?pwd=Nk00bHdKMisrUlPfc25oSytmE9vQT09>

Meeting ID: 971 4053 8172

Passcode: 923375

Support for your Caring Role

Find out what services and support groups are available and time to talk to other carers

27th November 13:00pm -14:30pm

<https://zoom.us/j/91213402540?pwd=THArbTdVZG5CL3RmMUV6K0JMOGijQT09>

Meeting ID: 912 1340 2540

Passcode: 396655

Caring for someone with Advancing Dementia

specific Admiral Nurse support for those caring for someone with advancing dementia

3rd December 13:00pm -14:30pm

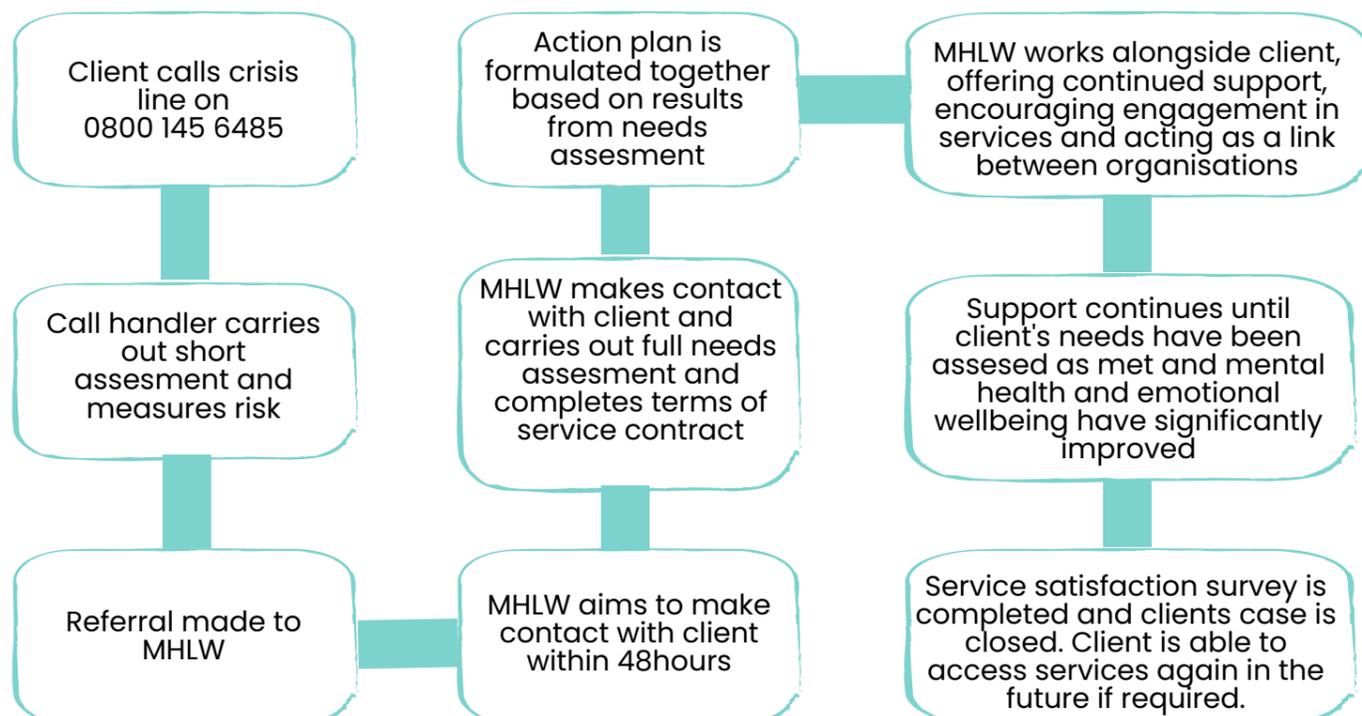
Join Zoom Meeting

<https://zoom.us/j/98764930579?pwd=bHNKVkdHMFFGeDhaNUdFZ0ZnUnlJZz09>

Meeting ID: 987 6493 0579

Passcode: 934209

The Process



Need urgent mental health support?

Call our crisis line for free: 0800 145 6485 we're open 24/7

FREE GROUP SUPPORT SESSIONS

FUNDED BY CHESHIRE COMMUNITY FOUNDATION

Positive Self-Talk

Tue 27th Oct – 2-3pm

Grief and Loss

Mon 2nd Nov – 2-3pm

Anxiety and Stress

Wed 4th Nov – 6-7pm

Emotional Well-Being

Tue 10th Nov – 7-8pm

Positive Self-Talk

Mon 16th Nov – 2-3pm

Grief and Loss

Wed 18th Nov – 6-7pm



SWANS ARE OFFERING FREE SUPPORT SESSIONS VIA ZOOM THAT CAN HELP YOU TO WORK THROUGH STRESS AND ANXIETY CAUSED BY LIVING IN THE 'NEW NORMAL'.

For further information and to book your place.

Contact:

swanscic@outlook.com

MOVEMENT IN MIND

Autumn Programme



Parkinson's

Movement Therapy sessions for people with Parkinson's and their carers.

*Mondays 11.00-12.00pm
Online*

Feeling Good!

Dance Movement sessions to strengthen the body and improve balance but mostly to lift the spirits.

*Mondays and Fridays 2.00-3.00pm
Online*

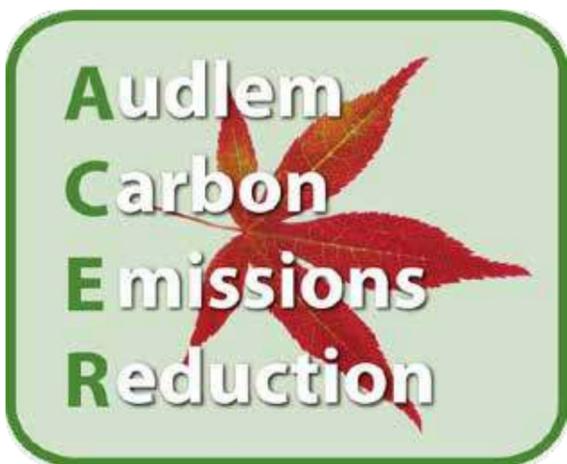


Tai Chi & Qi Gong

Traditional forms for better physical and mental health

*Beginners Class
Tuesdays 11.00am-12.00
Online*





A better future for our children

While preoccupied by the pandemic, it is critical that we are not blindsided by the greater threat to humanity posed by the climate and biodiversity crises. And it is vital that every one of us takes action now to fight against climate change and make a better future for our children. To this end several village groups in Audlem have come together to launch the Audlem Carbon Emissions Reduction project, ACER.

An ACER leaflet is being delivered to every household in Audlem, Buerton and Hankelow, and there is more publicity around the village. A new ACER website is now live, so you can find out more and join in the conversation at <https://acer.audlem.org>. Contact ACER by email: acer@audlem.org. But you don't need to be in Audlem to join in. It's open to anyone who wants to be involved and make a difference.

The groups launching ACER are 1st Audlem Guides, Audlem Cubs, Audlem Women's Institute, AWEG, ADAPT and Audlem Parish Council. All groups are welcome to join in! Fighting against climate change and making a better future for our children concerns us all. The more ideas and actions our communities can generate, the better!

We can make a difference! Collectively, our individual actions will combine to substantially reduce the carbon footprint of Audlem and District – a fantastic contribution by our community to achieving the UK's net-zero greenhouse gas emissions target.



All I want to say is.... Young voices count and we don't hear enough of them.....

this is your personal invite for you to get involved in a local community newsletter! If you love writing or your dream job is about being a journalist seeing your work in print in this local positive monthly read could be the first step of success in your future career. If you are interested in enriching your CV, can follow a brief or to find out more please just be in touch

Deb.lindop@cheshireeast.gov.uk or call 077736694443 you could become a new columnist!



Wrenbury Together

Update November 2020

Well, what a busy few months we have had since the Covid-19 Lockdown was lifted

Wrenbury Together volunteers continue to spend their spare time in supporting local residents who are isolated or shielding, helping them with shopping, prescriptions and wellness calls.

Thank you to all involved – you have made such a difference to people's lives over the last 6 months. You are our Wrenbury Together Angels.

We are now planning ahead with a view to Autumn and Winter fast approaching and looking at our contingency plans and how we can further support residents during the colder months.

We are delighted to announce that we have been successful in securing some funding for our compassionate community projects from the 'Covid-19 Community Response and Recovery Grant' and also from our supportive compassionate partnership links with Audlem ADCA through the 'Lottery Awards for All' emergency COVID Grant'.

Audlem ADCA have been wonderful mentors during these times and have always been willing to help and guide our small committee with any help and advice in setting up compassionate services which enable us to look after and support residents of the community and surrounding parishes. Your help has been invaluable – thanks guys.

So, what do we have planned.....

Medical Transport – offering door to door service to hospital appointments for those who are eligible

Youth Opportunities – when we can safely deliver some projects within the local community

Meal delivery services – promoting and linking to any service providers in the area

Leaflet drop to promote our Prescription, Shopping & Telephone Wellness services and useful contact information for organisations and groups

Flu Clinics – supporting the Medical Centre on the day of flu jab appointments

Rapid response delivery of shopping from local village store to residents

Covering administrative and operational costs

To further develop our Befriending Services into 2021 and beyond.

We send everyone wishes to stay safe and well as we see the leaves change colour. Look after yourselves and each other.



Reverse Advent Calendar 'Drop-Off & Go' Collection For Nantwich Food Bank



Saturday 28th November, 10am - 1pm
Brine Leas School, Audlem Rd

Please help the foodbank support their clients with something a bit special this Christmas. Collect one of these needed items each day in November or just donate what you can so collectively we can make extra special parcels.

Needed: Tinned gammon, tinned salmon, rice pudding, custard, washing powder, washing up liquid, coffee, Christmas cake, Christmas puddings, toiletry gift sets, small box chocs, fancy biscuits, cheesy snack tubs, crackers (to pull), chocolate coins, mince pies (sell-by after 25/12/20) tubes of sweets, long life juice, tinned fruit, sponge puddings, kids' gifts (1-4, 4-8, 8-12 year old & teenagers), wrapping paper

The Food Bank are **unable to accept:** Dairy, meat or fish, fruit or vegetables, items that require refrigeration, half used/open packets, anything past it's best before/use by date, anything alcoholic, bleach.

New Nantwich community health garden gets £5,000



A brand new initiative to help improve health and well-being through gardening and nature has been awarded £5000 as a welcome cash boost from Cheshire East Council's Covid19 Response & Recovery Fund.

The Nantwich Growing Health Community Garden is coming to life on two empty allotment plots behind Brookfields Park in Nantwich - granted rent free by Nantwich Town Council which has already formally backed the plans.

The Therapy Garden will be purpose built and has big plans to provide access to gardening and nature for all - with wheelchair accessible raised cultivation beds and wildlife areas, shelters, sociable seating areas, a seedling polytunnel and even plans to include a solar powered tool shed and accessible composting loo!

The project is the brainchild of allotment holders but has attracted the enthusiastic support from the NHS, Nantwich Town and Cheshire East Councils, the Cheshire Wildlife Trust and The RSPCA Wildlife Centre in Stapeley.

In just a couple of months the project has gone from just the seed of an idea to being granted the funding to get building and planting. The first digger is due on site to get things moving in November.

Project designer, Brookfield Allotment Holder Mel Rees, who is herself disabled, said the Covid crisis has demonstrated just how important gardening is.

"Gardens have been a lifeline for so many people through the lockdown. The allotments provide fresh air, tranquillity, exercise, fresh fruit and veg and community when its needed most. I have personal experience of the amazing transformative therapeutic benefits of gardening."

Brookfield Allotment Association are overwhelmed with the support received by their new partners – take a look at what some folk have said -

Michael Willcocks of the Audlem Medical Practise said there was growing recognition of how importance of gardening and said "Health professionals have long understood the link between gardening and good mental and physical health.



Prescribing gardening sessions in the company of a gentle and caring community really is the recipe to recovery. We already have a long list of people looking forward to taking this natural route to good health."

Cheshire East Council Community Development Officer Deb Lindop said "the project is a brilliant way to help rebuild, reconnect, and offer hope to people that can benefit from being a part of a greener and healthier post Covid Nantwich." And added "So many people have lost their jobs and their sense of purpose. The Growing Health Garden will provide a lovely space where people can learn new skills, rebuild their confidence, and make the connections to future opportunities for their personal and professional growth."

Cheshire Wildlife Trust's Jan Shone said the project was all about growing a healthier world.

"Gardening is a great way for people to learn about how nature works, and the importance of wildlife and the environment. As Sir David Attenborough can attest - we need to learn the value of life on planet earth to appreciate our own lives. The garden is a great place to start that journey."

Nantwich Town Councillor Stephanie Wedgwood, who is also a nurse, is also supporting the project said

"Its really inspiring to see everyone working together to help and support those who has struggled through Covid. Gardening is all about nurturing. The Growing Health project makes the all the links, planting the seeds for a stronger, more thoughtful and caring community."

The £5,000 grant from Cheshire East Council will pay for much of the first stage of the project, including clearing the site, building the raised beds and pathways and preparing the ground for a community polytunnels, shelters, ponds and seating.

But the not-for-profit community project still needs more material and financial support and would be delighted to hear from anyone, particularly local businesses, who can help.

For further details of how you can help contact herbertjeremy@rocketmail.com or ring 07729 979641.

SCAMS AWARENESS UPDATE

Older Persons Scams Awareness & Aftercare Project

In this update:

Telephone scams Page 2

Current telephone scams Page 3

What to do if you spot a telephone scam Page 4

Not Everything is as it Appears...

This month's main feature focuses on telephone scams. Fraudsters pretend to take on the identity of someone else to trick you into handing over personal information or bank details, cash or goods. However, as always, we have top tips for how to spot, avoid and report these scams to keep yourselves and loved ones safe.

Whatever the type of scam, it's not nice to be on the receiving end, even of the ones you spot in time. Talking to friends or family about what's happened is a good idea. You'll also be helping them avoid the scam too!

If you have been unnerved by a scam, and live in the northern part of Cheshire East, our Scams Awareness & Aftercare Project may be able to help. You can contact Sally Wilson at sally.wilson@ageukce.org or on 01625 612598/07932 999902.

The project can also provide scams awareness sessions for older people (aged 50+) on Zoom or face-to-face when groups start to meet again. More information can be found in the scams awareness section at www.ageukce.org.

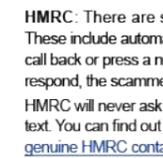


CURRENT TELEPHONE SCAMS

There are many, many different phone scams. Here are some to watch out for which have been happening recently:



Courier fraud: You receive a phone call out of the blue claiming to be your bank or the police. They say there's an issue with your account, or this is part of a covert operation. They ask for your PIN, for you to withdraw cash or buy expensive items. Then they send a courier to your home to collect your bank card, cash or the goods.



HMRC: There are several scams pretending to be from HMRC. These include automated messages threatening legal action if you don't call back or press a number, or the promise of a tax refund. If you do respond, the scammers trick you into sharing personal or bank details. HMRC will never ask for personal or financial information by phone or text. You can find out why HMRC may contact you by visiting their [genuine HMRC contact page](#).



Free boiler replacement: Scammers are taking advantage of the [Cheshire East Council Affordable Warmth Grant](#) and the new [Green Homes Grants Scheme](#) starting at the end of September. They contact householders, saying they are entitled to a free boiler. They then either charge around £500 for the boiler, as the victim doesn't take out further work with them, or they charge for further unnecessary work. If you're looking for a new boiler, contact the Energy Saving Advice Service on 0300 123 1234 and always get a range of quotes from reputable companies.

Computer and broadband scams: Residents have received calls claiming to be from a computer company, including Microsoft, or from a broadband provider such as BT Openreach. They either want to sell you anti-virus protection, fix a problem with your phone line or computer, or check broadband speeds. In all cases, they ask for remote access to your computer. Once they have access they install malware to extract personal and financial information and/or charge you a lot of money for non-existent computer protection.



These scams are in addition to those we've already featured in previous editions of our bulletin. If you're online, you can access them on our [Age UK Cheshire East Scams Awareness page](#).

TELEPHONE SCAMS

Scam phone calls and texts have the sole intention of obtaining money by tricking you into sharing personal or bank details, or handing over cash, bank cards or expensive goods. This is different to marketing calls by legitimate companies to sell genuine goods and services.

You may receive a phone call or a text purporting to be from the police, HMRC, your bank or a company. The calls may seem frightening, but remember it's okay to say no and hang up.

Read on to find out the difference between genuine and scam calls, and how to avoid being scammed on the phone.

Scammers:

May ask you to transfer money into a "safe account".

May send a courier to collect money, vouchers, jewellery or bank cards.

Usually pressurise you to make a decision quickly, or create a sense of urgency.

May ask for remote access to your computer, broadband or tablet.

May ask for your account PIN and/or password.

May ask you to keep what you're told a secret.

May make the call appear to come from a trusted number e.g. your bank, or one that indicates a specific geographic location – e.g. 01625... 01260...

Genuine calls:

The police or banks will never call to ask you to transfer money to another account.

The police or banks will never send someone to your home to collect items.

Genuine companies will give you time to decide. Ask for any offer in writing.

Genuine computer companies don't make unsolicited phone calls to fix your computer/security risks.

Banks will never ask you for your full PIN number or banking passwords.

Banks will never ask you to text personal or banking information, or to carry out a test transaction online.

HMRC will never ask for personal or financial information by phone or text.



AVOIDING TELEPHONE SCAMS

Receiving a scam phone call can be very worrying. However, with your newfound awareness, here's what to do if you receive a call out of the blue:



1. It's okay to hang up.
2. Wait a few minutes for the line to clear (scammers can keep a line open).
3. Call the real company/police/agency on a number you already have for them to see if they really called you.
4. If you're not sure if the call was a scam, you can call Citizens Advice Customer Service on 0800 250 5050 to speak to a Scams Adviser.
5. Report the scam to Action Fraud on 0300 123 2040 or at www.actionfraud.police.uk.
6. Contact your bank immediately if you have transferred money to the scammer in the last 24 hours or you think your account details or PIN have been stolen.
7. If you receive a lot of nuisance calls contact your telephone provider to see what call blocking services they provide, or consider installing a call blocking device.

We mentioned on page 2 about marketing calls from legitimate companies selling genuine goods and services. These aren't illegal, but can be annoying. You can sign up to the Telephone Preference Service to opt out of unsolicited live sales and marketing calls on 0345 070 0707 or at www.tpsonline.org.uk.



COMING NEXT TIME...

- Current scams
- Focus on doorstep crime

Though we don't like to see you leave, you can unsubscribe from these bulletins by emailing bulletins@ageukce.org

The Older Persons Scams Awareness & Aftercare Project is brought to you by



Online Talks for Autumn at Nantwich Museum

Nantwich Museum has announced a series of online talks for the Autumn "Historical Nantwich Online".



Wednesday 18 November "A Celebration of Salt, the story of Nantwich Brine" by Graham Dodd. For more than 2000 years Nantwich has benefited from brine springs associated with the River Weaver to produce high quality salt and subsequently supply brine baths valued for their medicinal properties.

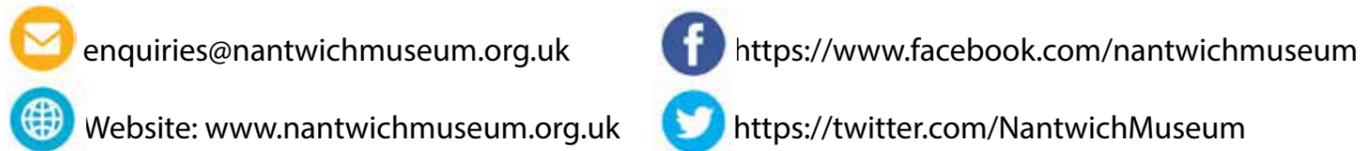
Wednesday 25 November "Joseph Priestley's time in Nantwich" by Helen Cooke. This talk will focus on the life of the famous scientist, theologian and teacher who lived and worked in Nantwich between 1758-1761 and went on to discover oxygen.

Wednesday 2 December "The Great Fire of Nantwich" by Keith Lawrence. On 10 December 1583, a great fire swept through the town destroying much of the centre. Although not an unusual event it is significant because of the survival of the documents showing the extent of the fire, how a national collection for the 'Relief of Nantwich' was organised and how this money was distributed to those affected.

Wednesday 9 December "1910 Lloyd George Domesday Survey" by Bill Pearson. The Valuation Office survey is described which includes detailed maps and residential data enabling family historians to locate exactly where their ancestors lived. Records from this survey for Nantwich will be shown including details of properties and residents. Guidance will be given on how to access the survey.
Wednesday 16 December "Nantwich in Tudor Times" by Graham Dodd. This talk considers various aspects of life in the town and some of its people. Find out more about what life was like in Nantwich over 400 years ago.

Participants can join the 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>.

For further information contact: Nantwich Museum on enquiries@nantwichmuseum.org.uk; Website: www.nantwichmuseum.org.uk, <https://www.facebook.com/nantwichmuseum/>, <https://twitter.com/NantwichMuseum>



Nantwich Library is 50th in November.

Celebrations will be virtual this year and we'll celebrate properly next year.

But we have asked people to share any memories of Nantwich library on our Facebook page. A lot of things have changed over the decades but a few things remain the same, enthusiastic dedicated and fun staff, we are still at the heart of the community and we have some lovely borrowers so I would like to thank them for all their support over the past 50 years or 132 if you count the old building. Not many towns can boast that level of library provision in these uncertain times and hopefully when we rise from this pandemic I think that the library will be as important as ever in providing a place for free entertainment, a place to meet and make friends and a place to gather advice and practical support.



**YOU'VE BEEN HERE FOR EVERYBODY,
NOW *everybody* IS HERE FOR YOU**

Do you work for the NHS?
Join an Everybody Leisure Centre near you for just
£19.99 a month on a flexible contract.
To find out more visit: www.everybody.org.uk/



Stapeley Grange Autumn 2020 Newsletter

Latest wildlife, cattery, fundraising and education news from one of the biggest animal centres in the country
<https://pub.lucidpress.com/1be51d81-d6cd-4ad5-b889-88f38c9f014a/#ohLRDBHh73.I>

In this edition - More fishing litter and another oil spill, a foxy summer, Zucchini and Ollie's stories and how to get your hands on our 2021 Calendar.

To sign up to our quarterly newsletter - <https://pub.s10.exacttarget.com/jtxm25qjhim>
Interested in advertising in our quarterly newsletter please contact lee.stewart@rspca.org.uk
PLUS do you know a charity that could use £500 - <https://equilibrium.co.uk/charity/>



WILDLIFE VET NURSING WEBINAR



Introduction and Approach to Wildlife Casualties in First Opinion Practice

Delivered By:

*Dr. Sophie Common (Vet), Wendy Burrows (Wildlife Supervisor)
and Wendy Hawley (Vet Nurse)*

- *Introductory overview of wildlife casualties in a practice environment -*
 - *Stabilisation and general care of birds and mammals-*
 - *Top tips on identification and husbandry -*
 - *Opportunities for case discussions -*
 - *Log **5 hours** CPD!*

Saturday 14 November 2020

- £80 VET NURSES -
- £50 STUDENT VET NURSE -
- PLUS 10% OFF ONE FUTURE RSPCA PRACTICAL COURSE -



STAPELEY GRANGE NEWS Winter 2020

In this issue...

Foxy Summer / CPD for Vet Nurses / 2021 Calendar



For more information on the webinar and presenters and to book your ticket/s - <https://ticketlab.co.uk/series/id/124>

new leaf

Turn over a new leaf



“ After being in an abusive relationship, my confidence was on the floor. New Leaf helped me to build my confidence and look at myself in a different way. I'm more than a mum, I'm a human being. ”

Anna
New Leaf participant

new leaf

Are you from Warrington or Cheshire and currently out of work? The New Leaf programme is here to help you take control and change your life by:

- Providing 1-2-1 support
- Helping you with skills and training
- Finding opportunities to unlock your potential
- Boosting your confidence and future prospects

Women can face specific barriers which is why our partners, Cheshire Without Abuse, are here to support women from all backgrounds who are out of work. Our team are able to travel to meet you and can provide child support if needed.

T: 01270 250 390

E: new.l@mycwa.org.uk



New Leaf is part of the Building Better Opportunities programme funded by the European Social Fund and The National Lottery Community Fund.

What is New Leaf?

New Leaf is a project to support not working people 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.

What we can we offer?

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

How can participants join the project?

- ✓ Telephone office – 01270 250 390
- ✓ Email - new.l@mycwa.org.uk
- ✓ Self Referral
- ✓ Professional referral

NHS 111 First coming to the North west



NHS

North West
Ambulance Service
NHS Trust

An enhancement to the NHS 111 service which aims to reduce overcrowding and risk of transmitting COVID-19 in hospital emergency departments will be rolled out across the country in time for winter. For the first time, NHS 111 will be able to offer a booked time slot in emergency departments to patients with an urgent – but not serious or life-threatening – illness or injury.

Roll out of the new approach has already begun in North West. Blackpool Teaching Hospitals NHS Foundation Trust was the first to go-live with a trial of the scheme from 25 August, followed by Warrington and Halton Hospitals NHS Trust from 8 September. It is now being tested and evaluated before being rolled out more widely by all hospital trusts with an emergency department through the autumn.

Patients who are thinking about going to an emergency department are asked to contact NHS 111 first instead of walking in unannounced. The service, in conjunction with local clinical assessment services (CAS), will where appropriate book them a time slot for attendance at an emergency department or may book or direct them to a more appropriate local service, which could be an urgent treatment centre, GP practice or pharmacy. People who need emergency care should still call 999.

Jackie Bell, Head of 111 at NWAS, said: “When contacting NHS 111, people are asked a series of questions about their symptoms to determine which local care service will be able to provide the right care for their needs. Our friendly health advisors are trained to guide people through the questions and direct them to the most appropriate service, and we have clinicians on hand to offer additional expertise and speak to patients if they need further assessment.

“Being able to provide patients who need emergency department care with a specific timeslot to attend is a great expansion to the service we already offer and will help to keep people safe and well.”



Children's Rotary Art and Handwriting Exhibition at Nantwich Museum



Nantwich Museum is pleased to announce the first live exhibition following its closure due to the Covid 19 epidemic. A small exhibition echoing the annual Rotary Art and Handwriting competition will run in the Museum up until Christmas.

Each year, for the past eleven years, The Rotary Club of Nantwich has organised an Art and Handwriting competition for pupils of local primary schools. Gift certificates and medals have been awarded to the best Key Stage 1 and Key Stage 2 entries in each category with many of the best entries being displayed in the Museum.

After a particularly successful competition in 2019, attracting almost 1000 entries from ten schools, organiser Ashley Weaver was looking forward to an even greater response in 2020. Unfortunately, the outbreak of Covid 19 and subsequent lockdown mid competition led to the event being officially put on hold until 2021. A number of pupils had however already completed entries for the current year and, in recognition of their support and talent, a selection of the work is now being displayed.



The Museum is currently open to the public on Thursdays, Fridays and Saturdays 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.



enquiries@nantwichmuseum.org.uk



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



Website: www.nantwichmuseum.org.uk



<https://twitter.com/NantwichMuseum>

Local Stars Join The CAT 107.9FM



Local performers **Megan Lee and Joel Montague** have joined local radio station, Cat 107.9FM, to present new weekly shows.

Singer songwriter Megan Lee, from Nantwich, has been co-presenting Thursdays Breakfast Show with Gary Johnson for over a year and now has her own show Moments with Megan every Thursday morning at 11am.

Megan said "If you could do with a moment to yourself, why don't you join me every Thursday and live in the moment with a weekly boost of energy! Let me fill your cup with motivation, positivity, laughter, chat to guests from the health and well-being sector and of course play some great music."

Joel Montague a London West End actor, who originates from Crewe, has performed in shows such as Billy Elliot, School of Rock, Funny Girl & Waitress and now presents That's Entertainment every Sunday evening between 7 and 9pm on The Cat 107.9FM

Joel said, "That's Entertainment is a show where you can sing and dance to your favourite musical tunes, it will feature interviews with working professionals and news from within the theatre industry."



Joel added "I am so happy to be joining the team at The Cat 107.9FM and I can't wait to share some of my favourite tunes and memories from the world of theatre!!!"

Chris Cadman MD said "As the only local radio station dedicated to covering the Crewe, Nantwich and Sandbach areas, we are really pleased to have two new, talented, local presenters who many of our listeners will already know present their own shows. We hope these new shows will appeal to our current listeners and attract new listeners to the station as we expand the themes we cover".

You can listen The Cat by tuning in to 107.9 FM, online at thisisthecat.com, on your mobile with the TuneIn app, or on your smart speaker by just asking for 'Cat one hundred and seven point nine'.



'Sunday Night at the Lyceum' fund-raising variety show cheque presentation



Local community radio station The Cat 107.9 FM recently presented a cheque for £3,058 to Carole Salmon of the Mid Cheshire Hospitals Charity for their Lost Little Ones baby bereavement suite appeal.

The money was raised in February this year from a 'Sunday Night at the Lyceum' variety show organised by The Cat, featuring singing, dancing and comedy, which took place at Crewe Lyceum Theatre.

The show featured a variety of performers including a beautiful routine from Fraser School of Irish Dance; super group (Callum Wright, Oli Ng, Megan Lee); poet Helen Kay with Nigella; Nightingale Choir; Crewe Amateur Musicals Society presenting extracts from their recent performance of Joseph and the Amazing Technicolor Dreamcoat; Crewe Lions under 9's football squad; local Battle of the Bands winner Cathy Jain; Nantwich Concert Band; Matrix Dance Squad; and writer-voicer-producer Buzz Hawkins with 'The Bradshaws'; reaching a crescendo with William Spencer (Cheshire Buddies Scheme). Twichy, The Cat 107.9 FM mascot, joined in at every opportunity.

The sponsors of the evening were Chromalloy, 1825 Financial Planning, Alextra Accountants, Amplify, Brightstar, Construction Linx, Howard Worth chartered accountants & advisers, Optimum Pay Group, Rhino Safety, Right at Home South Cheshire, Innovation Relief, Paper Anchor and AJB Repro.

A team of volunteers from The Cat organised a wonderful and very enjoyable evening with the acts and performers giving their time for free to support this worthy cause.



Carole Salmon, Community Fundraiser, Mid Cheshire Hospitals Charity said: "The event was awesome. I was delighted to be able to attend and enjoy all the fantastic acts. The money raised boosted our Lost Little Ones appeal total. The project will support local families going through baby loss. A massive thank you to everyone involved especially all the team at The Cat."

Chris Cadman, Managing Director, The Cat community radio said: "This memorable night was a wonderful opportunity for The Cat 107.9 FM to bring a wealth of local talent along with the nationally acclaimed Buzz Hawkins and 'The Bradshaws' to the stage of the theatre in support of this latest Mid Cheshire Hospitals fundraiser. The local support was amazing so a big thank you to everyone who joined us on the night. With 100% of the ticket receipts going to the appeal, the team at The Cat also want to say a huge thank you to the sponsors and performers, in addition to Adam Knight and his team at the Lyceum Theatre, for their fantastic support and generosity."



Sometimes the smallest of things can make the biggest difference

Become a MCH Charity Young Fundraiser

Whether you are a Tiny (0-5), Junior (5-11) or Teen (11-16) You can work towards your Bronze, Silver or Gold Award.

Earn trophies and certificates to share with your family, nursery and school

To join email charity@mcht.nhs.uk or call 01270 273248



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Winter Watch

Cold Weather

Cold weather can make some health problems worse and even lead to serious complications, especially if you are 65 or older, or if you have a long-term health condition.

Who's most at risk from cold weather?

Some people are more vulnerable to the effects of cold weather. This includes:

- people aged 65 and older
- babies and children under the age of 5
- people on a low income (so cannot afford heating)
- people who have a long-term health condition
- people with a disability
- pregnant women
- people who have a mental health condition

Get advice if you feel unwell

If you are 65 or over, or in one of the other at-risk groups, it's important to get medical help as soon as you feel unwell.

You can get help and advice from:

- a pharmacy - pharmacists can give treatment advice for a range of minor illnesses and can tell you if you need to see a doctor
- your GP - you may be able to speak to a GP online or over the phone, or go in for an appointment if they think you need to
- NHS 111 - go to 111.nhs.uk or call 111 if you have an urgent medical problem and you're not sure what to do
- call 999 in the event of a life threatening emergency



The sooner you get advice, the sooner you are likely to get better.

Call your pharmacy or contact them online before going in person. You can get medicines delivered or ask someone to collect them.



We are absolutely delighted to announce our new partnership with Citizens Advice which will enable us to support our clients with specialist advice. The service goes live on Monday 2nd November in Nantwich.

With the end of furlough and many more people expected to be in financial hardship this comes at a perfect time to be able to support our community.

Funding was secured via the Asda foundation and Cheshire East council. Anyone from CW5 and the rural areas can access this vital support

To make an appointment please call 07597 572346 or email foodbankadviser@citizensadvicece.org.uk



The Wingate Centre
Brightening the Lives of Children with Disabilities

Disability Fitness

Accessible fun fitness for all those with a learning and physical disability

Tailored sessions to develop core skills, mobility and social interaction




Our experienced and friendly coaches offer tailored support for small groups or 1-2-1 tuition.

Come and have fun! Work towards your Winstrada & Wingate Fundamentals Award

Sessions available Monday to Friday from **just £5 per person**

For more info or to book your place call 01270 780456 or email gym@thewingatecentre.co.uk
The Wingate Centre, Wrenbury Hall Drive, Wrenbury, Cheshire, CW5 8ES
www.thewingatecentre.co.uk Charity Number 327713

[@thewingatecentre](https://www.facebook.com/thewingatecentre)
[@WingateCentre](https://twitter.com/WingateCentre)



The Wingate Centre
Brightening the Lives of Children with Disabilities

Dance, Drama & Movement

Three brilliant courses for anyone aged 16yrs and over with a learning or physical disability

In conjunction with **theatre BOX**



Drama Mondays 11am-12 noon
Dance & Movement Tuesdays 11am-12 noon
Drama & Movement Fridays 11am-12 noon & 1-2pm

Our fun sessions are designed to build self-confidence and creativity, improve posture and balance and enhance well-being whilst making new friends

Only £5 per person
Advanced booking essential

Courses run for a term. One off workshops also available.

For more info or to book your place call 01270 780456 or email gym@thewingatecentre.co.uk
The Wingate Centre, Wrenbury Hall Drive, Wrenbury, Cheshire, CW5 8ES
www.thewingatecentre.co.uk Charity Number 327713

[@thewingatecentre](https://www.facebook.com/thewingatecentre)
[@WingateCentre](https://twitter.com/WingateCentre)



Wrenbury Together

A Caring Community

CORONAVIRUS HOME SUPPORT SERVICES

We are providing support to local residents who may need help, are self-isolated or live alone and whose family, friends or neighbours are unable to help. For those people needing support it is important that you get it from people you know or trust.

Our services cover the areas of Wrenbury and its surrounding parishes. Our volunteers are all registered and checked and we are working closely with Cheshire East Council and Cheshire Voluntary Services.

- We can help you with:**
- Prescription collections
 - Shopping & goods
 - Posting letters
 - A friendly telephone chat

We want to support our local businesses and ensure their long term future within our community. We will be using local providers where we can who are offering home delivery services.

If you don't have anyone close by to help and are in need of assistance or are a carer who needs further support and this time, then please do contact:

01270 780002/07802 429025 wrenburytogether@gmail.com

Thank you to all the volunteers who have already come forward to help us and our local communities – we have not needed to use them all yet – but we will be ready as and when services are required.

Thank you and please do get in touch if we can help - May 2020 -



The Wingate Centre
Brightening the Lives of Children with Disabilities

All Stars Sports & Social Club

Fun, fitness and friendship for anyone with a learning or physical disability



Juniors 5-16yrs Fridays 5-6pm
Seniors 18yrs + Tuesdays 3.45-4.45pm
Fridays 6-7pm



ALL STARS

Activities vary weekly but may include:
Soft Archery, Dodgeball, Boccia, Curling, Arts & Crafts, Bingo & Quiz

Remember to wear your sports kit!

Only £5 per person!
Advanced booking recommended

In association with **SPORT ENGLAND**

Young persons attending must be accompanied by a caregiver, however, you can relax whilst the club is run by fully trained and DBS cleared staff.

For more info or to book your place call 01270 780456 or email gym@thewingatecentre.co.uk
The Wingate Centre, Wrenbury Hall Drive, Wrenbury, Cheshire, CW5 8ES
www.thewingatecentre.co.uk Charity Number 327713

[@thewingatecentre](https://www.facebook.com/thewingatecentre)
[@WingateCentre](https://twitter.com/WingateCentre)



The Wingate Centre
Brightening the Lives of Children with Disabilities

Sensory Room

Experience the calming yet stimulating atmosphere and enhance your senses in our beautiful sensory room. A safe place to explore, play and enjoy the benefits of sensory relaxation.



Feel the rain!
Coloured Sensory 'raincloud'
Bubble tubes, Star Carpet, Projectors,
Sound Cushion,
Fibre Optics

Wheelchair accessible
Includes portable hoist

From only £10
Bookable by the 1/2 hour

Advanced booking essential, for individuals or groups of up to 10.

For more info or to book your place call 01270 780456 or email gym@thewingatecentre.co.uk
The Wingate Centre, Wrenbury Hall Drive, Wrenbury, Cheshire, CW5 8ES
www.thewingatecentre.co.uk Charity Number 327713

[@thewingatecentre](https://www.facebook.com/thewingatecentre)
[@WingateCentre](https://twitter.com/WingateCentre)

If you need any other support services, you can also ring the following:

Cheshire East - People Helping People
Anyone who is currently isolated or feeling vulnerable - 0300 123 5034

New Mental Health Helpline - 0300 303 3972

Carers Support Hub 24 hours support - 0330 022 5448

Children and Young people

- The National Autistic Society provides guidance for parents and young people.
- Place2Be is a charity dedicated to improving children's mental health and is helping parents answer questions from their children.
- Young Minds provides ten tips from their parents' helpline.
- Carers UK has guidance specifically for carers
- Covibook is an interactive resource to support children aged seven and under.

Adult Social Care

Age UK has advice on how to look after yourself and loved ones including how to best support older people at this challenging time. Public Health England and Mencap have easy read information on Covid-19 for people with learning difficulties. Carers UK is providing Covid-19 guidance for people with caring responsibilities.

Open the Door - Domestic Abuse support

Contact Cheshire Police – 101 or 999 if immediate risk of harm National Domestic Abuse 24 hr helpline - 0808 2000 247

Homelessness and Housing options

Homeless/risk of homelessness contact 0300 123 5017 (option 1/2) Dementia Support
Mon-Fri 9-9pm/Sat&Sun 9-5pm - 0800 888 6678

Samaritans - Any time day or night - 116 123

Nursing Homes - Please support your local nursing homes who would welcome you sending them letters, colourful pictures, postcards and painted and varnished rocks at this time



ADULT SUPPORT GROUP

Monday afternoons, 12.00pm – 2.30pm

A group for those with autism, diagnosed or suspected. Come along for a brew and a chat in our spacious new lounge, where we offer a relaxed, safe space. Hot and cold drinks available as well as a variety of snack options.

Sessions are during term-time only, please refer to our website and social media pages for more information, or feel free to get in touch.

contact@autisminclusive.org.uk

www.autisminclusive.org.uk



Every Monday
afternoon

12.00pm – 2.30pm

Come and visit our
new setting

Refreshments
available

Young children
welcome

Please book online

AUTISM INCLUSIVE
Apollo Buckingham Health
Science Campus
Crewe Green Road
Crewe
Cheshire
CW1 5DU

The British Red Cross provides short-term care and support in the home for people after an accident or illness, giving them the confidence to continue their daily lives.

Support at home Cheshire

The Red Cross services are based around all the local hospitals. Our friendly, caring teams provide free, confidential and practical support to people in the first few weeks after discharge from hospital or after an illness. Staff and volunteers visit people in their own homes to help them regain their confidence and get back to normal life.

We can also offer support to carers who may need a few hours' break to meet friends or go shopping.

“The Red Cross is a valuable service and very reliable, without them I simply could not have recovered so quickly.”



We are always looking for volunteers

You could help us make a difference. We need volunteers in Cheshire to give short-term, practical support to people who are not able to get out and about as they are recovering from an illness, or who have lost their confidence after being in hospital.

If you are a caring person, have an hour or two to spare and enjoy meeting people please contact us. The Red Cross has a recruitment and selection process for volunteers and offers all the training needed to work for the support at home service.

All volunteers are fully covered by insurance and receive out of pocket expenses. Please contact our Cheshire office if you would like to know more.

Support on offer

Each team can offer the following:

- > confidence building at home
- > safe and well checks
- > telephone support
- > support for carers
- > help when family is on holiday
- > information about other relevant organisations who can offer help
- > shopping or escorting to the shops
- > help with light refreshments.

The support at home service links in with other Red Cross services including:

- > mobility aids
- > AccessEquip - providing transport to Independent Living centres in Cheshire
- > hand, arm and shoulder massage.

Contact the service in your area for support

- > **Cheshire West and Chester**
Please call **01244 362861**
Chestersupportathome@redcross.org.uk
- > **Halton**
Please call **0151 424 7873**
Haltonsupportathome@redcross.org.uk
- > **Crewe and Nantwich, Sandbach and Vale Royal**
Please call **01270 255141 ext 2789**
Leightonsupportathome@redcross.org.uk
- > **Cheshire East**
Please call **01565 682315**
Macclesfieldsupportathome@redcross.org.uk
- > **Warrington**
Please call **01925 662688**
Warringtonsupportathome@redcross.org.uk



Working in partnership with:



Contact us

Email:
CheshireIndependentLiving@redcross.org.uk

redcross.org.uk

The British Red Cross Society, incorporated by Royal Charter 1908, is a charity registered in England and Wales (230940), Scotland (SC037738) and Isle of Man (1752). Information correct at date of print. Cover Photo: © Jonathan Banks/ British Red Cross

 **BritishRedCross**



**SUPPORT
AT HOME**

**Support at home
Cheshire**

Refusing to ignore people in crisis

Citizens Advice Cheshire East provides the advice you need for the problems you face

Although we have suspended face-to-face advice services across all sites and services due to the coronavirus outbreak, we are still **open** and **ready to deliver information and advice** in other ways:

- By email and phone, if you have an issue you'd like help with directly from us, you can **complete the contact us form** on our website www.citizensadvicece.org.uk and we will be in touch.
- You can **also contact Adviceline which people can reach by calling 0800 144 88 48**-This is open Monday to Friday from 9am to 5pm.
- Anyone seeking help to make a new claim for Universal Credit should call the **Universal Credit Help to Claim line on 0800 1448444**.

We look forward to hearing from you

**Free, independent, confidential, impartial
information and advice**



Chief Officer: Liz Shaw

Citizens Advice Cheshire East is an operating name of Cheshire East Citizens Advice Bureau
Registered in England. Charity Registration Number: 1128498 Company limited by guarantee Registered Number: 06820903
England. Authorised and regulated by the Financial Conduct Authority, authorisation number: 61755.
Registered office: Ground Floor, Delamere House, Chester Street, Crewe, Cheshire, CW1 2BE



Morrisons to add quieter hours in all stores every Sunday

Supermarket to turn off music and other noises associated with shopping for an hour every Sunday -
- Quieter hour to take place in all stores on their first hour of trading from 11 October -

Morrisons is introducing 'quieter hours' on Sundays with no music, checkout beeps or PA announcements for the first hour of shopping.

For stores that open from 10-4pm, quiet hours will operate from 10am-11am.

Quieter hours currently operate every Saturday between 9am – 10am in all Morrisons stores.

The initiative was first introduced in 2018 after listening to families affected by autism who shared their difficulties in shopping in noisy and busy environments.

Many customers have appreciated the initiative and as a result it will now be extended to the first hour of store opening every Sunday to provide more opportunities to shop peacefully

During Quieter Hours stores will:

- Dim the lights
- Turn music and radio off
- Avoid making tannoy announcements

FUNDING SUPPORT

citizens advice
Citizens Advice Services
in Cheshire East

Could Headspace help you or someone you know?

Headspace offers support with a range of housing related issues such as **securing accommodation, preventing eviction, claiming benefits, paying bills and managing money** to any Cheshire East resident living with a **mental health problem**. Our specialist advisers can help you:

- Explain your situation to your landlord
- Find accommodation
- Find out about and claim benefits or grants
- Identify ways to tackle debts
- Help you manage your budget
- Make sure you are getting the best deal for your utilities



Call us on 07731 116395 or 01260 413103

Headspace Housing Support Advice Service:
Helping local people with mental health issues maintain/obtain secure and stable housing

Supported by



christians
against
poverty

CAP

Free online money management course from Nantwich CAP Job Club.

Residents of Nantwich and the wider area can now access an online version of a free budgeting course.

Nantwich CAP Job Club has been running the CAP Money Course, in partnership with Christians Against Poverty (CAP) and St Mary's Church, Nantwich, for the last three years.

Due to social distancing, the CAP Money Course has been adapted so that people can participate online instead.

Katrina Woolley, Job Club Manager said: "No one teaches you how to manage money. You can organise your finances more so you can budget, save and prevent debt. Our free money course will help you manage your money more simply."

"The CAP Money Course can give you the tools you need to control your finances."

The online course will be delivered using the online Zoom video platform led by a trained CAP Money Coach.

The course runs for three weeks and consists of a weekly group session of about 90 minutes for up to 10 people per group.

The course is designed to give a broad picture of finances, including sessions on building and balancing a budget, the CAP Money system, maintenance and savings.

All that is needed to join the course is either a computer or laptop, smartphone, or tablet with a good connection to the internet and an email address.

Katrina added: "You don't need to be a computer whizz to get this running."

All you need to be able to do is to use email and click on the link from an introductory email we'll send once you've registered for the course."

Former CAP Money Course delegates comments include: "Being able to talk about money without being judged" and "Budgeting was most helpful".

To find out more about the CAP Money course and to register for sessions contact Katrina Woolley or Michael Pettman on 07398434397 or email: saintmarys.capnantwich@gmail.com



"I heard about the CAP Money Course from a friend who went on the course. I wanted to pay off my credit card and stay out of my overdraft. It changed my life! I never thought it could be so easy, but the CAP Money system is so simple."
Annie



"Since completing the CAP Money Course, I have used the budget, save, spend model to get a grip on my finances. I was able to go on holiday for the first time in years, pay for Christmas and even pay for my wedding!"
Mark



"I found the CAP Money Course a great tool to help with budgeting. It has helped me have control over my finances rather than them having control over me."
Kate

budget. save. spend.

What is the CAP Money Course?

The CAP Money Course is a free course that will teach you budgeting skills and a simple, cash-based system that works. In just a few weeks, you will get to grips with your finances so you can budget, save and prevent debt.

The CAP Money Course was devised by the award winning charity, Christians Against Poverty, in 2008. More than 1,100 churches run the course for their communities, with over 10,000 people benefiting from it each year.

Is the CAP Money Course for me?

Whether you feel pretty organised or whether it's like a lucky dip every time you try to withdraw cash from your account, the CAP Money Course will help you take complete control of your finances. There are extra resources for those on low incomes, self-employed people, couples, families and those preparing for retirement – whoever you are, the CAP Money Course will be relevant to you.

"Because of the CAP Money Course, I have paid off my mortgage arrears six months earlier than originally planned."

capmoneycourse.org

budget. save. spend.

On your local CAP Money Course, you will be supported by our trained coaches to take practical steps towards getting in control of your finances.

"I really enjoyed doing the CAP Money Course and would highly recommend it to others!"

Church:

CAP Money Coach:

Telephone:

Email:

All CAP Money Courses are free but booking is essential.

facebook.com/CAPuk @CAPmoneyuk

01274 760567
info@capmoneycourse.org



capmoneycourse.org

Registered Office: Jubilee Hill, North Street, Stratford, B21 6EW
e info@capuk.org t 01274 760567 Registered Charity No: 1017257
Charity Registered in Scotland No: SC038076. Company Limited by Guarantee.
Registered in England and Wales No: 4650176. FCA Conduct Authority No: 413328.

Find your local CAP Money Course at capmoneycourse.org

CAP
money:course

A free, short course that makes managing your money simple



budget. save. spend.



Building a balanced budget

Building a workable budget is vital in taking control of your money. It will help you see exactly what you are spending, how you could save money and prioritise your spending to include the things you really need or want to do.



The CAP Money system

The CAP Money system will give you a practical way of sticking to your budget. The system uses three accounts, so you can make sure your money is going towards the things you planned for in your budget.



Using cash

Using cash for your everyday living expenses is counter-cultural, but has many advantages. It's a powerful tool to enable you to stick to your weekly budget for food and living costs. After all – when it's gone, it's gone! Cash enables you to see exactly where you are with your money at all times and adds more value to what you buy.



CAP Money Plus

If you find that you can't afford your essential living costs or meet your contractual repayments on your debts, then CAP Money Plus is for you. CAP Money Plus will negotiate with your secondary creditors (things like bank loans, credit cards or store cards) and give advice about any priority debts (mortgage, rent, council tax, etc.) to help you achieve a debt free future.

CAP
money:course

budget. save. spend.



At Morrisons, we don't want anyone being left behind

That's why we're making our Doorstep Delivery service available to anyone who's self-isolating,
to help them get the groceries they need.



Whether you're away at university or you're elderly or vulnerable, you can order the groceries you need over the phone and pay when they're delivered to your door the next day, by a colleague from your local Morrisons store.

In order to use this service you must live within 10 miles of a Morrisons store. Deliveries will adhere to the current social distancing rules so to avoid contact we strongly encourage contactless card payments only, if this isn't possible chip and pin card payments are available but no cash payments can be accepted. Orders must be placed before 5pm for next day delivery. There is no longer an essentials list so customers can order any products they like from our friendly colleagues on the phone. Elderly and vulnerable customers will continue to get a FREE delivery, students will pay a discounted charge of £2.00, and other customers will pay £4.50

Telephone 0345 6116111
Select option 5