

CONGLETON ACTIVITIES

For The Young At Heart



Inclusive Activities Across Congleton

Dementia Friendly Congleton is helping to spread the word about inclusive and dementia friendly activities taking place across the town. The face to face activities range from coffee mornings, gentle exercise classes, crafts, games and quizzes, music, lunch clubs plus many more. A warm welcome is also extended to the 'young at heart' living in Congleton, the regular activities have been organised to help local people feel part of the community.



Inside

Living Well with
Dementia
PAGE 2 & 3

Congleton Local
Activities
PAGE 4 - 10

Locations Include:

Bromley Farm
Chappell Centre
Cricket Club
Congleton Library
New Life Church
St John's Community
Centre
The Old Saw Mill
Trinity Methodist Church
United Reform Church

Cost of Living Support
PAGE 11-13

Keep in Contact

We encourage anyone who knows someone with dementia to keep in contact, whether that's by paying a visit or making regular phone calls. There is so much more to a person than their dementia, and regular contact can do so much to help.

Become a Dementia Friend

Join the 1000+ people who have attended a Dementia Friends Awareness Session in Congleton. The content is designed by the Alzheimer's Society. **Contact Diane Ritherdon on 07770 724 932**



Dementia Buddy

If you are worried about a loved one with dementia wandering off and getting lost, apply for a Dementia Buddy. Its an identifiable badge, wrist band, bag tag or key ring which can be scanned with a smart phone which gives contact information for someone able to help the 'lost' person. Thanks to funding from Congleton Lions, people with a CW12 postcode can order an item free of charge direct from Congleton Lions via email: congletonlions@gmail.com

Age UK Cheshire East
Tel: 01625 612 958
www.ageuk.org.uk

Alzheimer's Society
Tel: 0300 222 1122
www.alzheimers.org.uk

Blue Badge Scheme
Tel: 0300 123 5020
www.cheshireeast.gov.uk/benefits/bluebadgescheme

Cheshire East
Carers Hub
Tel: 0300 303 0208
www.cheshireeastcarershub.co.uk

Cheshire East
Social Care
Out of Hours
Tel: 0300 123 5022

Dementia Carer Wellbeing
Course (East Cheshire
hospice)
Tel: 01625 666 990

Social Prescribers

Congleton's doctors' surgeries are being supported by a social prescriber, acting as a link person to look at health and wellbeing. The prescribers connect people to community groups and statutory services for practical and emotional support. Contact your Social Prescriber via your GP practice

Dementia Games Swap Shop

Inside Congleton Library. A variety of games & activities suitable for people living with dementia are available for loan or can be swapped for games & activities in good condition. Items for swap should be complete especially jigsaws which should be no more than 250 pieces with easy to handle pieces. Just ask one of the library staff for access and guidance.



Dementia Friendly Congleton

Dementia Friendly Congleton is a sub-group of the Congleton Partnership which includes representatives from Congleton Town Council. The community based volunteer organisation carries out projects, events and improvements in the town. For further information see:
www.congletonpartnership.co.uk

Dementia Reablement Service

Tel: 01625 378 287
Early Stages of Dementia following formal Diagnosis
www.cheshireeast.gov.uk/dementia-reablement

Sliver Line

Tel: 0800 470 80 90
National Helpline free information & advice to older people.
Open 24/7.

Livewell Cheshire East

Tel: 0300 123 5020
Access to 3000 health & wellness services.
www.cheshireeast.gov.uk/livewell

East Cheshire Hospice

Tel: 0300 303 0208
www.cheshireeast-carershub.co.uk

Bromley Farm Community Centre

EDINBURGH ROAD CW12 3EN - EVERY THURSDAY 10 AM - 3 PM

Time Out Group - Gives those living with early onset of Dementia the opportunity to have time out from home and equally giving their carers time out too. The session helps to improve people's confidence and motivation by taking part in fun activities which include: singing & music, quizzes, gentle exercise, arts & crafts, day trips and more. Experienced volunteers are on hand to offer advice, compassion and support. Costing just £20 per week, members will be served a hot lunch and refreshments throughout the day. Contact Margaret Butcher or Glen Williams on 01260 279707, or email: bscdt@tiscali.co.uk

Chappell Centre

83-87 LEEK RD MOSSLEY CW12 3LJ

History of Medicine - Book via www.congletonu3a.org.uk

EVERY MONDAY 11:15 AM - 12:45 PM

The discover the development of medicine from prehistoric times to the medieval period.

Play Readers - Book via www.congletonu3a.org.uk

SELECTED TUESDAYS 1:30 PM - 4:30 PM

Plays will range from old to new, high comedy to darkest tragedy. Members of the group will be given the chance to read parts aloud in an appropriate accent or manner - or in a normal voice - just as the mood takes them!

Limber for Later Life - Exercise Group

EVERY TUESDAY 11 AM - 12 PM & 12 PM - 1 PM

Gentle exercise class for the young at heart. Contact 01260 281 601

Yoga - Exercise Group

EVERY WEDNESDAY 6PM - 7PM

Contact Vera 07468 921368

LOCAL ACTIVITIES IN CONGLETON

Writing for Pleasure - Book via www.congletonu3a.org.uk

EVERY THURSDAY 9:45 AM - 11:15 AM

Join a group of writers who would welcome new members. Both prose and poetry are tackled and we share the fruits of our labour with one another.

Bible Study Group

EVERY THURSDAY 11:30 AM - 12:30 PM

Weekly Bible study and discussion group. Contact 01260 281601

Parkinson's Group Social Meet Up

FIRST FRIDAY OF THE MONTH

Monthly coffee & chat for all those affected by Parkinson's. Contact 01260 281 601

Brighter Times Monthly Meet Up

3RD FRIDAY OF EVERY MONTH

A group for people with life limiting illnesses and their carers. Contact 01260 281 601

Congleton Cricket Club

BOOTH STREET CW12 4DG

Company Corner

EVERY MONDAY 10 AM - 12 PM

Don't be alone, come in for a coffee and a cake and see a friendly face! Open to all who would like some company. Contact Liz 07717 736 645

Mental Wellbeing with Music

SUNDAY MONTHLY 7 PM - 9 PM

Discos for adults 18+ with disabilities, feeling isolated or lonely. £2 per person (carers free). Food available £2. Contact Cllr Rob Morton 07597 085 396 or search Facebook 'Mental Wellbeing with Music'.

LOCAL ACTIVITIES IN CONGLETON

Sequence Tea Dance

EVERY FRIDAY 1 PM

Dance and social club, you don't have to dance! Contact Chris and Ann 01260 277 684

Congleton Library

MARKET STREET CW12 1ET- FOR ALL ACTIVITIES CONTACT 01260 375 550

Story and Tea (For Grownups)

FOURTH MONDAY OF THE MONTH 2:30 PM - 3:30 PM

Come along to our friendly reading group with a difference. Relax with refreshments and listen to poetry and short story readings. Contact the library for dates. Free.

Keen Cooks

SECOND TUESDAY OF THE MONTH 2:15 PM - 3 PM

Join the tastiest book group in town! With a different theme each month, we'll discuss ingredients, swap recipes and share hints & tips over refreshments.

Crafternoon Tea

1ST & 3RD WEDNESDAY OF THE MONTH

Try a different craft at our monthly group for adults. Meet new people, share skills and relax. No skill required! Only £1.00 includes all materials and refreshments.

Crafty Natter

ALTERNATE WEDNESDAYS 2:30 PM - 3:30 PM

All crafters and abilities welcome. Come and craft and chat over a cuppa and cake. Drop in, Free.

Good Vibrations

ALTERNATE WEDNESDAYS 10:30 AM - 11:30AM

Join us for a feel good sing-a-long with guitar accompaniment. Refreshments available. Free.

LOCAL ACTIVITIES IN CONGLETON

Relish Book Club

EVERY THURSDAY 1:00PM - 3:00PM

A chance for adults living with mental health issue to socialise, relax over refreshments and enjoy sharing books that are read together. Free.

New Life Church

WEST ROAD CW12 4EY

Jubilee Club

EVERY TUESDAY 10 AM -12:30 PM

Meet new people and learn a new skill, activities include: allotments, cooking, crafts and chatting! Contact: 01260 297961

Forget Me Not Group

EVERY 2ND & 4TH FRIDAY OF THE MONTH 10:30AM - 12:00 PM

Social group for carers and people living with Dementia. A friendly group with chat, activities and music. Contact: Clare Sheard on 07866 415 211 or Diane Ritherdon: 07770 724 932

The LA (Less Able Club)

EVERY 2ND FRIDAY OF THE MONTH 2:30 PM - 4:30 PM

Includes tea, coffee, bingo and entertainment. £20 per year. Contact Doug Parker on 07767 817170

All Saints - St John's Community Centre

BUXTON OLD ROAD CW12 2ES

Mugs and Games

EVERY TUESDAY & THURSDAY 6:30 PM - 9:30 PM

A board game club, for further information contact: 07950 205582 or email ele_morris@hotmail.co.uk

LOCAL ACTIVITIES IN CONGLETON

Exercise For Life

EVERY WEDNESDAY 10 AM - 11 AM

A fun and varied hour of exercise for older adults, to keep active with options for chair based exercises. £4 per session.

Contact: Fiona Enticott on 07906 628719 or fiona.enticott@gmail.com

Tea & Church

EVERY SECOND WEDNESDAY 3:30 PM

A short worship service followed by high tea. No charge but small donations welcome. Free community transport available. To book contact: Peter Houldsworth on 07791 704112

Luncheon Club

EVERY FRIDAY 12 PM

Enjoy a hearty home cooked meal and fellowship (recommended £4 donation). Free community transport available. To book contact: Peter Houldsworth on 07791 704112 or email peterhouldsworth@hotmail.co.uk

The Old Saw Mill

BACK RIVER STREET (OFF ANTROBUS STREET) CW12 1HJ

The Old Saw Mill Lunch Club

MEALS DELIVERED EVERY FRIDAY

A 'meals on wheels' scheme delivered every Friday to eligible residents, at a subsidised cost of £4. Contact The Old Saw Mill

Bro's Group

ALTERNATE MONDAYS 1 PM - 2:30 PM

Come for a brew and a chat and share the load with other gents at the group. The informal session is peer led where men can talk and face life's issues shoulder to shoulder! Free to attend but booking is essential. Contact The Old Saw Mill.

Knit and Natter

EVERY TUESDAY 2 PM - 3 PM

Meet, mingle and trade yarns with local knitters! Have fun comparing patterns, sharing techniques and trading tips on stitches.

LOCAL ACTIVITIES IN CONGLETON

Dove Buddies

FIRST TUESDAY OF THE MONTH

Organised by the dove service is a friendship group for adults experiencing loss and/or isolation. Offering the chance to meet new people. Any enquiries please contact 01782 683155 or enquires@thedoveservice.org.uk.

Craft Group

EVERY WEDNESDAY 2 PM - 4 PM

Contact The Old Saw Mill

Congleton Repair Cafe

LAST SATURDAY OF THE MONTH 10 AM - 2 PM

Bring your broken possessions and have them fixed for free by the expert team of volunteers. A great community event, everybody welcome to pop in and see the amazing repairs going on! Visit the Facebook page 'Congleton Repair Café' or email: congletonrepaircafe@gmail.com

Trinity Methodist Church

WESTWOOD HOUSE, WAGG STREET CW12 4BA

Stitch and Chat

EVERY MONDAY 2PM - 4 PM

Participation in the stitching part isn't mandatory! Refreshments are available. Coffee shop also open Monday, Wednesday and Friday 10am -12noon. Contact Glenice 01260 277230

Astbury Mere Care Home

NEWCASTLE ROAD, ASTBURY, CONGLETON, CW12 4HP.

Carers Café

LAST WEDNESDAY OF THE MONTH 10:30AM - 12:00PM

Contact 01260 296 789 or email adriana.jaracz@porthaven.co.uk

The United Reformed Church

ANTROBUS STREET CW12 1HE

Coffee Morning

ALTERNATE WEDNESDAYS 10 AM - 12 PM

Church open for refreshments and a chat.

Bereavement Support Group

ALTERNATE WEDNESDAYS 10 AM - 12 PM

Church open for refreshments and a chat.

Cost of Living Support

There is increased pressure this winter with energy and food prices rising. Listed below is help available locally, please reach out if you are struggling.

Cost of Living Crisis Team - call 0300 123 5024

OPEN MONDAY TO FRIDAY 8:30 AM TO 5 PM

Cheshire East helpline. The team can advise you on what support is available in and where to get it.

Food Help Available

Congleton Social Supermarket - Lawton St, Congleton

OPEN TUESDAYS 10AM - 3PM - WEDNESDAYS, FRIDAYS & SATURDAYS, 9:00AM -3:00PM

It is run by the Green Tree House Café Charity. You can pick up 10 items of food for £5.00, 20 items for £10.00 or 30 for £15.00. Some items are limited. No referral needed.

Store House - New Life Church Food Bank

MONDAY TO FRIDAY 10AM - 2:30PM

New Life Church has run a foodbank for the past 14 years. Parcels are by referral, more than 50 agencies can refer you, please visit www.nlchurch.org.uk/storehouse

Recipe Ideas

There is a wealth of information online and in Congleton Library.

Suggested resources:

www.frugal.org.uk

www.moneyhelper.org.uk/en

www.bbcgoodfood.com

www.lovefood.com

Friendly Places to Go

All our community cafes & centres listed in the leaflet will offer a warm welcome, including the Chappell Centre, Congleton Library, Higher Ground Café & The Old Saw Mill, here are a few more ideas:

Blueys of Congleton (Town Hall)- Food & Friendship

MONDAY 11:30 AM - 1:30 PM & THURSDAY 3:30 PM - 5:00 PM

FREE Food & Friendship in Congleton Town Hall every Monday & Thursday. For local residents & families who are isolated or in need of a little help and support. A hot meal will be provided for all. Call Mark to book 07722 008 421

Bear Grills & Old Saw Mill - Gift a Coffee

ALL WEEK

Free cups of coffee/tea available from customers who often leave a donation. Please ask at the venue.

Mental Health Support

Increased pressure from the cost of living crisis can affect our mental health. Contact your local GP surgery, they are usually the best place to start.

NHS Mental Health Helpline 0800 145 6485

24 HOUR

Helpline run by NHS staff for people of all ages needing mental health support in our area.

Mind Body Sole - Mental Health Support

CONGLETON TOWN FOOTBALL CLUB DROP IN MONDAYS 12 PM - 5 PM & THURSDAY 5 PM & 8 PM

Mind, Body & Sole is a non profit organisation which aims to raise awareness trying to help individuals to speak up and stop struggling in silence. More information: www.mindbodysole.uk or email help@mindbodysole.uk

Buddy and Befriending for over 50's

WEEKLY TELEPHONE CALL

Are you feeling lonely or isolated living? Get matched to a volunteer buddy or befriender for companionship and social chats. Contact 01260 606 066 or email befriending@changing-lives-together.org.uk

Financial Support

If you are facing financial difficulty and would like some support we have listed below services that can help:

www.nationaldebtline.org - can be contacted on 0808 808 4000
www.moneyhelper.org.uk
www.businessdebtline.org - can be contacted on 0800 197 6062
www.citizensadvise.org.uk
www.gov.uk/benefits-calculator

Other local support

Congleton Chats Back Facebook Group - the community is trying to help each other.

Congleton Cares Facebook Group - A group for people dealing with the cost of living crisis.

While the list of activities is considered to be correct at the time of printing, activities may be subject to change. Please check with the event organiser before attending. If you are aware of other activities which should be included please let us know.

Email cathy.dean@congleton-tc.gov.uk