

LOCAL ACTIVITIES LEAFLET 2025

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.



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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. Based on the content 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: 0330 333 0804
www.alzheimers.org.uk

Alzheimer's Society
Dementia Support Line
for Carers
Tel: 0333 150 3456
www.alzheimers.org.uk

Blue Badge Scheme
Tel: 0300 123 5020
www.cheshireeast.gov.uk - Search
'Blue Badge Scheme

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

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

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

Dementia Reablement
Service
Tel: 01625 378 287
Early Stages of
Dementia following formal
Diagnosis
www.cheshireeast.gov.uk/livewell

Silver Line
Tel: 0800 470 80 90
National Helpline free
information. Open 24/7
www.thesilverline.org.uk

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.eastcheshirehospice.org

Astbury Village Hall - East Cheshire Hospice

PEEL LN, ASTBURY, CONGLETON CW12 4RQ

East Cheshire Hospice will be at Astbury Village Hall every Friday. The morning sessions are for their Dementia Carer Wellbeing Course, an 8 week educational course aimed at carers with a different dementia related topic each week, their loved ones with a dementia diagnosis can also attend and will be encouraged to engage in Cognitive Stimulation Therapy. Please contact East Cheshire Hospice Dementia team on 01625 666990 for more information.

Love To Move Exercise Class

1ST AND 3RD FRIDAY OF EACH MONTH 2 PM - 3:30 PM

A seated exercise program designed by the British Gymnastics Foundation, which also helps improve cognition, coordination, dexterity, balance and mood, as well as the benefits of gentle physical exercise.

Singing for the Soul

2ND FRIDAY OF EACH MONTH 2 PM - 3:30 PM

Singing along to well known songs, often with actions and movement involved.

Dementia Café

4TH FRIDAY OF EACH MONTH 2 PM - 3:30 PM

Carers can come along with or without their loved ones, to socialise with others, drink tea, and there is the opportunity to have a 1-1 chat/support from one of our experienced dementia nurses.

If you, or someone you know is eligible for Dementia support and would like to receive dementia support from East Cheshire Hospice please visit -

www.eastcheshirehospice.org.uk/patients-families/sunflower-centre/dementia-support/

Bromley Farm Community Centre

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

Time Out Group - Gives those living with early stage 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

Bromley Farm Wellbeing Hub

17 PARNELL SQUARE CW12 3EQ

Bromley Bloomers Gardening Group

VARIOUS TIMES

Gardening group where all ages come together to take care of our community garden. We grow fruit, flowers, herbs and vegetables for the local community. Contact bromleyfarmhub@gmail.com or 07873 653408

Lunch Club

EVERY TUESDAY 12:00 PM - 2:00 PM

Weekly lunch club with soup and cake, a cuppa and a chat. Board games available. Free of charge. Contact bromleyfarmhub@gmail.com or 07873 653408

SheTalk

ALTERNATE MONDAYS 8 PM - 9:30 PM

A women's mental health peer support group. Come and have a cuppa and chat with like-minded women, facilitated by a qualified psychotherapist. Please text to confirm attendance: 07473737475.

LOCAL ACTIVITIES IN CONGLETON

Chappell Centre

83-87 LEEK RD MOSSLEY CW12 3LJ

Yoga with Alison Farrell

EVERY MONDAY 6:30 AM - 7:30 PM & EVERY FRIDAY 12 PM - 1 PM

Alison teaches Yoga Classes across a wide range of ability groups, Monday's session is more active and Friday session is gentle yoga to restore balance and promote wellbeing. Contact Alison 077759 938532

Yoga with Sophie Lovatt (Ashtanga Vinyasa)

EVERY TUESDAY 6:30 PM - 7:30 MPM

Sophie teaches hatha, vinyasa and ashtanga vinyasa to beginners and experienced students alike. Energising and nourishing class. Contact 01260 281 601 for more information.

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

1ST 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

LOCAL ACTIVITIES IN CONGLETON

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'.

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 Leisure Centre

WORRALL ST, CONGLETON CW12 1DT - FOR ALL ACTIVITIES CONTACT 01260 387717

Walking Football

EVERY WEDNESDAY 6PM TO 7PM

Walking Football is a slower version of the game you know and love. Ideal for the over 50's or anyone looking to improve fitness levels.

Walking Netball

EVERY THURSDAY 10.30AM TO 12PM.

Walking Netball has been designed so that anyone can play it regardless of age or fitness level. Pay as you go or membership required.

Move it or Lose It!

EVERY TUESDAY 1:00 PM - 1:45 PM

The class have been developed by experts to help you to improve your flexibility, aerobic health and balance for greater strength. All the exercises can be carried out seated or standing, depending on your ability. PAYG class and can be accessed by both members and non-members

Specialist Rehabilitation Exercise Classes

INCLUDES CARDIAC REHABILITATION, COPD AND CANCER.

Everybody has a range of rehabilitation exercise classes to help you manage long term health conditions. To book call 01270 685589

Adult Everybody Exercise Referral Programme

12 WEEK PROGRAMME

The Exercise Referral programme provides a range of physical activity schemes for people who are recovering from illness or have been diagnosed with various long term health conditions. The programme runs for 12 weeks. You will have an initial face to face consultation on week 1 with a Specialist Health Advisor, with two other appointments held on week 6 and 12. The cost of the programme is £28.95 for 12 weeks, you can self-refer. <https://everybody.org.uk>

Congleton Library

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

Crafternoon Tea

3RD MONDAY OF THE MONTH 2:00 PM - 3:30 PM

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.

Widows Group

1ST TUESDAY OF THE MONTH 1:30 PM - 3:30 PM

Join a welcoming group of women to hear interesting speakers, enjoy trips and socialising. Contact Mrs Boyle on 01260 276635 for more info.

Keen Cooks

2ND 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.

Congleton Family History Society of Cheshire

3RD TUESDAY OF THE MONTH 7:30 PM - 8:30 PM

Non-members very welcome to attend. For more information contact David on 01625 426173 or Sue on 01260 271714

LOCAL ACTIVITIES IN CONGLETON

Story and Tea (For Grownups)

4TH TUESDAY 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.

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.

Mossely Village Hall (Old School)

LEEK ROAD CONGLETON CW12 3HX

Chair Aerobics

EVERY TUESDAY 12:30 PM

Join Becky a qualified personal trainer for a seated chair aerobics class. Dance and get fitter whilst seated and using props for functional movement. £5 per class.

Golden Aerobics

EVERY TUESDAY 12:30 PM

Join Becky a qualified personal trainer low impact dance aerobics class, all abilities welcome, no getting up and down off the floor. £5 per class. Contact www.beksercise.co.uk / beckiemorley@hotmail.co.uk

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

LOCAL ACTIVITIES IN CONGLETON

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

St John's Community Centre (All Saints)

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

Exercise to Music 4 Oldies

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.

Timbersbrook Women's Institute

2ND THURSDAY OF THE MONTH 6:45 PM - 10:00 PM

The WI is the largest voluntary women's organisation in the UK. For more Information contact: patandpatgartland@gmail.com

LOCAL ACTIVITIES IN CONGLETON

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 Snooker Club - No Tier Snooker Society

ROYLE ST, CW12 1HR

The No Tier Snooker Society

EVERY WEDNESDAY

Enjoy a game of snooker, tea, coffee, and nibbles for those with young-onset dementia and early stage dementia. Exclusive access for society members, carers and loved ones, both men and women welcome. Please register interest by email: ian@notiersnooker.com or 07555 524 862.

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

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.

LOCAL ACTIVITIES IN CONGLETON

Wellspring Methodist Church

CANAL RD, CONGLETON CW12 3AP

Coffee Morning

EVERY WEDNESDAY 10 AM - 12 PM

Tea, Coffee and a chat. All welcome. Free.

Lego Church

SECOND SATURDAY OF THE MONTH 4 PM - 5:30 PM

Creative Lego with a challenge, refreshments served. Free.

Wellspring Church Service

MOST SUNDAYS 10:30 AM.

All welcome, refreshments served.

Other Local Activities / Groups

Congleton Repair Cafe

LAST SATURDAY OF THE MONTH 10 AM - 2 PM - MASONIC HALL ON MILL STREET

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

U3A

VARIOUS LOCATIONS AROUND CONGLETON

u3a is a UK-wide movement of locally-run interest groups that provide a wide range of opportunities to come together to learn for fun. For more information visit www.u3a.org.uk (membership required).

Artisanship - Support Local Makers

VARIOUS LOCATIONS AROUND CONGLETON

Artisanship, based in Congleton, is a supportive community for local makers, crafters and artists. Running events & workshops during the year. Visit www.artisanship.co.uk

Mental Health Support

Seeking help is often the first step towards getting and staying well, but it can be hard to know how to start or where to turn to. We have listed local support below, but do contact your local GP surgery, they are usually the best place to start.

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

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

Mentell - Support Group for Men

CONGLETON CIRCLE EVERY THURSDAY 7 PM - 9 PM - CONGLETON TOWN HALL

Mentell are a charity providing free support to men experiencing mental or emotional discomfort through a confidential space to listen, share and connect. Visit www.mentell.org.uk for more information.

Cross Roads Together - Carer Support

OVERTON HOUSE, WEST ST, CONGLETON.

A local charity providing high quality support services for carers of all ages. www.crossroadstogether.org.uk

CWP Mental Health Helpline 0800 145 6485

24 HOUR

Cheshire and Wirral Partnership NHS Foundation Trust's dedicated 24/7 all age urgent mental health helpline.

Cost of Living

Many are still feeling the pressure of the high cost of energy and food prices. Listed below is help available locally, please reach out if you are struggling.

Food Help Available

Congleton Social Supermarket - Lawton St, Congleton

WEDNESDAYS, FRIDAYS & SATURDAYS, 10:00AM -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

Old Saw Mill Lunch Club

MEALS DELIVERED WEDNESDAY'S & FRIDAY'S

A 'meals on wheels' scheme delivered every Wednesday & Friday to eligible socially isolated residents, at a subsidised cost of £6.25, talk to us if cost is an issue. Contact Sharon at The Old Saw Mill on 07810 241 399 or email us on info@theoldsawmill.com for further details.

Recipe Ideas

There is a wealth of information online and in Congleton Library. Suggested websites for cooking on a budget:

www.moneyhelper.org.uk

www.bbcgoodfood.com

www.lovefood.com

www.beatthebudget.com

Financial Support

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

Congleton Town Trust

MEETINGS ARE HELD QUARTERLY IN JANUARY, APRIL, JULY AND OCTOBER.

Individual grants: will be considered where an individual who is resident in the area of benefit proves a need as fits the scheme of the Trust.

www.congletontowntrust.co.uk

John Holford Charity

ST PETERS CHURCH, THE CROSS, CHESTER, CH1 2LA.

The charity will give to individuals in need and hardship, providing grants or purchasing equipment/providing training etc.

www.johnholfordcharity.org

Barclays Bank

EVERY TUESDAY, WEDNESDAY & THURSDAY 10:00 AM - 12:30 PM & 1:00 PM - 4:30 PM
THE SPACE - 35-37 HIGH ST, CONGLETON CW12 1AX

Barclays Bank Staff at 'The Space' to help you with anything from money management and financial health, to improving your home or supporting your business.

Revenues and Benefits Financial Welfare Surgery

CONGLETON LIBRARY - 10 AM - 4 PM

Cheshire East Financial Welfare team will be hosting a drop in help and advice surgery once a fortnight in Congleton library. If you have questions about claiming Housing Benefit, Council Tax Support or free school meals, or you are struggling financially and want to know if there is any additional welfare support available for you, please call in for a chat between 10am-4pm. No booking required, just drop in. Contact the library for dates. 01260 375550

Are you over
50 and living
in Cheshire
East?



Buddy & Befriending Scheme

Are you feeling lonely or isolated?

Would you like to be matched with a Volunteer Buddy or Befriender for companionship and social chats?

We can help you

Get in touch...

07919 327131

befriending@changing-lives-together.org.uk

Charity Number: 129983. Company Limited by Guarantee: 07400066.

 **together**
for community and care



Would you like to...

- Give an hour or two of your time each week (or fortnight) to help someone in need?
- Help a lonely or isolated person by calling them for friendly phone chats?
- Have the opportunity to give something back as we begin to recover from the global pandemic?

• Play an active and valued role within your community?

Be part of something great and volunteer!

Get in touch...

01260 606066

volunteer@changing-lives-together.org.uk

Charity Number: 129983. Company Limited by Guarantee: 07400066.

 **together**
for community and care



THE  LD
Saw Mill

Luncheon Club Meals

£6.25

Main Course & Dessert

provided by



Mark's Events

FREE Delivery

Wednesday and/or Friday

To Order Contact Sharon

07810 214 399



**Congleton
Town Council**

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