



Disability Information Bureau



Handbook of Local Disability Related Organisations 2024

Registered Charity No. 1124371. Registered Company Ltd by Guarantee in England & Wales No. 6452443



Established in Macclesfield in 1993, we provide holistic services specific to the needs of disabled communities across Cheshire East. Many of these people find themselves hidden from view and isolated from society, and all our resources go into combating the risks they face.

We have a fantastic team of active community volunteers that support us, and we provide a comprehensive wraparound package of support that includes:

- A free and confidential information service
- Computer courses and information on adaptive technology, including services for people with visual impairments
- IT and employment qualifications
- Employment support
- Welfare rights guidance
- Disability, equality and diversity training
- Shopmobility services
- RADAR keys
- Volunteering opportunities

Our aim is simple – we encourage people to stay independent and resilient by empowering them to find the voice and gain the confidence to make positive changes in their lives.

We aim to level the playing field when it comes to mental health, wellbeing, employment, and inclusive opportunities.

Macclesfield Office (Registered Address)

Pierce Street, Macclesfield SK11 6ER

Tel: 01625 501759 or 01260 295725

www.dibservices.org.uk Email: info@dibservices.org.uk

Opening Times: Monday – Thursday 9.00 – 5.00 Friday – 9.00 – 4.30



Age UK Cheshire East

We are here to make sure that the voices of older people are heard, that they have independence and choice and that they are healthy and can have fun!

We provide a range of services for people aged over 50 including our nationally accredited Information and Advice service, help to protect yourself from Scams, a telephone befriending service, free counselling, dementia support; a dementia day care service and a Help at Home service which includes cleaning and shopping. We have volunteering opportunities for people of all ages.

Tel: **01625 612958** *Email:* **enquiries@ageukce.org**

Web: **www.ageukce.org**



Alsager Community Support

ACS provides a variety of free information, advice and support services, for people living in Alsager, Church Lawton, Rode Heath and Scholar Green. These include DIB and SENd drop-ins, financial and benefit checks, help with applications and job searches, signposting to other organisations, plus we have a wide range of leaflets and information sheets in our support centre. We can help with shopping, attending medical appointments, and befriending. We have a uniform reuse scheme for every school in Alsager, a lost property service and are a collection point for free hygiene products. We also offer volunteering opportunities.

Contact details: **19-21 Crewe Road, Alsager ST7 2EW**

Email: **info@alsagercommunitysupport.org.uk**

Tel: **01270 876605** *Web:* **www.alsagercommunitysupport.org.uk**



Alzheimer's Society.

Alzheimer's Society is here to support anyone affected by dementia from worrying about your memory and diagnosis to choices in care and end of life planning. We can provide information and support in various forms on a wide range of topics related to living with a dementia, not just Alzheimer's Disease. We have a national telephone support service, as well as local teams who can offer home visits as well as more individual support. We offer Singing for the Brain groups across Cheshire East, as well as carers' education and other groups as appropriate.

Contact details: **cheshire@alzheimers.org.uk** *Tel:* **0300 369 0570**

Web: **www.alzheimers.org.uk**

Dementia Connect (national support line) **0333 150 3456**



Astraline.

Astraline provides a 24-hour emergency response service to help if you, or your loved one, have fallen, become unwell or require urgent medical assistance. This might be a simple call

to your next of kin or our full emergency responder service – where the TEC team will attend in person to provide help – available in specific post code areas.

Simply choose your alarm device and the level of support you require and we do the rest. You can be up and running within a few days.

We offer loads of devices designed to suit a wide range of personal needs, from simple pendants through to clever home sensors.

Contact our friendly sales team on **0161 25466681** or sales@astraline.co.uk and we will be able to advise on the most suitable device and support.

www.astraline.co.uk



Body Positive

BODYPOSITIVE

Supporting people to have healthier relationships and celebrating diversity. Our confidential services include sexual health advice, counselling, outreach, one-to-one support, education and social groups. Body Positive offers additional support to people who are experiencing issues around sexual orientation and gender identity, their friends and family. These include a gay and bi men's social group, a gay and bi women's group, and trans support group.

Tel: **01270 653150** Email: health@bpcnw.co.uk Web: www.bpcnw.co.uk

Bridgend Centre, Bollington



The Bridgend Centre is open to all and has been providing

community support to the people of Cheshire East and further afield for over 30 years.

Call in for a cuppa at our drop-in and find out about our activities, social groups, buddying service, volunteering, IT support, weekly walks, information and support.

Opening hours - Monday to Friday 10:00am – 4:00pm and Saturdays 10:00am – 1:00pm

Phone: **01625 576311**

Email: info@bridgendcentre.org.uk

Website: www.bridgendcentre.org.uk.

Address: **104 Palmerston Street, Bollington, Cheshire, SK10 5PW.**

British Red Cross - Local Services



- **Support at Home Service** to support people for a short period of time – Our friendly, caring team provide free, confidential, emotional and practical support to people over 18 in the Cheshire East area (up to 2 weeks). Referrals from all.

Tel: 01565 682315.

- **Mobility Aids.** Service which loans out wheelchairs and other equipment on a short term basis..

Tel: 01565 682327

Cheshire Autism Practical Support (ChAPS)



Supporting people with autism and their families, whether diagnosed or not, living in Cheshire. We provide over 80 monthly activities for children, adults and families which include swimming, multi sports, kids and youth clubs, social meet ups, animal therapy, adult mental health support and much more. ChAPS also run the autism Attention Card in conjunction with Cheshire Police and Merseyside Police, for anyone with a diagnosis of ASC. All members have access to closed Facebook groups with lots of support and information.

Telephone: 0344 850 8607 Email: info@cheshireautism.org.uk

Website: www.cheshireautism.org.uk Facebook: Cheshire Autism Practical Support

Central Cheshire Buddy Scheme



Registered charity no: 1160519

We are a local charity that supports children and young people with disabilities and their families. CCBS have a variety of activity clubs, youth clubs, holiday clubs and residential. The age range is from 8 to 18 years. We provide lots of activities; which include arts and crafts, cookery, outdoor games; football, bike riding etc. CCBS have a 17 seater mini bus and go on lots of different trips.

Cheshire buddies have 2 groups dedicated to young people who are 18-25 years called Wednesday Buddies and Young explorers. These groups are involved in different activity sessions throughout the year including swimming, cycling, pottery, forest school activities, bowling, walking and tennis.

We also have a sibling group for children that have a brother or sister that has a disability - the sibling group provides the children with an opportunity to get together and try new activities and build friendships. Cost of all group sessions is £10.

*For further information please contact **Stephanie Lawley: 07873423389,***

Louise Bailey: 07938163103 Email: cheshirebuddies@outlook.com

Website: www.cheshirebuddies.co.uk

Ciao Bella Private Hire

Ciao Bella Private Hire offers a reliable bespoke transport service to local and surrounding areas. Our vehicle offers space for Wheelchair or Mobility Scooters helping to support independence. Our female driver is experienced in assisting persons with mobility difficulties and will offer support where required.

Telephone: **07878 133516** Email: **info@ciaobellaph.co.uk**



Citizens Advice in Cheshire East

We help people resolve their problems by providing free, independent and confidential advice on issues such as debt, benefits, housing, employment and consumer matters.

You can access our services by telephone and e-mail or referral from a partner organisation or agency.

Adviceline Number: **0800 144 8848**

Universal Credit Help to Claim: **0800 144 8444**

Consumer Helpline: **0808 223 1133**

Macmillan Helpline: Crewe - **01270 918 102**

Macclesfield - **01625 917 700**

For further details of our other services, self-help materials and e-mail advice see:

Cheshire East North -

www.citizensadvicecn.org.uk or call our administration line on **01625 432 847**

Chief Officer:

Will McKellar, Sunderland House, Sunderland Street, Macclesfield SK11 6JF

Cheshire East South -

www.citizensadvicece.org.uk or call our administration line on **01270 303 003**

Chief Officer: **Liz Shaw, Ground Floor, Delamere House, Crewe CW1 2BE**



Citizens Advice Cheshire North (CACN)

CACN provides free, impartial and non judgemental Information, Advice and Advocacy across any area of law, including Welfare Benefits, Debt, Housing, Employment, Consumer, Relationship and Domestic Abuse, Immigration and Mental Health. We have specialist support around Welfare Rights, Debt, Employment and Mental Health Advocacy. We operate face to face services in Macclesfield, Knutsford, Wilmslow and Poynton.

Tel: **01625 708608**

Email: **advice@citizensadvicecn.org.uk**



CHESHIRE EAST COUNCIL

Occupational Therapy Team

Contact: (for assessments and advice)

The Dean Row Centre, Ringstead Drive, Wilmslow SK9 2HA

Tel: 0300 123 5010 opt 3

Email: eastirotteam@cheshireeast.gov.uk



Adult Social Care - Cheshire East

Social Care Services in Cheshire East covers the following areas:

Press 1 for Crewe and Nantwich

Press 2 for Congleton, Goostry, Sandbach, Alsager, Schoolar Green and Hasslington

Press 3 for Macclesfield, Bollington, Handforth, Wilmslow, and Knutsford.

The aim of these teams is to provide comprehensive information and advice about local services. They also undertake Community Care Act assessments or Carers assessments and fund the individual to access social care service if required for their unmet needs (after a period of reablement). Staff work alongside Health Professionals (e.g. Community Matrons, District Nurses) to ensure a more co-ordinated response for people in accessing the services they need.

*During normal office hours you can contact your local First Point of Contact team by calling: **0300 123 5010** and selecting the correct option for your area.*

Information can also be found on the Cheshire East Live Well website:

www.cheshireeast.gov.uk/livewell

FlexiLink operated by Ansa Transport on behalf of Cheshire East Council

The service is operated with wheelchair-accessible minibuses for Cheshire East residents who have a disability, are aged 80 or over, or live beyond the reach of any other public transport. Customers must first register to use the service which operates between *9:30am and 2:30pm Monday to Friday, except bank holidays.*

Once registered members can ring through their transport requests providing **at least 48 hours notice**. The service is demand-led so if your chosen date/time is not available, the booking clerk will advise on alternative availability.

*Booking line open from 10am to 1pm Monday to Friday. Tel: **0300 123 5110***

Cheshire East's Special Educational Needs & Disability Information, Advice and Support Team (CEIAS)



The Cheshire East Information, Advice and Support (CEIAS) team provide a free, impartial and confidential service for families with a child or a young person aged 0-25 with special educational needs and /or a disability (SEND) Our key aim is to empower parents and young people and ensure they have all the information they need to make informed choices; we promote independence and self advocacy.

Contact Details: Telephone: **0300 123 5166** Email: ceias@cheshireeast.gov.uk

Website: www.cheshireeast.gov.uk/ceias

Congleton Communicare

Provides transport for residents who are registered with a Congleton GP Practice only to attend medical appointments. There is an answer phone if no-one is immediately available, so leave details and we will get back to you. There is no charge for the service but a donation, if possible, is most appreciated.

Giving as much notice as possible ring **01260 270883**.

CVSCE



We at Community & Voluntary Services (CVS) Cheshire East, are a membership organisation which works to enable strong, empowered local VCFSE organisations that make a difference in their community. We offer a range of support including resources, events, training, networking, representation at the sector and statutory level, fundraising and impact measurement, volunteer facilitation, business planning and more.

Whether you're a start-up or an established organisation we're able to provide the support you need to help you reach your organisation's goals.

Email: enquiries@cvsce.org.uk Website: www.cvsce.org.uk Phone: **01270 763 100**

Crossroads Together



Crossroads Together is a locally based charity offering a range of services for carers and people with care needs across Cheshire East. They can offer carers a break by providing care in the home to their loved ones with care needs. They have a day service based in Congleton where they deliver a programme of activities to adults with care needs for full or half days. They also support young carers through one-to-one sessions, group sessions and fun activities.

If you would like to get in touch to find out more, please call **01260 583019** or email

Nicola.Leech@crossroadstogether.org.uk

For further information, please visit their website at www.crossroadstogether.org.uk

David Lewis

david·lewis

David Lewis is one of the largest care providers in Cheshire who offer education, residential, medical, and therapeutic support for people with learning disabilities, epilepsy and autism and other complex needs. Our extensive portfolio of services includes:

- Our specialist school and college are part of an education, day opportunities and residential community. Our School is for 11-19 year olds and rated 'GOOD' by Ofsted.
- We also have a college onsite for 16-25 year olds with an Ofsted rating of 'OUTSTANDING'.
- Residential services for adults, either living in accommodation at our 165 acres in Warford or in one of our houses in a local town or village in Cheshire.
- Adult day opportunities which develop social and vocational skills with the potential to lead to employment opportunities.
- Access to therapy, nursing, medical and behaviour support if appropriate to an individual's needs.

Behind every service offered is a highly trained team of experts, specialists include physios, speech, language and occupational therapists, psychologists, behaviour support advisors and medical experts along with social care professionals.

Contact: David Lewis, Mill Lane, Warford, Nr. Alderley Edge, Cheshire SK9 7UD

Tel: 01565 640000

Email: enquire@davidlewis.org.uk

Website: www.davidlewis.org.uk

Deafness Support Network (DSN)

Deafness Support Network

Our person centred approach focuses on improving equality of access, life experiences and opportunities for people with a sensory loss across Cheshire and surrounding areas. We provide a broad portfolio of specialist services from the provision of Supported Living accommodation and associated support (including D/deafblind) through to community based project work, provision of social care support, technical service support as well as advice and guidance. Whilst all our service users have particular needs in relation to Sensory Loss, many also have additional requirements encompassing physical disability, mental ill-health and learning disabilities.

Main contact number: 0333 220 5050

Contact: 27 Bridge Street, Macclesfield SK11 6EG.

Northwich Headquarters, 144 London Road, Northwich CW9 5HH.

Email: dsn@dsnonline.co.uk Website: www.dsnonline.co.uk



Disability Positive

A charity based in Cheshire and working mostly in the Northwest. We provide services, opportunities and a voice to people living with disability and long-term health conditions, and their families.

We have services to help people with everyday life, being part of their local community and looking after their own wellbeing, we can offer advice, help with practical tasks and advocate for people in lots of different situations.

Services include:

Statutory and General Advocacy
Supported Banking
Community Engagement Groups
Services for Business

Direct Payment and Personal Health Budget Support
Payroll Services
Learning Service

Contact Details:

Address: Sension House, Denton Drive, Northwich, Cheshire, CW9 7LU

Telephone: 01606 331 853

Email: info@disabilitypositive.org

Website: www.disabilitypositive.org



Edge Inclusion Partners - A Community Interest Company

We provide a full range of special educational needs services including a fantastic mental health programme - Mind Mechanics - which teaches self regulation strategies to manage challenging emotions.

We teach 5-105 year olds at home, school, in community groups or in a work environment.

We know how difficult it is to access services through traditional providers so please call or email us to discuss any special educational needs support, training or assessment.

Email: sarah@edgeinc.co.uk Web: www.edgeinc.co.uk

Tel: 07790 500 487



East Cheshire Eye Society

East Cheshire Eye Society provides advice and support for people affected by sight loss across East Cheshire from the Resource Centre at 11 Market Place in Macclesfield. The Society runs activities and trips for blind and partially sighted people, as well as advice and support on specialist equipment, financial entitlements, IT and accessible technology and employment.



Open 9am to 1:30pm, Monday to Friday **BY APPOINTMENT ONLY PLEASE.**

11 Market Place, Macclesfield, Cheshire SK10 1EB.

Contact: 01625 422602 Email: info@eastcheshireeyesociety.org.uk

Website: www.eastcheshireeyesociety.org.uk

Congleton Support Group for People with a Visual Impairment

Meeting in Congleton fortnightly on a Wednesday, this is an opportunity for people with sight loss to meet and spend time together, whilst undertaking a range of social activities. The group also offers people the chance to share experiences, knowledge and advice, and inform East Cheshire Eye Society of their views and needs.

Contact East Cheshire Eye Society on 01625 422602

Email: info@eastcheshireeyesociety.org.uk

Website: www.eastcheshireeyesociety.org.uk

Macclesfield Support Group for People with a Visual Impairment

Meeting in Macclesfield monthly on a Monday this is an opportunity for people with sight loss to meet and spend time together, whilst undertaking a range of social activities. The group also offers people the chance to share experiences, knowledge and advice, and inform East Cheshire Eye Society of their views and needs.

Contact East Cheshire Eye Society on 01625 422602

Email: info@eastcheshireeyesociety.org.uk

Website: www.eastcheshireeyesociety.org.uk

Poynton Support Group for People with a Visual Impairment

Meeting in Poynton the first Monday of every month (except bank holidays) this is an opportunity for people with sight loss to meet and spend time together, whilst undertaking a range of social activities. The group also offers people the chance to share experiences, knowledge and advice, and inform East Cheshire Eye Society of their views and needs.

Contact East Cheshire Eye Society on 01625 422602

Email: info@eastcheshireeyesociety.org.uk

Website: www.eastcheshireeyesociety.org.uk

Wilmslow Support Group for People with a Visual Impairment



Meeting monthly in Wilmslow on the first Tuesday of every month, this is an opportunity for people with sight loss to meet and spend time together, whilst undertaking a range of social activities. The group also offers people the chance to share experiences, knowledge and advice, and inform East Cheshire Eye Society of their views and needs. *Contact East Cheshire Eye Society on 01625 422602*

Email: info@eastcheshireeyesociety.org.uk

Website: www.eastcheshireeyesociety.org.uk

East Cheshire Eye Society Visually Impaired Walking Group

Meeting at a variety of locations across East Cheshire throughout the year the walking group, supported by sighted guides, gives people the opportunity to walk for health and pleasure, and to explore places both familiar and new. Walkers and sighted guides will always stay together (nobody gets left behind!) and everyone is welcome. Meet new friends, chat and share ideas and experiences, and enjoy your local environment whilst getting some exercise and fresh air.

Contact East Cheshire Eye Society on 01625 422602

Email: info@eastcheshireeyesociety.org.uk

Website: www.eastcheshireeyesociety.org.uk

East Cheshire Eye Society Visually Impaired Crown Green Bowling Group

Meeting in Macclesfield weekly on a Wednesday (outdoors through the summer and indoors through the winter), this is an opportunity for people with sight loss to enjoy a game of bowls supported by sighted volunteers, whilst meeting new people and getting some light exercise and fresh air. New people and all levels of ability always welcome.

Email: info@eastcheshireeyesociety.org.uk

Website: www.eastcheshireeyesociety.org.uk

Macclesfield Coffee Café Club for People with a Visual Impairment

Meeting monthly in Macclesfield on the last Thursday of every month, this is an informal drop in arrangement to get together for a drink, a chat and a catch up. Hosted by friendly volunteers, who always make you feel welcome. For the latest locations and times

Contact East Cheshire Eye Society on 01625 422602

Email: info@eastcheshireeyesociety.org.uk

Website: www.eastcheshireeyesociety.org.uk

EAST CHESHIRE NHS TRUST

We are a community and acute Trust with three hospital sites and a range of community locations. We can provide the following:



- Hearing loops at all reception areas (portable loops also available).
- Communications boxes containing aids, equipment and information to help people with sensory loss.
- A range of reasonable adjustments to support your visit such as first/last appointment, quiet waiting area, pre-appointment visits.
- Interpreters for all languages including BSL.
- Assistance dogs welcomed.

If you have any special requirements call or email the department you are visiting or our patient experience team on **01625 661560** or **ecn-tr.patientexperience@nhs.net** to make arrangements prior to your visit.

Alternatively contact our Customer Care Department:

Tel: 01625 661111, Freephone: 0800 161 3997 Textphone: 01625 663723

*Email: **ecn-tr.CustomerCareService@nhs.net***

www.eastcheshire.nhs.uk

Central Cheshire Integrated Care Partnership Wheelchair Service

The Wheelchair Service is part of Central Cheshire Integrated Care Partnership (CCICP), delivering services to patients situated within the East Cheshire, South Cheshire and Vale Royal areas.

It provides a comprehensive service for people of all ages with long-term mobility problems and associated postural needs in accordance with statutory requirements.

The service provides initial and on-going assessment and prescription of manual and powered wheelchairs, specialised seating, modifications, accessories and pressure cushions for wheelchairs.

*Address: **Infinity House, Mallard Way, Crewe Business Park, Crewe, CW1 6ZQ***

*Telephone: **01270 826323** Email: **CCICP.WheelChairService@mcht.nhs.uk***

Friends for Leisure – because everyone needs a friend

Friends for Leisure provides leisure activities and friendship opportunities for disabled children and young people aged 5 to 21 to help overcome their social isolation. We offer regular, term-time, youth groups, a drama club and ten-pin bowling sessions and programmes of holiday activities in Cheshire East. All our work is supported by a large team of young volunteers who befriend our young people at the activities we provide or on a one-to-one basis in the community.

Tel: **01260 275333**, *email:* **info@friendsforleisure.org.uk**,
website: **www.friendsforleisure.org.uk**



Hate Crime Reporting Centre - The Disability Information Bureau



Crimes committed against someone because of their disability, gender-identity, race, religion or belief or sexual orientation are hate crimes and should be reported to the police. Hate crimes can include:

- Threatening behaviour
- Assault or Robbery
- Damage to property
- Inciting others to commit hate crimes
- Harassment

The Disability Information Bureau is a hate crime reporting centre and you can talk to us if you believe you or someone you know is a victim of hate crime. We can sensitively inform and advise you on making a report for the police.

You can visit us at our branch:

Pierce Street, Macclesfield, SK11 6ER Tel: 01625 501759

Email: **info@dibservices.org.uk** *Website:* **www.dibservices.org.uk**

Healthwatch Cheshire East



Healthwatch Cheshire East are the local independent consumer champions for Health and Social Care services in Cheshire East.

You may have seen our team out and about obtaining people's views and experiences of the health and care services they receive, in order to inform the priorities and quality of NHS and local authority care services.

You need services that work for you. That's why we want you to share your experiences of using health and care with us – both good and bad. We use your voice to encourage those who run services to act on what matters to you.

Contact details: **Tel: 0300 323 0006** *Email:* **info@healthwatchcheshire.org.uk**

Website: **www.healthwatchcheshireeast.org.uk**

Facebook/Twitter: **@HealthwatchCE**

M.A.D.Y.S.S

Macclesfield & District Young Stroke Society

Affiliated to the Stroke Association-An Equal Opportunity Society.

Promoting life after stroke!

By having a good social life and offering practical (non medical) advice we encourage a healthy recovery. Open to all ages. We have monthly meeting with a wide range of social activities and outings. We meet on the 2nd Monday of each month at : **The Flower Pot, 1 Congleton Rd, Macclesfield, SK11 7UF** from **12.00 noon**. We also have a monthly outing to a variety of places such as gardens, restaurants, cinemas stately homes and many other ideas suggested by members. All welcome including carers, wheelchairs, scooters, pub lunches available.

Why not pop in and visit us?

Contact: John Swindell Tel: 01625 575753

Email: john@swndell.co.uk

Website: www.madyss.co.uk

Macclesfield College

Whether you're a school leaver ready to take the next step, an adult who wants to advance their career or learn something new, or you're a business owner looking to upskill your staff – you can find it all at Macclesfield College!

Do you want some more information or simply want some useful advice on your next steps or the opportunities available to you? Our friendly and dedicated staff are always on hand to help both our current and potential students.

Email info@macclesfield.ac.uk. Tel: 01625 410000 Web: <https://macclesfield.ac.uk/>



Macclesfield Seals Swimming Club

For children and adults with any type of disability. We meet every Friday evening, from 7:30pm to 8:30pm at **Macclesfield Leisure Centre**.

Membership, admission and instruction are completely free. Club sessions are staffed by qualified life guards and swimmers are helped and supported by club volunteers.

Contact: 07702 376937 or email macc.seals@ntlworld.com



Multiple Sclerosis MS Community Action & Support

A welcoming charity group offering a wide range of services including socials, self-help, educational meetings and workshops.

Open to everyone affected by MS. A monthly "Drop-In" which offers speakers on relevant subjects, lunch and refreshments all within a friendly atmosphere.

The group offers yoga, weekly "Activity Hub" at **Macclesfield Leisure Centre** and bowling. We also have a support team who can assist with requests for grants and will signpost / liaise with Health and Social Services on behalf of members and non-members. Other help includes a listening ear and a professional counselling service.

Contact: Support team Tel: 01625 430933 / 07400 229538



Multiple Sclerosis Society

Mission Menopause

Menopause is so much more than hot flushes and according to a recent report – 'Disabled women were far more likely to experience difficult menopause symptoms.'

Are you a support worker that wants to feel more confident to support your clients?

Are you a woman whose menopause journey has caused you to feel isolated in the workplace?

We believe that with education, understanding and support no woman should feel blindsided by menopause. We bring the topic of menopause to life for all through group workshops, workplace training programmes, educational talks, coaching and consultancy. Contact us today to discuss your requirements.

*Contact Details: For further information contact: **Elissa Dobson,***

Mission Menopause Co-Founder and Menopause Coach

Phone: 07764514724 Email: hello@missionmenopause.com

Website: www.missionmenopause.com



Orbitas Handyperson's Service

Orbitas

We are a company wholly owned by Cheshire East Council and are committed to providing a high quality service to all residents living in the Cheshire East Area.

We offer a service that includes the installation of internal and external grab rails and hand rails. Minor plumbing and joinery tasks. The construction of steps to assist with easier access to your home, the supply and installation of key safes and many other handy person tasks. We offer very competitive rates and will advise if a particular job could possibly have alternative funding.

Contact **0300 123 5017 option 3** or **01625 378253**

www.handy.person@orbitas.co.uk

Parkinson's UK – Macclesfield Branch

PARKINSON'S^{UK}
CHANGE ATTITUDES.
FIND A CURE.
JOIN US.

Parkinson's disease is becoming a more common as we live longer. The local group meets at Bollington Leisure Centre, Heath Road, Bollington SK10 5EX from 9:30am till 13:00pm each Wednesday. The leisure centre is very welcoming. These meetings are for those with Parkinson's disease. Their carers are also very welcome.

Why the leisure centre? It is now generally accepted that exercise is useful in delaying Parkinson disease progression. Our exercise sessions are many and widespread but the principal activities take place at the Wednesday meetings. On these days there are two exercise classes that follow one another, one seated, the other standing. These supervised exercises help strengthen muscle tone and are also an aid to stability and balance. Other activities including massage therapy are also available.

There is an adjacent cafe where you (and carer, if you have one) can sit and chat and enjoy a free coffee or tea.

Beyond the Wednesday class there are other exercise classes conducted over Zoom. A singing class is held fortnightly at St Oswald's church in Bollington .

The nature of the classes offered does change over time but generally run as indicated at present.

Although Parkinson's disease can be disabling the evidence would suggest that life expectancy is not significantly altered and many sufferers live long and fulfilling lives. This is helped by the range of activities such as that described here. If you do suffer from the condition take heart and come along. You would be made most welcome.

*Any queries please contact **maccpds@gmail.com** or **01625 575831** or **07528366332** for more information.*

Petty in the Community



Petty Pool in the Community is our service available to young people with learning disabilities outside of education, funded via personalised budgets. This additional offer to Petty Pool will see young people accessing the community in the various different ways:

- Community activities
- Independent living skills
- Travel training
- Team Building and Social skills
- Community gardening projects
- Health and Fitness activities

Petty Pool in the Community operates from 9.00am -15.00pm Monday to Friday

Email: ppcadmin@pettypool.org.uk

Tel: 01606 889097 Web: www.pettypool.org.uk

Plus Dane Housing – Forget Me Not Service



From £3.76 per week, Plus Dane Housing can provide you with a button which links to your phone, and can be worn around your neck or on your wrist. The button can be pressed in the event of a fall or other medical emergency to let someone know you need help.

For more information, please contact us via phone on 0800 169 2988 or e-mail to sheltered.admin@plusdane.co.uk.

Shopmobility - Macclesfield



Shopmobility is operated by the Disability Information Bureau. We hire Mobility scooters, electric wheelchairs and manual wheelchairs to use around the town centre. All users must be registered and have completed our annual ID and safety checks. We also hire wheelchairs out for longer periods of time of time i.e. short term mobility issues, going away etc. The cost is £2.50 per day of £10 per week.

There is a membership fee for the Scooters for one year and a subsequent charge of £1 for two hours, followed by £1 for every additional hour.

Alternatively, you can use the service as a visitor (a £10.00 fee for the day applies)

If you have any questions, please contact us.

Shopmobility, Churchill Way, Macclesfield SK11 6AY

Tel: 01625 613111 (answer phone available)

Open: Monday to Friday from 10.00 to 3.30pm

Scleroderma & Raynaud's UK (SRUK)



Scleroderma & Raynaud's UK (SRUK) is the only charity dedicated to improving the lives of people affected by Scleroderma & Raynaud's. We exist to improve awareness and understanding of these conditions, to support those affected and ultimately to find a cure. We support over 22,000 people each year through our helpline, local support contacts, events and online forums. If you are affected by the conditions and would like support or would simply just like to know more about these conditions or the work of SRUK then get in touch with us today.

Helpline: 0800 311 2756 – providing confidential support and information

Office: 020 3893 5998 Email: info@sruk.co.uk

Website: www.sruk.co.uk

Twitter: @WeAreSRUK Facebook: /WeAreSRUK

Ruby's Fund



Ruby's Fund is a registered charity with over 12 years' experience of supporting children in Cheshire East with special educational needs and disabilities (SEND) and their families and carers. We also support non-disabled children and their families if they need a helping hand through our Volunteer Family Support Service.

75% of our staff and volunteers have lived experience of living with a child with SEND, so we genuinely understand. We run sessions and support at our children and families centre in Congleton, on our mobile sensory bus, in homes and within other Cheshire East community settings.

We bridge the gap between what a child needs, what their family needs and what is routinely available to them. We care, we signpost, and we support. In short, we give families the courage to thrive in their own unique way.

You can find out all about the SEND sessions, short breaks, befriending, peer support, signposting and centre facilities.

*Contact: **Alison Parr***

Email: info@rubysfund.co.uk Tel: 01260 277666 Website: www.rubysfund.co.uk

Space4Autism

We offer a wide range of Clubs from ages 0 into adulthood. We also run Open Space drop in, outreach service, holiday clubs, therapeutic support, fundraising and activity nights, family fun days, and also deliver a comprehensive Autism Training Programme. All our activities are open to all families with (or waiting for) a diagnosis of Autism. We also have an onsite café and sensory garden which is open to all.

Tel: 01625 617884 Email: info@space4autism.org

Website: www.space4autism.com Facebook: [Space4autism](https://www.facebook.com/Space4autism)

Address: Space4Autism, The Space Centre, 15-17 Mill Lane, Macclesfield, Cheshire, SK11 7NN



Speaking Up Speaking Out (SUSO)

SUSO is a friendly Macclesfield based drop-in centre run with, and for, adults with Learning Disabilities and/or additional needs.

Open Monday to Thursday 10.30am - 3.30pm, we offer a welcoming environment where people can meet up with friends, join in a range of different activities including arts and crafts, music and computers, or relax with a cup of tea. We host regular social events including a fortnightly pub quiz. Alongside activities, we provide training opportunities for adults with learning disabilities in Cheshire East in a variety of different subjects, such as Personal Safety, Healthy Eating, Music, Employability Skills and more.

Phone: 01625 424717 Email: admin@maccsuso.org.uk

Web address: www.maccsuso.org.uk

Also available on Facebook: [@SUSOMacc](https://www.facebook.com/SUSOMacc) and Instagram: [@susomacc](https://www.instagram.com/susomacc)



Stroke Association

Stroke Association Macclesfield Stroke Recovery Service provides practical advice, emotional support and high-quality information following a stroke. Whether you are a stroke survivor, carer or family member, we will work with you to identify and address your needs through a personalised plan, and support you to rebuild your life after stroke.

Contact: Diane Warhurst 07717 275706 or Tel: 01625 612044

Or Steph Roll 07703 320410.

Email: Macclesfieldstroke@stroke.org.uk

Stroke Helpline 0303 3033 100



The Rossendale Trust - Oakwood

Oakwood, part of the Rossendale Trust in Macclesfield, is a bespoke service which offers a wide range of informal learning and leisure opportunities to adults with learning disabilities.

With over 16 years' experience, we are committed to supporting each individual to reach their potential. We do this by offering choice and opportunity, within environments that encourage social interaction and integration into the local community. Whether you want to use Oakwood as a way to learn new skills and meet new people or as a stepping stone to formal education, or volunteering, our personalised service can support you along the way.

Jason Blythe - Day Services Manager

jason.blythe@rossendaletrust.org 01260 251501 www.rossendaletrust.org



The Storehouse Food Bank

A Foodbank for emergency assistance of non-perishable food stuffs and toiletries. Access to the food is via a referral from a team or agency e.g. The Disability Information Bureau, Plus Dane Housing or Social Services.

Donations of food toward **The Storehouse** can be made to **New Life Church, West Road, Congleton CW12 4EY**. Accessible during weekdays 10.00am to 2.30pm



The Wingate Special Children's Trust

The Wingate Centre is home to The Wingate Special Children's trust. It is a residential holiday and recreational sport centre for people with special education needs and disabilities.

Nestled in the Cheshire countryside it's the perfect place for both children and adults to socialise, build relationships and practise life-skills whilst having fun in a safe and fun environment.

The range of facilities and equipment can be tailored to suit the specific requirements of the individual or group. The Centre's ethos is inclusivity and diversity whatever the ability. Bursaries are available.

Email: enquires@thewingatecentre.co.uk Web: www.thewingatecentre.co.uk

Tel: 01270 780456



Time Out Group

Time Out Group is for adults over the age of 18 who have a learning disability or Autism. The group offers an improved quality of life through supported leisure, educational and social activities. Here members can share interests, make friends, develop skills and enjoy new experiences. We run groups at our Hub in Handforth as well as out in the community. We are open 6 days a week, providing 7 different activities. If you are interested in joining or volunteering with the Time Out Group it would be great to hear from you.

For further information Tel: **01625 520652** Email: **admin@timeoutgroup.org.uk**

www.timeoutgroup.org.uk

Also available on Facebook @**timeoutgroup** and Instagram @**timeoutgroup**
linktree/timeoutgroup



MaccPride

Macclesfield Pride registered charity 1182231 aims are:

We are governed by Trustees and have a committee to achieve our aims and objectives as follows:-

- To promote equality and celebrate diversity, and create social inclusion for all in the local community.
- To increase visibility and reduce negativity, as we address discrimination against any difference especially within the LGBTQ+ community.
- To establish and continue working alongside community groups to prevent isolation of marginalised groups all year round.
- To celebrate with local business and groups at an annual event in the town centre.

As well as holding an annual 'MaccPride' event in the town centre we also co-ordinate and collaborate with local groups to help meet our aims eg;

TRANSCEND is a mutual support and discussion group for all Transgender/Gender Variant People. (TG, TS, IS, NB, GQ, TV/CD), also their partners, families, allies and supporters. *Join us on Facebook or email Kay or Sue at **Maccpride@hotmail.com**. You can also ring Kay on **07922 459200** to find more details.*



Rainbow Brews - is a coffee morning for LGBTQ+ community. It is held on the 3rd Saturday of the month 10am - 12noon at **Button Warehouse Macclesfield**.

We also attend local womens' group '**HerSpace**', and **Silver Rainbows** for the over 50's, and are there to support members of local LGBTQ+ community become more involved.

You can become a member of Macclesfield Pride, volunteer for MaccPride, or see other planned events by going to our *website* **www.MaccPride.org**, email **Maccpride@hotmail.com** or follow **MaccPride** Facebook page