

Nantwich & Rural Community Newsletter

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If you would like to contribute
to future editions of the
Cheshire East Community Newsletter.
Contact: Deb Lindop
Community Development Officer

deb.lindop@cheshireeast.gov.uk

Business Sponsorship opportunities
are also available

CHRISTMAS BUBBLE

Between 23 and 27 December you can form an
exclusive 'Christmas Bubble' of up to three households

Find out more: gov.uk/coronavirus

Christmas 2020 Guidance for making your Christmas Bubble with Friends and Family

The festive period is an important time for many people of all faiths and none who come together over the holidays. The UK Government and Devolved Administrations recognise that people will want to be with their friends and family over Christmas, particularly after an incredibly difficult year. For this reason, the government is changing some social contact restrictions for a short period of time. When following these new rules, we must each continue to take personal responsibility to limit the spread of the virus and protect our loved ones, particularly if they are vulnerable. For many, this will mean that it isn't possible to celebrate Christmas in the way you normally would.

Between 23 and 27 December:

- you can form an exclusive 'Christmas bubble' composed of people from no more than three households
- you can only be in one Christmas bubble
- you cannot change your Christmas bubble
- you can travel between tiers and UK nations for the purposes of meeting your Christmas bubble
- you can only meet your Christmas bubble in private homes or in your garden, places of worship, or public outdoor spaces
- you can continue to meet people who are not in your Christmas bubble outside your home according to the rules in the tier where you are staying
- you cannot meet someone in a private dwelling who is not part of your household or Christmas bubble

You should travel to meet those in your Christmas bubble and return home between the 23 and 27 December. Anyone travelling to or from Northern Ireland may travel on the 22 and 28 December.

A fixed bubble is a sensible and proportionate way to balance the desire to spend time with others over the Christmas period, while limiting the risk of spreading infection. However, the more people you see, the more likely it is that you will catch or spread coronavirus (COVID-19). You can spread coronavirus to others even if you and the people you meet have no symptoms. You and the other people in your Christmas bubble need to consider these risks carefully before agreeing to form a bubble. You should consider ways to celebrate Christmas in other ways, such as the use of technology and meeting outdoors, without bringing households together or travelling between different parts of the country.

Forming a bubble if you are vulnerable or clinically extremely vulnerable carries additional risks - see advice for clinically vulnerable people.

You should keep taking steps to reduce the spread of the virus, and this will help ensure that the festive period is as safe as possible. This includes ensuring indoor spaces get as much fresh air as possible, washing your hands regularly and for 20 seconds, and following rules on self-isolation if you develop symptoms or test positive for coronavirus. You should get a free NHS test if you have symptoms, have been asked to by your local council or your hospital, or are taking part in a government pilot project.



HEALTH AND WELLNESS

Journaling is a simple means of self-therapy.



Coaching Corner By Annie Taylor

As we hurtle towards the end of the year, reflection and hopes for our future take up more space in our thoughts. And journaling is a useful way to make sense of it all. Use it to connect with your hopes and dreams for your future or as a way of processing negative thoughts, feelings and experiences. Venting through your pen, onto paper is a way of releasing what's in your mind.

You can create your own quiet space in your mind, regardless of whatever else is going on around you. You have the freedom to talk to your notebook, perhaps say things you don't want to say out loud to your friends or family. It can provide a remarkable form of self-support.

Avoid 'looping', however. This is a term used for going over something, repeatedly. If you Loop, you'll stay stuck. You'll remain focussed on the negative. But by using structure to your journaling, you can pull yourself out of negatives and introduce calm and hope.



Tips for journaling as a way of self-help

1. Choose an item – what's the most important thing you want to write about/talk about today?
2. Detail the matter. Express your thoughts, feelings – why you feel the way you do. Remember that you are writing about the experience from your perspective, only – you can't know, for sure, any motives, intentions or feelings of anyone else.
3. Allow yourself a set amount of time/space on the page to detail the matter. This prevents looping and keeps you on track.
4. Read through your entry.
5. Now begin to resolve the matter with yourself. Use your pen to identify opportunities for learning. What can you take from the experience? What can you do to help yourself feel more positive? Or was it simply one of those 'off' days? Do you just need to be able to talk about how you feel, treat yourself with kindness and move on?

For more information visit <https://www.gov.uk/government/publications/making-a-christmas-bubble-with-friends-and-family/making-a-christmas-bubble-with-friends-and-family>

Annie Taylor is a Cheshire based transformational Life Coach who works with individuals on matters of stress, relationships, goal planning and personal style. Annie has been helping people make positive change for over 20 years. Visit: www.annietaylorcoaching.co.uk Contact: annie@annietaylorcoaching.co.uk

CHRISTMAS DURING COVID

BY CATHERINE TAYLOR

Hi! Me again, Catherine, here to tell you about how to make Christmas special this year.

Because of the Coronavirus pandemic happening all around us, we sadly can't celebrate Christmas the same way this year as we usually do. Unfortunately, we're not allowed to go out and do our present shopping, or go and browse at baubles at the garden centre. We can't have a Christmas party or go and see our families if they're not in the same household. There's the argument about how Christmas won't be special this year because we can't do all these things, but I think it will be even more special because it's different.

The meaning of special is better, greater, or otherwise different from what is usual and, because Christmas will be different, it will be special, more so than usual. Being the daughter of a life coach means I have been taught to look for the good in things. Lots of people will expect this Winter tradition to be unique, but not in a good way. Yes, it will stand out because of Covid, and, yes, we can't do things we usually do, but it makes us broaden our ways and do things that might be the new tradition.

Take Christmas shopping, for example. It's really not the same. We can't pop in and out of shops, or window browse at Trentham, but we can still make it fun. My mum and I chose a free Saturday on the calendar, bought M&S take out sandwiches, we went into our Summer house and did online shopping for the people we love. We had fun because it was new, different and just overall exciting. One thing we can still do is make chocolate fudge to give out to friends and family. If you would like to make these delicious little treats, just follow these easy step by step instructions and see what you think:

Ingredients:

100g dark chocolate
240g milk chocolate
400g condensed milk
30g butter
Pinch of salt
Chopped pistachios
A good sprinkling of dried strawberries (optional)

Method:

1. In a heavy saucepan, melt together the chopped chocolate, condensed milk, butter and salt on a low heat.
2. Put the pistachios in a freezer bag and give it a good bash with a rolling pin – you want all the pieces to be different sizes.
3. Add the nuts to the mixture and stir well.
4. Pour the mixture into a 23cm square foil tray and gently smooth over the top to make it flat.
5. Leave it to cool. When it is, refrigerate until set and cut into pieces. You should be able to cut it into 8x8 to make 64 yummy squares.

You can store them in the freezer and eat them straight away! I hope you enjoy these as much as I do!

Have a very Merry Christmas and a Happy New Year,
Catherine Taylor



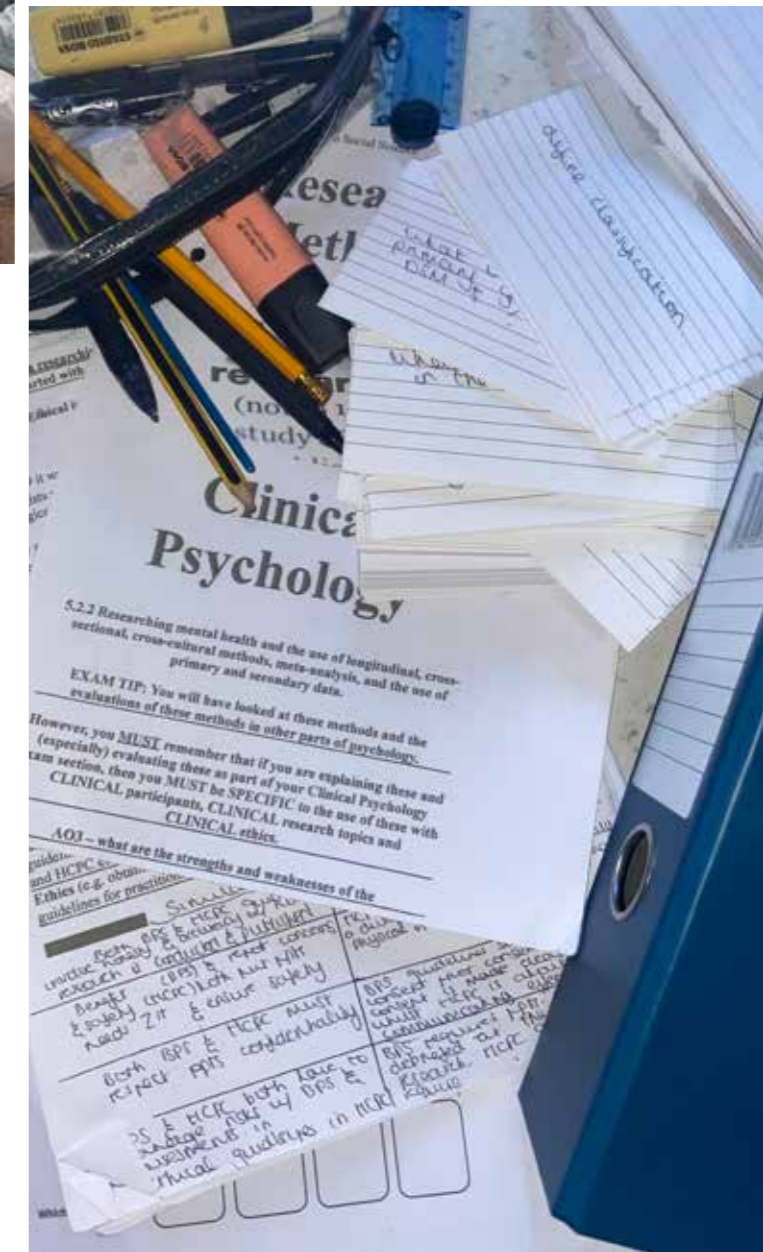
KEEPING CALM IN CHAOTIC TIMES

BY ZACK SHARP



What's helpful in these times is to try and surround yourself with others who can offer support - it's all right to reach out and realise you're not alone. I appreciate however, this is often easier said than done. So other activities such as listening to music and taking a step away from work, allowing yourself to properly relax can be a great idea. Other (affordable) items like stress relief toys (found easily online) can really help in times of unease and they're a great size to bring along to school or whilst doing work.

Looking into the future, a vaccine for coronavirus is on the horizon and soon enough these challenging times will begin to end. Mental health is a topic not to be ashamed of or shy away from. It's important to try and take some time to remind yourself how well you're doing and remember these difficult times will get



With no textbooks to teach what to do in a global pandemic, and as assignments are still piling up, could this possibly be the biggest challenge pupils have faced in recent years? As many students have been left in the dark confused on how they should proceed with their courses and what the outcome will be - there's just no time to afford months of uncompleted work, yet that's the situation I and many students across the globe are facing. So the question is how do we manage the stress and struggles that our new Covid world presents?

So far all may seem very gloomy and dismal so it may appear quite odd of me to say that actually there are positives to the times we are living in, and that being worried or stressed is nothing to be ashamed of.

Looking at the nature of Coronavirus, it may come as almost instinctive to focus on all the setbacks and chaos that has arisen, and whilst these times are incredibly challenging, an important part of mental health is to remind yourself how well you are doing given all this madness. Tasks some may consider small, for example getting out of bed, eating and going to work or school are actually great achievements, especially on days where everything feels particularly more overwhelming.

Feeling anxious from what seems like endless college assignments and perhaps personal problems beyond the scope of a classroom is completely okay.

JUST GET YOUR FLU JAB

The flu virus kills thousands every year. The flu vaccine is the best protection for you and those around you.

FREE TO THOSE MOST AT RISK

Ask your pharmacist or GP if you're eligible.



Have you still not had your flu jab?

If you're 65 or over or you have a long-term health condition, flu can be serious.

That's why you're eligible for a free flu jab.

Don't put it off. Get your flu jab straight away.

**STAYWELL
THISWINTER**

FREE TO THOSE MOST AT RISK

Ask your pharmacist or GP if you're eligible





HealthUnlocked

#BecauseWeCare

Cheshire East Partnership

Referral to Wellbeing Service with HealthUnlocked

The goal of the Referral to Wellbeing service (sometimes called Social Prescribing) is to signpost you to a variety of information, services, and apps that you can use to help you manage your health condition and daily needs more effectively.

Your care professional can forward you this information to you or you can access it for yourself using the self-service tool

livewell.cheshireeast.gov.uk/referraltowellbeing.

There is no cost to use this service.



The Referral to Wellbeing service can help you:

- See online information about services that can help.
- See and filter a directory of relevant local services.
- See and filter rated Apps that can help.
- Optionally get access to national resources and help forums.

How the Referral to Wellbeing Service works You, someone you know, or your care professional

You, someone you know, or your care professional will enter some key information about your condition and needs:

Self-care resources

Find local services, online resources, online apps and support communities.

Select one or more:

Common Conditions

- | | | |
|---|---|--|
| <input type="radio"/> Anxiety | <input type="radio"/> Dementia | <input type="radio"/> High cholesterol |
| <input type="radio"/> Atrial fibrillation | <input type="radio"/> Depression | <input type="radio"/> Chronic pain |
| <input type="radio"/> COPD | <input type="radio"/> Heart attack | <input type="radio"/> Diabetes |
| <input type="radio"/> Cancer | <input type="radio"/> High blood pressure | |

Common Needs

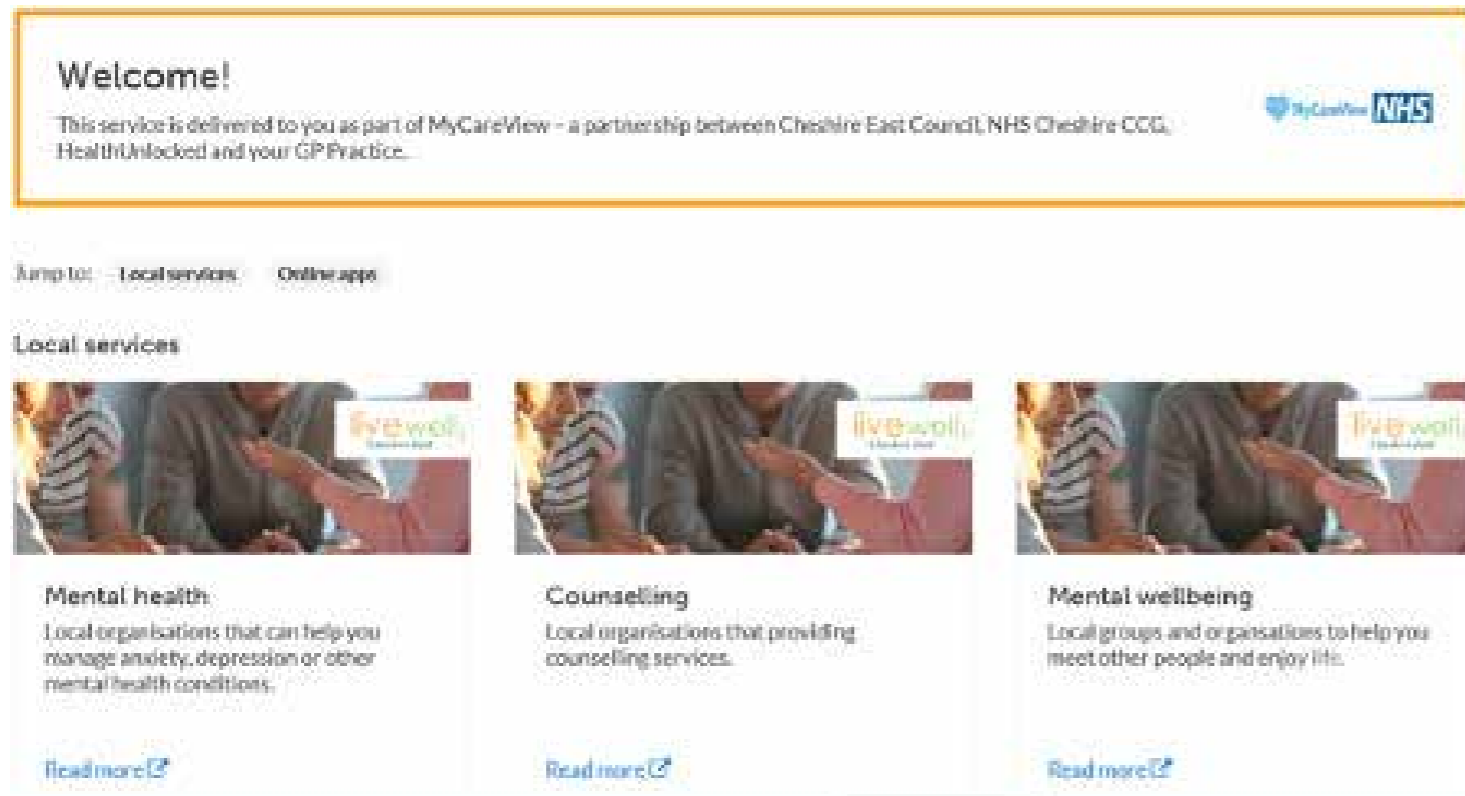
- | | | |
|--|--------------------------------------|--|
| <input type="radio"/> Sleep problems | <input type="radio"/> Healthy eating | <input type="radio"/> Drinking and alcohol |
| <input type="radio"/> Ageing well | <input type="radio"/> Get active | <input type="radio"/> Financial concerns |
| <input type="radio"/> Social isolation | <input type="radio"/> Weight loss | <input type="radio"/> Housing issues |
| <input type="radio"/> Carer support | <input type="radio"/> Quit smoking | |

Resources for (Optional) in e.g. CW1

See resources on HealthUnlocked

Powered by [HealthUnlocked](#)

An online resource page will be created specifically for you, taking into account your age group and locality to provide you with matching resources that can help:



The service is entirely optional so you will be asked if you wish to proceed before the process is started.

Keeping your information secure

The Referral to Wellbeing Service is hosted by a secure third party called HealthUnlocked. Your health information will be securely encrypted and stored on their network online. All Personal Data will be appropriately backed up and stored in a secure off-site facility by HealthUnlocked. Your information will be securely retained and stored in line with the General Data Protection Regulations.

If you believe that your personal information is inaccurate, you have a right to contact the Information Commissioners Office. They can be contacted at the following address;

<https://ico.org.uk/your-data-matters/raising-concerns/>

or

Information Commissioner's Office, Wycliffe House,
Water Ln, Wilmslow, SK9 5AF

Subjects' rights

Under data protection law you have a number of rights which you can exercise. These are:

- Right of access
- Right to rectification
- Right to restrict processing
- Right to object
- Right to data portability
- Right to erasure (right to be forgotten)

For further information on the service please visit

livewell.cheshireeast.gov.uk/referraltowellbeing

online classes

Feeling Good!

Mondays and Fridays
2.00-3.00pm
on Zoom

T: 07760428554
E: hello@movement-in-mind.uk



Dance and Movement sessions in the safety of your own home. It's not about getting steps right or wrong, just being in the spirit of the moment and having fun with likeminded people

Come and join us!



new online classes - seated or standing

Tai Chi & Qi Gong

Tai Chi & Qi Gong 11.00am Tuesdays
Daily Qi Gong 12.30pm weekdays
monthly outdoor practice sessions

T: 07760428554
E: hello@movement-in-mind.uk



Tai Chi is a mindful movement practice, based on an ancient art. Qi Gong is a system of energy exercises based on traditional Chinese medicine. Both feature fluidity of movement, control of breathing and mental concentration. They are gentle on the body, which makes them suitable for all ages and abilities.





new online classes

Something Seated

daily sessions
3.15 to 3.45 pm
Monday to Friday

T: 07760428554
E: hello@movement-in-mind.uk



Short sessions, something different every day. A little bit of me time. Seated, but active. We will explore varied ways of moving to release tension and stiffness, mobilising the body, calming the mind and lifting the spirits.



Movement In Mind

online wellbeing programme

Time	Monday	Tuesday	Wednesday	Thursday	Friday
11.00am to 12.00 noon	Parkinson's Group	Tai Chi & Qi Gong	Tai Chi & Qi Gong		
12.30pm to 1.00pm	Qi Gong	Qi Gong	Qi Gong	Qi Gong	Qi Gong
2.00pm to 3.00pm	Feeling Good!				Feeling Good!
3.15pm to 3.45pm	Something Seated	Something Seated	Something Seated	Something Seated	Something Seated
4.00pm to 5.00pm				Tai Chi & Qi Gong	
available for personal therapy					

Information on cost

To find out more, click on the session you are interested in

Register for the programme

for assistance or information please email hello@movement-in-mind.uk

HOME MADE LEMON DRINK

When we were young, any sign of a cold, chesty cough or sore throat and my mum was off to the shops for a paper bag of lemons.

Out came the measuring jug from the back of the cupboard (on Sunday nights this was used to rinse your hair in the bath) and the kettle went on.

Within minutes, sliced lemons were floating around in boiled, hot water and me and my siblings were doing our best to convince mum that we were now magically okay.

Alas too late. Warm lemon juice was served in a mug with a teaspoon of sugar being vigorously stirred in with the stern words of "Drink this. It will do you good. Your sore throat will ease now. Don't want that cough on your chest, drink this to make you sick". If you were super poorly, sometimes a dot of whisky was added to help you sleep!

Really, it was a wonder drink when I look back. Cheap to make, available 24 hours a day and all natural ingredients.



And you guessed it – this time of year I am well stocked up in lemons and am partial to a drop of local honey. It's actually refreshing to drink without any symptoms and is said to aid digestion and make your skin glow.

I don't have a guarded family secret for a recipe but there are plenty on the internet for you to try. This is how I make mine, just like mum used to do it!

- Fill the kettle and boil
- Take the teapot from the back of the cupboard (recently abandoned due to lack of visitors)
- Slice up two lemons and add to teapot
- Add boiling water
- Let stand for a while to cool
- Pour into a glass and drink neat, with sugar or with honey to suit your taste

This actually lasts me a few days if I drink one small glass at breakfast and one at bedtime.

Enjoy! Sam x

Winter face and feet treats from your kitchen cupboard

The cruelty of winter on our face requires that we give it an extra moisturizing boost once in a while. Whether it's outside where the air is freezing and dry or indoors where we've cranked up the heat on maximum, the winter season results can be brutal on our skin! For this reason, we'll help you explore and browse through your fridge items and use everyday items to create 3 DIY moisturizing face masks for this winter!

Avocado mask

- Avocado – half
- Honey – one teaspoon
- Olive oil – one teaspoon
- Yogurt – one tablespoon

Preparation: Smash half an avocado with a fork as much as you can, until there aren't any large chunks of it left. Making the avocado as smooth as possible will allow a better application. Next, mix the avocado paste with one teaspoon of honey (best effects can be seen with raw honey), one teaspoon of olive oil, and one tablespoon of yogurt.

Mix well and apply on your face. Leave the mask on for 15 to 20 minutes and then rinse well with lukewarm water. You will immediately notice a huge difference and your skin will feel incredibly smooth!

Yogurt-Honey-Oatmeal Mask

Yogurt-Honey-Oatmeal face mask is a tried and tested beauty treatment that leaves the skin radiant and moist. Yogurt is a natural cleanser and moisturizer. When applied on the skin, it gently sloughs away dead cells to reveal clearer skin. Honey is a natural humectant as it draws water from the air into the skin and has the ability to retain this moisture. Oatmeal is great for soothing dry, irritated skin. Its cleansing and exfoliating properties make it suitable for use on dry, sensitive skin.

- 1 tablespoon yogurt
- 1 tablespoon honey
- 1 tablespoon oats

Preparation: Blend one tablespoon oats to form a coarse powder. Add one tablespoon yogurt and honey to form a thick paste. Apply this mixture on the face for 20 minutes. Wash off.

Banana Yogurt Face Mask

Banana is rich in vitamins and minerals, many of which are great for the skin. This deeply nourishing mask enhances the skin texture and is also known for its anti-aging benefits. Use this mask to reveal glowing skin.

- Half a Banana
- One Tablespoon Yogurt
- One Tablespoon Honey

Preparation: Mash half a banana to ensure there are no chunks. Add one tablespoon yogurt and one tablespoon honey to form a smooth mixture. Apply this face mask for 20 minutes and wash off. This mask can get a little messy in the beginning so keep a tissue handy!

Looking after your feet

An at-home foot soak is an easy way to relax and recharge after a long day. It also allows you to focus on your oft-neglected feet, which work hard all day. These DIY foot soak recipes are simple enough to whip together at a moment's notice, yet luxurious enough for you to feel as if you've indulged in a therapeutic spa treatment.

For achy feet

This Epsom salt soak is a fantastic option for days when your feet are tender, uncomfortable, and asking for relief. Absorbed through the skin, the magnesium in Epsom salt promotes relaxation while relieving tension, pain, and inflammation.

Sore feet foot soak ingredients & what to do

- 1/2 cup Epsom salt
- 5–20 drops essential oil of choice, such as peppermint, lavender, or rosemary (optional)
- 6 tsp. carrier oil (optional)

1. Dissolve the salt in a tub of hot water.
2. Blend the essential and carrier oils.
3. Add the mixture to the bath.

For better circulation

Stimulate your blood circulation, relieve stagnation, and bring your body into balance with this invigorating foot soak.

According to research, essential oils can get your blood flowing, ease tension, and boost your mood, while the hot water helps to relieve inflammation.

Invigorating foot soak ingredients & what to do

- 1/2 cup ground or freshly grated ginger
- 5–20 drops essential oil of choice, such as lemon, lemongrass, or clary sage
- 6 tsp. carrier oil

1. Add ginger to a bowl of boiling water.
2. Slowly add it to the tub of water.
3. Combine the essential and carrier oils before adding them to the bath.

To moisturize

Soft, smooth feet are within reach. The moisturizing properties of honey and coconut milk will leave you in for a sweet treat.

Moisturizing foot soak ingredients & what to do

- 1 cup honey
- 1 cup coconut milk
- 1 tsp. cinnamon powder

1. Dissolve the honey and coconut in a small bowl of boiling water.
2. Slowly add the mixture to the tub of water.
3. Sprinkle the cinnamon powder into the water.



COMMUNITY ANNOUNCEMENTS

The CAT 107.9FM launches Local Legend



Local radio station, The Cat 107.9FM, have launched a monthly award which follows on from the weekly Community Hero Award which the radio station ran earlier in the Covid-19 pandemic. The Local Legend Award looks to recognise the work of local individuals and organisations who have gone that extra mile in support of their communities.

The Local Legend Award is sponsored by 'Baked by Gill' with winners being drawn out of a hat to receive a wonderful cake, Cat 107.9FM goodies and a certificate.

Chris Cadman, Managing Director of The Cat said "At The Cat 107.9FM we know there are some wonderful, kind hearted, hardworking people who go that extra mile to support their communities.

"Here at The Cat we want to ensure individual people, along with local organisations, get the recognition they deserve which is why we are launching this new award. Please help us to recognise these outstanding members of the community by sending us your nominations."

Gill Clark of Baked by Gill added, "I'm absolutely thrilled to be sponsoring this very special award from The Cat 107.9FM.

"It's so important to acknowledge the good things people are doing to make life better for others; and we all need a bit of good news at the moment"

If you know someone who deserves recognition, send your nomination to studio@thisisthecat.com Please include contact details for the person or organisation you are nominating and full details of what they have been doing to help the community.



Christmas at Nantwich Museum



Subject to further Covid-19 restrictions, Nantwich Museum plans to reopen from Thursday 3 December resuming its earlier arrangement of Thursday to Saturday openings, 10.30 am – 4.30 pm. Because visitor numbers are restricted, the Museum requests that they ring in advance to book their visit. The Museum will close for Christmas and the New Year at 4.30 pm Thursday 24 December and reopen 10.30 am Saturday 2 January 2021.

The museum shop will be open offering a wide range of goods including Christmas cards, other greeting cards, games, toys, souvenirs, craft work including jewellery, books etc. The extensive range of books cover various aspects of the town's history with two new titles available this year.

Local History Snippets from Nantwich Digital Museum by Helen Cooke is a collection of items featured in the popular Facebook posts developed this year during the Museum's enforced closure. The book, priced at £10.95, provides bite-size chunks of information on a wide range of topics including local history, stories, old photographs, paintings and images from the Museum collection, some of which are only rarely seen.

Lost Halls in Cheshire by Andrew Lamberton costs £15 and looks at over 70 Cheshire country houses and mansions that no longer exist, ranging from the late fourteenth century to Victorian times. Some were replaced by new houses, others destroyed by fire or vandalism, whilst some did not recover from military occupation during World War Two. Although the main properties may be lost, evidence can sometimes be found of outbuildings such as lodges and private chapels.

Shop items can be ordered by telephone on 01270 627104 or by emailing the Museum at education@nantwichmuseum.org.uk. Payment can be made by telephone, when collection times can be arranged. Some items can be purchased on-line by visiting: <https://www.nantwichmuseum.org.uk/shop/> including books and booklets detailing local history, some of which are downloadable.

Christmas is also an ideal time to become a Friend of the Museum with no renewal required until April 2022. Friends support the work of the Museum and, subject to Covid-19 restrictions, membership includes e-mail newsletters, a Journal, discounts on talks and events, invitations to exclusive Member events and a voice at the Annual General Meeting. Individual membership costs £20 and for families £30. Further details are available from the Museum and it is possible to join online via the Museum website, <https://nantwichmuseum.org.uk/product/individual-membership/>.



Nantwich at Play exhibition goes Online at Nantwich Museum


Although Nantwich Museum is once again closed because of the nationwide lockdown, the Digital Museum featured on its website continues to flourish. Nantwich at Play was a temporary exhibition staged in the Millennium Gallery of the Museum in 2015, key elements of which can now be found on the website: www.nantwichmuseum.org.uk. Fun was the keynote of the exhibition, which took as its theme changing social influences to illustrate how the people of the town spent their leisure time through the ages.

A superb painting by the Museum's artist, Les Pickford, depicting a medieval fair near the parish church, introduces the exhibition. The panels, drafted by members of the Museum's Research Group and designed by its photographer Paul Topham, include visits to early fairs, excursions by road and rail, a variety of sports and horse races at the local course as well as visits to the theatres, cinemas and local zoos.

Nantwich at Play is just the latest addition to the Museum website, which now includes several previously staged exhibitions developed in-house and some from external exhibitors. There is an opportunity to purchase copies of local books produced by Museum Members, also to download some of the popular Research Booklets documenting various aspects of local history all of which provide a welcome boost to Museum funds at a time when other income streams have been curtailed.

The website also provides an opportunity to assist in the running of the Museum by becoming a Member of the Museum Trust, but look out for the forthcoming special offer at Christmas, or a Volunteer, whilst the "Donate" button is an ideal way to support its service to the community.



 enquiries@nantwichmuseum.org.uk

 Website: www.nantwichmuseum.org.uk

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

 <https://twitter.com/NantwichMuseum>



Cheshire East Council's local contact tracing service set to go live



Cheshire East Council's locally supported Covid-19 contact tracing service is going live this week.

The new contact tracing service will not replace the national NHS Test & Trace system but is being designed to complement it. The national test & trace team will provide the local team with a daily list of Covid-19 positive cases who they have been unable to contact within 24 hours. This can be for various reasons such as a lack of contact information or unavailability.

The council-run service will allow its own contact tracers to do welfare checks for residents who have tested positive and are required to self-isolate.

The purpose of the welfare check is to offer support, if required, during the isolation period. This support can include:

- **Accessing essential supplies (such as food and medicines);**
- **Linking to social contact support services to prevent loneliness; and**
- **Financial support. If you are worried about falling into financial hardship as a result of having to isolate call 0300 123 5032 or visit https://www.cheshireeast.gov.uk/council_and_democracy/council_information/coronavirus/test-and-trace-support-payment.aspx**

Dr Matt Tyrer, Director of Public Health for Cheshire East Council said: "It's important that residents who have symptoms self-isolate immediately and only leave home to get a Covid-19 test. If this test comes back as positive you must continue to self-isolate to avoid spreading the virus further. It is also a legal requirement. We are here to support our local residents in meeting that requirement and ensure they don't suffer undue hardship as a result.

"Having the virus may make many people feel extremely tired, so it's important that you drink plenty of water and rest to allow your body to fight off the virus and recuperate.

"Our local contact tracing team will be able to offer advice and information on where to access help and support should you need it."

Councillor Jill Rhodes, cabinet member for public health and corporate services at Cheshire East Council, said: "This Cheshire East service will allow us to have a more personalised approach to contact tracing, our residents will be able to hear a friendly local voice at the end of the phone, who can offer tailored advice and support.

"We understand that when self-isolating many residents may need practical support such as shopping for food or financial advice to help with bills. Our People Helping People initiative links up local volunteers to offer community-based support. Full details about this and information on benefits and financial advice can be found at https://www.cheshireeast.gov.uk/council_and_democracy/council_information/coronavirus/coronavirus-covid-19.aspx

If you need urgent, practical support to self-isolate, help is available in the form of a test and trace support payment. More information and how to apply can be found at https://www.cheshireeast.gov.uk/council_and_democracy/council_information/coronavirus/test-and-trace-support-payment.aspx

The Cheshire East Council service launches this week and will have a phased roll-out across the borough. If you receive a call from the Cheshire East Covid contact tracing team, please take the call as information gathered will help the council to stop outbreaks and bring case numbers down across Cheshire East. This will result in us all being able to get back to a more normal way of life more quickly.

A reminder of isolation requirements for households;

To reduce the spread of COVID-19 everyone who has symptoms must self-isolate at home and only leave to get a test. If they test positive, they must continue to self-isolate at home. This can save lives. You must by law take the following actions immediately;

- Self-isolate for 10 days;
- Those in your household must self-isolate for 14 days and;
- Inform your employer of your period of self-isolation if you are due to work during this period at any place other than where you are self-isolating

Self-isolation means:

- You must stay at home. Do not go to work, school or shopping;
- Do not send your children to school or nursery. They must stay home along with the rest of the household and;
- Do not invite friends or family into your home.

Failure to follow these instructions could result in a fine of up to £10,000.



RICHMOND
VILLAGES
Part of Bupa

Christmas Card Appeal

As December rapidly approaches and thoughts turn to Christmas, we are hoping that people from our local community (and further afield) will spare a moment to write and send a Christmas card or letter to the residents in our Village Care Home.

Cards are such a traditional part of Christmas, especially for the older generation; they bring news of families and friends together with warm wishes and love and come from all around the country and world.

We know from our previous postcard plea that our residents love to hear about people's adventures and everyday routines and in these strange times, it brings a sense of normality (especially welcome when people may not be able to see all of their loved over the Christmas period).

**If you would like to spread a little seasonal cheer please address your card to
The Residents, Richmond Village, St Joseph's Way, Nantwich, Cheshire CW5 6LZ.**

Thank you – from us all!

Living *Greener* in Nantwich

By Maddy Fowler

With Christmas celebrations beginning in earnest much earlier than usual this year, it's natural to already be starting to think about how you can make more sustainable choices when it comes to the festive season. However, from wrapping presents to putting food on the table, there's an overwhelming amount to think about when trying to make eco-friendly decisions. Two simple ideas are foraging for decorations and getting creative with handmade gifts.

Red berries, holly, mistletoe, ivy, spruce, chestnuts and pinecones are among the many natural pieces you can forage and add to your tree, table settings and wreaths or to decorate gifts wrapped in brown paper and twine. Meanwhile, baking, sewing and painting are all great ways for children and adults alike to produce handmade and thoughtful gifts. If making presents by hand isn't for you, check out Mere & Meadow's Small Business Saturday sale on 5 December for up to 40% off some great plastic-free gift ideas. www.mereandmeadow.co.uk

How to make a Pine Cone bird feeder



Gather up some pine cones, peanut butter, string, bird seed and lolly sticks. Using the lolly stick spread the peanut butter on to the pine cone then sprinkle or roll in bird seed, attach the string to hang from a branch and heh presto you have it!



Emma Anthony joined us to tell us all about this year's Christmas Carol Concert which is going virtual! Please take a look at the slides for an overview of what the concert will offer.

Below you will find answers to the questions you put forward:

How can people view the Carols? What tech will they need?

In order for people to view the carols they will need to use a device that has access to the internet. This can be a computer, phone, tablet, laptop or Smart TV. If care homes don't have smart TV's they can use a laptop and use a HDMI cable to connect the laptop to a TV.

This can be done in one of two ways:

- Open the internet browser and type in the URL (web address) which will be sent via email on Monday 14th December.
- Open the internet browser, go to your email providers webpage, open the email we will send to you on Monday 14th December and click on the link provided.

It will be broadcast via a webpage (created especially for the event). The event can be viewed on any device that has internet access (computer, Smart TV, laptop, phone, tablet etc) but unfortunately access to the internet is essential. It does however mean that more people than ever before will be able to be part of this very special event.

It will also be recorded and uploaded to our YouTube page after the event, you will then be able to access this via our website - so people can watch it after the event if they'd like, but they won't be able to take part in the interactive aspects if watching the recording.

How can care homes become partnered / get involved?

If a care home would like to be involved just [email carols@alzheimers.org.uk](mailto:carols@alzheimers.org.uk) and we'll send all the info over.

How does it work if someone wants to sponsor a link for a care home?

Like above, if someone would to sponsor a link please ask them to contact carols@alzheimers.org.uk

Will there be a text donate number?

Absolutely, this will be advertised on the night, throughout the event.

What format/platform will the concert be in/hosted on? Zoom? YouTube?

We will be hosting this through a streaming platform, similar to YouTube but with more interactive capabilities



Dementia Friendly Nantwich Activity Boxes Ready To Go



Dementia Friendly Nantwich has got something to shout about – over these past few crazy weeks we have been busy making activity boxes that are themed and have been made possible due to generous donations. The 4 new activity boxes will be used to help with people in isolation, and hopefully will be something that those experiencing dementia and their loved ones and/or carers will enjoy exploring and can be distributed and collected by DFN volunteers.



Please know all items are new and will be cleaned and Covid secure for your use. To request a box contact Lynn on 01270 626020 or Karen on 07717 496697. So what next? the DFN have decided to pilot this idea to see you think they are beneficial across our Nantwich and Rural Care Community as a free to use resource, if you want to try one please do get in touch. This is just one way the DFN are supporting the journey of Nantwich becoming a recognised Dementia Friendly town. And lastly the DFN would like to thank all our supporters over the past year for their continued support and wish all their members, friends and supporters a lovely, peaceful and safe Christmas.

GOOD NEWS FOR OVERWATER WHEELYBOAT SERVICES



In June 2019, Overwater Wheelyboat Services submitted a funding application to the Co-op Local Community Fund. This was in order to purchase a mobile, seat storage facility for the Wheelybus, to make the whole process of varying the internal layout of the 'Bus, far easier and straightforward for our Volunteers.

The application was successful and between 27th October 2019 and 24th October 2020, OWS has been one of three local Charities to benefit from Customer donations through the Audlem Branch of The Co-operative Food.

In April 2020, OWS received an initial grant of £638.48p and this month a further amount of £1,207.46p has been received, taking the total grant to £1,845.94p.

As a result of these donations, an enclosed trailer has been purchased which has been fitted-out internally to accommodate any seats not being used in the 'Bus and provided with additional, improved towing and security provisions. Although Wheelybus operations have been somewhat limited due to the Covid-19 pandemic restrictions, the new arrangements have already proved to be a success and will be a real asset to future operations.

Overwater Wheelybus Services would like to express sincere thanks to the Co-op Local Community Fund, the Staff at the Audlem Co-op Food Branch and their Customers, for all of the generous support and encouragement received.

Tel : 01270 812677 (office hours only) Email : info@overwatermarina.co.uk

The Wingate Centre News



The Wingate Centre

The Wingate Centre would like to thank everyone for their continued support. We re-opened on Monday 23 October 2020 for Disability fitness classes. Our clients were very pleased to be back and we are all looking forward to being fully open again on 2nd December.

Join in the #Wingate2020 Winter Challenge 29 Nov – 18 Dec to help us raise the last £6,000 towards our £20,000 target. You can do any activity i.e., walk, jog, run or cycle or you can do something 20 times i.e., 20 bounces on the trampoline or 20 laps of your garden. Let us know what you are going to do and start getting sponsorship for your activity. We look forward to hearing what you are doing.

Wingate Christmas Raffle being drawn Fri 18 Dec 1230 at Morrison's, Nantwich with Gary Johnson, Cat FM. Tickets £1 each and prizes include Afternoon Tea for Two at Cheerbrook Farm, Rodney Densem Wine Hamper, £100 M&S Christmas Food Hamper and 5 Runner Up Prizes. If you would like tickets, please do get in touch.

Contact details 01270 780 456 or email fundraising@thewingatecentre.co.uk



Well, as Winter and Christmas are fast approaching we just want to send all Wrenbury Together members & volunteers and our community residents & patients our warm and heartfelt wishes.

This is a great opportunity to share some pictures of thanks given to those volunteers who have given their time to help others since March 2020 during the pandemic – for which all the committee and residents who received their support are hugely grateful.

A tremendous thank you too to all our key workers in the community and to all the service and business providers who have worked tirelessly to ensure our rural community stayed connected to services.



Words cannot express enough our gratitude to everyone who has worked with us. A quick festive shout out to Wrenbury Medical Centre, End of Life Partnership, Wrenbury Friendly Club, Audlem ADCA, Cheshire CVS, Cheshire East Connected Communities, Cheshire Connect & their Donors and to our Studenteers.

We look forward to working with you all in 2021 when we hope to see more engagement opportunities and community projects that bring us together, safely.

In the meantime, some of our keen knitting volunteers are busy making paperchains to help decorate the local nursing home. Festive baubles with messages and memories will be displayed on our community Christmas tree and then shared with the residents too.



To each and every one of our residents in the Wrenbury nursing home...
our hearts reach out to you all – you are in our thoughts





Cheshire Wildlife Trust

People taking action for wildlife

Happy Homemade Christmas

Avoid throwaway plastic and go homemade, and keep wildlife in mind. It'll add a sweet personal touch that'll mean the world to someone this Christmas. Keep you and your children busy over Christmas why not visit some of these ideas, and free downloadable activity sheets - everything from making seed bombs to bird feeder wreaths, and learning how to feed hedgehogs.

<https://www.wildlifewatch.org.uk/actions/how-have-eco-christmas>

<https://www.wildlifewatch.org.uk/actions/how-make-christmas-wreath-birds>

<https://www.wildlifewatch.org.uk/activities>

<https://www.wildlifewatch.org.uk/sites/default/files/2020-06/BINOCULARS.jpg>

<https://www.wildlifewatch.org.uk/make-bird-feeder>



GOOD NEWS STORIES

Remembrance Service 2020 at St Mary's Church, Acton

Article by Jonathan White, photos provided by St Mary's Church, Acton

Remembrance services commemorate the contribution of British and Commonwealth military and civilian servicemen and women in the two world wars and later conflicts.

This year marks the 75th anniversary of VE Day and VJ Day, the 80th anniversary of the Battle of Britain and 70 years since the start of the Korean War.

St Mary's Church, Acton has set up a stunning visual display of hundreds of donated knitted and wooden poppies in the churchyard to remember those who gave up so much for us.

The knitted poppies were made by members of the Houghton & Faddily WI and the wooden poppies were made by church members Charles Hull and James Stott.

The display will remain in situ until the end of the month (November 2020).

A brief act of remembrance was led by Rev Anne Lawson on Remembrance Sunday (8th November) at 11am by the war memorial and surrounded by the poppy displays.

A representative from St Mary's Church, Acton said: "In these unprecedented times, we are grateful for this thought-provoking visual tribute - which serves to remember those who gave up so much for us."

If government Covid-19 guidelines allow, on Sunday 20th December 2020, the church plans to hold a socially distanced 'Follow the Star' walk to Dorfold Hall Park in Acton, returning to see the outdoor Nativity scene in the churchyard with carol music playing.

Please check the church website to be up to date on any changes, or contact Joyce on 01270 624 158.



Nantwich In Bloom create a Guardian Angel

During the past few months Nantwich In Bloom volunteers have been working hard, within Government social distancing and lockdown restriction guidelines to keep our town looking bright and cheerful and attractive to those frequenting it.

The past few weeks have involved the stripping back of the summer bedding and the team are delighted to unveil a Guardian Angel in the main bed in the town centre.

The idea was brainchild of Gina Haigh, a member of Nantwich In Bloom, who thought of the clever planting scheme when she spotted silver leaves moving whilst working in the town. She commented: "This year has been a difficult year for many and seeing the silver leaves move I thought a Guardian Angel was what is needed in these uncertain times."

A party of Nantwich in Bloom volunteers took to the bed in the square and inspired by Gina's design created the Guardian Angel, which carries through the silver-grey theme, a design which sparkles in the sun.

As the plants grow and mature, white, yellow, and blue flowers will unfold to enhance the display. A wicker halo entwined with fruiting Ivy draws the eye towards the shaped wire head of the angel then sweeps down through the gown to the wings which are outlined with sparkling wire feathery shapes. The team hope that those exercising around the town will take some comfort and hope from the display.



To find out more about the work of Nantwich In Bloom, why not visit their website: www.nantwichinbloom.org

Family Man Jim Goes from Couch to Ultra Marathon Runner!

Family man Jim Painter, from Crewe started running 14 months ago. He used to go to the gym at Crewe Lifestyle Centre 2 or 3 times a week before the national coronavirus lockdown in March.

When the gyms were closed he continued his fitness journey and started working out at home with core sessions and running in his local area.

In July, when Crewe Lifestyle Centre re-opened he went back to the gym and trained with the support of Everybody instructors 4 to 5 times a week.

Jim commented 'Getting back into the gym really helped my strength and core training. The rules for returning were easy to follow, maintaining social distancing and cleaning of the equipment - it felt great to get back to some normality and all the other members and staff helped make it feel safe to return.'

This month [November] Jim managed to run his longest and furthest distance to date - he completed 62.62 miles in 15hours 55 mins! This was meant to be an organised ultra marathon event 'Escape from Meriden' however, due to Covid the event was cancelled but that didn't stop him! Jim used local Everybody Leisure Centres such as Knutsford to navigate his way around Cheshire East.

Jim commented, 'I started running over a year ago firstly to lose weight and be healthier but since then I have enjoyed pushing myself and I have completed a half marathon, full marathon and an ultra marathon of 35miles.

He continued, 'my latest challenge was in aid of the Smile Group. When my children were younger my wife suffered with postnatal depression and the work the charity do would have really supported our family during that time.'

This has inspired Jim to book another ultra marathon for 5th of December and due to the gym closing again in November, he is now using Everybody @ Home to help stretch out his muscles and build core strength!

Everybody @ Home is a new health and fitness website from health and wellbeing charity Everybody Sport and Recreation. It is home to a range of live and on-demand workouts to do from home. There's something for Everybody including Yoga, Pilates, Dance Fit, HIIT and specialist health classes!

You can follow Jim's journey here: <https://www.strava.com/athletes/45508697>

For more transformation stories like this visit www.everybody.org.uk or join www.facebook.com/groups/everybodymembers

For more information on Everybody Sport and Recreations reopening on Wednesday 2nd December. Please visit www.everybody.org.uk.



Transformation Tuesdays!

Jim's story...

Jim started running 14 months ago. He used to go to the gym 2 or 3 times a week before lockdown in March.

He continued working out at home with core sessions and running. When Crewe Lifestyle Centre reopened he went back 4 or 5 times a week.

This weekend Jim managed to run his longest and furthest distance to date - he completed 62.62 miles in 15hours 55 mins! He has another ultra marathon booked for 5th of December and will be using Everybody @ Home to help stretch out his muscles and build core strength!



Transformation Tuesdays!



Before



After

Tag us in your transformations to feature in our Transformation Tuesdays! #EverybodyatHome



@EBleisure



[facebook.com/groups/everybodymembers](https://www.facebook.com/groups/everybodymembers)



ROTARY IN THE COMMUNITY

Nantwich Rotary Club is Changing Lives with Loans via Lendwithcare.

Nantwich Rotary Club is celebrating a landmark charitable achievement as one of hundreds of Rotary clubs from across the country to contribute over £1 million to Lendwithcare, a microfinance charity which enables people in the UK to make small loans to entrepreneurs from poor communities around the world.

Since October 2011, Rotary clubs across the UK have been raising funds to make small loans to entrepreneurs in developing countries, enabling them to start or expand their small businesses and work their way out of poverty, feed their families and send their children to school.

More than £1 million has now been lent by Rotary to farmers, tailors, market stallholders and food producers to name just a few of the types of businesses Rotary have helped in 11 countries across Africa, Asia and South America.

Nantwich Rotary Club have raised and lent a total of £60,483, contributing towards the national £1 million landmark, with the club loaning to 10,743 entrepreneurs in 11 countries. This has helped 34,184 family members and created 2,582 jobs.

Nantwich Rotary Club raised their share of the funds through metal detecting days, car boot sales and a variety of music evenings.

International Chair, John Crowe said "Nantwich Rotary Club are proud to be a part of this fantastic initiative. Lendwithcare is a great way to help people out of poverty. You see exactly who the money is going to, and what they will use it for."

"The entrepreneur uses the funds to help them to earn a living, often employing family members and neighbours as well, helping to lift their communities out of poverty. They pay the loans back, which can be re-lent to person after person."

Rotary is one of the world's largest and most successful global membership and humanitarian service organisations, with 1.2 million members in over 200 countries volunteering their time and their talents to tackle challenges at home and abroad to promote peace, fight disease, provide clean water, support education, save mothers and children and grow local economies.

John Crowe continued: "Nantwich Rotary Club has a proud history of fundraising for charitable causes through community events, and Lendwithcare is a fantastic cause very popular with our members."

"Local people have given generously and it's testament to their generosity that we've managed to reach an incredible £1 million. And that money will keep being re-lent and re-lent, translating into many millions of pounds worth of loans over the coming years."

Head of Lendwithcare, Tracey Horner, added: "Through Lendwithcare, Rotary have helped change the lives of more than 5,000 entrepreneurs around the world so far. We're grateful to every Rotary member who lends their time and energy to raise funds to lend to people trying to earn a living in some of the most challenging environments in the world. It really is life-changing for the people we work with, and we want to extend our huge thanks to Rotary Great Britain and Ireland, and everyone at Nantwich Rotary Club."

Anyone can make a loan through Lendwithcare or buy a Lendwithcare voucher as a Christmas gift. Loans start from £15 and will typically be paid back over 6-12 months. Follow Nantwich Rotary Club's footsteps and visit www.lendwithcare.org to make a loan and change a life

A Different Santa Sleigh Tour



Sadly, this year the Rotary Club of Nantwich won't be able to help Santa meet and greet everyone as his sleigh tours the streets of Nantwich. However, we will still be helping him on his travels around the area, but he won't be able to stop. So, despite the restrictions, the kids will still be able to see him from the safety of their house and garden!

Santa will be starting his tour on Monday 14th December travelling along Station View and Shrewbridge Road. On Tuesday 15th December he will be going down Manor Road. On Wednesday 16th December he will be around Queen's Drive and Salt Meadows. On Thursday 17th December he will be on the Cronkinson and Stapeley estates and on Friday 18th December he'll be in Welsh Row, the Kingsbourne estate and Kingsley Fields.

As you know, this is usually our major fund-raising activity of the year, and all donations are given to local charities and other good causes. In the past we have given to Nantwich Foodbank, The Wingate Centre, St Luke's Hospice, Hope House and Donna Louise Children's Hospices, Cheshire Young Carers, Nantwich Museum and the Guy Harvey Youth Club to name but a few.

If you want to support local charities by donating to the Rotary Club of Nantwich, then please go to our JustGiving page to do so. Thank you in advance and all donations, no matter how small, will be put to very good use.

COMMUNITY SUPPORT SERVICES

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.

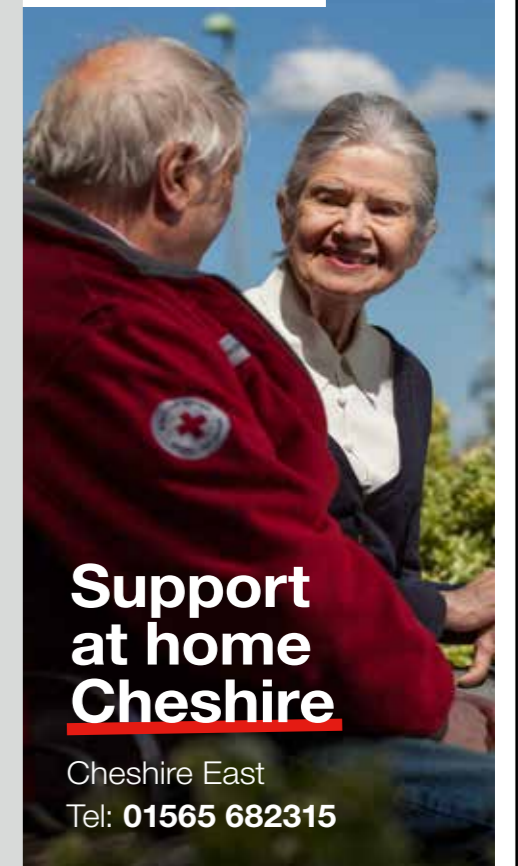
If you are a caring person, have an hour or two to spare and enjoy meeting people please contact us. The Red Cross has a recruitment and selection process for volunteers and offers all the training needed to work for the support at home service.

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.**

British Red Cross
Cheshire East support at home
Operational times:
Monday to Saturday 09:00 – 17:00
CheshireEastSupportathome
@redcross.org.uk
Tel: **01565 682315**
redcross.org.uk



BRC18-281. Published June 2018.
The British Red Cross Society, incorporated by Royal Charter 1908, is a charity registered in England and Wales (220949), Scotland (SC037738) and Isle of Man (0752). Photos © Simon Rawles/British Red Cross.



Support at home Cheshire

Cheshire East
Tel: **01565 682315**



Warm Homes Project 2020

Thanks to support from E.ON, Age UK Cheshire will again be able to help older people keep well and warm this winter.

Our Information and Advice Service will be providing advice on benefits and money related issues, with the aim of maximising income, further reducing fuel poverty and getting access to the support needed in order to live independently.

Our trained advisors will arrange a meeting over the phone, or via video call to complete a benefits check to identify the income currently received, and what other benefits they might be entitled to, as well as supporting them to apply for the £140 Warm Home Discount (annual rebate off electricity bills) and Boiler Replacement Schemes.

Advice is free, impartial and confidential.

Our Warm Homes Project will be running from November 2020 until March 2021.

Contact Us

If you are interested in accessing this service or would like further information, please contact our Warm Homes Advisor, Stacey Brady on stacey.brady@ageukcheshire.org.uk or our Information and Advice Service on **(01244) 401500** or email: informationqs@ageukcheshire.org.uk



Trained Advisors will offer telephone-based sessions to check benefit entitlement, support access to cheaper energy tariffs and the £140 Warm Homes Discount Scheme as well as checking eligibility for The Replacement Boiler Scheme.

Please highlight this scheme with the older people you connect with and refer them by telephoning 01244 401500 or please email us on informationqs@ageukcheshire.org.uk.

Can you help us combat fuel poverty this winter?

Thanks to support this year from E.ON, Age UK Cheshire, will again be able to help older people keep well and warm this winter.



 @cwpnhs
 www.cwp.nhs.uk


Cheshire and Wirral Partnership
NHS Foundation Trust

Our free 24/7 mental health helpline is open to children and young people

Call: 0300 303 3972

FILM CLUB

OUR BRAND NEW FILM CLUB!

Meet others who love the big screen and share views and discussions around a different film each week!

Tuesdays from 4:45 to 5:45pm. Ages 15+

Get in touch by calling us or emailing us on:

01260 290000

ADMINISTRATION@VISION.ORG.UK

WE CAN'T WAIT TO SEE YOU!

www.visyon.org.uk
01260 290000

charity number: 1107951
company number: 5250758

VISION

SAVE ENERGY AND SAVE MONEY

TAKE CONTROL OF YOUR FUEL BILLS WITH OUR FREE SERVICE

When money is tight, a small saving can make a huge difference. Our Green Doctors can help you to keep you warm and well and save money on your bills.

We can provide support, information and advice on:

- Switching suppliers to the most affordable tariff
- Applying for grants to write off existing fuel debt
- Installing measures to reduce energy usage
- Helping you understand how to use your existing systems
- Referring you to other programmes that fund loft insulation and boiler installations.

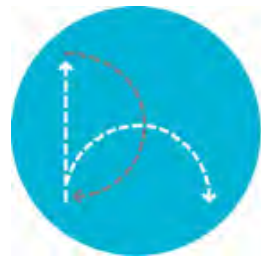
We can provide energy saving devices including:

- Draughtproofing
- Reflective radiator panels
- LED light bulbs
- Pipe lagging
- Hot water tank jackets
- Water saving devices.

GREEN DOCTOR ™

GROUNDWORK
CHANGING PLACES
CHANGING LIVES

To arrange a FREE home visit, or to find out more, contact your local Green Doctor on FREEPHONE 0808 1683547 or email: Cheshire.greendoctor@groundwork.org.uk



Dance to health.

The Falls Prevention Dance Programme

National online class

- Fun and effective exercise
- Highly qualified dance instructors
- Follow along at home with our secure Zoom session
- Social time included

Dance to Health is an established falls-prevention dance programme that combines verified strength and balance exercises with the creativity, expression and energy of dance.

If you have ever thought exercise was boring, this is for you!

£30 for 6

Weekly Thursday 1.30-3pm



Introducing the My CWA lunch and learn

DECEMBER 2020
NEW LUNCH AND LEARN
DATES RELEASED

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

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

Focus Children's Support

Thursday 3rd December – Group case discussions

Friday 11th December- Trauma in children

Thursday 17th December – Your Questions and Answers

Focus Adult Support

Tuesday 1st December 2020- Resources

Tuesday 8th December 2020- Your questions and answers

Tuesday 15th December 2020- Lets look at your case study's



"I enjoyed it because I didn't realise how much mobility I still had, it gives me hope. It made me feel free."

Participant



BOOK NOW : www.dancetohealth.org/onlinesessions

For professionals working with

adults and children affected by domestic abuse

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

SCAMS AWARENESS UPDATE

Older Persons Scams Awareness & Aftercare Project

In this update:

Online shopping scams
Page 2

The 12 scam saves of
Christmas
Page 3

Current scams
Page 4



Shop Scam Savvy this Christmas

Whether you're reading this as a regular subscriber, because a friend has passed it to you, or as a result of National Safeguarding Adults Week - WELCOME!

We're pleased to be supporting Cheshire East Council's Adult Safeguarding Team, to raise awareness of adult abuse, including grooming through romance fraud (featured in our July issue) and online scams - this month's feature. For more information about adult safeguarding week, head to www.stopadultabuse.org.uk/NSA2020.

This bulletin is part of our Older Persons Scams Awareness & Aftercare Project, run in partnership with Cheshire East Council's Trading Standards Team. Information about the project and further resources can be found on our [Age UK Cheshire East website](http://AgeUK Cheshire East website) or by contacting Sally Wilson at sally.wilson@ageukce.org or on 07932 999902.

Now, let's read on to see how to spot, avoid and report scams, as we're online more in the run up to Christmas.



Caring for Farmers

Our team are either from a farming background or have a great understanding of the industry. We don't judge anyone and we won't turn anyone away. We are proud of the work we do. In the years we have been providing support to farmers no farmer has gone on to harm themselves.

Cheshire Agricultural Chaplaincy Team covers the whole of Cheshire & Wirral offering 24:7 support to the farming community with a listening ear for as long as required, pastoral support and ability to bring in supporting agencies when required.

Majority of people seen by the team are suffering from depression, mental health issues or financial difficulties. Team members apart from visiting individual farms, attend local livestock markets, local agricultural shows and preside at church services.

Farming as an occupation has one of the highest rate of suicide, many farmers are suffering with difficult issues like financial pressure, isolation, adverse weather conditions, family disputes, government regulations and inspections, administration, poor harvests & livestock disease all combined with long hours of work. All this contributes to serious levels of hopelessness and depression, some thinking of self-harm.

As farmers and Pastors, we are uniquely placed to deliver this support understanding the language of farming and the issues farmers face. We are available to farmers and all allied workers in the industry.

With our association with FCN & RABI we are the only organisation offering this much needed service to the farmers in Cheshire. If you know anyone that needs this support please just share our details with them and encourage them to be in touch



Call our helpline - 07967 559 594
Email - talk@agchap.com

We can boost your child's learning

The Booster Series are fun and interactive webinar style tutorials for pupils in Year 4, 5 and 6



Exclusive resources & homework



Trained & Experienced Tutors



Tackling tricky topics in Maths & English



Two 30 minute subject-specific webinars per week

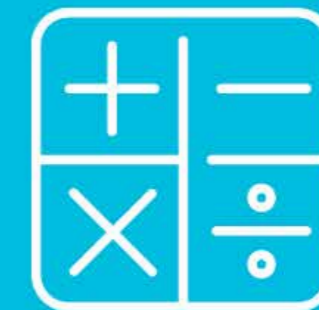
The Booster Series runs online
Monday - Thursday every week at 4-4:30pm

- FREE access to our Maths and English Webinars for two months
- Fully trained tutors
- Each webinar is recorded so your child can revisit the content
- Maths & English tuition
- Supporting National Curriculum
- You just need a tablet/laptop and a Google Chrome browser to access

Express your interest by filling out the short form at:
<https://www.guinnesspartnership.com/register-child-online-tutoring/>
Any questions, please email programmes@tutorsunited.org

Does your child need a boost in their English or Maths?

If you are a Guinness resident and your child is in Year 4, 5 and or 6 at school please get in touch!





Nantwich CAP Job Club offers lifeline to jobseekers

Free support following job loss due to the pandemic

January can be one of the best times for getting a new job so now is the time to get prepared, says Nantwich Christians Against Poverty (CAP) Job Club.

Nantwich CAP Job Club, run in partnership with St Mary's Church, is running a free new Job Club course to help equip job seekers to grab these opportunities.

It may be a while since people have had to look for work so getting to grips with job seeking tips including online interviews will help prepare you for the job market.

Job Club member Stephen* said: "The day we were put into lockdown I was made redundant. I applied for Universal Credit but I didn't know how much I would be getting. It was my first time claiming from the Government. It was quite embarrassing for me. I've never not had a job in 40 years of working."

The church has been running a CAP Job Club for the past two years helping more than 26 people on their way into employment.

Katrina Woolley, CAP Job Club Manager, said: "Our team at the Nantwich CAP Job Club is ready to help all job seekers. We have a friendly and supportive group where together we brush up on all of the essential skills to help with getting a job."

"2020 has been really tough for a lot of people with hours cut and many losing their jobs altogether which can feel really isolating.

"It helps to make friends with others in similar situations because we encourage one another and that's a real boost to confidence."

The Nantwich CAP Job Club is one of around 150 in the UK that help hundreds of people find work each year.

The eight-week course provides jobseekers with essential skills, such as CV writing, interview techniques and the value of volunteering. At the heart of the course, is a supportive peer-to-peer group where members can share their experiences, struggles and advice. In addition, each is given one-to-one coaching to develop their strengths and identify other opportunities, such as volunteering or additional training.

The online course will be delivered using video conferencing systems led by a trained CAP Job Club Coach, usually based at Market Street Church hall, each Tuesday.

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."

Online Course Dates:

Steps towards Employment- starts Tuesday 10am, January 19th 2021

CAP Money – Tuesday 7.30am, January 12th 2021

To book onto the next course contact Katrina on:
saintmarys.capnantwich@gmail.com or office@stmarysnantwich.org.uk or call:
 07398 434397 or 01270 625268



Domestic Abuse

Carers/ individuals with caring responsibilities & those living with Dementia



Domestic abuse includes physical, emotional and sexual abuse in couple relationships or between family members. Domestic abuse can happen against anyone

Anybody, including carers*, can be a victim of domestic abuse

People may have the idea that domestic abuse affects younger people or women with young children, and that it doesn't really affect people over 65 – this is incorrect, **it can happen to anyone, male or female**, this includes individuals such as **carers and those living with dementia**

**Unsure as to whether you are a carer? An unpaid carer is described as someone who provides their time and support, without payment, to family or friends who couldn't manage without help*



Carers, and those living with Dementia, may not recognise or want to report incidents of Domestic Abuse but help and support is available



If domestic abuse is **happening in your life** or if you **see something**, are **told something** or something **doesn't feel right** you need to **report it**



If you are a carer for a partner or family member and are feeling afraid or being hurt this may be domestic abuse.



If you are being cared for by a partner or family member who makes you feel afraid or hurts you there is help

Please ring Cheshire East Domestic Abuse Hub at any time on **0300 123 5101** (Always ring 999 if in immediate danger)

www.openthedoorcheshire.org.uk
 email - cedah@cheshireeast.gov.uk



Having a safe online Christmas is about more than just shopping.



Read our top tips to protect yourself, your family, finances and devices online
www.getsafeonline.org/onlinechristmas

#onlinechristmas

@getsafeonline



WEEKLY SUPPORT GROUP

Wednesday mornings, 9.30am – 12.30pm

An inclusive and welcoming group for autistic individuals, those with ADHD or other neuro-diversities, as well as for parents and carers. You do not need a diagnosis or a referral to attend. Just 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.

www.autisminclusive.org.uk

contact@autisminclusive.org.uk

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MORNING

9.30AM – 12.30PM

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Everybody Members Staying Active at Home



Victoria Barker, Master Fitness Lead delivering Yoga for the Everybody @ Home website

Everybody Sport and Recreation launch new online health and fitness website to keep Cheshire East members active during lockdown.

Everybody Sport and Recreation, the health and wellbeing charity that operates 16 leisure facilities in Cheshire East is just one of the businesses that has been closed during the national lockdowns. They first closed their doors to customers in March, reopening to the public in

November. However, this closure meant the leisure charity was able to innovate quickly and they started to provide online health and fitness classes to their members. Back in March this was delivered with daily live Facebook classes which reaches thousands of members during the first lockdown.

Since then the charity has invested in a brand new virtual service website 'Everybody @ Home'.

Jade Griffin, Senior Marketing Manager at Everybody commented, "the closure of our leisure centres really has had a huge impact on our local community, both peoples physical and mental health has been affected. It was important to us as a charity to make sure we were still there for our customers which is where Everybody @ Home was born!"

She continued, "We have been working with our health and fitness teams to develop the website, filming fitness classes and making sure we were providing enough variety for everyone. It has proved really popular!"

Everybody at home has welcomed 1000's of subscribers since its launch in October and has been keeping Everybody members active and healthy from the comfort of their own homes during the lockdown period.

The website has a selection of 'On-Demand' videos for people to watch anytime anywhere and over 25 live classes streamed a week!

There is something for everybody, including High Intensity training, Yoga, Pilates, Dance Fit, Les Mills workouts and low impact classes for beginners or those with health conditions.

During lockdown Jeremy Gibbs from Nantwich has been keeping active by taking part in Everybody Sport and Recreation's online live health and fitness classes.

He commented, "The online classes have been really good, the instructors are so enthusiastic and the beauty of it is, you don't feel like you're doing it on your own because you know there is a load of other people doing it from their own home."

He continues "I'm doing classes I've never done before like Yoga, Pilates, HIIT, GRIT Cardio, you just think, I'll have a go of that I just think it is brilliant during lockdown!"

During November, the charity is also launching 'Everybody Talks' these are live events on Everybody @ Home which are delivered by health and fitness experts and will cover topics such as women's wellness, healthy eating and nutrition, staying active and the best winter workouts to boost your immune system!

You can sign up to everybody at home and pay nothing until the leisure centres reopen in December! To find out more visit:



How online classes have taken off in Cheshire East

One You Cheshire East residents have already improved their health during lockdown.

One You Cheshire East is a free health service designed to help the residents of Cheshire East lead healthier lives. Each 12-week programme has been designed by experts to ensure participants are supported to make sustainable changes.

Prior to lockdown the One You Cheshire East programmes were delivered in leisure and community centres. To ensure that they could continue to help the residents of Cheshire East stay healthy, the team worked quickly to find new ways to deliver their programmes.

What programmes does One You Cheshire East offer?

- Move More: exercise classes to gradually build fitness and boost activity levels
- Lose Weight: a course designed to help participants to create healthier eating habits and understanding more about food and nutrition
- Be Smoke Free: coaches supply support and guidance to help participants quit smoking, as well as providing free quit smoking aids
- Healthy Baby & You: designed to help expectant mothers to stay healthy during pregnancy and lose weight post pregnancy
- Stand Strong: Otago fitness classes to help those aged 65+ to reduce their risk of falling.

Why are programmes so important in the current climate?

One You Cheshire East's Health & Wellbeing Manager Sarah French explained:

"The free programmes that we deliver have always been incredibly important; they enable Cheshire East residents to make positive changes to their health and lifestyles that they may not otherwise be able to afford to do.

The pandemic has put increased emphasis on improving our health and fitness, so we knew that we did not have any time to waste. We worked tirelessly to ensure that our programmes could be delivered remotely, without compromising on the quality of the service we provide."

It was incredibly important to the team to ensure a seamless transition from in person to online delivery of the Be Smoke Free, Move More and Lose Weight programmes since it has been well documented that those who are non-smokers, active and healthy experience less severe Covid-19 symptoms and have the best chance of recovery.

How are the classes now being delivered?

Participants can join the live classes via Teams or a private Facebook group. The Facebook groups have proved an enormous success in providing a community space where all participants are free to ask questions or contact their coach directly for any advice and offer support and motivation to one another. We've had over 500 people join the Facebook group alone since March!

The coaches have also been checking in with participants on a weekly basis to answer any questions and to help them stay on track. This personal touch has proven invaluable for many participants who struggled with a lack of contact during lockdown.

Shirley, who took part in our Move More programme said:

"When I wasn't coping with the isolation. [Move More Coach] Katie would phone me every week to give me



Shirley, who took part in our Move More programme said:

"When I wasn't coping with the isolation. [Move More Coach] Katie would phone me every week to give me encouragement and support. I appreciated this weekly call more than she will ever know!"

Online success

The classes have reached record sign up levels, with participants reporting that they are losing weight, feeling healthier and enjoying exercising.

Participant, Karen said:

"I have improved my activity level, my weight and also my cooking skills with the great live cookalong videos! I expect to use this type of programme for the foreseeable as it suits a busy lifestyle as it is very flexible."

While the One You Cheshire East Health Coaches are eager to deliver their classes in person once again, many participants have loved the convenience of being able to take part in the programmes from home; often fitting their classes in around work.

Not only have the coaches been delivering daily exercise classes throughout lockdown, they have also been running regular live cookalongs and Q&A sessions, which have been incredibly popular.



Fitting some physical activity into your day is easier than you think. Being active is really good for your body, mind and health.

MEN'S ONLY MOVE MORE & LOSE WEIGHT GROUP



Cheshire East Safeguarding & Dignity Awards 2021



The Safeguarding Adults Board and the Children's Safeguarding Partnership in Cheshire East aim to prevent abuse where possible and act quickly and appropriately when it does happen.

Both partnerships recognise that across Cheshire East there are many carers, health and social workers plus volunteers doing fantastic jobs, sometimes under very difficult circumstances.

The Safeguarding & Dignity Awards are an opportunity to celebrate and recognise good practice in organisations, teams, individual workers or volunteers with regards to treating individuals with dignity, and supporting & protecting children and adults at risk from abuse, harm or exploitation.

Successful nominees will be invited to attend a celebratory online event on at the end of February where there will be awards for the winners.

So, if you know someone who have gone the extra mile to treat individuals with dignity or to support and protect children and adults at risk please nominate them or their organisation for an award.

Nominations can be from anyone.

To nominate a person or team for an award, request a nomination form from: safeguardingawards@cheshireeast.gov.uk
Closing date for nominations: **31st Dec 2020**



Free workshops Introduction to Loss, Grief and Bereavement Tuesday 8 Dec 8pm

We've run this before but it was very popular and we've had some new buddies join us recently who would like to attend. Francis Underhill from The End of Life Partnership session will help you gain an understanding of how people grieve and how you can best support them, whether face-to-face or over the telephone.

<https://www.eventbrite.co.uk/e/introduction-to-loss-grief-and-bereavement-tickets-130702387359>

Easy Veganism & Christmas Vegan Treats Tuesday 15 Dec 8pm

Kedren Elliott was an on and off vegetarian for years. In January this year, she transitioned from vegetarian to vegan and found it relatively easy.

During this session Keds will answer any burning questions if you're thinking of going vegan, and make some vegan treats that the whole family can enjoy this Christmas.

<https://www.eventbrite.co.uk/e/easy-veganism-christmas-vegan-treats-tickets-130707147597>

<https://www.nantwichbuddies.org/volunteerexpo>

Once people have signed up for the event via eventbrite they will receive two emails, one 2 hours and one 10 minutes before the event with the Zoom details.