

## Dementia-friendly towns launch in Winsford and Chester

Brightlife is delighted to announce £350,000 of funding has been awarded to a brand new partnership supporting people living with dementia and their carers. Cheshire and Warrington Carers Trust will be working in collaboration with The Alzheimer's Society and Age UK Cheshire to create a range of new activities. They will also offer dementia inclusive training and support for existing activities, services and businesses in Winsford,

Blacon, Lache, Handbridge, Upton, Hoole and Boughton.

The three organisations will work in partnership with people with dementia and their carers to identify the barriers that cause them to become socially excluded and also deliver a wide range of dementia inclusive services that will support communities across Cheshire West and Chester.

## Reducing social isolation for people living with long term conditions and their carers

Funding has been awarded to Cheshire and Warrington Carers Trust to support a new **'Connecting Carers'** project working with carers aged 50+ from across Cheshire West and Chester who are experiencing social isolation as a result of their role.

The NeuroMuscular Centre has also received funding to launch **'Connect Up'**; a project that will work in Winsford (and across the borough) with people aged 50+ living with long term conditions that fall under the umbrella of a neuromuscular condition. Participants will be invited to attend workshops to help them understand issues of isolation and loneliness and will be helped to access new and existing activities offered by the centre.

## Ground-breaking projects to help engage men

Age UK Cheshire will be taking their successful 'Men in Sheds' model to Winsford to create a 'Super Shed'. It will be bigger than previous sheds, allowing for separate woodwork and metalwork spaces, a mess room, quieter areas for IT equipment and classes with space for attendees to co-design new elements such as a new retail outlet.

The second successful project is Listening Ear who are co-designing a project with men aged 50+ who have become isolated due to mental health issues resulting from major life changes. The men will receive 1:1 counselling for a period of time, before being encouraged to attend horticultural therapy sessions or being supported into other social activities available across Cheshire West and Chester.

Men in Sheds  
images by Hartford  
'Shedder' Brian Lee





**Better Lives Club** (Ellesmere Port)  
Activity club for over 50s including baking, meditation, relaxation and chair yoga.

Contact: Clair Johnson 07446 699 995



**Blacon on the Move** (Blacon)  
Outreach provision enabling socially isolated older people to access activities in the local area utilising a wheelchair-accessible, 16-seater community minibus.

Contact: Holy Trinity Church Blacon  
07930 729 477



**Bridging the Gap** (Kingsway Chester)  
An intergenerational project bringing socially isolated older people and disabled younger people together to share skills and experiences.

Contact: LIVE! 01244 320 479



**Brightening Lives with Shared Reading** (Chester, Ellesmere Port, Northwich and Rural settings)  
Run by trained volunteers in a variety of settings such as care homes, sheltered housing and community centres.

Contact: Rachel Parker 07412 212 421



**Bright Stars** (Winsford)  
A mentoring project where women over 50 are paired up with women who need extra support.

Contact: Motherwell 07734 868 352



**Brighter Days** (Chester) Working with local businesses to promote awareness of isolation and secure donations, discounts and volunteering time to host activities and celebration events.

Contact: Tweedsmuir 01244 343 940



**Caring Companions Cheshire** (Cheshire West & Chester)  
Young people with learning difficulties will be supported to offer companionship and help with everyday tasks. Aimed at people in supported living as well as independent accommodation.

Contact: Michelle Turner 07511 189 331



**Chatter Chairs** (Chester)  
Chair based exercise groups with a social café facility based in Vicars Cross and Hoole.

Contact: Emma Fisher 07966 874 821



**Chester Voluntary Action**  
Providing business support and networking opportunities for all Brightlife's commissioned services.

Contact: CVA 01244 401 272



**CommUnity Kitchen** (Chester)  
Launching Spring 2018, a brand new cooking club for older people from minority backgrounds.

Contact: CHAWREC 01244 400 730



**Create for Nature** (Malpas)  
A hands-on scheme to allow people aged 50+ to create attractive furniture from recycled timber to sell on to the public.

Contact: Cheshire Wildlife Trust 01948 820 728



**The Hive** (Chester)  
Multi-activity sessions for people living with dementia and their carers in an informal setting in the heart of the city.

Contact: Andrew Herbert on 07930 639 246



**Dial House T Club** (Chester)  
A monthly club for people with disabilities to enjoy tea, tunes and technology starting in April 2018.

Contact: Dial West Cheshire 01244 345 655



**Digital Buddies** (Chester)  
Locating and engaging with individuals and helping them to become more connected through a range of digital technologies with group support or one-to-one buddies.

Contact: Here and Now Chester 07958 611 618



**Digital Champions** (Chester)  
Led by the Abbot's Wood residents' committee, volunteers from amongst the residents offer digital peer support to help others access digital technology.

Contact: Abbot's Wood 01925 394 725



**Engaged Motivated Informed** (Ellesmere Port) An activity programme for people aged 50+ who have recently retired or been made redundant.

Contact: MHA 0151 357 3873



**FAB Cheshire West** (Chester, Ellesmere Port, Helsby, Frodsham and Northwich)  
Bereavement counselling and activity groups where participants can create their own social groups.

Contact: Listening Ear 0151 488 6648



**Fabulous 50+ Arts** (Chester)  
A programme of cultural classes, visits and clubs (singing, art, calligraphy, creative writing, storytelling and dance) to help people reconnect with their community.

Contact: Workers' Educational Association (WEA)  
0151 243 5340



**Fabweld 50+** (Chester)  
A mentoring scheme for retired engineers to help young welding apprentices as well as free courses and workshops for anyone over 50 with an interest in construction.

Contact: The Welding Academy 0800 246 1483



**Gather Together** (Chester)  
Reminiscence workshops based around theatrical activities delivered in a care home in Kingsway.

Contact: Haylo Theatre 07754 887 540



**Growing Connections in the Community** (Northwich) Enjoy a breath of fresh air, stay active, make new friends, learn new skills or rediscover a love of gardening at this friendly club.

Contact: Grozone 01606 723 160



**Happy Mondays** (Northwich and Winsford)  
Weekly social group on Mondays for older people with learning disabilities. A range of activities and lunch will be provided.

Contact: Cathy Boyd on 0300 666 6226



**In Good Company** (Winsford) A friendly and supportive social group for anyone struggling to get back on their feet after losing someone or something important to them.

Contact: Gift Winsford 01606 369 484



**Lite Bites** (Ellesmere Port)  
The expansion of a community run, volunteer-led lunch club at Flatt Lane and Stanney Grange Community Centres providing food, friendship and community support.

Contact: Kay Slater 01244 401 272



**Little Actors Theatre Arts** (Neston)  
Creative camaraderie at a new theatre group working towards a performance at the 2019 Leverhulme Drama Festival. No acting experience necessary.

Contact: Little Actors Theatre Company  
0151 336 4302



**Lively Lunchtime** (Ellesmere Port)  
A friendly cooking club for older people from minority backgrounds. Starting April 2018.

Contact: EPNAVCO 0151 370 2960



**Malpas Cancer Friends** (Malpas, Farndon, Tattenhall)  
A peer support group led by older people living with cancer. Friends meetings held in village halls will include activities and speakers.

Contact: Mervyn Pearson on 01948 860 970



**Meet and Eat** (Rural Areas)  
Regular breakfast and lunch gatherings for socially isolated Farmers. Games, social interaction and a point of contact for help and support.

Contact: Sally Graham on 07967 559594



**New Horizons** (Frodsham)  
Providing individualised support through one-to-one volunteer buddies for anyone who would like to get out more but who may need a bit of support for the first few visits.

Contact: Rural Community Services  
07512 632 515



**Read and Connect** (Winsford) A book club designed for over-50s with a long term disabling condition and their carers. (A collaboration between NeuroMuscular Centre, CCIL and CWCT).

Contact: NMC, CCIL and CWCT on 01606 860 991



**Senior Screen** (Chester) A Vicars Cross based Film Club for anyone aged over 50 with an interest in film. Session includes a drink, raffle ticket and opportunities to meet people with shared interests.

Contact: Vicars Cross Community Centre  
01244 342 268



**Share Club** (Malpas and Winsford)  
Food share and buddying plus a monthly gathering for new friendships and a hot home-cooked meal with seated exercise and activities. Transport on request.

Contact: Community Compass 01606 827 131



**Sharing Time** (Ellesmere Port and Northwich)  
Connecting people and creating friendships to reduce social isolation and loneliness through a range of befriending approaches (one-to-one and online).

Contact: Age UK Cheshire 01606 881 660



**Silver Rainbows** (Cheshire West and Chester)  
A social network for older lesbian, gay, bisexual and trans people living in the borough.

Contact: Body Positive 01270 653 150



**Sparkle Café** (Northwich)  
A monthly club at Kanya Café Bar in Northwich for people who are experiencing hearing loss and would like to make new friends and take part in fun activities.

Contact: Deafness Support Network  
07785 625 426



**Sporting Memories** (Chester and Winsford)  
Cafés where people meet to share sporting experiences and reminisce through photos, film and familiar objects for people with dementia or memory loss.

Contact: Active Cheshire 07720 592 784



**Vision Supported Communities** (Cheshire West and Chester)  
A one-to-one service providing advice and support to help people with sight loss reconnect with their community.

Contact: Vision Support 01244 381 515



**What's Cooking** (Frodsham) A community club where people of all ages are made to feel welcome and share recipes, a love of cooking (or just a love of food!).

Contact: Rural Community Services  
07512 632 515



**Women Makers Fab Club 50+** (Chester)  
Women's woodwork classes for building confidence and resilience whilst creating connections, purpose, friendships and circles of support in the community.

Contact: Heal Earth 07501 323 837



**Young and Green at Heart** (Chester)  
A horticultural project at the Countess of Chester Country Park starting in April 2018 for older people who have an interest in horticulture.

Contact: The Conservation Volunteers  
07740 899 601

# Tune in to our new podcast 'Discover Brightlife' launching on 14th May 2018

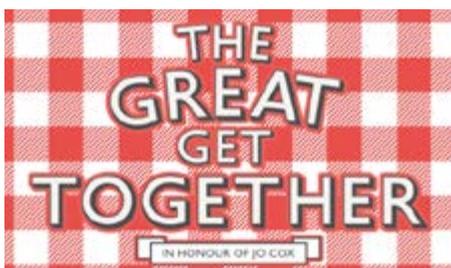
Broadcast details will be posted on our website at [www.brightlifecheshire.org.uk](http://www.brightlifecheshire.org.uk) on our Facebook page [/BrightlifeCheshire](https://www.facebook.com/BrightlifeCheshire) and on Twitter [@lovebrightlife](https://twitter.com/lovebrightlife)



Dr Achla Damania and Dr Jonathan Griffiths share thoughts on how 'Social Prescribing' is impacting on their patients in Winsford.

[#TalkAboutLoneliness](https://twitter.com/lovebrightlife)

## The Great Get Together with Brightlife at Storyhouse 22nd - 24th June



Join us for a packed weekend of activities, talks, workshops, shows and special cinema screenings.

The wide range of events taking place over the weekend includes Tai Chi, African Drumming and Seated Exercise as well as Singing, Storytelling and a Poetry workshop with Cheshire Poet Laureate John Lindley. If you'd like to learn a new skill, you can try your hand

at Bird-Box making with Age UK Cheshire's Men in Sheds or develop your creativity with Women's Makers Mindful Crafts from Heal Earth. The Digital Buddies will also be on hand to help you get online... or if you just fancy a bit of fun and a chat you can join in with some of the many social games, crafts and drop-in activities taking place over the course of the weekend. The full programme will be published at [www.brightlifecheshire.org.uk](http://www.brightlifecheshire.org.uk) on 14th May.



## Save the date! Sunday 7th October 2018 Silver Sunday

Silver Sunday is an annual day of fun and free activities for older people across the UK.

Led by the Sir Simon Milton Foundation, it celebrates the value and knowledge older people contribute to our communities while combatting loneliness and isolation.

Everyone can get involved, whether that's organising an event, spreading the word or simply attending an activity. Visit [www.silversunday.org.uk](http://www.silversunday.org.uk) to find out more about what's going on.



**SILVER SUNDAY**  
CELEBRATING OLDER PEOPLE

This newsletter is also available in large print. Call 01606 884444 to request a copy.



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