

say hello to Brightlife[®]



NATIONAL
LOTTERY FUNDED



Your Guide to our Commissioned Services

**Social Activities and Support Services for people
over 50 living in Cheshire West and Chester**

January 2019

If there's a secret to being healthy and happy in later life, we believe that staying active, connected, learning new skills and being able to share your life experiences is a major factor. On its simplest level it's about feeling part of something bigger than you. If you are over 50 and feel like life is passing you by, we can help you to find things that you would like to do with like-minded people. Brightlife has commissioned a broad spectrum of projects to provide people over 50 in the Cheshire West and Chester Area with a wide range of activities to suit everyone.

“Sometimes the best medicine is a good laugh in friendly company”

Introducing Brightlife's Social Prescribing Team



Christine McMahon
Social Prescribing Manager
(Cheshire West & Chester)



Sue Downham
Social Prescribing Coordinator
(Chester)



Jackie Brown
Social Prescribing Coordinator
(Winsford)



Katherine Hussey
Social Prescribing Coordinator
(Malpas, Tarporley & Chester)

Our Social Prescribing Team host regular, friendly and social drop-ins. If you fancy some friendly company, a cuppa and a chat just come along and join us at your local drop-ins:

HANDBRIDGE St Mary Without-the-Walls, Overleigh Road CH4 7HL
2nd and 4th Tues of every month 10am-12pm
Contact: Sue Downham 07715 658431

LACHE Community Centre (The Venue), Hawthorn Road CH4 8HX
3rd Tuesday of every month 1.30-3.30pm
Contact: Katherine Hussey 07736 168342

VICARS CROSS Centurion Pub, 1 Oldfield Drive CH3 5LN
1st and 3rd Tuesday of every month 2-4pm
Contact: Sue Downham 07715 658431

WINSFORD Chatterbox Community Café at New Images Youth Centre,
Nixon Drive CW7 2HG
Tuesdays 10.30am-12.30pm
Contact: Jackie Brown 07736 168348

Activities by Area

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Cheshire West & Chester

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Neston

- Brightlights Theatre Company (£3) Pg 5

Activities

Better Lives Club

Activity club for over 50s including chair yoga, meditation & relaxation, card making, cooking classes, baking and more.

Light lunch and refreshments provided.

Email: bcf.farmmanager@gmail.com

www.bwgardens.co.uk

 /bridgewellnessgardens

 @BWGardensCIO

Thursdays: 12pm – 2pm.

FREE



Contact: Clair Johnson
07446 699 995

Plot 1, Mill Lane,
Ellesmere Port,
Cheshire, CH66 3TH

Activity:

- Horticultural
- Outdoor Activity

EP

Blacon on the Move

Outreach provision enabling socially isolated older people to access activities in the local area utilising a wheelchair-accessible, 16 seater community minibus. Minibus hire available for local groups. This is a project designed for Blacon residents.

Email: htblacon@btinternet.com

www.holytrinityblacon.org

 /holytrinityblacon

 @HTBlacon

Mondays & Thursdays

FREE



Contact: John Yaxley

Holy Trinity Church,
Norris Road, Blacon,
Chester CH1 5DZ

Office: 01244 376 085
07930 729 477

Activity:

- Social Groups
- Transport

Ch

Bridging the Gap

An intergenerational project bringing socially isolated older people and disabled younger people together to share skills and experiences.

www.livecheshire.org.uk

 /The Live Lounge

Monday afternoon - Give it a go Arts and Crafts

Tuesdays: 2pm – 4pm - Make and Mend

Thursdays: 1pm – 3pm - Pottery

FREE



Contact: LIVE!
01244 320 479

Activity:

- Training and Skills
- Inter-generational
- Disabilities

Ch

Location Key:

- CW** Cheshire West & Chester **EP** Ellesmere Port **N** Northwich **F/H** Frodsham & Helsby
Ch Chester **W** Winsford **Ma** Malpas **Ne** Neston

Brightening Lives with Shared Reading

Run by trained volunteers in a variety of settings such as care homes, sheltered housing and community centres.

www.thereader.org.uk

[f /thereaderorg](https://www.facebook.com/thereaderorg)

[t @thereaderorg](https://twitter.com/thereaderorg)



Contact: Rachel Parker
07412 212 421

- Activity:
- Literature
 - Volunteering

FREE

CW

Brighter Days

Special occasions can be difficult with nobody to share them with. This group for over 50s brings people together to turn those occasions into Brighter Days.

email Donna.Hufton@Muir.org.uk.

[f /Brighter_Days1](https://www.facebook.com/Brighter_Days1)

[t @Brighter_Days1](https://twitter.com/Brighter_Days1)



Contact: Donna Hufton
01244 343 940
07827 858 948

- Activity:
- Social Groups
 - Care Homes

FREE

Ch



Brightlights Theatre Company

Come and join the Little Actors Theatre Company for some creative camaraderie at their friendly new theatre group. No acting experience necessary. There's also a range of behind-the-scenes roles for people who'd prefer to stay out of the spotlight.

Email: mail@littleactorstheatre.com

www.littleactorstheatre.com

[f](https://www.facebook.com/LittleActorsTheatreCompany) /Little Actors Theatre Company

[t](https://twitter.com/littleactorsTC) @littleactorsTC

Fridays :11am – 1pm. £3 per session.

£3



Contact: 0151 336 4302

Neston Theatre Arts,
26 -30 Brook Street,
CH64 9XL

Activity:

- Dramatic Arts
- Training and Skills

Ne

Bright Memories

Dementia and Carers Service. Cheshire and Warrington Carers Trust, Age UK Cheshire and Alzheimer's Society are working together to reduce social isolation amongst people over 50 with dementia, and their carers.

www.cheshireandwarringtoncarers.org

[f](https://www.facebook.com/Brightmemories777) /Brightmemories777

[t](https://twitter.com/Brightmemories7) @Brightmemories7

FREE



Contact:0300 102 0008

Activity:

- Befriending
- Outdoor activity
- Carers
- Arts and crafts

Ch

W

Bright Stars

A mentoring project where women over 50 are paired up with women who need extra support. This is an intergenerational project, helping women who still have their mothering instinct, mentor the less fortunate. They will regain their shine and be reconnected to a new community, where they can find their confidence in their own skills and provide guidance to mothers who do not have a support network.

Email: referrals@motherwellcheshirecio.com

www.motherwellcheshirecio.com

[f](https://www.facebook.com/BrightStarsMentoring) /BrightStarsMentoring

[t](https://twitter.com/motherwellcio) @motherwellcio

FREE



Contact: Nadine Lewis
01606 557666

Activity:

- Befriending
- Training and Skills
- Volunteering
- Inter-generational
- Mental Health

W

Location Key:

CW Cheshire West & Chester

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F/H Frodsham & Helsby

Ch Chester

W Winsford

Ma Malpas

Ne Neston

Caring Companions Cheshire

Support for people over 50 from volunteers who have a learning disability (supported by a staff member), offering companionship and help with everyday tasks to older people in the Northwich area.

Email: weembracecic@gmail.com

[f /Caring Companions](https://www.facebook.com/CaringCompanions)



Contact: Michelle Turner
07511 189 331

Activity:

- Befriending
- Volunteering
- Inter-generational
- Disabilities

FREE

N

Chatter Chairs

A form of seated exercise for people looking to improve their physical strength and fitness. Exercise moves, using weights and resistance.

www.diva-fitness.co.uk

[f /divafitnesschester](https://www.facebook.com/divafitnesschester)

Thursdays: 1pm - 1.45pm & 2pm - 2.45pm

Vicars Cross Community Centre,

Thackery Drive, Vicars Cross CH3 5LP

Fridays: 11am - 11.45am (from 4th Jan 2019)

St Mary without-the-Walls

Overleigh Road, Handbridge, CH4 7HL

Fridays: 1pm - 1.45pm & 2pm - 2.45pm

All Saints Church Centre,

Vicarage Road, Hoole, CH2 3HZ



Contact: Emma Fisher
07966 874 821

Activity:

- Health and Fitness
- Social Groups

£3

Ch

“Brightlife’s Social Prescribing scheme has given me a way to help my patients in ways I can’t when I work alone. Brightlife is a perfect example of what good healthcare is all about – making people feel better and improving their quality of life.”

**Dr Jonathan Griffiths, Winsford GP
and Chair of NHS Vale Royal CCG**

CommUnity Kitchen

Cooking club for older people from minority backgrounds. The CommUnity Kitchen is a friendly, shared space, encouraging the over 50s to come together with social events, elders lunches, coffee mornings and many other activities. Particularly aimed at people from BME communities who may feel isolated.

www.chawrec.org.uk

 /Chawrec

 @CHAWREC

FREE



Contact: 01244 400 730

Activity:

- Food Sharing
- Volunteering
- Black & Ethnic Minority Groups

Ch

Connecting Carers

Personalised support for carers over 50 who feel isolated due to their caring role. Our friendly support-workers will help you find local opportunities to pursue your own interests and overcome any barriers along the way. Also available to those whose caring role has recently come to an end, whether through bereavement or a loved-one entering residential care.

www.cheshireandwarringtoncarers.org

 /cheshireandwarringtoncarerstrust

 @cheshirecarers1

FREE



Contact: 0300 102 0008

Activity:

- Bereavement
- Social Groups
- Carers

CW

Create for Nature

At our workshop near Malpas volunteers are meeting every Monday and handcrafting wonderful furniture from recycled timber.

As well as being great fun it's also a fantastic opportunity to enjoy a warm and sociable atmosphere surrounded by the natural beauty of Bickley Hall Farm. Bickley Hall Farm

www.cheshirewildlifetrust.org.uk

Email: createfornature@cheshirewt.org.uk

 /cheshirewildlifetrust

 @CheshireWT

Mondays

FREE



Contact: Sam Salisbury
01948 820 728

Activity:

- Arts and Crafts
- Outdoor Activity
- Training and Skills
- Volunteering
- Inter-generational
- Men

Ma

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Dial House T Club

A monthly social group for those aged 50 and above in a fully accessible meeting space. The T stands for Tea, Tunes, Technology and most importantly Togetherness.

Email contactus@dialwestcheshire.org.uk

www.dialwestcheshire.org.uk

 /DialWestCheshire

 @DialWCheshire

Every 3rd Tuesday - 3.15pm



Contact: Jan Hallows
01244 345 655

Activity:

- Digital Technology
- Social Groups
- Disabilities
- Mental Health
- Carers

FREE

Ch



Digital Buddies

FREE digital support sessions for anyone over 50. 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.

 @HereandnowC

Wednesdays & Fridays



Contact: Heather
01244 311 339
07958 611 618

Activity:

- Digital Technology

FREE

Ch

Digital Champions

Digital peer support for Abbots Wood residents, helping them to access digital technology.



Contact: Abbots Wood
01925 394 725

Activity:

- Digital Technology
- Volunteering
- Care Homes

FREE

Ch

Fabulous 50+ Arts - Drawing and Painting Class

Come along to this friendly drawing and painting class in Hoole and Vicars Cross. Learn techniques including pencil, collage and paint.

www.wea.org.uk

 /weaadulteducation

 @weaNW

Mondays: 10am – 12:30pm

Hoole Community Centre, Westminster Road, Hoole,
Chester, CH2 3AP

Tuesdays: 10am – 12pm

Vicars Cross United Reform Church, Oldfield Drive,
Vicars Cross, Chester CH3 5LL



Contact: 0151 243 5340

Activity:

- Arts and Crafts
- Training and Skills
- Volunteering

£6

Ch

Fabulous 50+ Arts - Tai Chi Class

Tai Chi is a fun exercise, with many proven physical and psychological benefits. Tai Chi can be practised by anyone regardless of physical ability.

Email: dave.stubbington@gmail.com

www.wea.org.uk

 /weaadulteducation

 @weaNW

Thursdays: 10am – 11am



Contact: David Stubbinton

The Arkell Scouting and
Community Centre,
Upton Grange,
Chester, CH2 1BG.

Activity:

- Health and Fitness
- Training and Skills
- Volunteering

£6

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Fabweld 50+

Fab Weld 50+ Welding and fabrication recreational courses, the 6 week course covers basic welding and fabrication techniques. No experience of welding and fabrication is required, come along and meet like-minded people.

Email: info@theweldingacademy.com.

www.theweldingacademy.com

[f](https://www.facebook.com/TheWeldingAcademy) /TheWeldingAcademy

[@Welding_Academy](https://twitter.com/Welding_Academy)

Mondays: 12pm - 2pm - Booking essential.



THE WELDING ACADEMY

Contact: 01244 311 339
07825 002 814

7 Winsford Way,
Sealand Industrial Estate,
Chester, CH1 4NL

Activity:

- Arts and Crafts
- Retirement
- Training and Skills
- Volunteering
- Inter-generational

FREE

Ch

"Thanks to Brightlife, she's back to her old self again, but with more confidence because she's found these new hobbies and friends. When I last saw her it was all she talked about!"

Sue - daughter of Audrey (90)

Growing Connections in the Community

Enjoy a breath of fresh air, stay active, make new friends, learn new skills or rediscover a love of gardening at this friendly club. If you are over 50 and would like to get more involved in some outdoor activities where you can make new friends, keep active, learn new skills or rediscover a love of gardening, then please get in touch.

Email: andy.martin@groundwork.org.uk.

www.grozone.org.uk/

[f](https://www.facebook.com/grozone) /grozone

[@GrozoneCheshire](https://twitter.com/GrozoneCheshire)

Wednesdays



Contact: Andy
01606 723 160

Grozone Community Garden,
Old Danes Nursery,
Northwich CW9 5QA

Activity:

- Horticulture
- Outdoor Activities
- Training and Skills
- Mental Health

FREE

N

Activities Timetable

Monday

- Ch Blacon on the Move
- Ch Bridging the Gap
- Ch Brighter Days
- Ch Fabweld 50+
- Ch Fabulous 50+ Arts
- Ch Women Makers Fab Club
- EP Better Lives Club
- N Lite Bites Lunch
- N Happy Mondays
- Ne Create for Nature

Tuesday

- Ch Bridging the Gap
- Ch Dial House T Club (every 3rd Tues)
- Ch Fabulous 50+ Arts
- N Sparkle Cafe (once a month - check www.dsnonline.co.uk for dates)

Wednesday

- Ch Brighter Days
- Ch Digital Bu
- Ch Gather To
- Ch Sporting
- N Growing Connecti
- F/H Growing Connecti

314 Chester Road
Hartford, Northwich
Cheshire, CW8 2AB

Phone: 01606 884444
Email: admin@brightlifecheshire.org.uk
Web: www.brightlifecheshire.org.uk

Location Key:

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Wednesday

Days

Buddies

Together

Memories

ons

ons

Thursday

Ch Blacon on the Move

Ch Bridging the Gap

Ch Chatter Chairs

Ch Fabulous 50+ Thai Chi

EP Better Lives Club

EP Lite Bites Lunch

N Not Ready Yet

F/H New Horizons

Friday

Ch Chatter Chairs

Ch Digital Buddies

Ch Lunch Club - Vicars Cross

Ch Young and Green at Heart

N Not Ready Yet

F/H New Horizons

Ne Brightlights Theatre Company



/BrightlifeCheshire



@lovebrightlife

Brightlife



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Happy Mondays

Weekly social group for older people with learning disabilities living in Northwich and Winsford. A range of activities and lunch will be provided.

Snow Angels offers a free befriending service which includes weekly calls and home visits from staff and volunteers.

Email: info@snowangels.org.uk

[f /snowangelscheshire](https://www.facebook.com/snowangelscheshire)

Mondays

FREE



Contact: Cathy Boyd
0300 666 6226

Activity:

- Disabilities
- Social Groups

N

"Thanks to Brightlife, I have made many new friends and even learnt some new things – something I certainly didn't think I'd be doing at my age! I would highly recommend Brightlife to anyone who is looking to find new friendships and social groups in Winsford."

George (87)

Haylo Theatre

Join Hayley and Louise of Haylo Theatre and share your stories. A chance to try new things, make new memories and explore ways to showcase your stories. 'Gather Together' is about making new friendships, sharing stories and remembering our own value within the community. We will use a range of artistic outputs such as writing, poetry, music, artwork and theatrical performances which tell stories about your varied life experiences and future aspirations.

The group meet weekly at Deva Point, Blacon from 11.30am to 12.30pm.

www.haylotheatre.com

[@HayloTheatre](https://twitter.com/HayloTheatre)

Wednesdays: 11.30am

FREE



Contact: Haylo Theatre
07754 887 540

Activity:

- Social Groups
- Various Art Forms

Ch



Listening Ear – Friends After Bereavement (FAB)

Friendship After Bereavement (FAB) is a post-bereavement service for men and women over 50.

Email: referral@listening-ear.co.uk

www.listening-ear.co.uk

 @_ListeningEar



Contact: 0151 488 6648

Activity:

- Bereavement
- Mental Health
- Volunteering



FREE

Listening Ear – Men's Mental Health

Men's Health is a Counselling service for men aged 50 and over in the Cheshire West and Chester area, presenting with social isolation due to 'major life changes' in later life. Listening Ear recognise social connectedness as a major factor in maintaining long-term positive mental health and resilience, and therefore are providing this service to help reduce social isolation amongst men.

Email: referral@listening-ear.co.uk

www.listening-ear.co.uk

 @_ListeningEar



Contact: 0151 488 6648

Activity:

- Horticulture
- Outdoor Activity
- Bereavement
- Volunteering
- Mental Health Issues
- Men



FREE



Lite Bites

The Lite Bites Cafes provide a welcoming place for older people to meet socially and share a hot 2 course lunch as well as take part in activities to encourage social interaction and reduce loneliness and isolation.

Email: flattlanelitebites@yahoo.com

Mondays: 12pm – 2.30pm
 Flatt Lane Community Centre, Flatt Lane.

Thursdays 12pm – 2.30pm
 Stanney Grange Community Centre, Alnwick Drive.

FREE

Lite Bites

Contact: 07722 072 910

Activity:

- Food Sharing
- Social Groups

EP

Lively Lunchtime

A friendly cooking club for older people from minority backgrounds.

www.EPNAVCO.org.uk

[f /epnavco](https://www.facebook.com/epnavco)

[@EPNAVCO](https://twitter.com/EPNAVCO)



Contacts: 0151 370 2960

Activity:

- Food Sharing
- Social Groups

EP

FREE

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Malpas Cancer Friends

A peer support group for older people living with cancer.

The Malpas Cancer Friends are volunteers who have all had cancer and believe, using their experience and training, they can help cancer patients to overcome some of their fears. Over a cup of tea, in a relaxed atmosphere, you can have either a one-to-one chat or join our group supporting each other.

Email: rosemary.pearson8015@btinternet.com

*Malpas
Cancer
Friends*

Contact: Mervyn Pearson
01948 860 970

Activity:

- Social Groups
- Volunteering

FREE

Ma

Meet and Eat

Regular breakfast and lunch gatherings for socially isolated farmers as well as a point of contact for help and support.

<https://www.agchap.com/>

 /agriculturalchaplaincy

 @cheshireagchap



Contact: Sally Graham
07967 559 594

Activity:

- Mental Health
- Social Group
- Food Sharing

FREE

CW

Not Ready Yet

An activity programme for people over 50 who are facing the prospect of early retirement through redundancy or ill health. Whether you wish to continue in employment or unsure of what to do next and looking for a new routine, Not Ready Yet can help to support you.

 /NotReadyYetEP

 @NotReadyYetEP

Wednesdays & Fridays



Contact: Heather Collin
0151 357 3873

Activity:

- Social Groups
- Volunteering
- Training and Skills
- Employability

FREE

EP

Location Key:

CW Cheshire West & Chester

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New Horizons

New Horizons is a free service, for people over 50 who are having difficulty for whatever reason and aren't easily able to join in with community activities without a practical and individualised support service. Its aim is to provide one-to-one volunteer "buddies" who will help members to take up new hobbies and interests or reconnect with an old pursuit they've not been able to enjoy of late.

www.opalservices.org.uk/

Email: julie.ennis@opalservices.org.uk

[f /opalservicescheshire](https://www.facebook.com/opalservicescheshire)

[@opalservicescheshire](https://twitter.com/opalservicescheshire)

Drop-in Thursdays: 10am-12pm
Frodsham Library



Contact: Julie Ennis
07512 632 515

Activity:

- Volunteering
- Befriending

FREE

F/H

"Our culture is very biased towards the young. As our population ages, we need to build a society which is kinder, more generous to its elders. We are delighted to be working together with Age UK Cheshire and Brightlife and I am looking forward to welcoming Chester's older residents to Storyhouse to enjoy the many and varied activities we have on offer."

Alex Clifton, Storyhouse Artistic Director

NMC – Connect Up

An opportunity for those aged over 50 who are affected by a neuromuscular condition to drop in, meet some like-minded people and share experiences.

www.nmcentre.com

[f /NMCentre](https://www.facebook.com/NMCentre)

[@NMCentre](https://twitter.com/NMCentre)



Contact: 01606 860 911

Activity:

- Social Groups
- Disabilities
- Mental Health

FREE

W

Read and Connect

A book club for people over 50 with a long term disabling condition, and their carers. Launched by 3 local charities for people who enjoy reading and would like to discuss ideas about a book.

www.nmcentre.com

 /NMCentre

 @NMCentre



NMC Contact: Denise Boyall
01606 860 991

CWCT Contact: Jayne Carr
0300 102 0008

CCIL Contact: Tom Hendrie
0161 331 853

Activity:

- Literature
- Disabilities
- Mental health

CW

FREE



Sharing Time

Sharing Time is a new project that aims to match an older person, who may be feeling isolated or lonely, with a volunteer who will arrange a visit or a weekly internet call. The arrangement is based on friendship and is simply a case of two people spending time together for mutual benefit. Knowing that a friend is popping round for a chat, even if it is a few days away, can make the world of difference.

www.ageukcheshire.or.uk

 /ageukCheshire

 @ageukCheshire



Contact:
01606 884 920

Activity:

- Befriending
- Volunteering

EP

N

FREE

Share Club

We all want to stay active and keep in touch with friends as we get older, but sometimes life can knock your confidence.

At Community Compass we encourage and support people to find a way out of loneliness.

Our 'Compass Clubs' offer a wide range of community-based activities to suit all tastes and ages.

www.community-compass.org

 /CompassCIC

 @CompassCIC



Contact: Yvonne or Simone
01606 827 131

FREE

W

Ma

Silver Rainbows

A social network for older lesbian, gay, bisexual and trans people living in the borough.

Email: info@silverrainbows.co.uk

www.silverrainbows.com

 /silverrainbowscheshire



Contact: 01270 653 150

Activity:

- Minority groups
- Mental health
- Social groups

FREE

CW



Location Key:

CW Cheshire West & Chester

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Ch Chester

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Ma Malpas

Ne Neston



Sparkle Café

Are you over 50 and have a hearing loss? Are you feeling lonely and isolated? Join us for coffee, make friends and take part in fun activities!

Email: mmurphy@dsnonline.co.uk

www.dsnonline.co.uk

[/deafnessSupportNetwork](https://www.facebook.com/deafnessSupportNetwork)

[@DSOnline](https://twitter.com/DSOnline)

Last Tuesday of the month

FREE



Contact: Marion
07785 625 426

Deafness Support Network:
07720 592 784

Kanya Cafe Bar
Northwich, CW9 5BE

Activity:

- Disabilities
- Social Groups

N

Sporting Memories

Sporting Memories looks to bring together old sporting memorabilia to trigger memories and reminiscence for those with early signs of memory loss and dementia or even just those who have a love of sport and want to talk to like-minded people.

Email: west@activecheshire.org

www.activecheshire.org

[/ActiveCheshire](https://www.facebook.com/ActiveCheshire)

[@ACTeamwest](https://twitter.com/ACTeamwest)

Wednesdays

FREE



Contact: Sarah Tilling
07720 592 784

Activity:

- Social Groups
- Training

Ch

Vicars Cross Community Centre

Lunch Club for the Over 50s - Restarting end of Jan 2019
6 sessions.

Senior Screen for the Over 50s - 28th December 2018

A Star is Born (2018. Drama / Romance)

Doors open 1pm film starts at 2pm.

Email: vxcc@greatboughtonparishcouncil.org.uk

 /vicarscrosscommunity

Lunch club - Fridays

FREE



Contact: 01244 342 268

Vicars Cross Community
Centre, Thackeray Drive,
Vicars Cross,
Chester, CH3 5LP.

Ch

Vision Supported Communities

A one-to-one service providing advice and support to help people with sight loss reconnect with their community.

<http://visionsupport.org.uk/>

 /visionsupportcharity

 @_VisionSupport

FREE



Contact: 01244 381 515

Activity:

- Disabilities
- Social Groups
- Training

CW

What's Cooking

"What's Cooking" is a community club which focuses on the social aspects of cooking, eating and enjoying food.

Email: julie.ennis@opalservices.org.uk

Every other Tuesday: 2.30pm – 4pm

FREE



Contact: Julie Ennis
07512 632 515

Activity:

- Food Sharing
- Health and Fitness
- Training and skills

F/H

Winsford Super Shed - Men in Sheds

For older people who may be feeling isolated due to bereavement, depression, redundancy or retirement and are looking to meet new people, enjoy a bit of camaraderie and learn and share new skills.

Email: louise.gough1@ageukcheshire.org.uk

£10 p/m



Contact:
Louise Gough
01606 884 924

Activity:

- Arts and Craft
- Social Groups
- Men

W

Women Makers Fab Club 50+

Women's woodwork classes for building confidence and resilience whilst creating connections, friendships and circles of support in the community. Free woodwork, crafts and basic DIY. Just pop along for a cup of tea and a chat, to get out of the house and join our club activities!

Email: healearthuk@gmail.com

<http://healearth.co.uk/>

 /healearthuk

 @HealEarth888

Mondays: 10am – 12.30pm

FREE



Heal Earth CIC
Help yourself. Help your community. Heal the planet.

Contact via Email

Unit 4b,
Saltney Business Centre,
High St, Saltney,
Chester CH4 8SE.

Activity:

- Arts and Crafts
- Training and Skills

Ch



Young and Green at Heart

The Conservation Volunteers is an environment volunteering charity which works to improve the quality of green space for all across the UK.

The Green Gym inspires people to improve both their health and the environment at the same time. All sessions are run by a friendly and experienced leader who will provide training in activities ranging from gentle to strenuous, suitable for all levels.

Email: Merseyside@tcv.org.uk.

Fridays: 10-30am

Pick up from:

10am - Main Car Park, Whitby Park, Stanney Lane, CH65 9AE

10.20am - Northgate Arena, Victoria Rd, Chester CH2 2AU

10.30am - Countess of Chester, Country Park ranger hut



Contact: Neil McMahon
07740 899 716

Activity:

- Horticultural
- Outdoor
- Mental Health

FREE

Ch



Brightlife is working in partnership with a range of local agencies from across the voluntary, public and private sectors in Cheshire West and Chester to identify, design and implement a wide range of innovative solutions to address loneliness and isolation in later life across the borough.

It is led by, and is for, older people so that they can create, maintain or recognise valuable relationships that improve their lives.

Brightlife is being evaluated by the University of Chester and from time to time asks participants to complete evaluation questionnaires.



Participants are under no obligation to take part in the evaluation process. However by doing so, you are helping us understand what activities and services are most effective in reducing social isolation amongst people aged over 50 living in Cheshire West and Chester. Please rest assured that any information you choose to give us will remain anonymous and will be destroyed at the end of the project (in 2020).



Find out how we can help you to enjoy life again.

01606 884444 | www.brightlifecheshire.org.uk