



Wednesday 1st July 2026

Welcome to the latest edition of our email bulletin. We hope you find the information below helpful and informative. We always welcome contributions to these emails, so please feel free to share anything you think would be of interest to other carers in Cheshire West and Chester.

The Better Together Team

Training and Information Day

Would you like to know more about wills & power of attorney? Try a new slow cooker recipe? Have a mini massage? Find out how to spot online scams? Save money on your household bills?

Join us in Frodsham next week for our Training Day! We have lots of different organisations joining us, including Citizens Advice, United Utilities, Co-Op Legal Services, Cheshire Credit Union and many more to support you with elements of your caring role, there will be an opportunity to meet with our staff and other carers, and even enjoy a light lunch and refreshments free of charge.

If you would like to attend you can book online with the link below or call us on 0300 102 0008 or email training@cheshireandwarringtoncarers.org

[Book Now!](#)



Training and Information Day

Thursday 9th July 2026

9:30am – 2pm

Frodsham Community Centre, Fluin Lane, Frodsham WA6 7QN

Join us for a day of key information to help you with your caring role. Come along for the whole day, or just drop in to join in with a specific training session or talk. A light lunch provided for those who sign up beforehand along with morning refreshments. Booking Recommended.

Co-op Legal

Wills
Probate
Estate Planning
Care Costs
Financial
Protection

Over 15 stalls in attendance inc.

OPAL, Falls Prevention
Age UK, Groundwork...

Scams Awareness

Age UK

Protect yourself and
your family

Stalls

9:30am –
1:30am

Talk Times

10:00am – 11:30am
11:30am – 12:30pm
12:30pm – 14:00pm

Citizen's Advice Talk's

Energy Saving
Switching Suppliers
Maximising Income
Supplier Grants
Dangers in the home
Prescriptions

A light lunch

Complimentary
Therapies by Leona

Vegetarian
Cooking Demo



Cheshire West
and Chester



Co-op Legal Services



Safety Central Visit Next Week

Would you like to learn more about Safety around the home? Do you have a teenager who you think would enjoy attending with you? We still have places for our session at **Cheshire's Interactive Safety Central** and we've opened up the session to include teenagers as well as Adult unpaid Carers:

Wednesday 8th July - Safety Central Visit - 3pm - 5:30pm

Cheshire Fire and Rescue Service, Cliff Ln, Lymm, Warrington WA13 0TE

Come along for a rare opportunity to visit Safety Central - Interactive Life Skills Centre - Places limited so book early to avoid disappointment! Email training@cheshireandwarringtoncarers.org



Follow us on Facebook

Did you know we're on Facebook? If you use Facebook please Like and Follow our page, it's a great way to find out more about what we're up to and see the local info and support that we share.

Please click below and Like our page, if you Like and Share our posts too it will help other carers find out about our services.



Crisis and Resilience Fund

The Crisis and Resilience fund is intended to help carers manage significantly rising living costs particularly with food and energy bills, although it can also be used for other essential costs.

If you are currently struggling financially, and have not received any funds from us in the past 12 months, please get in touch and we will discuss your eligibility and send you an application form to request funds.

Lunch and Learn Research Sessions

Cheshire and Warrington Carers Trust are pleased to be part of the Voluntary Sector North West's Disability and Carers Research Inclusion Pilot.

This is taking place during the next 3 months and will include a survey and workshops across Cheshire.

Carers are very much underrepresented in research and it is important that your voices are heard in influencing change within support and services.

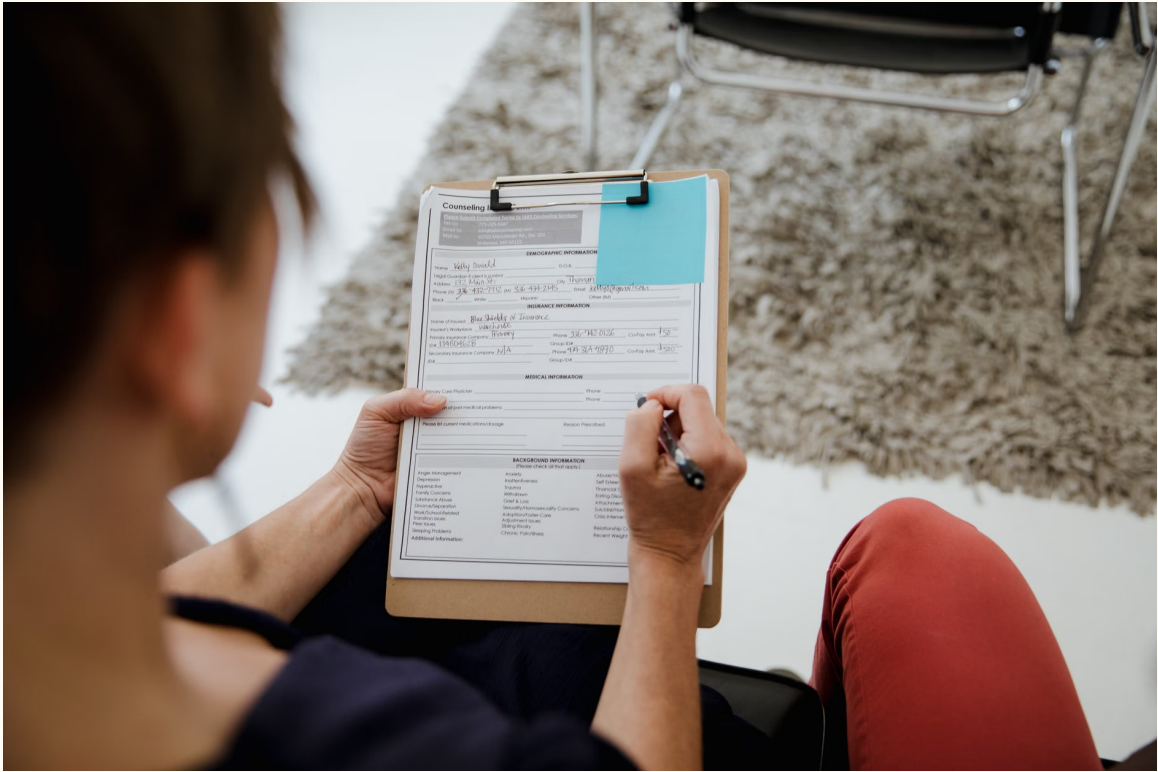
The initial lunch and learn sessions will provide information about the pilot and help carers attending gain an understanding of the different types of research, consultant and engagement opportunities available locally and nationally. Lunch and refreshments will be provided, and out of pocket expenses can be covered to enable carers to attend a session.

Sessions will take place on the following dates, if you would like to attend a session please let us know by replying to this email or calling 0300 102 0008

Friday 24th July 11.30 - 13.30 - Northwich

Monday 27th July 10.30 - 12.30 - Crewe
Friday 31st July 11.30 - 13.30 - Chester

Follow up sessions will take place later in the summer.



Serenity Home Care

💖 Are You Looking for Respite Care? 💖

If you're caring for an adult family member and would welcome a few hours to yourself, Serenity Respite Care Services may be just what you've been looking for.

Unlike many traditional respite services, Serenity has been designed around what family carers repeatedly tell us they actually need.

Created by fellow Unpaid Carer Helen Phipps Watson after more than 20 years of caring for loved-ones, Serenity offers something many families tell us is difficult to find -flexible, person-centred respite care in a cosy, welcoming home environment, here in Chester.

We are preparing to open our afternoon sessions 2pm–7pm, priced at £75 per session, giving family carers the opportunity to rest, recharge, meet friends, attend appointments or simply enjoy a little time to themselves, knowing their loved-one is safe, happy and well cared for.

Serenity welcomes adults aged 18+ who are able to mobilise and is suitable for many people living with:

- Learning disabilities
- Dementia
- Parkinson's
- Stroke
- Other long-term conditions

We welcome:

- Self-funders
- Direct Payments
- Personal Budgets
- Continuing Healthcare (CHC)

Families have already started visiting Serenity to look around, and we're delighted that everyone who has visited so far has asked to join our interest list.

If you'd like to come and see Serenity for yourself, we'd be delighted to arrange a relaxed, no-obligation visit.

We're now building our first group of afternoon guests. Once those initial places are filled, we'll confirm our opening date and begin welcoming our first guests.

To arrange a visit or find out more email:

[✉ serenityrespite26@gmail.com](mailto:serenityrespite26@gmail.com)



Thelma Mannington

We were saddened last week to hear that Thelma Mannington has passed away. Thelma was a friend of Cheshire Carers for almost 30 years and helped with fundraising for some of our events. Sending condolences to Thelma's friends and family on behalf of us all at Cheshire and Warrington Carers.

Support Groups



As always we have lot of support groups coming up over the next few weeks and we would love to welcome you along. Please click on the link to our website below, you can view the groups on a calendar and book to attend, or give us a call on 0300 102 0008 and let us know which group you would like to attend.

[View and Book our Groups](#)

Parent Carer Groups

Our Parent Carer Support Coordinator, Clare, runs a groups across Cheshire West for carers of children and young people with additional needs. These groups are a great opportunity to meet socially with other parent carers and share advice and support, and also to talk to Clare about your particular situation.

Please see the posters below for upcoming dates in 2026

Tattenhall Parent Carers

Meet your parent carer coordinator

We're excited to invite you to a coffee and chat event designed for parent carers in the Tattenhall area.

- **Dates:** Friday 26th June
 - Friday 25th September
 - Friday 27th November
- **Time:** 9:30am - 11:30am
- **Location:** Alison's Country Kitchen Cafe

This is a fantastic opportunity to:

- Connect with other parent carers in your community.
- Share experiences and support each other.
- Meet Clare Gallagher, Parent Carer Support Coordinator with Cheshire and Warrington Carers Trust.
- Learn about a new project supporting parent carers in rural Cheshire West and Chester.

To book, please contact Clare Gallagher:

- Phone: 07871797342
- Email: clareg@cheshireandwarringtoncarers.org

**We look forward to
meeting you**



Malpas Parent Carers

Meet your parent carer coordinator

We're excited to invite you to a coffee and chat event designed for parent carers in the Malpas area.

- **Dates:** Thursday June 4th
 - Thursday July 9th
 - Thursday September 10th
 - Thursday October 1st
 - Thursday November 5th
 - Thursday December 3rd
- **Time:** 9.15am - 11.15am
- **Location:** Old Fire Station Cafe

This is a fantastic opportunity to:

- Connect with other parent carers in your community.
- Share experiences and support each other.
- Meet Clare Gallagher, Parent Carer Support Coordinator with Cheshire and Warrington Carers Trust.
- Learn about a new project supporting parent carers in rural Cheshire West and Chester.

To book, please contact Clare Gallagher:

- Phone: 07871797342
- Email: clareg@cheshireandwarringtoncarers.org

**We look forward to
meeting you**



Frodsham Parent Carers

Meet your parent carer coordinator

We're excited to invite you to a coffee and chat event designed for parent carers in the Frodsham area.

- **Date:** Monday June 15th
 - Monday July 20th
 - Monday September 21st
 - Monday October 19th
 - Monday November 16th
- **Time:** 10am - 12pm
- **Location:** Frodsham Community Centre

This is a fantastic opportunity to:

- Connect with other parent carers in your community.
- Share experiences and support each other.
- Meet Clare Gallagher, Parent Carer Support Coordinator with Cheshire and Warrington Carers Trust.
- Learn about a new project supporting parent carers in rural Cheshire West and Chester.

To book, please contact Clare Gallagher:

- Phone: 07871797342
- Email: clareg@cheshireandwarringtoncarers.org

We look forward to meeting you



Exciting Summer Activities for Parent Carers in rural Cheshire West and Chester!!

CARERS TRUST

Cheshire and Warrington

Thanks to funding through the Westminster Foundation, we are able to fund 4 fun and inclusive activities for parent carers, children/young people with SEND and their siblings (free for one parent carer and one child/young person with SEND)



Reaseheath Mini Zoo
reaseheathzoo.co.uk
Wednesday 29th July
10.30-12.30pm



Cheshire Ice Cream Farm
theicecreamfarm.co.uk
SEN only session
Tuesday 11th August
9.30-12 noon
(includes entry, one ice cream and one additional activity per child)



Space, Chester
spacecheshire.org
Wednesday 19th August
10-12 noon



Hayrack Church Farm
hayrackchurchfarm.co.uk
Tuesday 25th August
11-1pm

Booking is essential and places are limited.
Only 2 bookings per family please.

Carers must show evidence of caring role to get free entrance to these venues (DLA, PIP, Blue Badge etc)

To book, contact Clare Gallagher:
Children and Families Lead, Cheshire and Warrington Carers Trust
Email: clareg@cheshireandwarringtoncarers.org
or text/phone 07871797342.



Cheshire West and Chester



Westminster Foundation



Time for Me

Breaks and Activities for carers

If you would like to attend any of the below events please email breaks@cheshireandwarringtoncarers.org or call us on 0300 102 0008

A reminder that if you book to attend one of our breaks then can no longer attend please do let us know, Rachel often has a waiting list of other carers who will be able to take the place.

Monday 6th July – 10:30am – 12pm – **Disability Pride – Chester** – Come along and join the Kaleidoscope Festival to raise awareness of disabilities and promote positive change. Everyone welcome.

Wednesday 15th July -10:30am-12pm **Ellesmere Port and Chester Parent Carer Meet** – City Walls Walk, Ice-cream and Painting in the Park – Meeting at the Bluecoat, take a stroll on the walls to the river, grab an ice-cream and then weather dependent, sit in the park and enjoy some watercolour painting.

Thursday 16th July – 11:30am – **Helsby Flower Picking and Arranging** – Come along to a flower field to select a handful of flowers to be arranged into a Posy following the guidance of the owner Imogen. Priority given to Carers who haven't attended breaks this year.

Monday 20th July – 10:30am – **Northwich Bollywood Dancing Morning** – Northwich Office, CW95HH – Come along to learn some simple Bollywood Dances with Viv.

Wednesday 22nd July – 9:30am – 4:30pm approx. – **Preston Brook to Lymm Canal Trip** – Full Day Trip – Enjoy a trip down the canal to Lymm Village where we will get off and stretch our legs, have a look at local shops, before heading back to Preston Brook. Places limited, and only book on if you can commit for a full day please.

Tuesday 28th July – 7:30pm – **Outlaws: A Robin Hood Story Outdoor Theatre** – Grosvenor Park Chester - Come along to enjoy a theatre show in the outdoor setting of Grosvenor Park, Chester. Limited Places.

Thursday 30th July – 10:30am arrival, 11am start – **Storyhouse Cinema, Film to be chosen at June screening** – Come along to enjoy an exclusive screening of a Carer chosen film with complimentary hot drink and biscuit. You can also bring along the person you care for to this event - Booking Essential, and Seat Allocation will be sent once booked which is also essential.

Monday 3rd August – 10:30am – **Whitegate Way Walk and Ice-cream** – Come along for a stroll down the Whitegate Way and enjoy an Ice-Cream at the end! The person you care for is welcome, but you will need to purchase their refreshments.

Tuesday 11th August – 6pm – **Winsford Supper Club – Brighton Belle** - Come along with other Carers from Winsford to enjoy a meal and a soft drink on us whilst you chat and catch up with each other.

Change of date - Wednesday 12th August – 11am – 1pm – **Crochet, Nature Play and More** – Bugz and Bunnies, Northwich – Enjoy a guided session on Crochet, whilst enjoying Nature and a slice of homemade pizza; Carers Only hour between 11am and 12pm and then 12pm-1pm the person you care for is welcome too.

Wednesday 12th August - 4:00pm – Let the Sun Shine – Open Air Theatre – Grosvenor Park Chester -
Come along to enjoy a theatre show in the outdoor setting of Grosvenor Park, Chester. Limited Places.
More to follow, or email breaks@cheshireandwarringtoncarers.org for the full schedule.

Easy Fundraising

If you shop online, please consider signing up, selecting Cheshire & Warrington Carers Trust as your chosen cause, and remembering to shop through the site each time, as it raises funds for us. Thanks. If you are already signed up, you can set reminders, so you remember to use them when shopping online.

<https://www.easyfundraising.org.uk/causes/cheshirewarringtoncarerstrust>

Benefact Group

Please nominate Cheshire Carers Centre for us to have a chance to win £5000 for our charity:

<https://movementforgood.com/draws/special/community#nominateACharity>



Useful Information

Local events and info.

Some of the below flyers and services may be of interest to carers in Cheshire West. Please contact these organisations directly for more information.



Raise a brew to 78 years of our NHS

Host a tea party this July



Register for a
fundraising pack
mchcharity.org



scan for
more info



Registered charity no. 1049008





Mindful Movement In Nature

Friends of Anderton and Marbury (FOAM)

Thursday Evenings 6.30-7.30pm

2nd, 9th, 16th and 23rd July

Sessions are free to all

**Meet at Marbury Park, near the Rangers
Cabin**

**For further information please contact
Donna d13fitness@gmail.com**

CHESHIRE & WARRINGTON

**CARERS
TRUST**

PRIZE BINGO

Evening ♥

♥
You are
not alone.
We're here
for you.



Join us for a fun-filled
prize BINGO evening
in support of local unpaid
Carers.



Fantastic prizes to be won!



All funds raised help us continue
our support for unpaid Carers
across Cheshire & Warrington.



*Let's come together,
have fun and make
a difference!*



When
Friday 18th September



Time
7pm – eyes down at 7.30pm



Cost
£10 per player
(children £5)



Venue
Meadowbank Social Club,
Meadowbank, Winsford
CW7 2PG



**No need to pre-book –
cash only on the night**



**Thank you for supporting
local unpaid Carers!**

Get in touch



Email
bettertogether@
cheshireandwarringtoncarers.org



Website
www.cheshireandwarringtoncarers.org



Scan to visit
our website



Phone
0300 102 0000



Cheshire and Warrington Carers Centre trading as Cheshire and Warrington Carers Trust
is a Registered Charity 1092606 and a Company Limited by Guarantee 04172914
Registered Office: 62-70 Watergate Street, Chester, Cheshire, CH1 2LA



Cheshire Natural Health Service

Counselling Health Walks

1-2-1 Walk & Talks

Tuesdays, various time slots available.

Location: Leftwich Meadows and Woodland, Northwich, CW9 8BU.

Aim: To enhance the physical and emotional wellbeing of adults by integrating restorative nature walks with supportive, one-to-one counselling.

A bit about Leftwich Meadows: Located on the western bank of the River Dane, north of the A556 at Leftwich, Leftwich Meadow features tranquil woodland and bright open meadows, creating a wildlife-rich landscape that's perfect for our one-to-one Walk and Talk sessions.

We will be delivering:

8 sessions of 1-2-1 'Walk & Talks' (5 slots available)

From 9th June to 28th July 2026

FREE of cost.

Referral criteria for 1-2-1 'Walk & Talks':

Age 18+.

Individuals in need of mild to moderate mental health support.

Please note we would like to prioritise individuals who are currently on a waiting list for mental health support. However, this does not exclude others who meet the referral criteria.



For bookings, please contact Gareth Howatson or Elizabeth Mason.

Email: gareth.howatson@merseyforest.org.uk

Email: elizabeth@merseyforest.org.uk

The Poppy Club

— Friendship, Fun & Support —

A warm welcome awaits! ❤️



A friendly day club for older adults

Enjoy companionship, engaging activities and expert care in a welcoming community.

-  Make new friends & reduce loneliness
-  Arts & crafts, games, music & activities
-  Gentle exercise & wellbeing sessions
-  Hot meal & refreshments included
-  Professional support in a safe, supportive setting

When?
Thursdays & Fridays
10:00am - 3:00pm

Where?
📍 **Tarporley War Memorial Hospital**

Everyone is welcome!

Come along and be part of something truly special! ❤️

To find out more or book a place visit
eternitycareservices.com/the-poppy-club



We hope you have enjoyed this bulletin - as always please do get in touch if you have any feedback or if there is anything you'd like to see included each week - it would be great to hear from you. Our address, helpline number and email address are just below, as well as our social media links.



Carers Helpline: 0300 102 0008

Website: <http://www.bettertogetherwestcheshire.org/>

Access to our offices is by appointment only



Northwich Office

146 London Road
Northwich
Cheshire
CW9 5HH



Chester Office

1st Floor
The Bluecoat Building
Upper Northgate St.
Chester CH1 4EE



Crewe Office

Unit 1 Brierley
Business Centre
Mirion Street
Crewe CW1 2AZ

Produced by Cheshire and Warrington Carers Trust

146 London Rd. Northwich, CW9 5HH, Northwich

This email was sent to {{ contact.EMAIL }}
You've received it because you've subscribed to our newsletter.

[Unsubscribe](#)