

'Connect'

A guide to interest,
activity and hobby
groups in Handforth
and Wilmslow



Come and join us,
there is something
for everyone!

FOREWORD

Getting involved in the Community is such a positive thing, whether for the health and well-being of the individual or for the Community as a whole. That is why I was delighted to hear about this booklet and was more than happy to write the foreword. Whether you just want to expand your areas of interest and circle of friends or fill some time you have spare, I am delighted you have picked up the booklet!

There is so much going on in this area that, I would like to think, everyone should be able to find something that interests them and - more importantly - people who share that common interest. The hardest part of getting involved in anything new is either that first phone call or first visit to a meeting or club. The good news is that the people whose contact details are in here always need new members and will do whatever they can to welcome you into the fold!

I hope this grows and continues to evolve and that it helps make a real difference to individuals, the clubs and organisations listed and the community as a whole.

Rt Hon Esther McVey,
Member of Parliament for Tatton.

Being lonely doesn't just affect older people and this booklet is a wealth of information on a whole range of activities in the local area that are accessible to all. It complements the Live Well Cheshire East website perfectly and will be very well received by both the public and professionals alike.

I am very pleased to have had the opportunity to offer support to Handforth PPG with this fantastic resident led initiative.

Val Burlison
Community Development Officer,
Cheshire East Council.

On behalf of Wilmslow Town and Handforth Parish Councils who have contributed equally to the production costs, I commend this booklet to you. Loneliness and isolation are sad factors of our modern society where individuals feel forgotten and unsure. Their continued contribution to our local communities is vital to the general health of us all. This booklet gives details of the very many organisations, many of them voluntary, who encourage and welcome contact with those in need. We are a better and more caring society by this involvement. Please read and share with your neighbours

Councillor Martin Watkins
Chairman, Wilmslow Town Council.

INTRODUCTION

The 'Connect' booklet has been compiled as part of the Government's aim to alleviate loneliness and "social isolation", continuing the work of the M.P. Jo Cox who set up the Commission on Loneliness prior to her death in Summer 2016. The aim of the Commission was to "shine a powerful spotlight on the millions of people who are lonely, living in our communities."

This furthers the campaign by providing the details of some of the hobbies, interest groups, classes and organisations, for adults of any age, in the Handforth and Wilmslow communities.

Loneliness doesn't just affect older people. In fact, according to the Office for National Statistics, young adults are more likely to feel lonely than older age groups. The research found that almost 10% of people aged 16-24 were "always or often" lonely, the highest proportion of any age group.

If you know someone who may be lonely, isolated or new to the area, whatever their age and you think they would benefit from this booklet, then please show them a copy or direct them to the online version to encourage and support them in finding something that would suit them.

Every group featured in this booklet has assured us that all newcomers will benefit from a warm welcome.

'Connect' has been produced by the Patient Participation Group (PPG) at Handforth Health Centre. The leader of Britain's G.P.s, Dr Helen Stokes-Lampard, says 'being lonely can be as bad for someone's health as having a long term illness such as diabetes or high blood pressure'. 3 out of 4 G.P.s say that they see between 1 and 5 people a day who have come in mainly because they are lonely and 1 in 10 sees between 6 and 10 such patients daily.

Each Doctors' Surgery in the area has their own PPG. This is a group of patients who have informal meetings with a G.P. and staff representatives, four or five times a year. Each meeting lasts approximately an hour and is an opportunity to be informed of and discuss changes likely to affect the services provided by the surgery. Meetings can look at feedback from patient surveys and help to share recommendations for improvement. If you are interested in joining your surgery's PPG, then contact your Practice PPG Co-ordinator for more information.

CONTENTS

Foreword	2	Hartland School of Dance	10
Introduction	3	Karen's Gentle Exercise Class	10
Contents	4	Tap Dancing Ladies Beginners/Intermediary	10
Arts and Crafts	6	Salsaldi	10
Craft and Chatter Group	6	Yoga	11
Needlework Group	6	All about the Yoga	11
Painting Group, Wilmslow	6	Avalon Yoga	11
Assisted Transport	6	Yoga Flow	11
MAG Bus	6	Zumba	11
Audio Visual Group	7	Ecological and Environmental	12
Birdwatching Group - Wilmslow	7	Incredible Edible Wilmslow	12
Bridge Clubs	7	Transition Wilmslow	12
Handforth Bridge Club	7	Wilmslow Clean Team	12
Wilmslow Guild Bridge Club	7	Wilmslow Civic Trust	12
Wilmslow Bridge Club	7	Film Clubs	13
Churches	8	French Film Club	13
Dean Row Unitarian Chapel	8	Friday Night Film Club	13
St Anne's Church of England	8	German Film Club	13
St Bartholomew's Church of England	8	Friends of Handforth Station	13
St Benedict's Roman Catholic Church	8	Gardening/Floral Clubs	14
St Chad's Church of England	8	Floral Design Club	14
St John's Church of England Lindow	8	Gardening Club, Wilmslow Guild	14
St Mary's Methodist Church	8	Handforth Gardening Society - HGS	14
St Teresa's Roman Catholic Church	8	Handforth Model Engineering Society	14
Quaker Meeting House	8	Help & Support Groups	15
Wilmslow United Reformed Church	8	Age UK - Telephone befriending service.	15
Wilmslow Methodist Church	8	AA Alcoholics Anonymous	15
Choirs	8	Citizens Advice	15
Cheshire A Cappella	8	Dementia Clubs - In together	15
The Barnby Choir	8	East Cheshire Hospice	16
The Guild Choirs	8	Frazzled Cafe	16
Magic Voices Choir	9	Friendship Group	16
Wilmslow Rock Choir	9	Independent Living Centre	16
WOW Singers	9	New Leaf	17
Dance and Exercise Classes	10	Progressive Supranuclear Palsy	17
Box Fit	10	Rethink	17
Dance Fever	10	St Vincent de Paul Befriending Society	17

CONTENTS

Silverline	17	Wilmslow Cricket Club	23
Support Line	18	Wilmslow Wayfarers Cricket Club	23
Stroke Club	18	East Cheshire Ramblers	24
Gentle Exercise to Music	18	Running Clubs	24
The Hope Centres	18	Styal Running Club	24
Libraries	18	Wilmslow Running Club	24
Handforth Library	18	Wilmslow Park Run	24
Wilmslow Library	19	Table Tennis	24
Luncheon Clubs	19	Tennis	25
Royal Voluntary Service Cheshire	19	Croftside Tennis Club	25
Wilmslow URC	19	Handforth Hall Tennis Club	25
Natural History Society	19	Lindow Lawn Tennis Club	25
Oakmere Centre	19	Pownall Tennis Club	25
Photography	20	Wilmslow Hockey Club	25
Lindow Photographic Group	20	Wilmslow Lightning Netball Club	26
Wilmslow Guild Photographic Society	20	Wilmslow Squash Club	26
Social & Community	20	Theatre / Drama Clubs	26
Rotary Club	20	The Wilmslow Guild Players	26
The Thursday Club	20	Alderley & Wilmslow Musical Theatre	
The Thursday Group	21	Company (AWMTC)	28
Wilmslow Ladies Circle	21	The Guild Theatre Club	27
Wilmslow Round Table	21	Wilmslow Green Room Theatre	27
Wilmslow Social Group	21	The Wilmslow Guild	27
Probus Clubs	22	Volunteering	27
Bollin Probus Club	22	Walking Sports	28
Fulshaw Probus Club	22	Walking Football	28
Sports	22	Walking Netball	28
Badminton	22	Nordic Walking Group	28
Wilmslow Badminton Club	22	Wilmslow Symphony Orchestra	28
Parsonage Badminton Club	22	Wilmslow U3A (University of the third age)	29
Bowling	22	Women's Institutes - WI	29
Conservative Club Bowling	22	Writing for Wellbeing Group	29
Short Mat Indoor Bowls	22	List of Venues for Groups	30
Waggon and Horses Bowling Club	23	Disclaimer and final words	31
Wilmslow Bowling Club	23	Loneliness Facts & Statistics	32
Cricket Clubs	23		
Lindow Cricket Club	23		

ARTS AND CRAFTS

Craft and Chatter Group

Venue: Dean Row Chapel Hall

Held fortnightly, alternate Wednesdays from 2:00pm onwards.

A fortnightly get together for crafters of all kinds, card making, quilting, collage, embroidery, sewing and any other interests you might have. Bring your own project and enjoy good crafting company with a cuppa and cake and the opportunity to learn from each other. We look forward to seeing you.

Contact **Chrissie Wilkies** on 0161 4398262 or email: Chrissie@wilkies.me.uk

Needlework Group

Venue: Wilmslow Guild

Friday 1:30pm-3:30pm

This is an informal group of enthusiasts sharing an interest in needlecraft of all descriptions. The group meets fortnightly bringing and working with their preferred medium. Everyone is welcome and we exchange ideas and, where needed, offer each other help and suggestions.

Contact **Wilmslow Guild** on 01625 523903 for more information.



Painting Group, Wilmslow

Venue: Wilmslow Guild

Friday, 2:00pm-4:00pm

This group has no tutor and functions by encouraging painters to learn from each other. Some of the members are highly skilled with much experience to offer, but painters of all abilities and experience, including beginners, are welcome. We are a friendly group operating very informally, and exhibit our work regularly at the Guild and elsewhere. Oils, acrylics, watercolor and pen are media often used, but all experiment is welcome. New members are welcome to come along to some initial sessions (£4 per session) to try us out before signing up for the full year.

Further information can be obtained from **John Elliott**. Tel: 0161 439 8551



ASSISTED TRANSPORT

MAG Bus

The MAG Handforth Bus (Mobility & Access Group) is a free minibus service to take disabled and elderly residents shopping, for days out or to visit family or friends in Wythenshawe Hospital. The bus seats 14 people and has a Tail-Lift for wheelchair or scooter users. Currently the bus goes to Cheadle, Handforth Dean and Stockport, picking up at Oakmere, or special arrangements can be made to pick the vulnerable up nearer their homes. We also plan trips a bit further afield, having recently been to Llandudno. We hold a monthly meeting at Oakmere Centre, on the 2nd Friday of the month at 10:00am, where the itinerary for the month ahead is confirmed.

For more information, contact **Mrs Beryl Chapman** on 01625 525567 / 07899 663436 or visit our Facebook page: [MAG-Bus-Handforth-401194720341872/](https://www.facebook.com/MAG-Bus-Handforth-401194720341872/)

Audio Visual Group

Venue: Wilmslow Guild. Most Fridays 7:30pm-9:30pm

The objective of the Group is to provide a forum for the discussion of all matters to do with AV photography, sound recording and the production of AV sequences.

Most people already have a computer and the required software isn't expensive. We discuss each others' work, plus have external speakers. We also run a 1:1 workshop at the Guild from around 4:30.

Visitors are welcome but please contact the Group in advance.

email: committee@wilmslowguildav.org.uk or email John Smith: webmaster@wilmslowguildav.org.uk

Website: www.wilmslowguildav.org.uk Contact the Guild on 01625 523903

Birdwatching Group - Wilmslow

Venue: Wilmslow Guild. Fridays 7:30pm-9:30pm

The Birdwatching Group is a friendly, active and enthusiastic mix of birdwatchers of varying abilities and experience. New members and visitors are welcome at all our events, whether as interested beginners or more experienced birdwatchers. The group provides indoor and outdoor programmes throughout the year.

For further information, please ring Steve on 01625 533652 or check out our website:

www.wgbwcopy.wikidot.com/wgby

BRIDGE CLUBS

Handforth Bridge Club

Venue: Handforth Hall Tennis Club

Duplicate bridge sessions are held on Tuesdays

1:30pm-4:30pm and Wednesdays 7:15pm

Duplicate. New members welcome as pairs

Contact Ms. Carol Lee on 01625 528282

Wilmslow Bridge Club

Venue: Morley Green Social Club

Sessions are Friday 12:45pm-4:30pm

Cost £1.50

Duplicate bridge.

Contact Mrs Marjorie Measor on 01625 582426

Wilmslow Guild Bridge Club

Venue: Chorley Village Hall

Wednesday 1:15pm start for 1:30pm

to a 4:30pm finish (Fee £1)

The Club will appeal to people who wish to play duplicate bridge in a friendly but competitive atmosphere on a weekly basis throughout the year. Typically there are 11-15 tables each week with an experienced Director present.

Players new to duplicate are welcome. Results are provided by email and in detail on the website on the same day. A pairing-up service is available to find a bridge partner, on either a temporary or longer term basis.

For more information, then please contact

Philip Forshaw, Chairman on 01625 582971

www.bridgewebs.com/wilmslowguild

CHURCHES

There are lots of interesting groups and classes that take place in our local Churches. To find out more information, contact them directly.

Dean Row Unitarian Chapel

01625 402952

St Anne's Church of England

01625 526890

St Bartholomew's Church of England

01625 520309

St Benedict's Roman Catholic Church

01625 522776

St Chad's Church of England

01625 532145

St John's C of E Lindow

01625 583251

St Mary's Methodist Church

01625 528892

St Teresa's Roman Catholic Church

01625 523384

Quaker Meeting House

07974 997798

Wilmslow United Reformed Church

01625 532600

Wilmslow Methodist Church

01625 528892

CHOIRS

Cheshire A Cappella

Venue: Morley Green Social Club

Cheshire A Cappella chorus is a dynamic group of women who meet each week to sing in fabulous four-part harmony Acapella style. Open to women of all ages and backgrounds.

If you are interested then contact 07521 101409 or email: Cheshireacappella@gmail.com or check our website: www.cheshireacappella.com

The Barnby Choir

Venue: Wilmslow Methodist Church

Rehearsals take place Tuesday evenings

8:00pm, from September to May.

We are a mixed-voice choir with a repertoire including major sacred and secular choral works, as well as more unusual music, both old and modern. We look forward to applications from prospective members in all sections of the choir (soprano, alto, tenor and bass) and are particularly keen to recruit more altos.

If you are interested in joining us, please contact the Choir Secretary on 0161 485 1659. email: contact@thebarnbychoir.co.uk or visit www.thebarnbychoir.co.uk

The Guild Choirs

Venue: Wilmslow Guild

There are a number of choirs running at the Guild suitable for beginners right through to more experienced choirs, like Hullabaloo men's performing choir.

If you would like further information, then contact Taylor Giacomo on 0161 8267613 or email: taylor@mynameishardtospell.com

Magic Voices Choir

Venue: Wilmslow Parish Hall

Tuesday night at 7:30pm.

IMPORTANT! Every second Tuesday of the month, we switch halls to St Chads.

No experience needed. Genuine, mixed choir. It will help to lift your mood, whilst also being great fun. Make lots of friends. No dancing choreography.

If you would like to come to a taster session, simply go to: www.magicvoices.co.uk/register or contact: 07540 736787

Wilmslow Rock Choir

Venue: Honford Hall. Wednesday 8:00pm

Fee £10 a session.

Rock Choir has over 20,000 members across the UK. Each member is welcomed into the Rock Choir family and their journey with us allows music, friendship and a new found confidence to impact their everyday lives. Together we have created a safe, up-lifting and exciting experience just for you.

As a new member, you may choose to simply rehearse with your friends or take to the stage and join them at a variety of Rock Choir events and shows - it's up to you. You can take as much or as little from the experiences on offer. You'll never have to sing on your own or be under any pressure. No audition or requirement to read music.

Book online for a free taster session - www.rockchoir.com or contact: 01252 917814



WOW Singers

Venue: Morley Green Social Club

Day: Wednesday 10:30am-12:00 noon.

Cost: £5 per session

Ladies, if you enjoy singing, then this could be the choir for you. WOW Singers is a friendly ladies choir of around 30. We sing a wide variety of music covering songs from all genres. New members are always welcome. There are no auditions and previous experience is not needed. The cost per session includes a music folder and a drink at the end. Your first taster session is free. We also have mixed voice choirs locally.

For more information, contact Catherine on 01625 269721, email: cantata16@gmail.com or check out our website: www.cantatamusic.org



DANCE AND EXERCISE CLASSES

(see also Gentle Exercise to Music page 18)

Box Fit

Venue: St Chads Church Hall. Adults £5.00

Friday 7:00pm-8:00pm for box exercise and 8:00pm-9:00pm for Self Defence.

There is also a club for young children on a Saturday 2:00pm-3:00pm. Cost £3.50

If you are interested contact

Andy Lawrence on 07446 130698

email: AndyLawrence2008@hotmail.co.uk

Dance Fever Club

Venue: Unit 4, 3 Hawthorn Lane.

A range of dance styles and classes are offered from Disco to Ballroom, Latin and Salsa to Zumba. Classes for both adults and children.

Contact Michelle on

07973 921714 or 01625 536060

Hartland School of Dance

Venue: Honford Hall

Here you can learn a new skill, meet new friends and stay in shape. Whatever your level of experience, from new beginners upwards, there is a class for you. We have classes in ballroom/latin, sequence and line dancing, plus you can extend your social life with our party nights and dinner dances. New members always welcome.

Contact Sue Young on

0161 4374735 / 07712 069627

or email: info@hartlanddance.co.uk

Karen's Gentle Exercise Class

Venue: Oakmere

Wednesdays 10:30am-11:30am

Cost £4.00 per session. A combination of low impact, rhythmical exercise, dance and FUN.

Strength and balance exercises, mainly seated, with some standing included. All exercises suitable for 'Seniors'.

Contact Karen on 07905 766259 or simply come along.

Tap Dancing

Ladies Beginners / Intermediary

Venue: Wilmslow Leisure Centre

Tues. 7:30pm-8:00pm 6 week courses £42.

Class is suitable for those aged 18 - no upper limit! No experience needed. If you would like to try before committing, then you can simply pay £7 for the session and see how you get on.

For more information, please contact Sally

Williams on 01625 585070 or email:

Sally.ballet@hotmail.com

Salsaldi

Venue: Wilmslow British Legion

Doors open at 8:00pm, salsa class 8:30-9:30pm dancing until 1:00am with DJ Jane Salsaldi. Cost is £8 (door) or £6 for students with a valid student card. It is a very friendly event and I am always happy to introduce people coming solo to local teachers and dancers. No experience is needed.

For details of the next event, or for more information, please contact

Jane Salsaldi 07715 079757

or email: macc@hotmail.com

YOGA

All about the Yoga

Venue: St Anne's Church Hall

Thursday 7:00-8:15pm Cost is £40 for a block of 5 consecutive lessons or £10 to drop in (but please call to book a place).

I teach Iyengar yoga, which consists of carefully structured postures. Beginners first learn to stretch and increase their stamina in basic postures before progressing to more complicated ones.

This class is suitable for beginners as well as those wanting to return to yoga.

Please bring a yoga mat and blanket.

For more information contact Lindsay.

www.allabouttheyoga.co.uk

Avalon Yoga

Venue: Dean Row Village Hall.

Thursday 7:15pm-8:45pm £42 for blocks of six lessons.

I teach Hatha yoga, providing both a work out as well as a work in for the mind, body and soul.

I combine dynamic movement (whilst synchronising the breathing) and static postures. My classes are suitable for all levels as I provide steps up to a particular posture. My area of particular interest includes yoga for mental health. I also do 1-1 private lessons.

For more information, then please contact Helen Bucknall-Ryder on 07960 26245, email: avalonyogawilmslow@gmail.com or check out my website: www.avalonyoga.co.uk

Yoga Flow

Venue: St Benedict's Church Hall

Thursday 7:30pm

Set to music, this energising vinyasa class builds flexibility, focus and strength in mind, body and soul. I teach classes that flow, taking seeds from

Ashtanga, Jivamukti, Vinyasa Flow and Power Yoga. Suitable for ages 12+, and all levels, the class will leave you feeling calm and rejuvenated.

For more information contact Liam on 07900 823927

or email: Liambrowne7@gmail.com

ZUMBA

A total workout, combining all elements of fitness, cardio, muscle conditioning, balance and flexibility, boosted energy and a serious dose of awesome each time you leave class.

Venue: St Chad's Church Hall

Monday 6:00pm Cost £5

Run by teacher Niki Bennett, the class is suitable for all levels and children are welcome. Of medium intensity and with Latin rhythms.

Contact: 07775 720150

Venue: Chapel Court

Tuesday 12:00pm Cost £4.50

Run by Janice Watkins, the class is suitable for all levels. Class focuses on all elements of fitness: cardiovascular, muscular conditioning, flexibility and balance! Of low intensity with Latin rhythm.

Telephone: 01625 528401

Venue: St Benedict's Church Hall

Tuesday 10:30am

Run by teacher Colette Marie Holt
Contact Colette on 07432 417895
email: colettemarieholt@hotmail.co.uk

Venue: Hallmark Hotel

Wednesday 7:30pm. Cost £4.00

Run by teacher Samantha Derry, suitable for all levels of experience and is of medium intensity. Come and join us, we have a friendly group of ladies & gents. We do a mix of Zumba originals as well as some recognisable commercial tracks too. Don't forget to bring a bottle of water! Contact: 0161 4370511

ECOLOGICAL AND ENVIRONMENTAL

Incredible Edible Wilmslow

Venue: Wilmslow Library

1st Sunday of the month. 2:00pm-4:00pm

Suitable for all ages. We occasionally post extra sessions on facebook site.

Volunteers meet to garden and keep public spaces looking neat. All plants are edible: herbs, fruit, vegetables and edible flowers and we encourage passers by to snip what they need from the harvest. Bring your gloves, trowel and secateurs if you have them.

For more information, contact Helen Yates on 07771 862863 or check out our facebook page: <https://facebook.com/IncredibleEdibleWilmslow>
email: incredible.edible.wilmslow@gmail.com



Transition Wilmslow

"Making our patch of the planet a wonderful place"

Transition Wilmslow is a grassroots community group with the aim of building a more 'Sustainable Wilmslow'.

Many people ask us what exactly it is we do? Essentially, if there is an aspect of everyday life that you think should be done in a more sustainable way, join a group in Transition Wilmslow - or form a group and find out how you can change things from grassroots up. We form groups to tackle particular issues and to focus on things that some of us feel particularly interested in, as well as sustainability.

If you are interested in finding out more information, check out our website: www.transitionwilmslow.co.uk
or email: transitionwilmslow@gmail.com

Wilmslow Clean Team

Meet on the 1st Wednesday and Saturday of the month. We are a group of volunteers who help keep Wilmslow tidy by organising litter picking events twice a month plus we have an annual Spring Clean around March. This consists of a week long series of litter picking events by the Clean Team and other community organisations. We help with the annual "Britain In Bloom" competition by organising extra litter picking sessions in the run up to the judging. We provide all the equipment, insurance and training. The venue changes each month, so please email for more details.



Please visit the website:

www.wilmslowcleanteam.org.uk
email: wilmslowcleanteam.org.uk

Wilmslow Civic Trust

We are a voluntary civic group dedicated to fostering a pleasant environment in Wilmslow, Alderley Edge, Handforth and Styal. We aim to raise awareness of issues concerning landscape, buildings, and general amenities, preserving what is good in the area and vetting proposals for change.

Today we have about 250 members. We canvass the views of our members and other local residents on key issues, and act as an intermediary between them and local government. We also arrange regular talks during the Winter and visits to places of interest during the Summer. New members are assured of a warm welcome.

www.wilmslowcivictrust.org.uk
email: enquiries@wilmslowcivictrust.org.uk

FILM CLUBS



French Film Club

Venue: Wilmslow Guild

Wednesday 12:30pm-3:00pm

French tutor Bénédicte will provide background information and the cultural setting for a series of varied French films (with French subtitles). This will be an opportunity for people studying French to listen to spoken French and discuss the film with fellow students.

Contact: **Bénédicte Blamey 01625 522527**

Friday Night Film Club

Venue: Wilmslow Guild

Friday 7:00pm-9:30pm

The Friday Night Film Club welcomes you to come and join us. We meet monthly during term time, at the Guild, to view and discuss films that have been chosen by the group. Meetings start at 7pm, usually finishing by 9:30.

The Guild now has first-class facilities for showing DVDs.

Films chosen are wide-ranging. Choices for the 2018/19 season include: Tootsie, Au Revoir les Enfants and The Last Seduction. **Telephone the Guild for more information: 01625 523903**

German Film Club

Venue: Wilmslow Guild

Monday 7:00pm-9:30pm

Janine will provide background information and the cultural setting for a series of German films (with subtitles). The film evenings will provide an opportunity to hear spoken German and discuss the film in a convivial atmosphere. Janine Turner is an experienced language teacher who has taught German at A-Level for many years. She frequently delivers film days for the Association for Language Learning. **Telephone the Guild for more information: 01625 523903**

Friends of Handforth Station

We are very proud to have been the **first** "Friends of a Station" group in the whole of the UK. Founded in 1996, when the outlook for the station seemed bleak: we believe that our efforts have turned that situation round completely, and we are consistently one of the Best Kept Stations in the area. Working in cooperation with National Rail, with Northern Rail and with the local community and business.

Our primary aims are:

- To make changes for the better at the station - the many 'Handforth' rail sign-posts, 'Art In A Box' annual Christmas Lights, keeping the station tidy, and so on
- To campaign and lobby the relevant authorities for improved access to the station
- To represent the users of the station.

If you are interested in joining us,
please complete the form on our website: www.handforthstation.org.uk

GARDENING/FLORAL CLUBS

See also Ecological and Environmental Group, page 12

Floral Design Club

Venue: Wilmslow Guild

Wednesday 1:30pm-
3:30pm



Come along to our club to celebrate flowers and flower arranging. We have demonstrations from NAFAS flower arrangers both national and area.

The demonstrations are lively, informative and full of fabulous flowers.

Social events are organised including visits to well-known gardens, flower shows and festivals.

We are a friendly club and welcome visitors and new members.

Contact the club Chairman Ros Heywood on 01625 529467 or check the website for more information. www.nafascheshire.org.uk

Gardening Club, Wilmslow Guild

Venue: Wilmslow Guild

Twice monthly on Thursdays 7:30pm-9:30pm

Each meeting has a speaker on various gardening topics. There are plants for sale at most meetings and a raffle, as well as a library of books and videos that can be borrowed for a small fee.

www.wggardeningclub.wikidot.com/welcome or contact Heather Holmes on 0161 440 8050

Handforth Gardening Society - HGS

Venue: St. Mary's Church Hall

Meets on the 2nd Tuesday of the month at 7:45pm From Sept. to May.

A programme of events is produced every season. We have talks, slides and demonstrations of gardening concerns.

We also organise visits to local gardens and places of interest. New members welcome.

Contact Mrs. Elizabeth Maddock on 01625 537156

Handforth Model Engineering Society

The Park Pavillion, Meriton Road Park, Handforth SK9 3HD

Handforth Model Engineering Society is a group of friends and hobbyists that aims to promote and foster model engineering in all its forms.

Since its inception in 2009, the society has laid a ground level 7¼" track and raised 3½" and 5" tracks in Meriton Road Park. In addition, the park pavilion has been transformed into a clubhouse following extensive refurbishment by members.

Handforth MES is actively involved in the community, working with groups such as

Rainbow Preschool Nursery, Friends of Meriton Road Park, the local council and the Community Service.

New members are always welcome, and can join by filling in our membership form on our website: www.hanforthmes.org.uk or if you would like more information please email:

HandforthTrains@gmail.com

or contact Ian MacKay on:

01625 524483 / 07890 527724



HELP & SUPPORT GROUPS

Age UK - Telephone befriending service

Call in time is for people over 60 who would benefit from the additional support a telephone friendship could provide

0800 4346015 weekly calls (usually 20 mins)

Good day calls - short calls several times a week.

AA Alcoholics Anonymous

MEMBERSHIP IS FREE.

Mon: St Mary's Methodist Church Hall 7:00pm

Mon: United Reformed Church Hall 7:30pm

Wed: United Reformed Church Hall 7:30pm

Fri: Methodist Church Hall 8:00pm

Sat: St Mary's Methodist Church Hall 6:00pm

Sun: St Mary's Methodist Church Hall 7:00pm

Alcoholics Anonymous is a fellowship of men and women to share their experience, strength and hope with others that they may solve their common problem and help others to recover from alcoholism.

Please call Kay: 07802 424241

Dementia Clubs - In together

Venue: Handforth - St Mary's Methodist Church.
Thursdays 2:00pm-4:00pm

Venue: Wilmslow Methodist Church Hall
Monday 2:00pm-4:00pm

These groups are for people with dementia and their carers if they wish to also attend. Join us for tea and coffee, cakes, chat, singing and activities and games.

Contact Katy 01625 53958

Citizens Advice

Our volunteers, through our advice centres, provide free, impartial, independent and confidential advice on most issues from employment, benefits, housing and debt. We deliver the aims and principles of Citizens Advice nationally by offering a comprehensive service of information and advice. We actively work for change on the policies and practices that impact on the lives of our clients.

United Reformed Church

Drop-in - no appointment
Monday 9:30am-12:30pm

St Bartholomew's Church

Appointments only (01625 432847)
Tuesday 10:00am-12:45pm

Oakenclough Children's Centre

Drop-in - no appointment
Wednesday 9:00am-12:00pm

Handforth Clinic

Drop-in - no appointment
Wednesday 1:00pm-3:00pm

Wilmslow Parish Hall

Appointments only (01625 432847)
Thursday 10:00am-12:00pm

Wilmslow Library

Drop-in - no appointment
Thursday 4:30pm-6:30pm

Kenmore Medical Centre

Appointments only (01625 432847)
Thursday 6:00pm-8:00pm



East Cheshire Hospice

Supporting patients and helping them cope following their diagnosis and with their symptoms is at the heart of what East Cheshire Hospice provides, particularly in our Sunflower Wellbeing Centre. Patients with life limiting conditions can often feel fearful, anxious and isolated after diagnosis and the Sunflower Centre provides services and therapies to give them the tools needed to cope. The nurses will work with the patients to put together a personal well being plan, referring the patient on to appropriate services within the Hospice, meeting regularly with them to identify and address their needs.

One of the brilliant therapies available to patients of the Sunflower Centre is Art Therapy, which helps to address the complex issues that can arise following the diagnosis of a life limiting illness. Sometimes it can be hard to talk about difficulties and feelings, so Art Therapy can allow people to express these in a safe environment, using art instead of spoken words.

Frazzled Cafe

Venue: Marks and Spencer Cafe, Handforth Dean.
Signup required via website.



Feeling frazzled or stressed-out by day to day life? You are not alone!

We live in a time where a life crammed to the hilt is considered a success story, yet so many of us are struggling with the pressure and afraid to admit it.

Frazzled Cafe is a registered charity founded by Ruby Wax, OBE, with the mission of providing safe, confidential and non-judgemental peer support meetings where people who are feeling overwhelmed by the stresses of modern life can come together to talk openly and feel heard.

Frazzled Cafe meetings are not about therapy. They provide a space where people can connect with others who understand how they are feeling, without worrying about judgement. They typically last 75-90 minutes and are hosted by a trained Frazzled Cafe facilitator who helps to ensure that everyone has a chance to talk if they want to. Meetings run fortnightly in the Marks & Spencer Café, after the café has closed to the public but the store remains open. Join us, you will be made most welcome!

To book your place, visit www.frazzledcafe.org

Friendship Group

Venue: Oakmere Centre
Thursday weekly 10:00am-12:00 noon
Cost £1 donation

Open to all ages, this friendship group meets to chat, watch demonstrations, listen to visiting speakers and play games, all over a coffee and a slice of cake. We are also looking for volunteers who would be interested in helping to run the group. If you are interested in coming along or volunteering, then either come along to a meeting or email:

localareacoordinator@cheshireeast.gov.uk
or call Oakmere on 01625 525168

Independent Living Centre

Venue: Dean Row Centre

Appointment required.
Monday - Friday, 9:00am - 4:30pm
Tel: 0300 132 5010 (option 3)

Provides information and advice to disabled people, carers and professionals, using a permanent display of equipment to assist with independence and caring. Occupational Therapy staff are available to carry out assessment and give free, impartial advice.

New Leaf

Drop in Centres: Every Tuesday

Venue: Wilmslow Library, 09:30am-11:30am

Venue: Handforth Library, 1:00pm-3:00pm

For those unemployed or economically inactive who want to work or volunteer, but may have barriers preventing them for looking for work, this organisation can help. After meeting locally to discuss your individual needs - they will put you in touch with the relevant partner who, through 1 to 1 mentoring, will help you return to work. They can provide: advice on budgeting, access to training, and help with benefits to name just a few of things that they do.

To refer yourself go to

www.newleafcheshire.co.uk

or telephone 01925 412131

Progressive Supranuclear Palsy

Venue: Sunflower Centre at the East Cheshire Hospice

With help and support from the Sunflower Centre in Macclesfield and the P.S.P. Association, we are hoping to setup a local support group for people caring for someone with any atypical Parkinson condition e.g. P.S.P., C.B.D., M.S.A., M.N.D., etc. If you are interested in obtaining more information about this support group, please feel free to contact Mrs Valerie Wallace on 0161 427 4900
email: Valerie.Wallace@ntlworld.com

Rethink

Venue: Wilmslow Library large meeting room.
First Thursday in month 5pm-7pm.

The Wilmslow Mental Health Group has recently been restarted. The group is open to anyone 18 years old and older who either has their own personal experiences of mental illness, or has a

family member, friend or loved one who has personal experience of mental illness. The group is entirely peer led, run by people who have had personal experience of mental illness. Rethink provide opportunities for members to discuss the challenges of accessing appropriate support to meet their needs. The group is also a great place to make new friends - learn new skills.

Contact: Group contact mobile: 07840 976578
email: wilmslowmhgroup@rethink.org
or Matthew Hyndman, Groups Development Officer North West, mobile: 07767 163381,
email: matthew.hyndman@rethink.org

St Vincent de Paul Befriending Society

A small group of volunteers who visit those in need of friendship or advice, in the Handforth area. They will lend an ear to those who need someone to listen to them in difficult times. They will make regular visits as needed.

Contact: Tony Chadwick on 07749 453776
email: stbenedictschurchhandforth@gmail.com
www.stbenedictshandforth.mycylex.co.uk

Silverline

Silverline operates the only confidential free helpline for older people (55 and over) across the UK open every day and night of the year. Specially trained helpline teams offer information and advice. They help link callers to local groups and services and offer regular friendship calls. Protect and support older people who are suffering abuse and neglect. Offer telephone and letter friendship schemes where they match volunteers with older people based on their interests, facilitating group calls and helping to connect people with local services / organisations in the area.

Helpline: 0800 4708090 or check the website:
www.thesilverline.org.uk

Support Line

Support Line is open to any individual of any age. They are able to take calls on a wide range of issues including relationships, child abuse, anger, bullying, eating disorders, exam stress, self harm, domestic violence, rape and sexual assault, disability, mental health, depression, anxiety, panic attacks, addictions, debt, phobias, conflict, sexuality, health concerns, homelessness, racial harassment, loneliness. **Helpline: 01708 765200 or check out the website: www.supportline.org.uk**

Stroke Club

Venue: Dean Row Chapel Hall
Wednesday 10:00am-12:00 noon. Cost £2
We are a friendly group run by volunteers. We welcome all stroke survivors, but are particularly interested in helping those needing communication support. A brief assessment will be undertaken following your referral, to ensure the group can meet your needs.
Contact: Maureen Bardsley 07970 568401

Linked to the Stroke Club is:

Gentle Exercise to Music

Venue: Dean Row Chapel Hall
Monday 11:00am-12:30pm Fee £5
The class is chair based and involves gentle exercise to music.
Contact: Peter Shaw on 01625 584881

The Hope Centres

They are located in Handforth and Knutsford, and are open from 10:00am-12:30pm

Sessions:

Monday - Knutsford Council Offices, Toft Road, Tea, toast and a friendly chat.
Tuesday Colshaw Community Centre, Ringstead Drive. Craft activities, Wilmslow Job Club, Money Management Courses*.
Wednesday Lacey Green Pavilion, Clough Avenue: Cookery/ Wilmslow Food bank collection (parcels) (referrals only)
Thursday Wilmslow View, Henbury Road, Handforth: Discussion group, parenting courses*
Friday Wilmslow View, Henbury Road, Handforth: Community Bingo.
6:30pm eyes down 7:00pm-8:30pm
All welcome.
Call 01625 525567 for more information

*Courses run periodically throughout the year.

For more information contact:

Jill Williams Co-ordinator on 07799 822432
or call 0800 111 4986 / 07434 961434
Website: info@hampersofhope.co.uk

LIBRARIES

Handforth Library

There are a number of clubs and societies that run within the library. A full list is available from the library. Some examples are: Book Lovers' Group - 5:30-6:30pm - monthly on the second Tuesday of every month. New members welcome. Various IT sessions including Learn

how to use the Internet (Free), IT buddy sessions (£2.50) and Ancestry/Find My Past (£3.50). Sessions rely on staff availability, so please telephone or email for availability.

Tel: 01625 378272 | www.cheshireeast.gov.uk/libraries/nearest_library/handforth
email Handforth.Library@cheshireeast.gov.uk

Wilmslow Library

There are a number of clubs/groups running in the library, so it is well worth giving them a call. Some of these currently include: Book lovers group 2:30pm every 2nd Monday, Reading group 5:30pm every 3rd Thursday. Organisations based at the library include: Citizens Advice, the Jobcentre and Macclesfield Eye Society.

Tel: 01625 374060 | www.cheshireeast.gov.uk/libraries/nearest_library/wilmslow



LUNCHEON CLUBS

Royal Voluntary Service Cheshire

Venue: Honford Hall

Wednesday 12:00pm-1:00pm, Cost £3
2 course lunch served at 12:00. Tea / Coffee.
Age Range: 60+
New members always welcome.
Contact Avril Lethbridge on 01625 520815

Wilmslow URC

Venue: Wilmslow United Reformed Church

Wednesday weekly 12:30pm-1:45pm
Cost £4
Friendship and a 2 course home cooked lunch.
A regular commitment is expected.
Need to ring and pre-book.
Telephone: 01625 532600
email: wilmslow.urb.office@gmail.com or check
Website: www.wilmslowurc.org.uk

Natural History Society (see also Eco and Environmental Group)

Venue: Wilmslow Guild. Thursdays, 7:30pm-9:30pm

Do you enjoy the countryside? Do you wish that you knew a little bit more about plants, animals and fungi? Join other enthusiasts as a member of the Wilmslow Guild's Natural History Society! During the winter, expert speakers deliver illustrated talks on a range of natural history topics and during the summer there is a programme of field trips. Come as a guest to our first meeting to see if you are interested in joining.

For more information, contact David Warner (Chairman) on 01625 874387

Oakmere Centre

Venue: Oakmere Centre

This extra care housing centre offers a weekly programme of activities that are open to both residents and non residents, in the area. Activities on offer are as diverse as Kurling, Country Dancing, Tai Chi, Knit and Natter and Scrabble. There is also a restaurant, which is open daily, serving a mix of hot and cold meals. Booking is needed for Sunday lunch only.

For more information contact the centre on 01625 525168.

PHOTOGRAPHY

Lindow Photographic Group

Venue: Morley Green Social Club

Meeting held Monday, Tuesday and Thursday evenings 7:30pm

We are made up of three separate groups, the Fox-Talbot, Lange and Avedon.

We work through a series of photographic briefs, lectures, practical exercises and demonstrations. If you would like to find out more about the Group and all that we do, then please pop along to one of our Monday night groups Call Richard Weston on 01625 531271 for more information.

email: weston.digitalimaging@gmail.com

www.lindowphotographicgroup.co.uk

Wilmslow Guild Photographic Society



Venue: Wilmslow Guild

Meetings held Wednesday evenings at 7:15pm for 7:30pm

Wilmslow Guild Photographic Society, aka WGPS, is one of the best supported camera clubs in the north west of England and is for everyone who enjoys taking photographs, whether digital camera, smartphone or film camera: from beginner to expert. Our meetings include talks and presentations plus a monthly competition assessed by qualified external judges.

New members are always very welcome and we encourage them to attend as a visitor (£2 per session) first.

Tel: 01625 523903

email: webmaster@wgps.org.uk or check our website: www.wgps.org.uk

SOCIAL & COMMUNITY

Rotary Club

Wilmslow Dean



Our usual meeting day is Tuesday.

We meet at 6:45pm for a 7:00pm start at The Deanwater Hotel, where we have a meal.

Rotary is a worldwide organisation with 1.2 million members. At the Rotary club of Wilmslow Dean, we are actively involved in making a difference in our local communities and also helping those less fortunate. We organise a variety of activities and events including the annual Wilmslow Show, Wilmslow Scarecrow Festival, the Wilmslow Swimathon, as well as trips for the elderly and helping local schools. We also go on social trips, have visiting speakers and awards evenings.

New members always welcome.

For more information contact: Ian Bradley: 01625 524706 or email:

ian.bradley@manchester.ac.uk or check our website: www.wilmslowdeanrotary.org.uk

The Thursday Club

Venue: Honford Hall

Thursday 12:30pm-3:30pm

This club is a social group for those aged 55+. Come along each week tea/coffee and chats, bingo and raffles. On the last Thursday of the month we go out on day trips for e.g. to Cleveleys, Llandudno and Hanley. Some trips are free, otherwise £8 for members or £12 for non members. New members are always welcome.

For more information, contact Jean on 01625 251069 or Norma on 06125 250263

The Thursday Group

Venue: The Bulls Head

Thursday at 8:30pm

Would you like to meet new friends: Are you over 50 and single? Thursday Group is a friendship group for men and women, with several activities run by the members each week. These include walking, dancing, badminton, theatre and restaurant visits. New members can come along to our new members night on the 1st Thursday each month where you will be met by group members or contact **Bill on 07505 076838 or Glenys on 07765 915988**

www.thursdaygroup.co.uk/index.html
or email: tggroup555@gmail.com

Wilmslow Ladies Circle

Meetings usually 1st and 3rd Thursday every month.

Any females between 18 - 45 welcome.



We are a social group of ladies who meet twice a month to try new activities and catch up with friends. We organise social events including meals, drinks, wall climbing, bowling, cinema and cake baking. We also take part in fundraising events including the Wilmslow Bonfire and senior citizens concert.

For more information, check out our facebook page: <https://www.facebook.com/wilmslowLC/> or our website: <http://ladiescircle.wixsite.com/wilmslowladiescircle>

Wilmslow Round Table

Wilmslow SK9 1AA



Meet time: Every second and fourth Thursday at 7:30pm. Wilmslow Round Table are a friendly bunch of lads aged between 18 and 45. We meet twice a month to organise social, sporting and fundraising activities.

Recent social events have included a night at Sale Sharks, scuba diving & go karting. We also have a lads weekend away each year. Another string to our bow, is the fundraising we do for local charities and in recent years we have given thousands of pounds to local charities through our organisation of community events, such as our really successful annual Bonfire and Firework display. We are also part of a national organisation, so we also socialise far and wide too. www.wilmslowroundtable.co.uk

Wilmslow Social Group

Venue: The Coach and Four

This social group is open to anyone aged 30 upwards. If you're new to the area or maybe just at a loose end and want to get out of the house and make some new friends, then why not join our group?

We meet on the last Friday of the month at The Coach and Four and then in between, we have activities including meals out, sunday lunches, walks and ten pin bowling. We limit the numbers to 12, so it isn't too overwhelming.

Email Alex Reid on: alexcreid@yahoo.co.uk

PROBUS CLUBS

Bollin Probus Club

Venue: Morley Green Social Club

Meetings first and third Thursdays of most months, at 10:00am for 10:30am
The Bollin Probus Club, formed in the 1970's, is an enthusiastic and varied group of retired business and professional men living in the local area, who want to keep their mind active whilst enjoying themselves! We have visiting speakers who cover a variety of topics including history, science and beyond, enhanced by a lively audience. There is a bar at the end of each meeting. We hold a number of luncheons including a Ladies lunch and Christmas lunch.

Contact John Yarnall (Club Secretary)
on 01625 524750 or check our website:
www.bollinprobusclub.wikidot.com

Fulshaw Probus Club

Venue: Chorley Village Hall.

Meetings held on the 2nd and 4th Wednesday of the month, at 10:00am for 10:30am
The Fulshaw Probus Club is for retired business and professional men living in the local area. We meet fortnightly to chat, take coffee and hear presentations. We have regular groups for members who are active in bowling, walking and computing. We hold several special events throughout the year including our Christmas and Annual Lunches, a Summer Barbecue and Autumn Hot Pot Supper.

Contact Iain Duncan (Club Secretary)
on 01625 533384 or check out our website:
www.hgtheatre.co.uk/probus

SPORTS

Badminton Wilmslow Badminton Club

Venue: Wilmslow Preparatory School
Sports Hall. Tuesday 8:00pm-10:00pm
Open to everyone including beginners. The Group is for those who simply want to play.
Contact: Mick Peel on 01625 522168

Parsonage Badminton Club

Venue: Handforth Scout Hut
Meet Wednesday: 10:00am-12:00 noon
Newcomers are always welcome.
Contact: Margaret Garner on 01625 250492

Bowling

Venue: Handforth Hall Tennis Club
Handforth Hall Tennis Club also has an active bowling team.
If you require any further information contact Margaret Robinson, Membership Secretary on 01625 522658

Conservative Bowling Club

Venue: Conservative Club, Wilmslow
For more information, please contact the Bowling Secretary Mr M Bradley 01625 523976

Short Mat Indoor Bowls

Venue: Wilmslow Guild
Monday at 1.15pm-3.30pm
Indoor Bowls is played in the Guild Main Hall every Monday afternoon during term time. Bowls available if needed at no extra charge. Come and enjoy a good game at a good venue with great company. The cost is £29.00 to join the club plus £1 per person per session (includes a cup of tea and a biscuit). Please note flat sole shoes only.

Contact Chris Chadwick on 01625 583495

Waggon and Horses Bowling Club

Venue: Behind The Waggon and Horses public house, the club has Ladies and Gents of all ages - from teens to nineties.

We have outdoor green and indoor bowls.

Come along to watch or contact
Lana Naughton on 07931 682729

Wilmslow Bowling Club

Venue: Wilmslow Bowling Club

Founded in 1864 we are "The Friendly Club" for Ladies, Gents and Juniors. We offer something for all ages and new members are always welcomed. We have competitive league bowling as well as beginners coaching. We are a social club and also welcome non playing members.

Contact - 01625 525614 or 01625 538990
email: secretary@wilmslowbc.net
www.wilmslowbowlingclub.net

CRICKET CLUBS



Lindow Cricket Club

Lindow Cricket Club is an established amateur club in Wilmslow that welcomes new members from aged 6 upwards to senior members.

The club plays at 2 grounds and has 4 senior teams all competing in the Cheshire County League as well as 14 junior teams competing in various leagues in Cheshire.

Please come down and enjoy our bar and our sun terrace which is open regularly and all weekend during the season. Open to members and non-members. If you have recently moved into the area or just wish to change club, please contact Ben Tyler (Seniors) on 07583 023212 or Joanna Espley (Juniors) on 07702 888836 email: enquiries@lindowcc.co.uk website: www.lindow.play-cricket.com

Wilmslow Cricket Club



Venue: Wilmslow Leisure Centre

Established 1946 Wilmslow Cricket Club offers the chance to play cricket to anyone, irrespective of age, gender and ability. If you would like to play then contact the club.

Alternatively just come down to Rectory Field and introduce yourself. Practice Nights are:

Seniors - Tuesdays 8:30pm-9:30pm
Wilmslow High School.

Juniors - Wednesdays 6:30pm-7:30pm
Holmes Chapel Leisure Centre.

Note: All age groups practice outdoors from 9th April at the Rectory Field from 6pm every Thursday night.

Contact The Club Chairman on 01625 585997
Website: www.wilmslowcc.co.uk

Wilmslow Wayfarers Cricket Club



Venue: Oakwood Farm Oval

Established in 1961, Wilmslow Wayfarers are one of the newest up and coming clubs in Cheshire. We are a small, friendly club, run by volunteers, aiming to be part of the local community. On the pitch we run 2 adult teams on a Saturday, plus competitive and friendly teams on a Sunday and Wednesday as well as a growing junior section. Interested in joining, or watching a game, then contact: 01625 527494, email: wilmslowwayfarers@gmail.com www.wilmslowwayfarers.play-cricket.com

RAMBLING

East Cheshire Ramblers

East Cheshire Ramblers is a group within the UK Wide Ramblers organisation.

Most members live around Wilmslow and Macclesfield. We organise several walks each week. We have an active footpath maintenance group and our members undertake an annual

survey of all the public footpaths in the area. Non-Members can try three weeks before deciding whether to commit. Our walks are graded by length and degree of difficulty. From May onwards, we also run a summer walking programme.

For more information check our website www.ramblerseastcheshire.org.uk or contact Jane on 01625 427444

RUNNING CLUBS

Styal Running Club

Venue: Spindles Health Club

Run on a Tuesday and Thursday at 6:00pm as well as Saturday and Sunday mornings which are training runs for forthcoming events.

We are a small, friendly club. We are a mixed ability group and we welcome all newcomers, no matter how fast, slow, little or large.

For more information, check out our website: www.styalrunningclub.co.uk or call our Club Secretary, Tony Collier on 07756 752357

Wilmslow Running Club

Venue: Wilmslow Rugby Club

In addition to competing at a local and county level, the club is involved in organising the Wilmslow Half-Marathon, the North West's

premier half-marathon. We also organise the Mobberley Round The Runway 5 and the Wizard 5. The club aims to offer a supportive and friendly environment for all runners keen to improve their performance.

If you are interested in finding out more information check out our website: www.wilmslowrunningclub.co.uk

Wilmslow Park Run

Venue: The Carrs Park
Every Saturday at 9:00am.

This is a weekly, free, 5 km, non competitive, timed run. We run for our own enjoyment. The runs are open to anybody, regardless of ability and pace. Afterwards, join us for a coffee.

You must register beforehand at www.parkrun.org.uk. Or, if you wish to help out, email: wilmslowhelper@parkrun.com.

Table Tennis

Currently there are active table tennis clubs at both: Handforth Hall Tennis Club and Lindow Tennis Club. For more information on Table Tennis see the individual 'Tennis' clubs on page 25.

Check out the website: www.wilmslowtabletennis.co.uk

TENNIS CLUBS

Croftside Tennis Club

Venue: Croftside Tennis Club

Croftside is a friendly tennis club, established in the 1930's. We have 3 artificial courts plus a pavillion. All standards and ages are welcome, including complete beginners. There is a strong family atmosphere in the club and a warm welcome for anyone. There are no league teams.

Sunday morning is mixed social tennis and Thursday evening is Ladies tennis.

For more information contact Sue Bowden on 01625 583383 or check out the website: www.croftsidetennis.club

Handforth Hall Tennis Club

Venue: Handforth Hall Tennis Club

Handforth Hall Tennis Club was founded in 1850 and has been running as a family friendly club ever since. Currently the club has 2 adults teams playing the North East Cheshire Lawn Tennis Leagues. The Men's first team play in Division 4, whilst the Ladies 1st team compete in Division 8. We have social tennis sessions on a Wednesday and Saturday afternoon and Friday night social carpet bowling.

Contact Margaret Robinson, Membership Secretary on 01625 522658

Wilmslow Hockey Club

Venue: Oakwood Farm

Wilmslow is a growing and inclusive hockey club with a history of multiple generations of family members playing for the club. We field 5 men's, 5 ladies teams plus 2 junior teams. Our social activities and comfortable clubhouse are our way of including supporters.

Lindow Lawn Tennis Club

Venue: Lindow Lawn Tennis Club

We are a small and friendly neighbourhood club. We have 3 artificial grass courts and a well equipped club house. We welcome members of any standard to join us for social and competitive tennis all year round.

Check out the website: www.lindowltc.org.uk or call our Club Secretary Norma Lynn on 01625 527159

email: robnorma@btinternet.com

We also have a very successful table tennis club.

Contact: Owen Sherbourne

Owen.sherborne@usdaw.org.uk

Pownall Tennis Club

Venue: Pownall Tennis Club



Pownall Park Tennis Club is undergoing a major improvement programme to its already fantastic setting. This will help to ensure its future as an outstanding tennis facility for all ages and abilities in Wilmslow, Cheshire. There will be a new clubhouse, court resurfacing and fencing replacement with plans for new floodlights. We have 2 Men's teams, 1 Ladies and 4 Junior teams. We offer coaching for all levels. New members always welcome.

Contact: 01625 549877

www.clubspark.lta.org.uk/PownallParkLTC

We welcome new players of all ages and experience as well as non-playing volunteers and visitors who just want to watch an excellent game of hockey!

If you are interested, either visit the website at:

www.wilmslowhockey.org.uk

or email: secretary@wilmslowhockey.org.uk

or phone Martin Stocker, Club Secretary on

07970 925131

Wilmslow Lightning Netball Club

Venue: Wilmslow High School. Back to Netball trains on Thursdays 8:15pm-9:15pm

Wilmslow Lightning is a local netball club, established in September 2007. Our training venue is based at Wilmslow High School, although we also use Wilmslow Leisure Centre for some training. The club has a number of girls

teams, plus a senior team. We also have a Back to Netball section which is open to all ages and abilities and is proving to be very successful with ladies who want to get back to playing netball or just as a means to get fit.

If you are interested in playing or wish to volunteer, then please email:

membershipwnetball@hotmail.com | [oview our website: www.wilmslowlightningnetball.co.uk](http://www.wilmslowlightningnetball.co.uk)

Wilmslow Squash Club

Venue: Wilmslow Leisure Centre

We are a friendly group, covering a wide range of standards from improvers upwards. The club provides an informal environment for meeting new players, improving or enhancing your game, experiencing squash at a semi-competitive level or simply playing for pleasure. We have leagues and competitions as well as club nights, which are held on a monthly basis

from 7:15pm-10:15pm on a Tuesday, Wednesday or Thursday, meeting on the balcony at the Leisure Centre. Afterwards we meet at the King William Hotel where sandwiches are provided and prizes awarded. The cost of joining is £10 per annum. If you are interested in finding out more, contact: [David Broadbent on 01625 523956](tel:01625523956) email: info@wilmslowsquashclub.co.uk or our website: www.squashclub.hostinguk.org

THEATRE / DRAMA CLUBS

The Wilmslow Guild Players

Venue: Wilmslow Guild. Tuesday 7:30pm

For over 80 years we have been entertaining audiences with a range of comedy, drama and our ever popular Christmas pantomime. We also present an annual competitive festival of one-act plays. Experienced hands and newcomers will receive a warm welcome to our friendly group. Opportunities are available in acting, directing, lighting, sound, set design/construction, stage management, wardrobe, play selection/casting, front of house and publicity.

If you are interested, please contact [Grace Reed](mailto:Grace.Reed@wgp.org.uk) or [David Basnett](mailto:David.Basnett@wgp.org.uk) on 0161 2572145 www.wgp.org.uk or email: info@wgp.org.uk

Alderley and Wilmslow Musical Theatre Company (AWMTC)

Venue: Rehearsals: Wilmslow British Legion. Monday 7:30pm-10:00pm



AWMTC will give you a warm welcome whether you want to appear on stage or would prefer to get involved backstage with set design, props, wardrobe or wigs. We perform 3 shows a year - around May, then for the last few years we have also performed at the Lowry in July and finally, our main show is in November at the Evans Theatre at the Wilmslow Leisure Centre. It's great fun and you don't need experience, just enthusiasm and the desire to be part of a team.

Contact [Tina Spiers](mailto:Tina.Spiers@awmtc.co.uk) on 07949 129211 email: tina.awmtc@gmail.com or check our website: www.awmtc.co.uk

The Guild Theatre Club

Venue: Wilmslow Guild

This large, friendly and very popular club, arranges coach trips to theatres throughout the region, and sometimes beyond. We cater for all tastes. We average about fifty trips a year. Members are issued with booking forms every two months from which to make their selections. Most trips take place on weekday evenings but some Saturday trips are arranged to venues further afield, from Keswick in the north down to Malvern in the south, and from Mold in the west across to Sheffield and Leeds in the east. Members join coaches at car parks in Wilmslow and are escorted to the theatre by a guide.

Contact Harry Lowe on 01625 537134

Wilmslow Green Room Theatre

Venue: Wilmslow Green Room Theatre

This is one of the oldest Amateur Dramatic Societies in the country, having been founded in 1924. Each season, we have six in-house productions, plus a short open air theatre run at Quarry Bank in Styal.

No special skills are needed - apart from interest, enthusiasm, commitment and some time to give. There are opportunities for getting involved in activities front of house, or back stage, or on stage. You will meet others, make new friends, and be able to contribute to the success of our own little theatre.

For more information, contact 01625 540933

Website: www.members.aol.com/wgrsoc

The Wilmslow Guild

Venue: Wilmslow Guild

Wilmslow Guild delivers courses in Wilmslow and at community venues in surrounding areas. The Guild offers learning for pleasure. There are numerous events, courses and groups, which include: music, dancing, bird watching, drama, archaeology, history, jewellery making, art, bridge, politics, film and languages.

For more information, contact 01625 523903 or check out the website: www.wilmslowguild.org

Volunteering

Volunteering is a good way to combat loneliness, to meet people and connect to your community. It can boost the quality of your life and help you feel happier and healthier. It can help you to improve your confidence and self esteem. You can make a real difference, bringing benefits to both the person volunteering and the organisations they support. There are many volunteering opportunities locally.

To find some of them check out one of the volunteering websites: www.do-it.org



WALKING SPORTS

Walking Football

Venue: Wilmslow Leisure Centre

'A slower version of the beautiful game'

Every Monday 9:15am-10:15am

This is a drop in football session for members of the public, mainly aimed at 50+ years old, or individuals, who have injuries and are recovering, with an emphasis on having fun and to stay healthy, in a safe environment.

All sessions cost £4.00 or free to members

Contact 01625 533789

Walking Netball

Venue: Wilmslow Leisure Centre

Every Wednesday 10:15 -11:15 Per session £4.

Perfect for people who want to take part in a team sport, but at a slower pace. It's a wonderful way of getting some exercise with lots of fun, laughter and camaraderie. Ideal for over 50's, or anyone wishing to increase their exercise and activity levels in a fun & friendly environment.

Contact 01625 533789

Nordic Walking Group

Venue: Wilmslow Leisure Centre

Nordic walking makes something anyone can do, twice as effective by getting your upper body moving too. The poles workout your upper body muscles and propel you along, making it feel easier to walk even though you are burning 46% more calories versus normal walking. A great way to get active - make friends.

For more information call 07593 448403

email: nordic.walking@everybody.org.uk

www.everybody.org.uk/nordicwalking



Wilmslow Symphony Orchestra

Venue: Honford Hall

Friday evenings.

The Wilmslow Symphony Orchestra was set up shortly after the Second World War, in 1947. In April 1983, the orchestra adopted a new concert venue - the new Wilmslow Leisure Centre and the Evans Theatre has remained the main performance venue ever since.

As a large symphony orchestra our repertoire is ambitious and includes works by Elgar, Nielson, Strauss, Britten, Janacek, Holst, Debussy, Stravinsky, Mahler and Shostakovich and many others and also more contemporary works. Wind, brass and string groups play out in the local community.

Some of the venues include Handforth Dean, Sainsbury's, Waitrose, The Old Dancer, at St Bart's and St Chad's Churches and in 'Parties on the Carrs'. We have also accompanied many of the local choral societies.

We are always happy to hear from anyone interested in playing with us.

For more information check our website:

www.wilmsloworchestra.co.uk

Wilmslow U3A (University of the third age)

Venue: United Reformed Church Hall

Monthly meetings 4th Wednesday of the month at 2:30pm. The U3A is an ideal 'mental and physical tonic' for retired people. U3As are learning cooperatives which draw upon the knowledge, experience and skills of their own members. Wilmslow U3A holds regular monthly meetings with an invited speaker. In addition, members can attend any of the special interest groups where members can teach and learn from each other on their own interests. Current groups at Wilmslow include: art, languages, music, history, life sciences, philosophy, cycling, bridge, computing, crafts, photography, walking and Real Ale appreciation.

Visit www.u3a.org.uk

email: chairman@wilmslowu3a.org.uk



Writing for Wellbeing Group

Venue: Wilmslow Guild

Thursday 7:00pm-9:30pm

A series of sessions to help you discover and develop yourself.

Dozens of experiments around the world have proved that writing about thoughts, emotions and experiences can be beneficial to physical and mental health. Writing has helped people improve performance, come to terms with life's ups and downs and reduce anxiety and depression.

The course is aimed at anyone looking to get more from life, and who is prepared to explore and discover in a group situation.

If you have questions as to whether the sessions are suitable for your needs, especially if you have recently experienced loss or trauma, contact the facilitator:

Judi Goodwin on 07799 644000
01625 439000

Women's Institute - WI



The Women's Institute (WI) was formed in 1915 and is now the largest voluntary women's organisation in the UK. Open to women aged 18 upwards. It is a chance to meet new friends, listen to interesting speakers or try out a new hobby.

There are three local groups:

Dean Row, Dean Row Village Hall. Meeting on the 1st Wednesday of the month at 2:00pm

If you are interested, contact: susan.tinsley@sky.com or check our website: www.deanrowwi.org

Fulshaw, St. Anns Primary School. 3rd Monday at 8:00pm.

If you are interested, email Wendy at: fulshawwi@yahoo.co.uk or check our website:

www.fulshawwi.org.uk

Row of Trees cum Wilmslow, St John's Lindow Church Rooms. Meeting: 2nd Thursday at 2:00pm.

Contact the President Mrs Pam Townsley on 01625 529177 or the Secretary on 01625 472410

or check our website on www.cheshirewi.org-uk/row-of-trees-cum-wilmslow

GROUPS AND CLUBS VENUES

Chapel Court, Hawthorn Street, Wilmslow. SK9 5EN

Chorley Village Hall, Knutsford Road, Alderley Edge. SK9 7SH

Croftside Tennis Club, Meadow Way, Wilmslow. SK9 6JL

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

Dean Row Chapel Hall, Chapel Road, Wilmslow. SK9 2BX

Dean Row Village Hall, Browns Lane. SK9 2BR

Hallmark Hotel, Stanley Road, Handforth. SK9 3LD

Handforth Hall Tennis Club, Woodlands Road Handforth. SK9 3AW

Handforth Library, Wilmslow Road, Handforth. SK9 3ES

Handforth Scout Hut, Old Road, Handforth. SK9 3AZ

Honford Hall, South Acre Drive, Handforth. SK9 3HN

Lindow Cricket Club, Upcast Lane, Wilmslow. SK9 6EH

Lindow Lawn Tennis Club, Cumber lane, Wilmslow. SK9 6EF

Marks & Spencer, Coppice Way, Handforth, Wilmslow. SK9 3PB

Morley Green Social Club, Moberley Rd, Wilmslow. SK9 5NT

Oakenclough Children's Centre, Colshaw Drive, Wilmslow. SK9 2PZ

Oakmere Centre, 6 Spath Lane, Handforth. S9 3QP

Oakwood Farm, Styal Road, Styal (ent opposite Quarry Bank Mill) SK9 4HY

Pownall Tennis Club, 51 Carrwood Rd, Wilmslow. SK9 5DN

Spindles Health Club, Airport Inn, Altrincham Rd, Wilmslow. SK8 4LR

St Anne's Church Hall, Nursery Lane, Wilmslow. SK9 5JG

St Benedict's Roman Catholic Church Hall, 10 Hall Rd, Handforth. SK9

St Chad's Church Hall, Handforth Road, Handforth. SK9 3ES

St John's Lindow Church Rooms, Knutsford Road. SK9 6EL

St Mary's Methodist Church, Wilmslow Rd, Handforth SK9 3LF

St. Ann's Primary School, Nursery Lane, Wilmslow. SK9 5JQ

The Bulls Head, Wilmslow Road, Handforth. SK9 3EW

The Carrs Park, Cliff Road Wilmslow. SK9 4AA

The Coach and Four, 69-71 Alderley Road, Wilmslow. SK9 1PA

The Deanwater Hotel, Wilmslow Road, Woodford, Cheshire. SK7 1RJ

The Park Pavillion, Meriton Road Park, Handforth. SK9 3HD

The Waggon and Horses, 14 Windermere Road, Handforth. SK9 3JZ

Unit 4, 3 Hawthorn Lane, Wilmslow. SK9 1AA

United Reformed Church Hall, Chapel Lane, Wilmslow. SK9 1PR

Wilmslow Conservative Club, 15 Grove Avenue, Wilmslow SK9 5EG

Wilmslow British Legion, 10 Grove Avenue, Wilmslow. SK9 5EG

Wilmslow Green Room Theatre, 85 Chapel Lane, Wilmslow. SK9 5JH

Wilmslow Guild, 1 Bourne Street, Wilmslow. SK9 5HD

Wilmslow High School, Holly Road, Wilmslow. SK9 1LZ

Wilmslow Leisure Centre, Station Road, Wilmslow. SK9 1BU

Wilmslow Library, South Drive, Wilmslow. SK9 1NW

Wilmslow Methodist Church Hall, Kings Close, Wilmslow. SK9 5AR

Wilmslow Parish Hall, Cliff Road, Wilmslow. SK9 4AA

Wilmslow Prep School Sports Hall, Grove Avenue, Wilmslow. SK9 5E

Wilmslow Rugby Club, Pownall Park, Wilmslow. SK9 5PZ

Wilmslow United Reformed Church, Chapel Lane, Wilmslow. SK9 1PR

Wilmslow Bowling Club, Green & Clubhouse Facilities,

18a Knutsford Road, Wilmslow. SK6 6JA

Whilst every effort has been made to check the validity of the information provided, Handforth PPG cannot be held responsible for any potential errors or omissions in the material. The information presented in this booklet has either been supplied by or checked with each individual group and is correct at the time of going to press. Some groups did not want to be represented and their wishes were respected.

This document is also available via the dedicated Connect website:
<https://handforthppgconnec.wixsite.com/connect>

If you are a member of a club, group or organisation that is not mentioned and think that it would benefit the community to be mentioned, then please email HandforthPPG.Connect@gmail.com with your comments and recommendations, or complete the form on the website. If you are currently mentioned and wish to change/remove your details, please also contact us either via email or the via the website. (Please note that this mailbox is infrequently checked).

All details will be updated/checked prior to the next publication of the booklet.

You can also add details of your group to Live Well Cheshire East. You'll find useful information and advice on a range of subjects, and an easy to use directory of over 3,000 services and activities in your area.

Many thanks go to our supporters, including:

- Handforth Patient Participation Group (PPG)
- The Doctors and staff at Handforth Health Centre
- The Right Honourable Esther McVey, Member of Parliament for Tatton
- Val Burlison, Community Development Officer
- Cheshire East Council
- The Bollin Partnership
- Reverend Dr. Kirsty Thorpe
- Handforth Parish Council
- Wilmslow Town Council.

Funding to produce, print and distribute this document has been kindly provided by Cheshire East Council, Handforth Parish Council and Wilmslow Town Council.



HANDFORTH
PARISH COUNCIL



www.cheshireeast.gov.uk/livewell

'CONNECT' EDITION 1:
SEPTEMBER '19
-
TYPOGRAPHICS
DESIGN FOR PRINT

Statistics and quotes from The Guardian, 12th October 2017: Campaign to 'End Loneliness' and Age UK.

- For 3.9m older people in the UK the television is their main form of company.
- According to the estimated 1.1 million over 65's in the UK who are chronically lonely, they are more likely to develop heart disease, depression and dementia.
- Loneliness can be as harmful for health as smoking 15 cigarettes a day, and can increase the risk of premature death by 30%.
- Loneliness costs UK Employers £2.5 billion per year.
- 200,000 pensioners have not enjoyed a conversation with friends or family for more than a month.
- 52% of lonely people miss being together with someone.
- 51% miss laughing with someone.
- 46% miss not having a hug.
- More than 1 in 10 men say that they are lonely, but would not admit it.

Facts taken from the 'End Loneliness' Campaign website.

Loneliness and physical health

- Loneliness increases the likelihood of early mortality by 26% (Holt-Lunstad, 2015).
- The effect of loneliness and isolation on mortality is comparable to the impact of well-known risk factors such as obesity, and has a similar influence as cigarette smoking (Holt-Lunstad 2010).
- Loneliness is associated with an increase risk of developing coronary heart disease and stroke (Valtorta et al, 2016).
- Loneliness increases the risk of high blood pressure (Hawkey et al 2010).
- Lonely individuals are also at higher risk of the onset of disability (Lund et al, 2010).

Loneliness and mental health

- Loneliness puts individuals at greater risk of cognitive decline (James et al, 2011).
- One study concludes lonely people have a 64% increased chance of developing clinical dementia. (Holwerda et al, 2012).
- Lonely individuals are more prone to depression (Cacioppo et al, 2006) (Green et al, 1992).
- Loneliness and low social interaction are predictive of suicide in older age, (O'Connell et al 2004).

Campaign to
End Loneliness