


Help and support over the Christmas period

Please note some of the areas that we cover within Cheshire East may have localised support over this period but prefer not to be promoted on this. Please contact your Local Area Co-Ordinator for further information and they may be able to help you.

Crewe and Nantwich areas (including Alsager and Sandbach)

Wishing Well Meal Delivery

Please see below the information shared by Wishing Well for the support and Meals being delivered over the Christmas period for any of those who may need this help including their Christmas presents to the vulnerable and elderly. For the meals they deliver to the following areas; **Crewe, Nantwich and Rural, Haslington, Shavington, Willaston and Wistaston areas, Sandbach and Alsager** but please ask as they will help where they can in the South of Cheshire. Please expand documents below to see further information and order details. The meals are **£4.75 per meal**



Dear Customer

During Christmas & New Year period we will be delivering 2 days meals on the following dates. Please can you tick the box if you want a dinner on these days.

Name:		Please tick
Wednesday 23 rd December	Delivered as normal	<input type="checkbox"/>
Thursday 24 th December	Delivered Thurs 24 th Dec	<input type="checkbox"/>
Christmas Day 25 th	Delivered Thurs 24 th Dec	<input type="checkbox"/>
Saturday 26 th December	Delivered Sat 26 th Dec	<input type="checkbox"/>
Sunday 27 th December	Delivered Sat 26 th Dec	<input type="checkbox"/>
Thursday 31 st December	Delivered Thurs 31 st Dec	<input type="checkbox"/>
Friday 1 st January 2021	Delivered Thurs 31 st Dec	<input type="checkbox"/>
Saturday 2 nd January	Delivered Sat 2 nd Jan	<input type="checkbox"/>
Sunday 3 rd January	Delivered Sat 2 nd Jan	<input type="checkbox"/>

Meals delivered as normal from Monday 4th January 2021

Please let us know if you want any extra days or need to cancel any other days over the Christmas period.

Please ring 01270 256919 or email gill.tarrant@wishingwellproject.net if you have any queries.

Please turn over to see our Christmas Menu.

- Monday 21st**
Savoury Mince, Mash, Carrots & Green beans. - Roly Poly & Custard
- Tuesday 22nd**
Bacon Chops, Black pudding, Mids, Peas, Cauliflower- Crumble & Custard
- Wednesday 23rd**
Meat & Potato Pie, Mash, Mushy peas – Lemon sponge & Custard
- Thursday 24th**
Lamb Casserole, Broccoli & Swede – Christmas Pudding
- Friday 25th**
Turkey, Stuffing, Pigs in blankets, Roast potatoes, Mash, Carrots & Peas. Followed by Fresh crème trifle.
- Saturday 26th**
Pork Wellington, Mids, Parsnips, Green beans. - Ginger Sponge
- Sunday 27th**
Roast Beef, Yorkshire Pudding, Roast potatoes, Mash, Carrots & Peas. Followed by Cheesecake
- Monday 28th**
Sausage & Mash, Carrots, Swede – Rice pudding
- Tuesday 29th**
Pork Lion Steak, Mids, Cauliflower & Peas. Strawberry Meringues.
- Wednesday 30th**
Stew & Bap, Followed by Fruit Crumble
- Thursday 31st**
Gammon & Pineapple, Mash, Carrots & Peas, Mince Pie & Custard.
- Friday 1st**
Turkey, Stuffing, Pigs in blankets, Roast potatoes, Mash, Carrots & Peas. Followed by Festive Cake.
- Saturday 2nd**
Savoury Mince, Mids, Sprouts & Carrots, - Apple Strudel
- Sunday 3rd**
Roast Pork, Stuffing, Roast Potatoes, Mash, Carrots & Peas

We are proud to partner with Wishing Well and their campaign to provide a gift to 300 vulnerable older people this Christmas.

To widen their collection and distribution of gifts we are now a drop off point for Nantwich.

Gift ideas include biscuits, chocolates, bed socks, scarves, hot water bottles but no alcohol.

Drop off point at our Nantwich office

Your gifts can be dropped off at our offices (located between Sainsburys and B&M) at:
 15 Regent House, Princes Court, Beam Heath Way Nantwich CW5 6PQ
 Tel: 01270 667288 | Email: enquiries@surecarecentral-cheshire.co.uk
 www.surecare.co.uk/central-cheshire
 www.wishingwellproject.com

Christmas Gift for the Elderly

Can you help care by sharing this Christmas?

At Wishing Well we reach out to over 300 older people. This Christmas we would like to give them a small gift so we are asking for your help.

By supporting us to combat loneliness and isolation we can show our elderly that we do care.

This year matters more than ever as not everybody will have a visitor and many may feel vulnerable and are concerned about leaving the house.

How can you help?

If you would like to get involved please drop off your Christmas gift donation (no alcohol please) to Wishing Well, Jubilee House. If you want us to collect the donation please contact Gill on 07720 916719 OR Emma on 07493 138851.

Can we please ask that your gift is not wrapped but if you feel you can donate a gift bag and/or Christmas card then that would be great.

Registered charity (1180756)

For more information on how to help please contact:
 Jubilee House on 01270 256 919
 or email gill.harwell@wishingwellproject.co.uk

Gift ideas

- Chocolate
- Nice box of biscuits
- Gift sets
- Hand cream
- Bed socks
- Hot water bottle
- Scarves

Congleton

Old Saw Mill and Big Heart Luncheon Club

Would you like lunch every Friday delivered to your door for £4*

A main meal and a pudding, veggie option available, will be delivered to your door Friday morning chilled ready to microwave or oven heat at a time to suit you!

The Big Heart Luncheon Club was held at the United Reformed Church and St John's Community Centre Buglawton until 'lockdown'.

Since then meals have been delivered to people's homes.

We can extend the scheme to more folks in the town who are socially isolated and would benefit from this service.

Provided by The Old Saw Mill Community Café and sponsored and subsidised by Congleton Town Council for anyone socially isolated and living in Congleton.

Turn over for more information.

*Talk to us if you can't afford to pay.

Call the Town Council on: 01260 270350 ext 1 to apply!

Despite our restrictions, we aim to help those who would benefit from our community service.

The Old Saw Mill is working with Congleton Town Council have been delivering meals to people's doors in the Congleton area that are socially isolated and would benefit from this support and they will be delivering a meal on Christmas Eve for those who are registered with them they would need to contact the Town Council on 01260 270350 extension 1 to apply.

In addition to this the Old Saw Mill will also be delivering to those who are not part of the Big Heart Luncheon Club but just want a one off 2 course meal with all the trimmings for £10.00 on Christmas Eve and for this request you would contact them directly via email to info@theoldsawmill.org with the name and address of the person, any dietary requirements, any difficulties answering the door, pay when delivered or via email and contact phone number.



Congleton Cares Gift Bag

A small gift bag to distribute to those people who were isolated and who lived alone and would not have company over the Christmas period. The bags of Christmas goodies are just to cheer people up a bit and help them feel a bit cared for at this lonely time. For more information please speak to Jo Money if you think you know somebody in Congleton may need this on 01260 270908 or 07833 742200

Sandbach Areas



Symphony Meals at Sandbach Rugby Club over December

- Andy is offering a free meal to people in Sandbach on Wednesday 9th December, they will be delivered by Andy and his team of volunteers. Andy would like a list of people who would benefit from having this meal, he is cooking for 100.
- Andy is delivering hot meals to Heath View & Latham Court on Tuesdays on Thursday. Andy will supply meals to other groups and will give a discount for bulk orders. (e.g. Latham & Heath View pay £6 per person for 2 courses)
- Andy is making Turkey dinners on Sundays which can be collected from Sandbach Rugby Club throughout December the cost is £6.50 (£7.50 if delivered in Sandbach only).
- On Christmas day Andy is offering Christmas dinners for £15 collected from Rugby Club, Andy can also deliver in Sandbach, but would like volunteers and funding to make the meals less costly and reach more people. Volunteers are also welcome to help to deliver meals on Christmas day

For more information please contact Andy Call/text 07768964081

Middlewich



Cornerstone Community Kitchen

What's for Tea?

Menu changes daily and delivered to your door for free!
Mon - Sat before 7pm (order by 4pm on the day)
Sunday before 4pm (order by 12pm on the day)
CW7 postcode (for now)

Place your order - whatsfortea.net

NEW!

What's For Tea Weekly Subscription
Available to OAPs or Vulnerable people
living in isolation

£25 per week (Mon - Sun)

What's for Tea delivered free every day
Plus a free grocery box with;
'Toilet roll, soap, bread, milk and fruit.
delivered each week

All food freshly prepared on the day of delivery.
Delivered chilled to your door with heating or
freezing instructions.

When ordering "what's for tea?", you may add items
from our grocery supplies poster.
For information or help
Call : 07771985129 Email : admin@thehivelive.org



Brought to you by The Hive &
The Weaver Valley Co-op Volunteers



CCK

Damon and the team will be will deliver meals possibly on Christmas Day, but more likely on Christmas Eve for the next day. **For further information or help, call 07771 985 129 or email admin@thehivelive.org**

Knutsford



KNUTSFORD LIONS, WELCOME & HOPE CENTRAL **CHRISTMAS DAY LUNCH**



-for people who live alone or unable to cook for themselves

- A HOT CHRISTMAS LUNCH DELIVERY is being planned by Knutsford Lions, the Welcome and Hope Central for people in the Knutsford area.
- The lunch includes a traditional Turkey Dinner, Christmas pudding and other goodies.
- The lunch will be freshly cooked at the Welcome and delivered to you by our volunteer drivers.



For more information or book a delivery, please contact the Welcome -
Telephone: 01565-750905 or email: info@thewelcome.org.uk

Sunrise Moberley are also doing some Christmas Shoe Boxes which will be donated to Cheshire East residents that need them

CHESHIRE EAST SHOEBOX APPEAL

Merry Christmas

SUNRISE SENIOR LIVING



Due to the number of elderly people alone this Christmas, Sunrise of Moberley have launched a Shoebox Appeal. The boxes are to be filled with Christmas Treats.

Find a Shoebox – Fill with Gifts & Donate

Pack A Shoe Box
Get an empty medium sized shoebox, wrap the box in a colourful wrapping paper.
Attach appropriate Man or Lady Label

Fill with Gifts
Fill your shoebox with a selection of Christmas Treats, personalise by including a hand written note and photos of yourself, your group or family

SUNRISE SENIOR LIVING

Donate Give to Concierge
Take your completed Shoebox to the Concierge Desk at Sunrise of Moberley from there they will be donated to Cheshire East for local residents living in the Cheshire East area.



Macclesfield



Join Us For Some Warm Food,
Music and a Lovely Festive Atmosphere

Christmas Day 2020

On the Cobbles Outside St Michael's Church
Food will be served from 12pm-2:30pm.

Father Christmas will be with us!

All individuals and families welcome that
need some Christmas Food.

STRICT COVID GUIDELINES WILL BE FOLLOWED

Organised by Reach Out and Recover,
Macclesfield Lions and The Church of Jesus
Christ of Latter - Day Saints

Please contact 01625 619106 for further details.

Cre8's BIG GIVE 2020

Once again Cre8 will be getting together on Christmas Eve for **THE BIG GIVE 2020** to distribute gifts and food to households on the Moss Estate and wider across Macclesfield.

If you would be willing to volunteer on Christmas Eve, or would like to donate any BRAND NEW toys to us, please get in touch with Katy at katy.wardle@cre8macclesfield.org or call the office on [01625 503740](tel:01625503740)

In addition to this Cheshire Streetwise are putting together some Christmas Shoe Boxes too for the vulnerable



Cheshire Streetwise CIC

Maggie at Streetwise is doing a meal at a restaurant Christmas Eve lunchtime. The shop on 72 Mill Street, Macclesfield provides a food parcel, gift box and Christmas dinner take away on Christmas eve 10am - 12pm. Open again Monday 28th for food parcels. The meals are chilled.



Cheshire Streetwise

23 November at 10:42 · 🌐

SHOEBOX APPEAL!

We are now collecting shoeboxes to distribute around Macclesfield this Christmas 🎄 📦

Please include items such as socks, hats, gloves, tissues, hand sanitizer, toiletries, small gifts and sweet treats ❤️

Please donate to 72 Mill Street, Macclesfield between 10 and 12 on a Monday or Friday

Let's make everyone's Christmas special this year 🥰

PLEASE SHARE!
THANK YOU!

Contact Maggie and the team for further information 07719 509061 or if you know someone that may want one of these.

Cheshire East wide meal delivery services



<p>A Teatime Treat Delivered with your meal</p> <p>Includes a sandwich, small cake and a fruit juice</p> <p>Home Shopping Service Any shopping you require... Simply ask our Community Assistant and your shopping will be delivered within 90 mins. Service Charge of 20% of your shopping bill - If your shopping bill is £15.00 or over it is £3.00</p> <p>0845 6041125 www.icaregroup.co.uk • www.icarecuisine.co.uk</p>	<p>Welcome to iCare Meals on Wheels</p> <p>Delicious Meals & Customer Support - Hot or Cold</p> <p>Available 7 days a week</p> <p>Priority Calling 24hrs Available</p> <p>Home Shopping Service</p> <p>Specialist & Specialist Support - Additional costs apply for hot meals</p> <p>Delicious, Daily Hot Meals with Care & Support too</p> <p>Call our Customer Care Team on 0845 6041125 www.icaregroup.co.uk www.icarecuisine.co.uk</p>	<p>Prices</p> <p>PLEASE CALL US TO ORDER AN INFORMATION PACK AND A COMPLIMENTARY MEAL</p> <p>Payments can be made by cash, cheque or direct debit. Orders can also be made online at www.icarecuisine.co.uk</p> <p>Satisfying Your Needs As well as your appetite</p> <p>iCare is one of the UK's leading Meals on Wheels Service Providers</p> <p>We understand the type or style and quality of support people need as a day to day basis. Which is why iCare have offer specialist and professional support together with their daily meal service.</p> <p>From daily assistance with your meal, help with your daily needs to more support beyond the home, our 'Care of Your Service' is a comprehensive alternative to Care at Home.</p> <p>Provided by our Community Assistants when they deliver your meal. These staff provide excellent reliable and qualified care, plus reassurance for you and your family that someone is there helping and supporting you every day.</p>	<p>Nutritional Meals for Everyone</p> <p>Member organisations of the National Association of Care Giving (NACG) (children). In addition, we offer a wide choice of meals to suit the very dietary needs of our clients:</p> <ul style="list-style-type: none"> • Vegetarian • Vegan • Low Fat • Soft Food • Protein rich <p>Includes an oral nutritional supplement (e.g. Nutri-Pak, Nutri-Bond, Nutri-Boost, Nutri-Soft, Nutri-Soft, Nutri-Soft)</p> <p>iCare Plus</p> <p>Is our delivery with a difference! We will pick up anything from the doorstep the point of preparation, perhaps the milk on the way to the shop. These plus and extra services to deliver our meals are so we can provide you with a safe and well and ensure your nutritional needs are met and your needs are met.</p> <p>Please request this service. It can be included in your meal price.</p> <p>iCare Premium Service</p> <p>Is a more bespoke service to include a 15 minute support and knowledge visit with your family.</p> <p>We understand that for some people any visit and what extra needs may be required.</p> <p>This visit can be used to support the needs of the family of living on what is appropriate meal (e.g. 15 min. meal preparation and meal household chores - for example if needed to use a hot drink with your meal) or to provide support or assistance.</p> <p>Both services are available to order by phone or online to suit your individual needs.</p> <p>The price for the iCare Premium Service is your meal price plus £5.00.</p> <p>The service price can be booked on regular basis or just on one-off if you are needing anything special for a special occasion.</p> <p>To sample a FREE Meal & Dessert please call our Customer Care Team on 0845 6041125</p>
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ICARE are doing a Christmas day delivery and do have the capacity to take on more requests. Please email TameMeals@icaregroup.co.uk with referrals contact number

0161 3393090



Wiltshire Farm Foods offer frozen meals and have a Christmas Collection and meet all dietary requirements please see their website for more information or call them on 0800 077 3100; <https://www.wiltshirefarmfoods.com/>



Enjoy quality, delicious festive meals which are brought directly to you by your local reliable delivery driver, so you can stay in and stay safe.

With exciting new dishes for you to try, and a wide range of gifting options, enjoy exploring our Christmas range today. Either call them or explore the link for further information. **Call on 0333 370 6700**

<https://www.oakhousefoods.co.uk/christmas>



Parsley Box – cupboard stored tasty meals, ordered online and delivered fast to your door.

For more information <https://www.parsleybox.com/product/christmas-express/> or call them on **0800 612 7225**

For example there is;

10 Meal Christmas Express Bundle which includes a Turkey dinner or other options of an alternative roast and other festive favourites including mince pies all for £29.90 all delivered next working day!

Befriending and support services during Christmas:



Free confidential helpline providing information, friendship and advice to older people. Open 24 hours a day, every day of the year. **Call: 0800 4708090**



The Royal British Legion supports serving members of the Armed Forces, veterans and their families. If you need help, call our Contact Centre helpline on **0808 802 8080** from **8am to 8pm, 7 days a week** (calls are free from UK landlines and main mobile networks) for all enquiries.
From overseas: **+44 (0)20 3376 8080** (full rate)



CE Carers Hub help and talk (CHAT) line, 24 hours 365 days of the year, you can call on **0330 022 5448**

SAMARITANS

Whatever you're going through, call us free any time, from any phone, on **116 123**



Helpline

You can call us for free on **0800 1512 605** to speak to a friendly person in our team, and we'll help you figure things out.

You can call us between Monday and Friday 1pm – 8pm. On the phone, our helpline advisors can talk to you in English, Urdu, Punjabi or Hindi.



What to do if you need urgent mental health help:

Please call **0300 303 3972** and our dedicated local NHS staff will support you to access the help you need;

The helpline is open **24 hours a day, seven days a week** and is open to people of all ages including children and young people.

Cheshire East People Helping People

The coronavirus pandemic is a challenging time for everyone, but the kindness already being shown in our communities is outstanding. We want to build on this to ensure our vulnerable and isolated residents receive the help and support they need. If you would like to offer support or need help with the following;

- Shopping / gathering medical supplies
- Meal Delivery
- Advice and Guidance
- A friendly phone call
- Or another support service...

Please contact us:

Call: 0300 123 5034

or

Register online: cheshireeast.gov.uk/peoplehelpingpeople

Coronavirus is contagious.

Please take every precaution to ensure you are only spreading kindness.

Avoid physical contact (2m distance). Wash your hands regularly. Leave items on doorstep.

con**nect**ed
communities

Cheshire East
Council

Emergency Assist



The Cheshire East Emergency Assistance scheme is a safety net for people in crisis. This is a non-cash scheme, but we can help in other ways and this can be accessed over the Christmas period as well.

The type of help you might get includes rent deposits (not letting fees or rent in advance), essential furniture and some white goods (recycled where possible), and emergency food.

Please contact them directly on 0300 123 5013

Local Area Co-Ordinator's Information

We also have some 'Winter Warmth' supplies that are available for anybody that may need them. We have blankets, duvets, heaters, hot water bottles, hats, gloves, thermal socks, slow cookers etc.

Should you need any of these then please do not hesitate to contact your Local Area Co-Ordinators;

Jayne Varley – Macclesfield Teams	07970 859563
Clare Johnson – Wilmslow Teams	07973 949187
Sandra Bell – Wilmslow Teams	07826 902227
Anna Bignell - Congleton and SMASH Teams	07824 342665
Sharon Bailey – Crewe and Nantwich Teams	07974 175727
Phill Hinde – Crewe and Nantwich Teams	07768 987332
Sarah Jacklin – LD and Transition all of Cheshire	07717 733349



If there is anything we may have missed or you want us to share with everyone then please send the information to the following email address;

Localareacoordinator@cheshireeast.gov.uk

Information from local services, brought to you by Cheshire East Local Area Coordinators

All information is correct at time of publication December 2020