



SMASH Care Community



Sandbach Market

Sandbach Market are running a "guess the number of eggs" competition, free entry and an Easter hamper is also up for grabs!

On the 30th an Easter bunny mascot will be there from 11 am until 2pm.

There is also an Easter Egg Hunt too!



Welcome to Rachel Nesbitt

Welcome to Rachel Nesbitt our New Care Community Support Manager. Rachel joined us in January and will be working with the SMASH Care Community on Current and New Priorities and Projects.

8 Care Community Event

This month we gathered at Macclesfield Town Hall for the '8 Care Communities' showcase event to represent SMASH and share the fantastic work we are all doing across Cheshire.

It was great to hear from Professor Clare Fuller and several of our clinical leads, community partners and doctors including Farhat Ahmad discussing the amazing work they have been involved in.

We shared our achievements so far and the exciting innovative projects we have in the pipeline as a care community, and we can't wait to continue making a positive change to the lives of people in SMASH.



@SMASHCareCommunity

Project Round-up

Radway Project

The Radway Estate in Alsager has been identified as being in the top 20% of the most deprived areas in the country, experiencing many social, environmental and health issues affecting the residents living there. Questionnaires have been sent out to residents to gain a better understanding of the issues and barriers to accessing support, to gain some clarity to the problems currently being faced in the community. A meeting has been held with Cheshire East Connected Communities, SMASH Care Community and 14 residents off the estate to talk in more detail about these issues, which include ASB and crime, the estate being rundown, housing issues, and access to services. Drugs and alcohol dependency were raised as a concern, including drug dealing in the streets, mental health, special educational needs (both adults and children / young people), and underlying a lot of the problems is the fact that for most of this support, people must travel out of Alsager and without a car. Our next step is to meet the Police, Plus Dane Housing and the Town Council to discuss the issues further with a focus on solutions and a collaborative plan to improve the health and wellbeing of the residents. If you would like to get involved and support this project, please contact rachel.nesbitt@mcht.nhs.uk or lucie.ferneyhough@cheshireeast.gov.uk.

Flexible Fund for survivors of domestic abuse

Women's Aid is pleased to be working with the Home Office, our membership and sector partners to help distribute an additional funding to provide one-off payments to survivors of domestic abuse to help them flee their abuser, and to increase their stability and independence following on from a successful pilot distributed in May 2023.

From Wednesday 31st January 2024 until Sunday 31st March 2024 survivors of domestic abuse who do not have the financial means to leave their abuser or to remain safely at home, will be able to apply for a one-off payment of up to £500 for essential items such as groceries and nappies.

First time survivors can also apply for a further payment of up to £2500 to help secure a sustainable future.

Please email emergencyfund@womensaid.org.uk

Stroke Survivors Group in Sandbach

The Stroke Survivors runs on a Wednesday from 11am to 1pm at Sandbach Rugby Club, Bradwall Road, Sandbach, CW11 1RA, for more information about the group please visit <https://strokesurvivorsgroup.co.uk/>
01270 335061 pr email
Strokesurvivors@gmail.com

Self Testing Blood Pressure Machines

Everybody Health and Leisure have invested in self-testing blood pressure machines, offering the service for FREE, across multiple centres in Cheshire East.

Please visit the below site for further details:

<https://everybody.org.uk/2024/03/01/leisure-charity-invest-in-self-testing-blood-pressure-machines/>

Local Information and updates



IMPORTANT INFORMATION REGARDING THE NEW PHARMACY FIRST SCHEME

You may have heard from the news over recent months of a new service launching TODAY 31st January called 'Pharmacy First'. This is part of the NHS delivery plan for recovering access to primary care for minor health concerns. Under the scheme, appropriately trained pharmacists will be able to prescribe prescription-only medicines for seven conditions.

We are pleased to announce that this service is available to our PATIENTS.

Our RECEPTION team will take information regarding your symptoms, depending on your clinical history & symptoms we may refer you on to Pharmacy First. The conditions that Pharmacy First can treat are ear infections, impetigo, infected insect bites, shingles, sinusitis, sore throats, & uncomplicated urinary tract infections in females.

We are communicating with pharmacies in the area who are able to provide this service to our patients.

Well Pharmacy at the medical centre, Well Pharmacy on lawton road and Alsager Pharmacy have confirmed they are offering this service from 31st January.

When our Reception Team refer you on to a pharmacy they will explain to you what happens next.

Dementia Friends

Dementia Friends run two activities in Alsager for people living with dementia and their carers.

The Memory Cafe is on the last Friday in the month at Alsager Library from 11am until 12:45pm.

The Singalong is on the second Wednesday in the month at Twyford House residential care home from 2:30pm until 4:00pm.

Both of the activities are free. For further details contact: Kath Reader at Kath.Reader75@gmail.com or on 01270 873975

Pharmacy First Service

Faster, more convenient NHS Care without the need to visit your GP.



Grieving when family caring ends (cuppa & chat)

At: Waters Edge Surgery
Wednesday 27th March 1:30pm – 3:30pm

Grief is a normal, natural response to loss and bereavement that everyone will experience at some point in their life. Many of us, however, have a very limited understanding of how grief can affect our feelings, thoughts, behaviours and physical health.



For former family members/carers, grief can be made more complex by the dual losses of the person or if the caring role has become a significant part of their identity.

The session gives former family members/carers:

- A better understanding of the grieving process
- An understanding of normal grief, and when support may be required
- Opportunities to share their experiences

For more information call Fran Underhill:01270 310260
Or to book a place <https://eolp.co.uk/public-health-community-sessions/>



Grieving before loss for family carers (cuppa & chat)

At: Waters Edge Surgery
Wednesday 27th March 10am – 12:30pm

Grief is a normal, natural response to loss and bereavement that everyone will experience at some point in their life. Many of us, however, have a very limited understanding of how grief can affect our feelings, thoughts, behaviours and physical health.

This is particularly true of anticipatory grief, or grief before death, which can arise due to loss of companionship, loss of future plans and dreams or loss of role and identity, even when the cared for person is still present.



The session gives family carers:

A better understanding of "anticipatory grief" for the carer and the person being cared for

- Practical strategies to cope with and adapt to this type of grief
- Opportunities to share their experiences

For more information call Fran Underhill:01270 310260 Or to book a place <https://eolp.co.uk/public-health-community-sessions/>



Easter Half Term



HEALTH & LEISURE

FREE TEEN MEMBERSHIP

Cheshire East Council Department for Education

Are you aged 14 – 16 years and in receipt of benefits related free school meals?

GET UNLIMITED USE OF OUR GYMS & SWIMMING POOLS!

We are delighted to share we have a funded gym and swim membership for people aged 14 – 16 years, in receipt of benefits related free school meals this Easter holiday.

Find out more here

<https://everybody.org.uk/membership.../free-teen-membership/>

Don't miss out on our latest offers, funded places are also available for young people on benefits related free school meals.

Find out more and book online today:

<https://everybody.org.uk/.../active.../multi-activity-days/>

Terms and conditions apply.

WHAT WE DO

Welcome to the Cheshire East Holiday Activities and Food (HAF) Programme booking webpage.

Here you can view the activities on offer and book your place. If you need help to book your place, you can message for help or book a video chat with our platform provider Eequ, via the message support page

The Cheshire East HAF programme enables children and young people who are in receipt of income/benefits-related free school meals who live in Cheshire East or attend a Cheshire East school to attend free activities during the main school holidays, where nutritional food is also provided.

Please visit the below website for more information including booking:

<https://eequ.org/cheshireeasthaf>



everybody HEALTH & LEISURE Cheshire East Council Department for Education

Active HOLIDAYS

every easter holiday **MADE MORE FUN!**

FUNDED PLACES AVAILABLE!

*Terms & Conditions apply

SMASH Care Community Hub's at the GP Practices

Our Hub Organisations attend our SMASH GP Practices each week.

Each week one Organisation attends:

Alsager Primary Care Centre, Sandbach on a Thursday morning from 10am until 12pm.

Waters Edge Medical Centre, Middlewich on a Friday morning from 8am until 12pm.

At Green Moss Medical Centre, Scholar Green Citizens Advice will be attending on Friday 22nd March and Friday 3rd May from 10am until 12pm.

Everyone is welcome to attend our Hub Events



citizens advice

SMASH Care Community Hub

Everyone is welcome to come along and meet the friendly staff from Citizens Advice for support and information.



Join Us
FRIDAY 22ND MARCH
OR
FRIDAY 3RD MAY
FROM 10AM UNTIL 12PM

GREEN MOSS
MEDICAL CENTRE
PORTLAND DRIVE
SCHOLAR GREEN
STOKE-ON-TRENT
ST7 3BT

NO NEED TO BOOK JUST TURN UP

For more details or if you are an organisation wanting to attend please contact Rachel Grace:

PA.SMASH@mcht.nhs.uk

<https://www.facebook.com/SMASHCareCommunity>



SMASH Care Community Hub

Everyone is welcome to come along and meet our friendly organisations for advice and support



Join Us
EVERY THURSDAY
FROM 10AM UNTIL 12PM

ASHFIELDS PRIMARY CARE CENTRE
SANDBACH
CW11 1EQ

NO NEED TO BOOK JUST TURN UP

For more details or if you are an organisation wanting to attend please contact Rachel Grace:

PA.SMASH@mcht.nhs.uk

• One organisation will be on hand each week.
• The community hub brings organisations to support the local community.

<https://www.facebook.com/SMASHCareCommunity>



SMASH Care Community Hub

Everyone is welcome to come along and meet our friendly organisations for advice and support



Join Us
EVERY FRIDAY
FROM 8:00AM UNTIL 12:00PM

WATERS EDGE MEDICAL CENTRE
MIDDLEWICH
CW10 9BH

NO NEED TO BOOK JUST TURN UP

• One organisation will be on hand each week.
• The community hub brings organisations to support the local community.

<https://www.facebook.com/SMASHCareCommunity>

For more details or if you are an organisation wanting to attend please contact Rachel Grace:

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SMASH Community HUB Events

Our hubs are a fantastic way of bringing organisations to the community, allowing the opportunity to offer support and advice to everyone. Some examples of organisations that attend our Hub include Citizens Advice, Age UK, Cheshire East Public Health, the Live Well Bus, Dementia Friends, Health Watch, Social Prescribers, Motherwell and many more. Our events are well promoted on our Community Facebook pages and shared within the Wider Care Community and Councils to increase awareness and promote the amazing support and services available.

In 2024 we are running 4 Community Hubs throughout the year at Sandbach Market and a Community Hub at Scholar Green Mount Pleasant Village Hall, on Wednesday 17th April from 2pm until 4pm



SANDBACH MARKET HALL COMMUNITY HUB

Join us on the following Wednesday's from 10am until 12pm

1st May 2024
3rd July 2024
4th September 2024
6th November 2024

Everyone is welcome to come along and meet our friendly organisations for advice and support

NO NEED TO BOOK JUST TURN UP

Contact Us
PA.SMASH@mcht.nhs.uk

SCHOLAR GREEN MOUNT PLEASANT VILLAGE HALL ST7 3LG

Everyone is welcome to come along and meet our friendly organisations for advice and support

Organisations attending:

- Dane Housing
- Dementia Friends
- Green Doctor
- Red Cross
- Age UK
- Cheshire East Public Health
- Talking Therapies
- Ableworld
- Timeout group
- Slimming world
- Alsager Community Support
- Dementia Reablement
- Space4Autism
- Family Hubs
- Health Watch
- ANSA
- Holly Blue Hypnotherapy

Join us on **WEDNESDAY** 17th April 2024 2pm until 4pm

Contact Us
PA.SMASH@mcht.nhs.uk

NO NEED TO BOOK JUST TURN UP

THANKYOU

Thank you for reading Our SMASH Community newsletter!

Please submit anything you would like to share in our Summer edition to Rachel Grace - PA.SMASH@mcht.nhs.uk by Friday 17th July 2024