



**BDP December
2020**

New AED's in Poynton

Two new defibrillators have been installed in old BT phone boxes in the Town.

The first is at the junction of Clifford Road and Queensway.

The second is in the old phone box at Fountain Place on London Road North.

This brings the number of external defibrillators to seven that are maintained and operated by Poynton Town Council.

The full list of defibrillators around Poynton can be found:

<https://www.poyntontowncouncil.gov.uk/documents/publications/poynton-defibrillator-locations.pdf>



Poynton Library News

The Futures Wonder Lab® Challenge is an innovation ideas challenge, inspiring young people to be problem-solvers for the planet, using their imagination and creativity.

It has been designed by *Flow in Action* for children and young people aged 5-16 years old.

It is a year-long project leading up to the COP26 – the United Nations climate change conference, due to take place in Glasgow in November 2021.

Every month we will be sharing a new Futures Wonder Lab® Challenge. Each challenge is designed to encourage children to think into the future and work out how to tackle a particular topic. For example, challenge one focuses on reinventing cars, buses and lorries in order to eliminate air pollution from engines by 2030.

Children and young people can share their idea with us by post or email by making a poster, a model (and taking a photo) or a short video.

You can find more information about each challenge and how to take part here:

https://www.cheshireeast.gov.uk/libraries/latest_library_news.aspx

All the children and young people's creations will be uploaded onto the Futures Wonder Lab® Hazu platform and each idea will be rewarded with a certificate and free gift provided by ANSA.

There will be regular updates on all our libraries' Facebook pages and on Twitter @CECLibraries.



Cheshire East Council has now launched its Pre-Budget Consultation for 2021 to 2025.

Like every other local authority, Cheshire East is dealing with unprecedented financial pressures due to increasing demand, particularly in adult and children's social care and our statutory duties to protect the most vulnerable. The impact of COVID-19 only adds to the existing uncertainty around the funding of vital local services that we must both manage and seek to secure. We must also plan for and support the recovery of our economy, our communities and our local public services.

The council is inviting the opinions and views from residents, businesses, councillors, staff, town and parish councils, local community groups and other stakeholders. The feedback received will be used to inform the budget setting process.

This budget engagement outlines our priorities, how we are investing to achieve them and how we must change things to live within our means over the next few years.

To have your say and take part in our budget consultation, please go to:

https://www.cheshireeast.gov.uk/council_and_democracy/council_information/consultations/budget-engagement-2021.aspx

The consultation runs until 8 January 2021 and findings will be considered before the final budget is agreed by full council on 17 February 2021.



FREE - IMPARTIAL - INDEPENDENT

Due to Covid-19, Citizens Advice in Wilmslow are currently operating remotely. However this has not reduced the demand for our service and since April to September we have dealt with over 250 individual people locally who have over 750 problems.

Citizens Advice is able to help with most of the problems that people have to deal with - for example Welfare Rights, Employment, Relationships, Housing, Consumer, Debt and Tax. If you or anyone you know needs help with anything, just get in touch by phone or email.

Tel: 01625 708 608 E-Mail: <https://www.citizensadvicecn.org.uk/email/cacn-email-form>

Follow a Star

Churches Together have arranged a "Follow the Star" walking nativity trail through Poynton, telling the Christmas story in a fun, interactive way - and it's COVID-secure!

For more information, visit <https://bit.ly/2JyDpLs> and look out for the QR codes popping up in the windows of Poynton's churches.

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Move With Us

Creative Movement For Carers

WEDNESDAYS
2-3pm

Gentle, creative movement sessions to help carers feel good in both body and mind. Join us for some 'me time' OR attend with those you care for.

JOIN IN LIVE ON ZOOM
Socially-distanced interactive sessions

Cheshire
Dance

Stay active, healthy and social whilst trying something new in the comfort of your home.

ENQUIRE TODAY

For more information and to book your place, contact Jane at:
classes@cheshiredance.org / 01606 861 770.



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futures wonder lab®

take part in the Challenges



protecting
the planet
starts with
YOUR ideas

if you are
5-16 years
then
take part

every month
we'll share a
new Challenge
with you

have
YOUR
incredible
ideas

be inspired
by
nature, books,
games, films

ALL ideas are good ideas
as long as they do **NO** harm
to people or the planet

share these
with us

as a poster, or a video,
or as a photo of a model

check out our
how to share your ideas
poster
to find out how

we'll give
you a
certificate

see your idea online

[https://hazu.swiss/
flowinaction/
cheshireeastwonderlab](https://hazu.swiss/flowinaction/cheshireeastwonderlab)

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ansa

your **Library**

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One You Cheshire East is a free health service designed to help the residents of Cheshire East lead healthier lives. Each 12-week programme has been designed by experts to ensure participants are supported to make sustainable changes.

What programmes do One You Cheshire East offer?

- Move More: exercise classes to gradually build fitness and boost activity levels
- Lose Weight: a course designed to help participants to create healthier eating habits and understanding more about food and nutrition
- Be Smoke Free: coaches supply support and guidance to help participants quit smoking, as well as providing free quit smoking aids
- Healthy Baby & You: designed to help expectant mothers to stay healthy during pregnancy and lose weight post pregnancy
- Stand Strong: Otago fitness classes to help those aged 65+ to reduce their risk of falling.

Why are programmes so important in the current climate?

One You Cheshire East's Health & Wellbeing Manager Sarah explained "The free programmes that we deliver have always been incredibly important; they enable Cheshire East residents to make positive changes to their health and lifestyles that they may not otherwise be able to afford to do.

The pandemic has put increased emphasis on improving our health and fitness, so we knew that we did not have any time to waste. We worked tirelessly to ensure that our programmes could be delivered remotely, without compromising on the quality of the service we provide."

Participants can join the live classes via Teams or a private Facebook group. The Facebook groups have proved an enormous success in providing a community space where all participants are free to ask questions or contact their coach directly for any advice and offer support and motivation to one another.

The coaches have also been checking in with participants on a weekly basis to answer any questions and to help them stay on track. This personal touch has proven invaluable for many participants who struggled with a lack of contact during lockdown.

Not only have the coaches been delivering daily exercise classes throughout lockdown, they have also been running regular live cook-alongs and Q&A sessions, which have been incredibly popular.

You can read more at www.oneyoucheshireeast.org or ring 0808 1643 202 for information. The website includes a number of free apps for download as well as lifestyle advice.



Having a safe online Christmas is about more than just shopping.



A safe online Christmas is about doing your shopping safely, but also much, much more.

Like how you set up and use those new connected devices, make sure the young people in your life are going online safely and responsibly and remain vigilant when there's so much going on around you, including keeping yourself and the family protected from the virus.

Our experts have put together some top tips to help you and your family go online with safety, security and confidence this festive season.

Visit www.getsafeonline.org/onlinechristmas
#onlinechristmas



www.getsafeonline.org



We'll all be doing a lot more online this Christmas. So don't fall victim to a festive fraudster.

#onlinechristmas



www.getsafeonline.org/onlinechristmas

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FILM CLUB

OUR BRAND NEW FILM CLUB!

Meet others who love the big screen and share views and discussions around a different film each week!

Tuesdays from 4:45 to 5:45pm. Ages 15+

Get in touch by calling us or emailing us on:

01260 290000

ADMINISTRATION@VISION.ORG.UK

WE CAN'T WAIT TO SEE YOU!

www.vision.org.uk
01260 290000

charity number: 1107951
company number: 5250758



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Due to these unprecedented times, this year the annual 'Carols at Christmas' event will be held virtually.

We will be bringing the sound of joyful choirs, your favourite carols, and readings from very special guests into the comfort of your own home.

On the night our BAFTA Award winning host, Carey Mulligan, will be joined by some very special guests including Oscar-nominated actor Jonathan Pryce CBE, award-winning actor Lesley Manville OBE and distinguished journalist Sir Trevor McDonald OBE.

We will also enjoy "never before seen" performances by Scouting for Girls and musician and composer, Paul Harvey. As well as a few surprise appearances along the way!

Our Virtual Carols at Christmas concert will be starting at 6.30pm on Thursday 17 December.

Taking part is free, but we ask that you please consider making a donation to support our work.

Any gift you make will directly support the hundreds of thousands of people affected by dementia, who are facing bigger challenges than ever before in the wake of the coronavirus pandemic.

<https://www.alzheimers.org.uk/get-involved/events-and-fundraising/join-event/special-events/christmas-carols>



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Outgoing call control by BT



Did You Know:

BT can support customers who are having difficulties caused by living with conditions across the mental health spectrum, including dementia, learning difficulties and Obsessive Compulsive Disorders (OCD). Network Controlled Calling or 123 & 118 call barring are a couple of options which can help to limit calls to premium rated numbers and lots of repeat calls, preventing costly bills being generated.

Find more information or contact BT using the details below:

<https://btplc.unitech.net/inclusion/ProductsAndServices/Nuisancecalls/Outgoingcallcontrol/index.htm#hero-video>

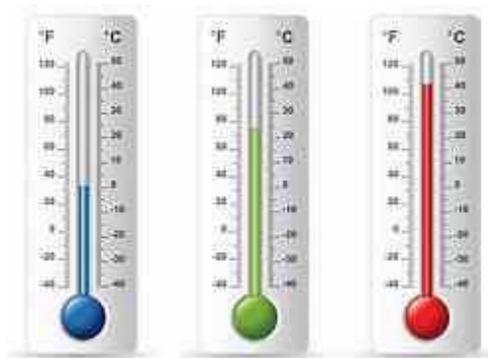
Warm Homes Project, Nov 2020 until March 2021

Age UK Cheshire are able to help older people keep warm this winter.

Age UK Cheshire's Information and Advice Service are providing 'over the phone' advice on benefits and money related issues, with the aim of maximising income, further reducing fuel poverty and support to apply for the £140 Warm Home Discount and Boiler Replacement Schemes.

If you are interested in accessing this service or would like further information, please contact the Warm Homes Advisor, Stacey Brady on stacey.brady@ageukcheshire.org.uk or the Information and Advice Service on (01244) 401500 or email: informationqs@ageukcheshire.org.uk

Advice is free, impartial and confidential.



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