

A guide to local interest, activity and hobby groups.



Come and join us -
something for everyone.

Poynton Area Community Partnership

The Poynton Area Community Partnership (PACP) is an independent, constituted group that brings a broad range of like-minded volunteers together to understand the needs of local people, and strives to improve their quality of life in various ways.

The group is a key player in the Cheshire East Partnership Framework and includes Poynton and the parishes of Adlington, Disley, Mottram St Andrew, Prestbury, Kettleshulme and Pott Shrigley.

The PACP works together to make Poynton and those parishes listed above attractive places where people want to visit, live, work and spend their leisure time. It has a vision to make its residents and neighbourhoods more connected, to promote a strong sense of place by supporting civic pride projects, and to encourage socialising and health and wellbeing activity.



To assist with this, the Partnership has been given some funding from Cheshire East Council. Voluntary groups and organisations based in Poynton and the above parishes are invited to apply for modest grants to help fund projects whose aims are aligned with the above vision.

The group is delighted to announce that it has recently appointed a new Chairman, Cllr. Mrs Sarah-Jane Gilmore, Poynton's current Mayor. Sarah-Jane is keen to bring our local communities closer together, and is also passionate about promoting civic pride and driving and supporting meaningful projects in the wider local area.

[For further information about the group please contact Sharon Duke on 01625 872238](#)

Introduction

This booklet has been prepared by the Poynton Area Community Partnership (PACP) to increase awareness and to inform you, our residents, about the many social and voluntary groups in your local area.

Having a hobby and socialising with like-minded people is good for everyone's health and well-being, and we hope this booklet will give you the basic information you need to help realise those benefits.

Interested in joining a group but are worried about going on your own? We understand, but all the groups who have provided information for this promotional booklet have assured us that newcomers will be given a warm welcome.

If you know someone who may be lonely or on their own, but you think would like to be involved with a group,

please think about encouraging and supporting them to attend.

Being lonely doesn't just affect older people, but statistics show that it is a worrying and major problem.



The leader of Britain's GPs, 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'.

While GPs see patients who might have lost their partner, husband, wife, and who might have multiple health problems like diabetes, hypertension and depression, often their main problem isn't medical - they're lonely.

See some interesting and stark facts and figures about loneliness at the back of this booklet.

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ADLINGTON WI

Looking for New Friendships, New Horizons? Meet like-minded enthusiastic women in the area and make a difference locally. We offer excellent speakers, craft classes, table tennis, Mah Jong, and more throughout the month. Pop in to see us and be sure of a warm welcome, good company, a drink and a slice of homemade cake. Come along and enjoy some, or all of our meetings. We meet on the first Tuesday of every month from 1.30pm - 3.30pm at



Adlington Village Hall, Mill Lane, Adlington
SK10 4LF (opposite the Legh Arms)

Jackie Shaw (Secretary) T: 01625 266251
E: adlingtonwi@gmail.com

ART CLASSES with Ali Hargreaves

MONDAY:

Textiles Art at **The Centre Poynton**
7.00 - 9.00pm

TUESDAY:

Acrylics at **St Martin's Church Hall, Poynton**
10.00am - 12.00pm or 1.00pm - 3.00pm

WEDNESDAY:

Watercolours at **The Centre in Poynton**
10.00 - 12.00pm or 1.00pm - 3.00pm

FRIDAY:

Watercolours at **St Martin's Church Hall, Poynton**
10.00am - 12.00pm
or 1.00pm - 3.00pm

All classes are friendly and relaxed.

If you need more information
please contact me by
email: ali@alisart.co.uk

co.uk www.alisart.co.uk

or tel/text

07890 425544



BACKBEAT A CAPPELLA

BackBeat A Cappella provides a relaxed and fun environment in which to learn and develop singing skills by performing collaboratively within the ensemble. A core group of 25 singers formed the choir in Autumn 2016 and that number has slowly grown since.

Now 35 lovely ladies gather each Wednesday evening to rehearse their four part harmony singing at **Mottram St Andrew Village Hall**.

"It's so much more than singing!"

If BBAC sounds like something you'd like to know more about, please contact Chrissie on 07929 103990

Or check out our Facebook page for the latest news and gossip!



COUNTERPOYNT CHOIR

Ladies: this is the choir for you if you enjoy singing with like-minded people.

CounterPoynt is a friendly ladies choir of around 40 voices and meets at **St Martin's Church Hall, Higher Poynton** on Monday evenings, 7.30pm - 9pm at a cost of just £5 a session. We sing a wide variety of music covering songs from all genres. There are no auditions and no previous experience is required.

For further information, check out our website: www.cantatamusic.org or ring 01625 269721

ENGLISH COUNTRY DANCE

English country dancing has been a regular activity in the village of Adlington for over 60 years. Previous experience is not required. If you can walk and know the difference between right and left, you have the basics. The figures are prompted by the instructor, a number of instructors take the evenings so each week is independent, you are not tied to every meeting.

Turn up at **The Village Hall, Adlington SK10 4LF**. Wednesdays 8.00pm - 10.00pm.

After your first free trial, costs are only £1.50 per visit.



Ring Reg
01625 875309

Email via website: www.adlingtonfolk.co.uk

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JUST SING CHOIR

The 'Just Sing Choir' formed over six years ago is a fun and friendly non-auditioned community choir where new members are always welcome.

We meet on Wednesday evenings at 7.45pm at **Poynton Methodist Church**.

If you like singing, why not come along for a complimentary trial session and see how much singing can inspire and bring enjoyment into your life.

Contact - Sally Jolley

07901 921677

01625 872199

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ST GEORGE'S LIVING WELL GROUP

You are warmly invited to our drop-in afternoon sessions held in **St George's church hall, Poynton**, for people living with dementia and their carers.

We meet alternate Tuesday afternoons from 2.15pm – 4.15pm.

We enjoy a number of activities including: Sing along, gentle exercise, arts & crafts, quizzes, table top games, and bingo. Refreshments are served throughout.

For more information and dates of meeting visit www.poyntonpc.net or contact **Helen Bradley: 07745 322215**
email: helenbradley4641@gmail.com

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MIDDLEWOOD & HIGHER POYNTON WI

Would you like to join a group of friendly ladies with a variety of interests? If so come to the WI! Our meetings, held at **Middlewood House, Higher Poynton**, are at 2pm on the last Wednesday in the month.

At these meetings, we have invited speakers but there is always time to chat, over tea and cakes, to fellow members.

Activities on offer include a book club, bowling, craft and walking. Trips to the cinema, coffee shops and lunch venues are popular as well as outings to the theatre, places of historical interest and shopping venues.

For further information please contact Olwen on **01625 879018**

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INSPIRING WOMEN

MONDAY AFTERNOON POYNTON SINGERS

If you enjoy singing then why not come and join us. Monday Afternoon Poynton Singers, or MAPS for short, meets at St



George's Church Hall on Monday afternoons from 2pm – 3.30pm in term time for just £5 a session. This is a large mixed voice choir and we sing a wide variety of music. The emphasis is on fun and participation and singing in a choir is a great way to meet people. There are no auditions and no previous experience is needed.

www.cantatamusic.org
or for more info ring 01625 269721

NETWORK SOCIAL CLUB

We are friendly group of over 50's men and women who are single. We hold lots of local events organised by members, meals out, local plays, theatre trips, badminton and many others.

We meet every other Thursday at 8.30pm at the **Vernon Arms Poynton**.

If you are interested please telephone one of our committee who will be pleased to provide further details of the group and greet you on your first visit.



Secretary; Marilyn Pulman 01625 871198

Treasurer; Hilary Whitehead

01625 878779

Events Manager; Sylvia Murdoch

01625 871941

NORTH CHESHIRE PHOTOGRAPHIC SOCIETY

NCPS is a friendly, local photographic society catering for the needs and interests of local photographers of all abilities. We meet in the main hall in **Poynton Civic Hall** every Tuesday evening, 7.30pm for 8.00pm from September to May.

Our programme comprises: talks from distinguished local and national photographers, image assessment evenings, talks from our own members, photographic competitions as well as social events and our Annual Exhibition and North Cheshire Challenge held every year in March. New members, of all ages, are always welcome.



visit www.ncps.org.uk.

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POYNTON POTTERY

At 'The Centre'
Park Lane
Poynton.

Caroline's
classes are



friendly, relaxed and welcoming for all abilities to come and get creative with clay.

Classes run: Monday: 7 - 9pm

Tuesdays and Wednesdays:

10am - 12pm, 2pm - 4pm and 7pm - 9pm

Thursday: 10am - 12pm and 7pm - 9pm

www.poyntonpottery.co.uk

info@poyntonpottery.co.uk

Caroline: 07815 124947

POYNTON & DISTRICT ROTARY CLUB

The Poynton and District Rotary Club meets fortnightly, at 7.15pm for 7.30pm on

Thursday evenings, at the

Deanwater Hotel. Men and women from all walks of life are welcome as members. Rotary is a voluntary organisation, and raises funds to support worthwhile causes. Poynton's Rotary Club is responsible for organising and hosting the annual 'Party in the Park', its biggest fundraiser of the year.

For more information, or if you'd like to come along for a meal and meeting on a Thursday evening you will be made most welcome. E-mail

contact.us@poyntonrotary.com
or call Chris Ellis on **07774 982844**



POYNTON ARTS & CRAFTS LESSONS

Art classes in Poynton for beginners, taught by artist and fully qualified creative therapist Zoë Watson.

Learn a new skill, have fun and relaxation. On a one to one basis, or online via email tuition for those who prefer to learn at home. No experience necessary. All materials provided with the one to one course.

- Watercolours
- Acrylics
- Inks
- Clay Modelling

Book your one to one course. Call Zoë on

07812 392334

or email zoe@zoeatsonartist.com
to select your preferred day and timings.
www.zoeatsonartist.com/art-lessons



BAPTIST CHURCH POYNTON

Enjoy relaxing in our café held three mornings a week, Tuesday, Thursday and Saturday between 10:00am and 12:00pm.

Situated in the heart of the village it is a good place to meet new and old friends. Particularly for 'seniors', every third Tuesday in the month we invite you to join us for '12 on Tuesday', commencing at 12:00 noon, we hold a half hour service, followed by a two-course lunch and activity. The activities vary from month to month. We also have a coach trip once a quarter.



For further information contact the church office **01625 859036**

POYNTON CIRCLE

Do you enjoy making new friends and trying out different activities? Would you like some 'me' time, socialising with like minded women? Then Poynton Circle could be just what you need! Open to all women aged 18 to 45, Poynton Circle meets on the second and fourth Wednesday evening of every month. Our activities range from a simple catch-up over a glass of bubbly, to theatre trips, and even axe-throwing! We also support local charities through exciting fundraising activities.



To find out more, please visit our Facebook page or contact Fiona on **07732 246781**

POYNTON COMMUNITY ORCHESTRA

If you have taken up an instrument recently or have one sitting in a cupboard that hasn't been played in years, maybe this is the time to come and join our orchestra. PCO is for adults who are fairly new to orchestral playing. Our criteria are over 18 and grade 5 downwards!! We meet on alternate Saturdays at **St Martin's Church Hall, Higher Poynton** from 10am – 11.30am and each session costs just £5. All music and tuition is included and there are no auditions.

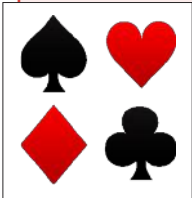


See www.cantatamusic.org
or ring 01625 269721 for further details.

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DUPLICATE BRIDGE CLUB POYNTON

Poynton Duplicate Bridge Club meets every Thursday evening to play duplicate bridge in the **Council Chamber of Poynton Civic Hall**. Play starts at about 7:30pm, players are asked to arrive by 7:20pm so that the director can set up the duplicate movement.



New members are always welcome.

Contact Jim Straffon
0161 612 1660

Further details are available on the club's website:
www.bridgewebs.com/poynton/home

POYNTON FLOWER CLUB

The club aims to foster and promote the art of flower arranging by a series of talks and demonstrations by qualified demonstrators, meeting on the evening of the third Tuesday of the month. The meetings are held in the main hall of the **Civic Hall in Poynton**, commencing at 7.30pm. The demonstrators are experienced flower arrangers trained by the National Association of Flower Arranging Societies (NAFAS) to which the Club has affiliated membership.

After the demonstration, the flower arrangements are raffled. The evening concludes with refreshments and members informal socialising.

Membership fee is £36 per year, entitling members to free entry to the meetings. Non-member £5.00. Contact: Mair Swift (Chairman) on 01625 875158

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POYNTON GILBERT & SULLIVAN

The Poynton Gilbert & Sullivan Society has been an active and vibrant part of the local community for almost 50 years, starting in 1970. Over that time the Society has staged many full costumed G & S productions as well as Spring concerts and carol services at the various residential homes in the area. Always on the lookout for new performers, they welcome anyone to audition for their shows, or maybe to just come along to a rehearsal on Wednesday evenings at **St. Martin's Church in Higher Poynton**.



To get a feel for what the Society is all about, contact Gerald Tebb on 01625-581730

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POYNTON GOLDEN MEMORIES

This group meets at **The Centre, 107 Park Lane, Poynton** every other Wednesday and is run by carers whose loved ones are affected by **dementia or Alzheimer**. The aim is to lighten the spirit with peer support, laughter, enjoyment and most importantly, friendship. Starting with a sing-song and games, followed by a light lunch, activities or crafts but always ending with bingo - you are warmly welcome to come along.



For more information contact:

Judy 01625 879376 / 07768 160095,
Gerald 01625 875261 / 07775 812433
or Edith 01625 875372 / 07460 752082

HOME GARDENERS CLUB POYNTON

In the 1960's, as Poynton expanded, increased interest in gardening spawned the PHGC which has now been in existence for over 50 years.

Meeting at 7.30pm on the second Thursday monthly, except August, at the **Royal British Legion,**



Georges Road West, Poynton, SK12 1JY with a varied programme of speakers giving a valuable insight into gardening techniques from taking cuttings to planning. At times celebrities such as Chris Beardshaw have been welcomed. In 2018 we are pleased to welcome another exciting TV personality gardener, and there is always the occasional coach trip to wonderful gardens. Annual membership £10, visitors £2.00

For information visit

www.poyntongardenclub.co.uk or telephone secretary Elaine 01625 871603

POYNTON IN BLOOM

Poynton in Bloom is a voluntary organisation comprising of a small number of enthusiastic gardeners who strive to provide floral colour around the village. The committee meets on the 3rd Wednesday of each month at 7.30pm at **Poynton Civic Hall**. We have various planters around the Poynton area and these are renewed each year in spring and autumn. We have also planted spring flowering bulbs for many years which obviously multiply as each year progresses. The group would be happy to hear from anyone who would like to help with planting and/or watering.

Email: poyntoninbloom@talktalk.net



POYNTON JEMMERS

We are Poynton Jemmers North West Women's Morris, a social group of women dancers and male and female musicians. We perform traditional dances from the north-west of England at community events and festivals both locally and further afield.

We train each Wednesday evening between 8:15pm and 10pm at **The Centre in Poynton, 107 Park Lane SK12 1RB**

You can come along any Wednesday and have a dance.



Contact us at: poynton.jemmers@gmail.com
Ring Alison on 0161 428 1052
We have a Facebook page: [facebook.com/PoyntonjemmersWomensMorris](https://www.facebook.com/PoyntonjemmersWomensMorris)
www.Poyntonjemmers.net

LOCAL HISTORY SOCIETY POYNTON

The Poynton Local History Society meets on the first Wednesday of the month from September to May at **St Pauls Community**

Room, Marley Road, SK12 1LY at 7.30pm. At our meetings we have speakers who give talks on interesting people and places in our region. Annual

membership is £12 per person and visitors pay £2 per visit.

Email the Secretary, Susan Knight – s.knight124@btinternet.com or **01625 872068**



LUNCHEON CLUB POYNTON

We are a mixed, very friendly luncheon club, currently having approximately 120 members. Annual membership is £18 (to cover fees and general expenses).

Members lunch meetings £18.50.

We meet on the 3rd Wednesday in the month at the **Deanwater Hotel in Woodford** from October to April. Registration is at 12.15pm.

Lunch is served at 12.45pm followed by a speaker - usually finishing at approx. 3.15pm.

We have a table plan each month so we are able to meet different members. Each member may invite two guests during the season (£20.00).

Each meeting members receive a booklet with speaker and menu details.

We have a good variety of interesting and entertaining speakers - why not join us?

Contact Pam Orton tel: **0161 483 4557**

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MALE VOICE CHOIR POYNTON

We are actively seeking new members.

Gentlemen if you enjoy singing or are interested in trying, come along to a rehearsal at 7.30pm one Monday evening. There are no auditions and there is no need to worry about reading music.

We perform six to eight concerts a year and enjoy social activities together.

We look forward to meeting you at Poynton Methodist Church, Civic Centre Car Park, off Park Lane, Poynton.

For further information please contact our secretary Rob Ayerst on **01625 829128**

or email rayerst@btinternet.com



MEN IN SHEDS POYNTON

The Men in Sheds group meet in their dedicated well-equipped workshop and rest area at **The Centre, 107 Park Lane**. You are welcome to pop-in and meet the group for a chat, have a cuppa and read a newspaper or get involved in community projects, learn new skills and make new friends. The group undertake community projects, design and make wooden items for sale, often donating small sums to local worthy local causes.

Costs: £3 per session, £4 for two sessions or £5 for three sessions per week.

Contact Carl Roscoe on **07508 903044**

Meeting at The Centre, 107 Park Lane,

Tues. 10am – 2pm

Wed. 10am – 2pm Fri. 12.30pm – 3pm



MINIATURES CLUB POYNTON

If you love miniatures and tiny things, and enjoy using your craft skills, you'll be very welcome at our friendly club whatever your age (we are 30-80 rather than 18-30!) or skill level. We make houses, room boxes, furniture and all sorts, using a range of skills and materials and enjoy finding alternative uses for everyday objects: making bottles from beads, lampshades from jewellery findings etc. We meet on the 3rd Monday of the month 7pm-9pm, in central Poynton.



Call Mary: 01625 876931 for more details.
Dorothy: dottystar@googlemail.com
www.manchesterdollshouseclubs.webs.com

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MORNING TOWNSWOMEN GUILD

Meeting at **Poynton Civic Hall** for 24 years, we are part of the National Townswomen Guild that was founded in the 1920s by ladies of the suffrage movement. We meet on the 3rd Thursday of every month. We have speakers most months, and coffee mornings where we raise money for worthy causes. The emphasis is on friendship and fun, going out for lunches and the occasional outing. All are welcome to come and try us out.

For more information
phone Kath on
0161 456
5299

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MUSIC SCHOOL POYNTON

Led by local musician and teacher Rik Roberts, Poynton Music School runs a range of 10 week



Group Guitar, and Ukulele Classes for adults at **The Centre** in Poynton on Monday, Tuesday and Thursday evenings.

These innovative courses are fun, effective, economical and serve as a fantastic weekly social activity.

We also teach one to one lessons in guitar, ukulele and banjo during the day.

www.PoyntonMusicSchool.co.uk

PHILATELIC SOCIETY POYNTON

Set up by likeminded stamp collectors to help discuss and develop their own collections and to invite guest speakers to give displays of their collecting interests.

The Society has gone from strength to strength, we now have an active membership of over 40 with regular attendees of up to 28 members. We have twice monthly meetings on the first and third Wednesday of each month commencing in September finishing in July. We continue to have regular guest

speakers who come from all parts of the North-West.

We have two Stamp Auctions each season, so that members can sell their excess items to other members.

We welcome new members who enjoy the hobby of Stamp Collecting.



We meet at **The Centre, 107 Park Lane, 7.30pm**. For further information please call **Ron Phelps on 01625 877643**

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POYNTON PLAYERS AMATEUR DRAMATIC SOCIETY



Amateur drama is not just for people who want to act!

There are at least as many non-acting members as

actors, because we need all the other practical and social experience involved in set construction, Front of House, backstage, lighting, and sound, to name but a few roles! Amateur drama is a “doing” pastime rather than a “talking” pastime, which makes it easier to join in and quickly become one of the team. We present four or five productions each year and have 40 to 50 members.

Email: secretary@poyntonplayers.co.uk

Tel: 01625 875542 Website

www.poyntonplayers.co.uk

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POYNTON RAMBLING CLUB

A friendly, sociable club with daytime walks on Sundays and Wednesdays, varying from 5 miles to 12 miles, with competent leaders, and usually graded easy to moderate.



Newcomers are welcome to car share, and we build in time for a coffee break and sandwich lunch during the walks.

Thursday evening pub walks of around 3 to 5 miles take place in the summer months, and other social events take place during the year. Come along and join us on a walk - you will be made most welcome.

For more information E-mail poyntonramblingclub@gmail.com visit www.poynton-ramblers.org.uk or call 01625 879347

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ROUND TABLE POYNTON

We are The Poynton Round Table; a bunch of guys who get together socially twice a month doing things like indoor skydiving, rifle shooting and zorb footballing. Enjoying regular beer and curry nights too, we raise loads of money for charities, organising the annual Poynton Bonfire and Christmas Santa Float.



We're not bothered about your political persuasions, religious affiliations, marital status or career situation(s).

If you're male, over 18 and under 45 and up for new challenges and experiences then come along to some of our events for free and see if PRT is for you.

Find us on Social Media, Google, Twitter.

email info@poyntonroundtable.co.uk

or phone 01625 831181

POYNTON RUNNERS

Free and informal. There are no charges or membership fees. Absolute beginners are assured of support and runners of all levels are made welcome.

Tuesdays and Thursday evening meet **outside The Cask Tavern on Park Lane** at 7.30pm.

Thursday morning meet at **the small car park on South Park Drive** at 9.30am.

Saturday morning meet on **Middlewood Way, opp. Boars Head**, at 9.15am.



Visit the Poynton Runners Facebook page for more information or call Malcolm Adams on: 07888 557799

SCOTTISH DANCING SOCIETY

POYNTON

We meet every Thursday at 8.15 pm at **St George's Church Hall in Poynton.**

Scottish Dancing is good exercise, it's a very social activity and it also exercises the brain as we learn new dances with the steps and formations occurring in different patterns. All abilities are welcome and you don't need a partner.

If you'd like to have a look, then you can go on-line and search for 'Scottish Country Dancing', or you can just come along on a Thursday to join in the fun.



Contact Max Dobbyn (secretary)
on 01625 874246 or via email at
max.dobbyn@btinternet.com

POYNTON SHORT WALKS GROUP

The Poynton Short Walks Group is a friendly and informal group of older people, who meet twice a month for gentle exercise and company. The programme of walks runs from September to July, on the second and fourth Tuesday of the month, starting at 10.45am from a number of local locations.

The walks are about one hour long and one to two miles, generally flat and with no stiles. Many of the walks are along the **Macclesfield Canal towpath** and the **Middlewood Way**, with views over Cheshire and interesting points of local history.

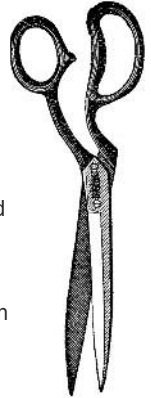


For further
information contact
Hilpeel@btopenworld.com or 01625 522168

TEXTILE GROUP POYNTON

We are a friendly group of people who enjoy working with fabric and thread, for some this is more traditional embroidery, whilst others enjoy more experimental techniques. We meet weekly to stitch, encourage, socialise, share ideas and to learn from each other. From time to time we have workshops so that we can learn something new. You are welcome to pop in and see what we do any Monday.

The Centre in Poynton, 107 Park Lane, Mondays from 9am to 1pm. Cost £3 per session.



For more information phone Joy on
01625 875232 or 07950 152355

U3A POYNTON

The U3A movement in the UK now has over 385,000 members in over 1,000 locations one of which is here in Poynton. Poynton U3A is an independent, self-managed charitable association for those no longer in full-time work. It provides educational, creative and leisure opportunities for members in a friendly environment. The monthly meetings in **Poynton Civic Hall** offer a range of topics as well as over 30 Interest Groups. Share experiences, pursue skills, knowledge and activities - not for qualifications but for fun. *Come along to one of our monthly meetings (3rd Tuesday in the month at 2pm) for a taster session. £10 Annual membership.*

More details available on our website
www.poyntonu3a.org.uk

POYNTON WI

Poynton Women's Institute was formed just four years ago to enable local women to enjoy opportunities to make new friends, build new skills, take part in a wide variety of activities and join in with national WI campaigns on issues that matter to our community.

We meet on the last Thursday of every month (except December) at 8.00pm at the **Royal British Legion, Poynton.**

Each meeting we have a speaker or activity then refreshments and social time. We also have up-dates about the many sub groups or special events that members enjoy each month.

Please email us at
poyntonwi@gmail.com



POYNTON WINE CIRCLE

Poynton Wine Circle is a wine appreciation group.

Originally created to promote wine and beer making the circle now concentrates on

commercial wines. Most meetings have a published theme and involve presenting, tasting and discussing wine. The emphasis is very much on enjoyment with no expertise or knowledge of wine required.

The Circle meets in **The Bailey Room, Poynton British Legion, St. Georges Road West** on the first Thursday of each month at 8pm. New members are very welcome.



For more info Anthony Fairhurst
on **01625 871731**

SIMPLY iPADS

Would you like to get together with up to four other people, in an informal and friendly group, to learn how to make the most of your iPad?



Groups are organised so that people are with others of a similar ability (whether that be complete beginners or more advanced users) and run for six week blocks for 90 minutes.

Days and venue are course dependant.

For more information contact Helen on
07532 429005

or email helen@computeracy.co.uk

Website: www.computeracy.co.uk

SPOKEN WORD

Open Mic Nights

Everyone is welcome to read a poem or short piece of prose, their own or by A. N. Other, or just come along to listen. There is a guest poet/author at most events.

We meet for a 7.30pm start in the upstairs room at **UBAgene.**

Doors open from 7pm.

It is a FREE event.

**Spoken Word @ UBAgene,
61a, London Road South, Poynton.**

All events are second Tuesday of the month.



email: mgth@btinternet.com

ST GEORGE'S SINGERS

SGS was formed in Poynton in 1956 with 23 singers from the local community. Today, we have around 100 members and perform an extensive repertoire, including baroque, classical, jazz, and modern works. We sing with professional orchestras and soloists at venues such as Bridgewater Hall, Royal Northern College of Music, Stoller Hall, Manchester Cathedral and St George's Church Stockport. SGS is a friendly and sociable choir and we are always interested in enquiries from prospective singers who are welcome to attend a few rehearsals before applying to join. Entry to the choir is by audition.



For more information ring
01625 875437

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THE CLICKETY CLICK CLUB

The Clickety Click Club are a group of twenty-five knitters, who meet every Monday from 10am – 12pm at the **Kingfisher in Poynton**. The group knit for local hospitals and hospices, good causes in the community and are keen to support Poynton becoming dementia friendly.

Members of the group have made beautiful 'Twiddle muffs' and 'Twiddle blankets' for people who are living with dementia.

They also extend a warm welcome to anyone interested in

knitting/crocheting or who would like to learn.

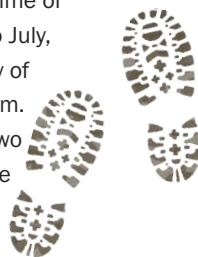


Please contact Jean on
01625 265014 for more information.

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THE EAST CHESHIRE WANDERERS

A friendly and informal group of older people who meet twice a month for walks of three to five miles, from points across the whole of East Cheshire. The programme of walks runs from September to July, on the first and third Thursday of the month, starting at 10.30am. The walks take about two to two and a half hours and may have stiles, steps and gentle hills, providing good views of the Cheshire plain and peaks.



For further information contact
hilpeel@btoopenworld.com or **01625 522168**

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TWINNING ASSOCIATION OF POYNTON

The Twinning Association of Poynton is an organisation promoting areas of culture, education, sports and tourism with our twin towns of **Haybes in the French Ardennes**, close to the Belgian border, and with **Érd, near Budapest in Hungary** and would welcome new members.

"Our wish is to work together with Haybes and Érd to build and strengthen friendships between individuals, schools, voluntary groups and councils, and to encourage visits in both directions."

TAP organises several events for members each year – details of which can be found on our website or Facebook page www.twinningassociationpoynton.com TAP also organises an informal French conversation evening – on the fourth Wednesday of each month at the **British Legion, Poynton** at 7.30pm.

HAYBES POYNTON ÉRD HAYBES POYNTON ÉRD



WORTH PROBUS CLUB

For retired and semi-retired men, meets monthly on the second and fourth Thursday afternoon at **St. George's Church Hall Poynton**, hearing speakers on a variety of topics, then having tea and fellowship, before a brief meeting to discuss e.g. future club events, the welfare of any poorly members and any news about events and developments in Poynton. Around two meetings a year are open to members' partners, as are our periodic outings to places of interest. A walking group goes out monthly and there is a monthly pub lunch.

Further details from Peter Owen.
Email: peterowen49@btinternet.com
Tel: 01625 871574

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METHODIST CHURCH POYNTON

(Civic Centre car park - next to Waitrose)
Rhyme Time, Toddler Group and Who Let The Dads Out. For those feeling isolated with young children. We offer a safe space for parents, grandparents and carers to relax, meet others in a similar situation and share their experiences as their little ones enjoy playing together.



Looking for company? Drop in for coffee and chat every morning from 10am, except Wednesday. Following our midweek service (1st Tuesday) and midweek communion service (3rd Thursday) there is an opportunity to share fellowship and a light lunch together.

Who Let The Dads Out 4th Sat 9.30am
Rhyme Time Tuesdays 10am
Toddlers Group Thursdays 9.30am
Tel: 01625 871592

Other clubs you may be interested in:

WORKMEN'S CLUB

142 Park Lane
Poynton SK12 1RG
Telephone 01625 803030
Website www.poyntonwmc.co.uk

THE ROYAL BRITISH LEGION

George's Road West
Poynton SK12 1LY
Telephone 01625 873120
Website www.poyntonlegionclub.co.uk

SPORTS CLUB

London Road North
Poynton SK12 1SAG
Telephone 01625 875765
Website www.poyntonsports.com

TENNIS CLUB POYNTON

Poynton Tennis Club is part of Poynton Sports Club, situated close to the heart of Poynton village, on the A523 between Hazel Grove and Macclesfield. We have four astroturf courts and 3 hard courts.

The standard at PTC is mixed, so there's no need to feel daunted if you're new to the game, or simply haven't played for a while.

Free Adult Coaching!
We are offering some free adult coaching to promote health and wellbeing.



Poynton Sports Club. London Rd North, Poynton, Cheshire SK12 1AG

Tel: 01625 875765

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FRIDAY SHOPPING GROUP

Working with Open Hands, our volunteer drivers bring our older residents into **Poynton village** every Friday morning.

It allows people to shop and have a cup of tea, a biscuit and a natter before being taken home.

Our friendly volunteer drivers will also help with loading bags. We ask for a £3 donation.

For more information please contact the Open Hands group at Poynton Civic Hall on **01625 872238**

TIME OUT CAFÉ

For all Poynton seniors. Come along on your own or with a friend, every Friday 2.00pm- 4.00pm at the **Civic Hall in Poynton**.

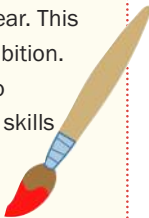
Join the friendly, volunteer-led group to play dominoes, enjoy a game of bingo, do adult colouring, or just sit and have a chat. Drop in and enjoy a cup of tea or coffee and a cake, for a small donation.



For more information contact Poynton Civic Hall on **01625 872238**

POYNTON COMMUNITY ART GROUP

A small group, with varying abilities and skills, we work in our own preferred medium. This is very interesting and gives another dimension, as we use each other's experience and expertise which makes us a helpful, contented and friendly group. We do have several guest artists giving workshops/demos during the year. This cumulates in an annual Art Exhibition. WE are NOT a teaching group so having previous knowledge and skills in art is an advantage.



We meet at **St Martins Church Hall, Shrigley Road North, Higher Poynton SK12 1TE**. Every Monday 10am - 12noon.

For more information contact

Joy Cambrook **01625 877873**

Sheila Cunningham **01625 423899**



Loneliness FACTS & STATISTICS

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-65s 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%**
- in a survey in 2013 of 1,000 family doctors, 1 in 10 said they saw between 6 and 10 patients daily who had come in mainly because they were lonely
- **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.

Facts are 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 increased 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*)

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Live Well Cheshire East

Are you involved in a local voluntary group or organisation that is not listed here? If so, and you would like the details to be included in a future edition of this booklet, free of charge, please e-mail

Sharon Duke at Poynton Town Council - sharon.duke@poyntontowncouncil.gov.uk

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.

www.cheshireeast.gov.uk/livewell



IN PARTNERSHIP WITH

POYNTON
TOWN COUNCIL

www.poyntontowncouncil.gov.uk

To the best of our knowledge, the information contained in this booklet is accurate at the date of publication; however, Poynton Area Community Partnership do not assume any liability whatsoever for the accuracy and completeness of the information.