



Alsager Community Support Information Sheet



Regular Groups and Activities in and around Alsager

MONDAY

Alsager Library

RhymeTime 11am – 11.30am weekly Suitable for babies & pre-school children Free

Conversational Italian 2pm – 3pm All abilities welcome. No need to book in advance. Free

Colour and Chat Circle 2.00 – 4.00pm weekly Free

Lego Club 3.30 – 4.30pm weekly Suitable for all, children must be accompanied by an adult. Free.

Wesley Place Methodist Church

Monday Fun 14:00 - 16:00 Tea and play a variety of table-top games. Contribution of £1 (Not compulsory) to help towards the costs.

Christ Church

Big Breakfast 8 – 10am £3 per adult and £1 for school aged children

Parent Chat 10am

Cherubs Toddler Group 1.30 – 3.00pm £1 per child inc. drinks and snack

United Reformed Church

Soup and Sing 1 – 3pm. Cost £3

Rhema Church, Rode Heath

Knit & Natter Every other Monday from 2pm to 3:30pm incl. refreshments. Suggested donation £1.

Church Lawton Memorial Hall

Little Athletes (for healthy wellbeing) 09.30am to 10.15am, 10.30am to 11.15am.

Book in advance 01782 825612.

Strictly Latin Dance Fit Class/Fitsteps. 09.45am to 10.30am. Book in advance Mark Farrugia 07500 588597

Tea Dances (with Love to Dance) Sequence and ballroom dancing with qualified instructor. 2pm to 4.30pm £5 a session 07980 636274

Body Control Pilates 6pm to 7pm. Book in advance Lisa Shirley 07816 879095

Short Mat Bowling Autumn/Winter 7.30pm to 10pm Jill Cotterall 01270 883570

Scholar Green Village Hall

Mothers Union. 1st Monday of the month 2pm to 4pm. Barbara Jones 01270 874774

Zumba. All other Mondays 6.30pm to 7.30pm. Michelle Robinson 07449 048726

TUESDAY

Alsager Library

Thriller book group 2.30-3.30 Second Tuesday of the month. Free of charge or donation welcome.

French Conversation with Danielle - 2.30 - 3.30pm - weekly. All abilities welcome.

No need to book in advance. Free

Wesley Place Methodist Church

The Ark Playgroup Every Tuesday 9:45 – 11:30am (Term time only) Parent and child £2.50

Additional child £1 Refreshments included.

Christ Church

Craft Group 1pm

Tea On Tuesday 4 – 5.30pm Free meal for families, with activities and a short bible story.

Term time only

Alsager Community Church

The Meeting Place (coffee shop) 9:00am- 1:30pm

Alsager Civic Centre

Lunch Club every Tuesday at 12pm for seniors Cost £5 Transport can be arranged 07513 378398.

13 Club

Alsager Bridge Club 19:00 – 22:00 Table money is £2 for members and £3 for non-members.

Knit and Natter 19:00 – 21:00 Contribution to room hire: amount depends on number attending.

Alsager Social Club

Coffee Shop 1.00pm – 5.00pm

Church Lawton Memorial Hall

Bereavement Support 9.30am -12.30pm

Exercise group Tripudio 2pm-3pm. For all levels of fitness, can be done sitting down (for those unable to stand) and is open to all, free of charge

Keystone. One to one nurse advice and complementary therapies by appointment. Movement and Balance 10am to 12pm. Support group 1pm to 4pm. Bereavement group 1pm to 4pm.

Joyce Key 7936 185328.

Clubercise. Exercise by dancing to the best tunes. 7pm to 8.30pm £5.

Annabelle Archer 07506 451969

Scholar Green Village Hall

DDMIX (aerobic dance/exercise class) 10.45am - 11.30am. Kate 07746 202179

Nimble Fingers Friendship & Craft Group 1.15pm – 3.45pm £2.50 inc. drink and a cake

Mow Cop Methodist Church

Luncheon Club every Tuesday 12pm to 2pm.

St Luke's Church, Mow Cop

Community choir every Tuesday 7pm to 9 pm. £3 donation

WEDNESDAY

Alsager Library

Coffee Morning 10am -12pm Free of charge or donation welcome

Alsager Chess Club 10am – 12pm Weekly. The club will be attending our coffee mornings.

Stories out loud Third Wednesday of month 2.30pm-3.30pm. Free of charge or donation welcome

Wesley Place Methodist Church

Midweek Service 11.00am – 1pm. The Church is open for quiet reflection with a short, informal service at 11:30am Refreshments available afterwards or bring your own lunch.

The Walking Fellowship meet usually every second and fourth Wednesday in the month.

St Mary's Church

'Tea & Chat' with board games Third Wednesday of the month 2.00pm

Memory Choir— informal singing for people with memory problems, second Wednesday of the month 2.00pm – 3.30pm £2.50 Monthly Tel Kath 01270 873975

Alsager Community Church

The Meeting Place (coffee shop) 9:00am- 1:30pm

Alsager Civic Centre

Parents & Tots (Sandbach Children's Centre) Once a month for children up to 5 years old

9.30am – 11.30am Free No booking required

Royal British Legion Coffee Morning, every third Wednesday 10am – 12pm Donations welcome

Civic Bingo at 6.30pm – 9.30pm £1 to join £2 to play.

Civic Cinema Last Wednesday of the month. £5

13 Club

Alsager Bridge Club 1:30pm – 4:30pm Contact Annie Eardley afeoug@gmail.com or 07825 0569077

Alsager Social Club Free Pool in the games room from 4.30pm

Cash Bingo 8.30pm £3.60 for a 6-ticket book of 5 games, and £1.00 for a 6-ticket flyer game

Church of the Good Shepherd, Rode Heath

Warm Wednesday social gathering, tea, chat, games, books every Wednesday 12noon to 5 pm Free

Oakhanger Methodist Church and Community Centre

Ladies Craft Group every Wednesday from 2pm to 4pm Free of charge.

Church Lawton Memorial Hall

Body Control Pilates. 09.15am to 10.15am, 10.30am to 11.30am, 6pm to 7pm, 7.15pm to 8pm
Book in advance Lisa Shirley 07816 879095

Scholar Green Village Hall

Art Group. September to April 7pm to 9pm. Dave Evans 07970 166423

Mow Cop Methodist Church

Keep fit group. Anne Coates 01782 513246

THURSDAY

Alsager Library

Games Club Last Thursday of month 2.30pm-3.30pm Free of charge or donation welcome.

Wesley Place Methodist Church

The Dinner Hub 3 – 5pm Free meal. All welcome

Sparkz Kids Club Yr 2 – 6 5.30pm – 7.00pm during term time. Games, stories, crafts and tuck shop

Ablaze Year 7 - Year 13 7:00pm – 8:30pm Include sport activities, games and lots of chill time.

Christ Church

Coffee & Communion First and third Thursday of the month, 10.30am Coffee and cake included
Free.

Ablaze Youth Club age 11 – 18. Includes free snack and drink and free meal once a month.
Term time only

United Reformed Church

Thursday Afternoon Fellowship 2pm – 3.30pm (Fortnightly). No cost but asked for donation of £1
if able.

Alsager Community Church

The Meeting Place (coffee shop) 9:00am- 1:30pm

Little Treasures 9:30am-11:30am £1.50 for the first child and 50p for each additional child.
includes a snack (toast and sugar-free juice)

Alsager Civic Centre

Lunch Club every Thursday at 12pm for seniors Cost £5 Transport can be arranged 07513 378398

13 Club

Stroke Survivors Group 10.30am – 12:30pm £2 per person incl. refreshments

Geezers Games and chat for men aged 65 and over 1.30pm -3.30pm £2 Kath 07443 492573

Alsager Social Club

Knit and Knatter 9.30am - 12.00noon Donations welcome.

Milton Park

Buggy Walk First Thursday of the month 10am - 11am. No booking required.

Rhema Church, Rode Heath

Little Tots Baby & Toddler Group Every Thursday from 10am to 11am (During School Term Time)
Enjoy a cuppa & biscuits. Suggested donation of £1

Church Lawton Memorial Hall

Discovery Dancing (Belly dance, Ballroom, Latin, Classical), 6pm to 8pm.
Book in advance Helena Insley 07538 924835

Scholar Green Village Hall

Inanna Belly Dancing 6.30pm to 7.15pm for ladies aged 18 to 80.
Marieanne Griffiths 07582 023168

FRIDAY

Alsager Library

Alsager Memory Café Support Group for people with dementia & carers. Last Friday of month
10.30am -12.30pm. Free. 01270 873975

Stories and Songs for pre-school children 11am – 11.30am from Friday 4th November Free

Baby RhymeTime 2pm – 2.30pm weekly for babies from 0 to crawling Free.

Wesley Place Methodist Church

Coffee and Chat A chance for carers /parents /guardians with children with additional needs can
come together and chat. Children can join and play. Refreshments available for free.

Christ Church

Chat & Chill 3.15pm – 4.15pm free after school board club for Alsager School students. Term time
only. Free hot chocolate & home-made cakes

United Reformed Church

Carry on Dancing Top to Toe exercise Fridays 10.00am -11.30pm £2 incl. refreshments.
Valerie 07817 172052

Alsager Community Church

The Meeting Place (coffee shop) 9:00am-12:30pm

13 Club

Heydays Social fun for the 65s and over including those living with dementia. Friday 2.00pm-
4.30pm £3 inc. refreshment. Kath 07443 492573

Alsager Social Club

Coffee Shop 9.00am – 12.00pm

Scholar Green Village Hall

Scholar Green Babies and Toddler Group 9.15am – 10.15am £2.50 per family inc. drink and a biscuit

See Facebook page for more information.

St Luke's Church, Mow Cop

Free hot meal every Friday 2.00pm - 4.00pm. St Luke's Larder community foodbank on Fridays. Residents with genuine mobility problems can ask for a lift on 0757 0790 244.

Church Lawton Memorial Hall

Body Control Pilates 09.15am to 10.15am, book in advance Lisa Shirley 07816 879095

SATURDAY

Alsager Library

Family Rhymes and Stories - 11.00am - 11.30am First Saturday of the month. Free, drop-in session

Wesley Place Methodist Church

Men's Fellowship Breakfast Once a month at 8:45

United Reformed Church

Coffee Morning First Saturday of the month

Board Games for Mental Health Every third Saturday, 2.00pm – 4.00pm. Free of charge

Alsager Civic Centre

Olive & Stitch Market Third Saturday of the month 9.30am – 1.00pm

Animals in Need Coffee Morning Second Saturday of the month 9.30am – 11.30am

The Plough

Alsager Royal British Legion Breakfast Club – Last Saturday of the month, 9.00am – 11am.

£3 for a small breakfast

SUNDAY

Wesley Place Methodist Church

Morning Service 10:30 - 11:30 Adventurers caters for children of all ages, from babies to young adults. We meet at 10.30am (except YouTube Worship Week)

Evening Service 18:30-19:30

Christ Church

Reflective Service 9.00am

Informal Service with worship band & children's groups 11.00 am (refreshments in hall from 10.30)

Prayer 6.00pm – 7.00pm every Sunday

Messy Church one Sunday per month 11.00am – 1.00pm. Includes free lunch for families.

United Reformed Church

Morning Worship & Junior Church every Sunday at 10.30am

Evening Worship (Third Sunday in the month) 6.30pm

St Mary's Church

Holy Communion Face to Face & Live Streamed Service 10:30am

Alsager Community Church

Prayer meeting 9:30am - 10:30am Worship service & Kids Church at 10.30am

13 Club

Alsager Bridge Club 7pm – 10pm

Rhema Church, Rode Heath

Sunday Service Every Sunday at 11.00 am in an atmosphere of faith & friendship, plus refreshments.

Oakhanger Methodist Church and Community Centre

Service 1st and 3rd Sundays at 6.30pm. followed by tea/coffee.

VENUE DETAILS

Alsager Library

Sandbach Road North, Alsager, ST7 2QH
01270 375325

Alsager Civic Centre

3 Lawton Road, Alsager, ST7 2AE
01270 879711

Wesley Place Methodist Church

30 Lawton Road, Alsager ST7 2AF

13 Club

Cedar Avenue, Alsager, ST7 2PH
01270 873194

Christ Church

35 Church Road, Alsager ST7 2HS
01270 872291

Alsager Social Club

Longview Avenue, Alsager, ST7 2EA
01270 875065

United Reformed Church

Brookhouse Road, Alsager ST7 2PA
01260 273873

The Plough

Crewe Rd, Alsager, ST7 2JN
alsagerrbl@ gmail.com

St Mary's Church

Crewe Road, Alsager ST7 2EW
01270 879114

Milton Park

16 Crewe Rd, Alsager, ST7 2ES
(Sandbach Children's Centre)
01270 371235

Alsager Community Church

5 Lawton Road, Alsager, ST7 2AA
01270 873859

Rode Heath**Rhema Church,**

Chapel Lane Rode Heath, ST7 3SD
07900 632172

Church of the Good Shepherd

119 Sandbach Rd, Rode Heath, ST7 3TF

Oakhanger**Oakhanger Methodist Church and
Community Centre**

Butterton Lane, Oakhanger, CW1 5UU
01270 882158
07999 932963

Church Lawton**Church Lawton Memorial Hall**

Liverpool Road West, Church Lawton ST7
3DA

Please contact Joyce Key before attending
the groups on 01270 872157 or 07936
185328

Scholar Green**Scholar Green Village Hall**

Church Lane, Scholar Green, ST7 3QQ
01782 784011

Mow Cop**Mow Cop Methodist Church**

Primitive Street, Mow Cop, ST7 3NH

St Luke's Church

46 Clare St, Mow Cop, ST7 4PE

USEFUL INFORMATION

Alsager U3A Offers a variety of groups, courses and day trips. Low cost yearly membership required. **01270 873975**

Books on Wheels Delivers library books/talking books to housebound and isolated people. 01270 375325

ICare Community Meals Hot meals delivered to your door www.icarecuisine.co.uk 0845 604 1125

Red Cross Support at Home Up to 2 weeks' support for shopping/help when family is on holiday. Free 01270 255141 ext. 2789

St Vincent de Paul (SVP) Offers friendship, companionship and practical support to vulnerable people of all ages. 07510 223337

Talking Newspapers Local news for people with a visual impairment or disability. Free service 01606 760661

Wishing Well Community Meals Freshly cooked hot food. 2 courses. Delivered. £4.75 01270 256919

SUPPORT WITH UTILITIES:

Warm Home Discounts are going live in November 2022

There is also the United Utilities Hardship fund for water debt - [Application form - United Utilities Trust Fund: United Utilities Trust Fund \(uutf.org.uk\)](#)

There are also the Household Support Funds through CE

- www.cheshireeast.gov.uk/household-support-fund
- www.cheshireeast.gov.uk/household-support-inquiry

Utility hardship grants:

Energy suppliers will support young people to access up to 3 emergency top ups in times of crisis (although I have known them to do more than this on occasion)

<https://www.citizensadvice.org.uk/consumer/energy/energy-supply/get-help-paying-your-bills/grants-and-benefits-to-help-you-pay-your-energy-bills/#h--a-name-grants-to-help-pay-energy-debts-a-grants-to-help-pay-off-your-energy-debts>

The following energy suppliers offer grants to their customers:

- British Gas Energy Support Fund - [apply for a grant on the British Gas Energy Trust website](#)
- Scottish Power Hardship Fund - [apply for a grant on the Scottish Power Hardship Fund website](#)
- Ovo Energy Fund - [apply for a grant on the Ovo Energy Fund website](#)
- E.ON Energy Fund - [apply for a grant on the E.ON Energy Fund website](#)
- E.ON Next Energy Fund - [apply for a grant on the E.ON Next Energy Fund website](#)
- EDF Energy Customer Support Fund - [sign up to the priority services register to apply for a grant on the EDF Energy website](#)
- Bulb Energy Fund - [apply for a grant on the Bulb Energy Fund website](#)
- Octopus 'Octo Assist Fund' - [apply for a grant on the Octopus website](#)
- Shell Energy Support Fund - [apply for help on the Shell Energy website](#)

Check if you can get a grant from the British Gas Energy Trust – www.britishgasenergytrust.org.uk/grants-available/

The [Energy Saving Trust](#) has shared some quick and easy tips to save energy and money.

The Homeworker has some suggestions for some desk-based staff. It can be hard to keep warm throughout the day when you're not moving much, so it's important to make the most of the times you do move to avoid getting too cold. Here are some practical tips that may give you some ideas for beating the chill and avoid turning up the heating! [How to keep warm and costs down when you work from home - The Homeworker](#)

TIPS AND TRICKS TO CUTTING COSTS:

Martin Lewis - [90 ways to save on the cost of living](#)

This is money - [50 tips to beat the cost of living crunch | This is Money](#)

This is money - [Best money management apps to keep track of your finances | This is Money](#)

Supermarket Comparison - [Get the Trolley.co.uk App - Compare supermarket prices on-the-go - Trolley.co.uk](#)

Too Good to Go: [Save Food - Help The Planet | Too Good To Go](#)

Money saving blogs and resources: [45 Money Saving Blogs That Could Rival Money Saving Expert - Savings 4 Savvy Mums](#)

Loyalty apps [Over 50 Of The Best Loyalty Cards And Discount Apps In The UK - Household Money Saving](#)

Produced in partnership with



and part of

