

# What's On

Your bi-monthly guide to what's on at **Belong Macclesfield**

January / February 2024

## Join our team

Rewarding careers  
at Belong



## Specialist exercise

Rehabilitation and  
falls prevention



## B's dementia café

B's Cafe, our dementia friendly cafe, offers a warm and welcoming space for those living with dementia, and their loved ones, serving as a valuable support network for all local people.

The next sessions will take place in The Bistro, on Friday 19 January and Friday 16 February, from 2pm - 3pm on both dates and are free to attend. Hosted

by a Belong Admiral Nurse, in conjunction with the village experience team, who help facilitate opportunities for verbal and non-verbal communication, for example, through music, art, exercise or dance. For more information, or to book a place at the next session, please contact reception on 01625 508700.

## Coffee morning

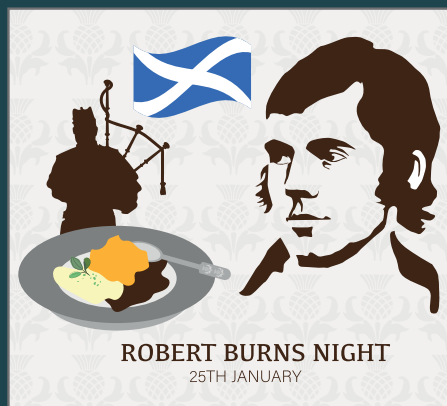


Come along to our Monday coffee mornings, held weekly in The Venue, from 11am - 12noon. Join us for a chance to make new friends, enjoy chatting with others and have some fun together with a crossword or a quiz over a morning cup of tea or coffee and a biscuit; cost £1.

## Burns Night

Celebrate Burns Night and enjoy a traditional lunch in The Venue, on Thursday 25 January, served from 12noon - 2pm.

Our talented chefs will prepare a Scottish-themed menu including haggis, neeps and tatties, plus a dessert. Enjoy whilst listening to a selection of traditional music and test your knowledge about all things Scottish, in our quiz. Cost £5; booking essential, by Monday 15 January.



## Spring high tea

Join us for a snowdrop high tea in The Bistro to celebrate the first signs of spring and Leap Year Day, on Thursday 29 February, from 12noon - 2pm.

The Venue will be decorated with Snowdrops, heralding the first signs of spring, and we will be serving a delicious high tea with a selection of finger sandwiches, small cakes and unlimited tea and coffee, for just £5



per head. Please contact the village on 01625 508700 to book by Monday 19 February.

## Pub sing-along

Join us in The Venue on Friday 12 January and Friday 9 February, from 2:30pm - 3:30pm on both dates, when we will be transforming the space into a pub, complete with beer and a variety of tipples! We'll have some fun with a sing-along, your first drink and a bag of crisps are on us! No need to book; everyone welcome.



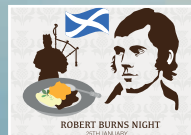
## Snowdrop high tea

Welcome spring at our high tea event



## Burns Night

Scottish-themed lunch in The Bistro



**BELONG**  
MACCLESFIELD

*We welcome members of the whole community*



## Breakfast club

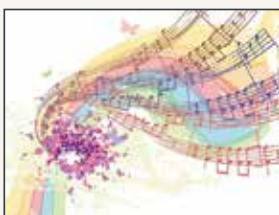
Come along to our lively breakfast club, every Tuesday and Thursday from 9:30am – 10:30am, in The Bistro.

It's free to join and a great

way to meet new people and engage on a range of lively topics. Prices will vary for food.

## Musical Moments

Come along to our monthly interactive musical experience with Vicky Thornton, from Musical Moments, on Friday 26 January and Friday 23 February, from 2:30pm – 3:30pm in The Venue. The monthly interactive and fun musical sessions include singing, playing instruments, mini quizzes, and games; a gathering filled with laughter. Entry is free, so come along and join in the fun!



## Singing therapy

We are offering free group singing sessions with Parkinson's Practitioner, Helen Fehilty, on Wednesday 17 January and Wednesday 21 February, from 2:30pm – 3:30pm on both dates.

We'll be taking part in singing exercises, together with musical challenges. The group is designed to improve the voice and can also help manage some of the symptoms of Parkinson's whilst taking part in a fun and social activity. Free entry; no booking required.



## Specialist exercise

Our award-winning exercise service, run by exercise specialist, Andre Kwiatowski,

offers personalised exercise programmes to members of the wider community. Take advantage of the advanced facilities in the village gym for falls prevention and to aid mobility and strength. To enquire about an assessment or events, contact Andre on 01625 508700.

## New Year, new career

We're looking for caring people to expand our inspirational teams. We have a selection of roles available working in the village or out in the local community. Call into the village for a chat with a member of the team: we'll be happy to discuss the roles available over complimentary coffee and cake in The Bistro. Alternatively, you can scan the QR code or visit us online at: [www.belong.org.uk/jobs](http://www.belong.org.uk/jobs) to view our current vacancies and fantastic colleague benefits.



## Experience Days



Try our popular Experience Days service for yourself, with a free 'taster' session. Available from 10am – 4pm, Monday to Friday; cost £82 per session, which includes lunch in The Bistro, refreshments throughout

your stay, and use of our specialist exercise studio. Call Experience Coordinator, Anna Seaton, on 01625 508700 to find out more.



## Winter jacket

Enjoy this warming offer in The Bistro throughout January. A jacket potato topped with a choice of fillings either pizza pepperoni or cheese and tomato, or coconut and chickpea curry for £4.50.

## It's a wrap

Call in to The Bistro in February, to enjoy a sweet chilli breaded chicken or halloumi wrap, served with seasoned wedges, salad garnish and homemade coleslaw for £5.70.



Our events programme is inspired by the interests of our community. If there is anything you would like to see added, please share your ideas with our Experience Coordinator, Anna Seaton, or email: [anna.seaton@belong.org.uk](mailto:anna.seaton@belong.org.uk)



For more updates of special offers and events like/follow us on Facebook and X.