



Did you know we have
scooters and wheelchairs
available?

Poynton Easy Access Scheme

P.E.A.S

Mobility scooter and
wheelchair hire



Wheelchairs from £2 per day
Scooters from £4 per day

Drop in to see what we have available
and try it out if you wish.

For bookings or more information with
no obligation, please contact
Poynton Town Council
on 01625 872238 or email
reception@poyntontowncouncil.gov.uk

Falls Prevention Programme (Monday)



Falls Prevention Programme

Monday
9.45am-10.45am and 11.00am -12.00pm

Be Steady Be Safe is a FREE 24 week
programme, consisting of balance retraining
exercise classes, prescribed home exercise
and education on reducing falls risk factors.

To access the
programme you must
be a:

- Cheshire East Resident
- Aged 65 years and
over

Have one or more of
the following:

- Fallen in the past 12
months
- Poor balance and
strength
- Osteoporosis

If you are eligible, telephone 01625 383943
or email EBHealthy@everybody.org.uk

www.everybody.org.uk
Registered Charity Number: 1184084



What's on for older people

Spring 2017

Civic Hall
Off Park Lane
Poynton
SK12 1RB
01625 872238



Wednesday Lunch Club



A weekly group for older people who are physically frail and/or have some memory problems takes place at Poynton Civic Hall.

The group meets from 10am to 2pm and provides a caring and stimulating environment for up to ten people.

Experienced and trained volunteers organise games and activities, singing and light exercise. A hot lunch is also provided.

This new initiative is managed by Poynton Town Council in partnership with Age UK Cheshire East and costs £20 per week. Transport can be arranged at a small additional cost.

Please contact Sharon Duke, Communities Co-ordinator, if you would like to find out more on 01625 872238.

Friday Shopping Bus



Poynton Community Bus brings our older residents into the village every Friday morning.

It allows people to shop and have a cup of tea and a biscuit in the Civic Hall, before being taken back home.

Our drivers are fully trained, friendly volunteers who will help with getting on and off the bus.

All we ask is a small donation of £2 for the bus and 50p for refreshments.

If you are interested, or know someone who may be, please contact Poynton Town Council on 01625 872238 for more information.

Time Out Café (Friday)



Join us for a cup of tea, coffee and a cake.

Play dominoes, enjoy a game of bingo, do adult colouring, or sit and have a chat and put the world to rights!

Come along on your own or with a friend.

Meet our local Police Community Support Officers who often drop in for a chat.

The group meets every Friday 2pm - 4pm at the Civic Hall. A £1 donation would be gratefully received.

Other activities

There are many other activities and events in the Civic Hall, and information about other groups in the village. Please call in to look at the posters or ask at our reception.

If you have any particular questions, or suggestions for new activities, please feel free to contact Sharon Duke or call in at the Civic Hall, off Park Lane (next to Priorsleigh).

