

Rudheath and Witton Together Newsletter

April 2023

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Last Year of Big Local

The Big Local project in RWT has just less than a year left to run and will close on 31st March 2024.

We've still got a lot to do in the last year and plenty of projects on the go that will benefit the RWT community.

That doesn't mean RWT is finished though! The Partnership and staff are all working hard to ensure that RWT continues beyond March and still here to support our community.

We want people to come along and enjoy the events and activities all through the year. Let's make 2023 the year to remember!

Mental Health Support

We have just launched a new mental health project to support residents in the RWT area.

Eligible residents will be able to access 6 free counselling sessions to try and bridge the gap while waiting for NHS Talking Therapies (currently a 9-12month wait). If you live in the RWT area, are over 18 you can be referred for counselling by a social prescriber at your GP surgery.



The poster features the Rudheath and Witton Together logo at the top. Below it, the text reads: 'MENTAL HEALTH SUPPORT', 'FREE INDIVIDUAL COUNSELLING SUPPORT', and 'RWT are working with local social prescribers to offer free support for our RWT area residents who have mental health difficulties*'. A central photograph shows two women sitting at a table, engaged in a conversation. At the bottom, there is a disclaimer: '*to access this support you must live in the RWT Big Local area, be over 18, visit your GP and be working with social prescribers. All referrals are via social prescribers only not RWT staff/volunteers. Eligible people are entitled to 6 free counselling sessions.' The Community Fund logo is at the bottom right.

Referrals are only via the Social Prescribers in surgeries, so you must visit your GP to get support as we feel this is the best way to ensure the sessions are the right thing for you.

Get in touch if you want to know more.

Contact us

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@rudheathandwitton



@RAWTogether

Note from the RWT Chair

Welcome everyone. This is the first newsletter since I became Chair in October 2022. I've been involved with RWT since 2019 and I am delighted to have taken up the role of Chair.

It's hard to believe that the Big Local project is nearly at an end, we've still a lot to achieve and review during 2023 so exciting times ahead!

We're also looking to the future and what happens at the end of Big Local. The Partnership all want RWT to continue in some form and we'll be working with residents and other groups to make sure this can happen.

We're really pleased to be able to offer some mental health support through our offer of 6 free counselling sessions to eligible residents – we felt that funding this was essential, especially following the recent tragic events in our area.

I look forward to meeting people at our events throughout the next year.

Kind Regards

Kathi

Kathi Brown, RWT Chair

Save Griffiths Park!

Here at RWT we've been 100% behind the fight to stop developers build houses on the football/ playing field at Griffiths Park.

There are two groups taking the fight forward 'Save Griffiths Park' and 'Friends of Griffiths Park' both have Facebook



pages where you can follow news, updates and events – take a look and support any way you can.

They also have a Go Fund Me page where they are raising funds to take legal advice and fight

the development. We know most families are stretched, but if you can spare anything it will go towards saving this precious green space. <https://gofund.me/cafb803c>

Voter ID

It's local elections on Thursday 4th May. This time when you go to vote at your polling station you will also need to show additional photo ID before you will be allowed to vote.

This needs to be one of the forms of acceptable ID, find out which forms of ID are acceptable [here](#). If you don't have your ID you will be asked to return with it before you are able to vote.



Rudheath Social Club

Here at RWT we hold most of our events and activities at Rudheath Social Club and we can't thank them enough for their support over the Big Local project. They also host the Over 55's group and the NCS Food Hub and are a key part of our community.

We've been working with the committee recently to discuss the future sustainability of the club and ensuring they are 100% part of the whole community. Recently the members voted for the social club to become a charity – ensuring the club is very much there for the community for the long-term and RWT are helping with the process of registering with the Charity Commission.

If you're interested in becoming a member of the Social Club then membership is just £1. Pop in and ask for a membership form.

All Friends Together - Warm Spaces sessions

One of the ways at RWT we tried to support our community through the cost of living crisis was to fund and provide warm space sessions throughout the winter months.

We worked with Bethel and St. Helen's (Witton) churches to put on three sessions each week where all were welcome to come along, meet new friends, keep warm, have a warming lunch, cuppa and cake. Although slow to start we soon had 10-15 people coming along to each session.

RWT funded St. Helen's until the end of February and Bethel until the end of March (St. Helen's had funding from Cheshire West to continue through to March).

All sessions are continuing in a slightly different format so why not pop in.

RWT – warm space remains every Wednesday, 12-2pm at Rudheath Social Club. We will be holding a special Coronation session on 10th May, please get in touch if you're interested in coming along.

St. Helen's – Places of Welcome, every Thursday 11am - 1:30pm (lunch served around 12:15pm). Tea, coffee, cakes, company and lunch.

Bethel Church – Café @ Bethel Church. Open every Thursday and Friday 9:30am -2:30pm. Tea, coffee, cakes, soup and sandwiches at a low cost.

At Rudheath Social Club we have a lovely time, plenty of laughs and good company



Events and Activities

RWT Events

Coronation Celebration

Wednesday 10th May, 12-2pm, Rudheath Social Club

Join us for a right Royal 'do'. Buffet lunch, refreshments and games – all welcome. If you're planning to come along please let us know for catering numbers.

A huge thanks to Cllr Helen Treeby for providing funding for this event.

Half-term Family Fun

Tuesday 30th May, Rudheath Social Club, Time TBC

Final details to be confirmed, but look out on our Facebook page for more info and booking links in the next couple of weeks.

All Friends Together – Warm Space

Every Wednesday, 12-2pm Rudheath Social Club

All welcome to come along for a cuppa, cake, lunch and some laughs. No need to book.

Community Fun Day

Saturday 22nd July, 10am -4pm, Rudheath Senior Academy

A day out for the whole family, lots to do and see. Activities all day from Multi-Flex, plus face painters, circus skills and much more...

We've a few more events in the pipeline so look out on social media for updates.

Other Activities...

Coronation Events on Griffiths Park - 6,7,8th May

There's lots going on at Griffiths Park over the Bank Holiday weekend.

RUDHEATH Coronation
CORONATION • 6TH MAY 2023

CELEBRATIONS

SATURDAY, 6th MAY: 12pm - 5pm
PICNIC IN THE PARK with Family Sports Day
RACES, HELLY WANGING, TUG O' WAR & MORE

SUNDAY, 7th MAY: 10am - 5pm
2 FOOTBALL MATCHES
Phoenix Supporting Charities FC
PLUS DISPLAYS FROM LOCAL GROUPS

MONDAY, 8th MAY
THE BIG HELP OUT
VOLUNTEERS ARE WANTED TO HELP Tidy UP THE PARK
CUT BACK PLANTS GROWING OVER THE PATHS, CLEAR AROUND SEATS & HELPING THE PARK GET SUMMER-READY!

ST JOHN'S FIELD
Griffiths Park
Middlewich Road, Rudheath

VILLAGE SHOW COMPETITIONS
BEST DECORATED PLATE OF 6 CUPCAKES
MINIATURE FLOWER DISPLAY (UP TO SIXCHES TALL)
BEST DECORATED CROWN
BEST PAINTING OF KING CHARLES III
BEST 6 RAINBOW COOKIES
BEST MINIATURE GARDEN ON A PLATE
BEST MODEL CASTLE MADE FROM SCRAP MATERIALS
BEST CORONATION CRAFT

'In the Community, With the Community, For the Community'