



Visiting Cheadle Expo could be good for your health.

Team Cheadle bring together community groups and residents to help improve local living and welcome more visitors.



Following the success of last year's community Showcase Event in January 2017, Team Cheadle has announced details for a 2018 Cheadle Expo. Last year's event brought together many of Cheadle's diverse range of community groups and the production of Cheadle's first comprehensive guide to events.

This year's event, Cheadle Expo will take place on 24th March from 10am-3 pm at The Methodist Church on Chapel Street. Visitors can consider a variety of local causes to support by volunteering or find out more about events and activities in the area. According to the NHS Choices website, volunteering brings health benefits to both the volunteer and the organisations they support. Research by The Royal Voluntary Service discovered volunteering in later life decreased depression and social isolation.



“We expect to see about 30 of Cheadle’s community groups exhibiting” said Ivan Wozniak, event organiser. “We are aiming to give the people of Cheadle a fresh opportunity to see what’s available in locally and we are encouraging as many people as possible to come along.” Ivan continued.

Refreshments and entertainment will also be available at the event to encourage visitors young and old to make the most of the opportunity.

Team Cheadle will be assisting visitors to express their views on the issues which matter most to them and to discover more about Team Cheadle’s work. Exhibitors will include local and national charities, creative activities and leisure groups. The Expo will provide a space for exhibitors to come together to network and share ideas or resources. The event will also help in the production of a new What’s on in Cheadle guide, giving local tourism a much needed boost.

For further information visit the Team Cheadle Facebook Page, to enquire about exhibiting contact

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Source: <https://www.nhs.uk/Livewell/volunteering/Pages/Whyvolunteer.aspx>

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Illustrated are last year's exhibitors including Cheadle Running Club, Cheadle Lions, Cheadle Archery Club and Team Cheadle