



Free Self-Defence session for Unpaid Carers



**Do you feel confident when out in public?
Do you feel unsure how to respond when situations become challenging during your caring role?
Do you want to learn practical techniques to stay safe and feel empowered?**

The session is aimed to improve confidence and awareness when caring in challenging situations and when out in public.



The session will look at:

- Holds and Grabs
- Effective Strikes
- Knife defence
- Pins to the floor



Delivered by Cheshire Police

Join a free 1-hour self-defence session designed to help unpaid carers feel safer and more confident.

Dates & Locations:

- 10 June – Macclesfield Town Hall (Assembly Rooms), Market Place, Macclesfield. SK10 1EA
- 12 June – Salinae Day Centre, Lewin Street, Middlewich. CW10 9DG

Session Times:

10:30–11:30am, 12:00–1:00pm and 1:30–2:30pm

Book your place here:

[Macclesfield Bookings](#)

[Salinae Middlewich Bookings](#)

**The session is suitable for all abilities.
Please wear trainers and bring a drink!**