

Mental Health Course Prospectus 2025/26



Mental Health

Course Prospectus

2025/26

For the second year running, Cheshire West and Chester Council, in collaboration with Cheshire and Wirral Partnership, has awarded grant funding to local services to help residents access quality mental health and wellbeing support across the borough. The courses in this prospectus are part of that commitment. In addition to these, many other trusted organisations provide mental health support within our communities. You can explore these services through the online directories listed below.

Hub of Hope
Livewell



ADHD and Me

for **18–25-year-olds**
living with ADHD

6 weeks x 1.5 hours

Delivered by

Youth Fed

Ellesmere Port,

Chester

0151 357 1971

ADHD and Me enables young adults (aged 18-25) to understand what ADHD is and how it impacts on our mental health. Those attending will improve executive functioning skills, learn strengths-based diversionary responses and where to find resources/support post-learning.

Sessions are split into 15-minute sections to maintain attention and interest – to be mixed between interactive learning sessions and fun group activities, including elements of assessment to monitor learning and understanding.

Prior to the start of courses, learners have the opportunity to discuss individual learning goals and needs with experienced and compassionate trainers.

Creative Arts

for adults who are
experiencing forced
migration

8 weeks x 2 hours

Delivered by CHAWREC

Chester

01244 400730

CHAWREC is using its Chester-based Unity Centre to support people who are experiencing forced migration, helping them recognise the trauma they have experienced and how it may manifest itself.

This course uses creative arts and crafts to help people recognise their trauma-induced mental ill health. The aim is to provide a creative outlet to support wellbeing through recognising trauma and building resilience to cope with it. It is delivered by a qualified therapist who is able to recognise when people need further support.

Domestic Abuse the Recover Toolkit

for women who are
experiencing domestic
abuse- 6 week course

Delivered by Her-Place

Northwich and Winsford

01606 557666

referrals@her-place.co.uk

This 6-week course programme will help participants understand the impact of experiencing domestic abuse. During the sessions, the individual's own strengths, resources, coping skills and resilience will be reinforced, contributing to their own health and wellness on a long-term basis.

- What is abuse?
- Self-esteem, coping and the consequences of toxic stress
- The effects of abuse on children and on parenting skills
- Self-esteem and affirmations and the power of positive self-talk
- Anger, conflict and assertiveness
- Boundaries and trust
- Losses and gains



Insight (ADHD Education and Support Programme)

for adults living with ADHD

8 week course

Delivered by
ND Directed

Whole of Cheshire

07507 653066
northwest@nddirected.
org

This 8-week course offers a holistic approach to ADHD management for adults, helping individuals achieve personal goals and lead fulfilling lives. Through exploring the definition, history, and subtypes of ADHD, participants gain a deeper understanding of the condition while fostering a sense of community and belonging among others with similar experiences.

The programme focuses on building executive function skills, emotional regulation, and coping strategies. Practical tools such as mindfulness and meditation are introduced alongside techniques for creating positive routines around sleep, exercise, and self-care. By promoting resilience and self-management, the course empowers participants to navigate everyday challenges with confidence and clarity.

Managing Trauma

for adults who are
experiencing forced
migration

8 weeks x 2 hours Delivered
by Yaran through CHAWREC

This course is aimed directly at those experiencing forced migration, helping them to recognise the trauma they have experienced, how it may manifest itself and giving them coping strategies to help them manage it.

Yaran is a specialist provider in this field and employs multilingual staff who have extensive experience of working with asylum seekers and refugees who are living with trauma.

Chester

01244 400730



Movement for Change

for adults in recovery
from addiction

8 weeks x 2 hours

Delivered by
Fallen
Angels

Chester and Northwich

07801478548

hello@fallenangelsdt.org

Movement for Change offers a combination of goal setting, learning and putting recovery into action. Participants work towards their recovery and wellness goals with a focus on physical and active participation.

Learners reflect on any barriers they have, and develop a toolkit of basic

techniques and exercises to support change and achieve physical

- Goal setting and coaching with Fallen Angels engagement
- Recovery themes and learning
- Developing tools for everyday life/maintaining recovery
- Movement activity: “feel the fear and do it anyway” moving outside of the comfort zone

RESET

for adults experiencing
mental ill health

5 weeks

Delivered by Chapter

Chester, Ellesmere Port and
Neston

01244 344409

RESET is a series of wellbeing workshops to support people experiencing mental ill health to get back on track.

Delivered in the local community or online, RESET provides people with a toolkit to manage their mental wellbeing in the long term.

As part of the process participants share their own experiences of managing their mental ill health and work together to build on their skills around managing anxiety, building resilience and making positive lifestyle choices.

Resilience programme

For adults affected by sexual
violence

6 weeks x 3 hours

Delivered by RASAC (Rape and
Sexual Abuse Support Centre)

Chester, Ellesmere Port and
Northwich

01244 907710

support@rpaecentre.org.uk

This modular course is for anyone who has been affected by sexual violence at any time in their life. Based on psychoeducation, discussion and practice within a group environment, the following topics will be addressed:

- Understanding trauma
- Emotional regulation and stability
- Boundaries and personal safety
- Relationships and community
- Assertiveness and confidence building
- Resilience and future planning



True Colours

for members of the
LGBTQ+ Community

7 weeks

Delivered by Radiate
Arts

This 7-week course offers a safe and structured environment where members of the LGBTQ+ community can explore creative self-expression through workshops incorporating elements of art therapy.

Participants will have the opportunity to build personal and group resilience, developing a toolkit to navigate modern-day stresses.

Visible Voices

for members of the
deaf community

12 weeks (6 x fortnightly
sessions)

Delivered by Radiate Arts
Northwich

01244 267806

Partnering with the Deaf and Sensory Network (DSN), this creative course will use visual and tactile methods to facilitate self-expression and emotional wellbeing, bridging communication gaps, using BSL as an integrated part of the course.

This inclusive approach will help foster a supportive community, enhancing emotional wellbeing and social bonds among deaf individuals. The creative sessions will give people the opportunity to express shared experiences in a safe and familiar space.

Wellbeing Coaching

for adults living with poor
mental health

Delivered by:

Chapter
01244
344409

Mid Cheshire
MIND 01606
863305

Chapter and Mid-Cheshire MIND provide a free coaching service to adults who may be struggling with their mental health in Cheshire West. This fully funded service provides up to 8 weekly coaching sessions with a dedicated coach.

Both organisations have friendly and experienced wellbeing teams who will provide someone to listen and work with individuals, determine what support will help them recover and learn new skills to help them become more resilient and able to cope in the future.

Those seeking support will be matched with a wellbeing coach who will support them through 1:1 sessions, either face-to-face or by telephone/online – depending on the person's choice. The coach will work with the individuals to explore goals through techniques to support with their mental health.



Accessing Cheshire West and Chester Council information and services

Council information is also available in Audio, Braille, Large Print or other formats. If you would like a copy in a different format, in another language or require a BSL interpreter, please email us at **equalities@cheshirewestandchester.gov.uk**

Tel: 0300 123 8 123 **Textphone:** 18001 01606 867 670

email: equalities@cheshirewestandchester.gov.uk

web: www.cheshirewestandchester.gov.uk



