

Mental Health- Course Prospectus 2024/25

The courses outlined in this prospectus have been funded jointly by the Cheshire and Wirral Partnership and Cheshire West and Chester Council. There are many other established and effective organisations offering mental health support throughout Cheshire West's local communities. These can be found in the following online directories:

- [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 weeks
- Delivered by Motherwell
- Cheshire CIO
- Winsford
- 01606 557666
- referrals@motherwellcheshirecio.com

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.

Topics covered include:

- 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 weeks
- Delivered by
- ND Directed
- Northwich, Chester, Rural Cheshire, Winsford, Neston, Ellesmere Port
- 07507 653066
- northwest@nddirected.org

The Insight Programme provides a holistic approach to ADHD management for adults, supporting individuals to achieve their personal goals and lead fulfilling lives.

By exploring the definition, history and subtypes of ADHD, participants gain a deeper understanding of the condition and foster a sense of community and belonging among others facing similar challenges.

The programme's emphasis on executive function skills, neural pathways and learning processes, empowers individuals to recognise when they are struggling and develop coping mechanisms. Mindfulness and meditation techniques, along with strategies for managing executive functions and emotional regulation, promote resilience and self-management.

The programme's focus on positive routines, including sleep, exercise, community engagement and self-care, cultivates a supporting environment that encourages recovery and personal growth.

Managing Trauma

- for adults who are experiencing forced migration

- 8 weeks x 2 hours
- Delivered by Yaran through CHAWREC
- Chester
- 01244 400730

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.

Mindful Matters

- for adults living with poor mental health
- 7 weeks x 2 hours
- Delivered by Healthbox
- Chester, Ellesmere Port, Neston, Rural Alliance, online
- 0151 355 0205
- info@healthboxcic.com

A course for all but particularly good for those on waiting lists for counselling and/or mental health support. The course will provide alternative early help, supporting people to use the 5 steps to mental wellbeing so that they become more informed and empowered to take control of factors that impact on their mental health.

Helps to build resilience and coping strategies, providing connections, peer support, knowledge and community links for ongoing wellbeing. An existing pilot has evidence that for some, the course can delay or prevent the need for counselling and other therapies.

Movement for Change

- for adults in recovery from addiction
- 8 weeks x 2 hours
- Delivered by
- Fallen Angels
- Chester and Northwich
- 07801 478548
- 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 wellness goals. This includes breath work, meditation, self-care, and movement exercises.

The programme includes:

- Goal setting and coaching with Fallen Angels engagement worker.
- 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

New Life and Me (postnatal)

- for new mums
- 6 weeks
- Delivered by Motherwell
- Cheshire CIO
- Winsford
- 01606 557666
- referrals@motherwellcheshirecio.com

New Life and Me will provide education, professional and peer support, encouragement and connection for new mums who are at risk of, or experiencing postnatal depression, isolation, anxiety and mental health issues.

Topics covered include:

- Expectation vs reality of motherhood
- Parenting styles
- Support networks
- Managing our emotions
- Effects on our relationships
- Self esteem

RESET

- for adults experiencing mental ill health
- 5 weeks
- Delivered by Chapter
- Chester, Ellesmere Port, 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 RASASC (Rape and Sexual Abuse Support Centre)
- Chester, Ellesmere Port and Northwich
- 01244 907710
- support@rapecentre.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 stabilisation
- Boundaries and personal safety
- Relationships and community
- Assertiveness and confidence building
- Resilience and future planning

Tai Chi

- for adults who are experiencing forced migration
- 12 weeks x 1 hour
- 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 effects their mental health.

The aim is to provide people with coping strategies and help them manage their mental health better. Tai Chi is an active, more physical course which aims to gently increase energy and individual's ability to cope with stressful situations, reduce anxiety, become more emotionally steady and resilient.

True Colours

- for members of the LGBTQ+ Community
- 7 weeks
- Delivered by Radiate Arts
- Ellesmere Port
- 01244 267806
- office@radiatearts.co.uk

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.

Through shared experiences and social connections, this course promotes authenticity and emotional wellbeing in a supportive setting.

Visible Voices

- for members of the deaf community
- 12 weeks (6 x fortnightly sessions)
- Delivered by Radiate Arts
- Northwich
- 01244 267806
- office@radiatearts.co.uk

Partnering with the Deaf and Sensory Network, 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 are providing 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 individual to explore goals and techniques to support their mental health.