

Her Place Charitable Trust

Lifelong Learning Courses



**Stress Awareness,
Mindfulness and
Mental Health**

**Tuesday 7th +14th October
12pm-2pm**

64 Beech Drive, Crewe, CW2 8RG

For more information and exact dates please
get in touch.

Wellbeing@her-place.co.uk / 01606 557 666

We will need your full name, phone number and
email for enrollment.



Mindfulness

**Thursday 9th October
9:30am-2:30pm**



15 Finsbury Walk, Winsford, CW7 2YA

For more information and exact dates please
get in touch.

Wellbeing@her-place.co.uk / 01606 557 666

We will need your full name, phone number and
email for enrollment.



Be your best self

Every Tuesday



**12.30pm -2.30pm
Starting October 28th**

15 Finsbury Walk, Winsford, CW7 2YA

For more information and exact dates please
get in touch.

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L2 Substance Misuse

**Starts Friday 10th October
9:30am-2:30pm**

Continues for 5 weeks

17th Oct, 24th Oct, 5th Nov, 12th Nov, 19th Nov

15 Finsbury Walk, Winsford, CW7 2YA

For more information and exact dates please
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Looking after ourselves

Free local workshops



Find out ways to
look after
yourself and
stay calm

Come
along!

Family life can be stressful. This workshop helps you to find ways to look after yourself and stay calm so you can juggle everything better.

Come along and:

- Understand the benefits of recharging our batteries for emotional and physical health
- Share feelings and develop realistic expectations and coping strategies
- Overcome feelings of guilt and failure
- Gain practical strategies to reduce the stresses of family life

More information

Her-Place, 54-56
Beech Drive
Wistaston Crewe
CW2 8RG. 17th
September 2025
1-2:30pm. Email
beverley.Carron@c
heshireeast.gov.uk

Satellite Support:

We are proud to offer satellite pop-ups in Wilmslow and Congleton. Here, families can order or pick up generic school uniform or baby bank items, as well as access support in applying for the Housing Support Fund and NHS Healthy Start Fund. We also give out reputable health literature on various conditions in order to educate and encourage our local community to get regular health checks.

Congleton Satellite Pop-Up:

- When: First Wednesday of every month
- Where: New Life Church
- What time: 9am-11am

Wilmslow Satellite Pop-Up:

- When: Second Wednesday of every month
- Where: Oakencloough Family Hub
- What time: 10am-12pm

Get ready for NetballHer - a four week programme combining walking netball with women's health talks!

When: Wednesdays, starting 1st October

Where: Crewe Lifestyle Centre

What time: 6:30-8:30

All ages and abilities welcome. For more information, email referrals@her-place.co.uk



Netball HER

Walking Netball Programme

Weekly on Wednesday Starting 1st October for 8 weeks
Walking Netball 6:30-7:30pm
Seminar Session 7:30-8:30pm

A 1 hour walking netball session with an England Netball qualified walking netball host.

Followed by a 1 hour NetballHER seminar session, topics including menopause, mental health, hormone balance, mood and food and more!

Logos: England Netball, Her-Place Cheshire Trust, Active Cheshire

HER Hub Online



HER Circle

Our support group offers a safe, supportive space for women navigating family court. Connect with others, share experiences and receive emotional support as you work through this challenging journey together.

The group will be held online.

Please get in touch for further information and exact dates.

01606 557 666 / 07496 160 930

Chloe@her-place.co.uk



INSPIRE COUNSELLING



NOW TAKING REFERRALS



A mental health service for young women or those who identify as young women, from Year 9 up to the age of 25, who are experiencing difficulty with at least one of the following:

- Body image
- Eating anxiety
- Social anxiety
- Low self-esteem
- Self harm
- Adverse childhood experiences

100% of clients would recommend our service!

I leave here feeling better.

I've learnt many things that I now understand about myself thanks to counselling.

Available to those living in:

- Crewe
- Middlewich
- Nantwich
- Winsford
- Alsager
- Northwich
- Sandbach

Download our referral form at www.inspire-her.co.uk or call 01606 557666