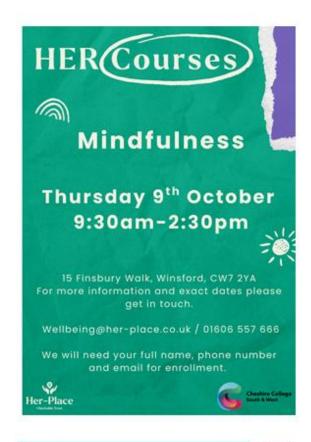
Her Place Charitable Trust

Lifelong Learning Courses



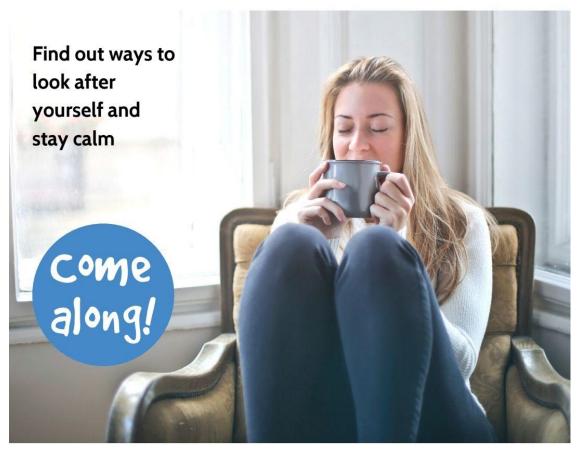






Looking after ourselves Free local workshops





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: Oakenclough Family Hub

What time: 10am-12pm

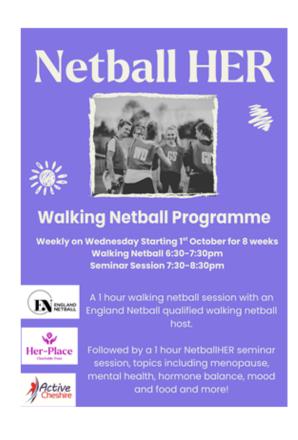
Get ready for NetballHer - a four week programme combining walking netball with women's health talks!

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







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