

Below are some social groups and activities for young people with Additional needs - These are mostly taken from the Live Well Cheshire web page

<https://www.livewell.cheshirewestandchester.gov.uk/>

Mental Health

Spider Project Chester – calm and creative space offering non-clinical support for mental health issues in person and on the phone <https://www.spiderproject.org.uk/cafe71>

Wesley Church bread making Chester

[Wesley Church Centre | Breadmaking \(wesleychester.co.uk\)](http://wesleychester.co.uk)

LGBTQ+

Storyhouse guide to local LGBTQ+ groups

[An LGBTQ+ Guide to Chester - Storyhouse](#)

Independence skills, day services and social groups

Good Company Social Group – online and in person groups throughout the county
<https://www.livewell.cheshirewestandchester.gov.uk/Services/843#:~:text=Fully%20inclusive%20weekly%20social%20group,self%20confidence%20and%20self%20esteem>

The Peoples Choice group (includes the Grub Club, Drama Group, Group Culture, Thank you for the Music Singing Group, cinema and review club) Northwich

<https://www.peopleschoicegroup.co.uk/>

1st Enable various day activities and supported living

<https://www.1stenable.co.uk/information/>

Looking Forward social groups and day activities in Tarvin

<http://www.lookingforwardactivities.co.uk/>

Vivo day services, supported living and respite (Chester, Ellesmere Port, Winsford, Northwich)

<https://vivocarechoices.co.uk/services/services-for-adults-with-learning-disabilities/>

Live / Buzz Life Skills / Good Company Groups Cheshire

<https://www.livewell.cheshirewestandchester.gov.uk/Services/481>

Ambito Day Services Chester for adults with learning disabilities

<https://www.livewell.cheshirewestandchester.gov.uk/Services/655>

Mencap Gateway Wirral Bromborough for adults with learning disabilities – independence skills courses, sex and relationship courses

<https://mencapwirral.org.uk/what-we-offer/gateway-award/>

ACE club Great Sutton Village Hall for adults with learning disabilities

<https://www.livewell.cheshirewestandchester.gov.uk/Services/2101>

Special needs care – respite for adults with learning disabilities

[Special Needs Care, Chester | Care for Learning Disabilities & Autism](#)

Petty Pool Plus Winsford – day support around independence and friendships

<https://www.pettypool.org.uk/pettypool-plus/>

Storyhouse Chester (includes open mike night)

<https://www.storyhouse.com/event/kaleidoscope-open-mic#:~:text=A%20monthly%20open%20mic%20for,All%20abilities%20welcome.>

The people's choice group (includes the Grub Club, Drama Group, Group Culture, Thank you for the Music Singing Group, cinema and review club) Northwich

<https://www.peopleschoicegroup.co.uk/>

Luv2Meet you dating from Home Farm Trust Ellesmere Port

<https://www.livewell.cheshirewestandchester.gov.uk/Services/1154>

Disability Positive

Northwich based charity assisting disabled people, their carers and family across Cheshire with a range of services including respite breaks, advocacy, payroll services and a range of social activities and events.

<https://disabilitypositive.org/>

Cheshire Down's Syndrome Support

A registered charity offering support, resources and social activities for families and carers throughout Cheshire looking after children with Down's Syndrome.

<https://dscheshire.org.uk/what-we-do/>

Chester Adult Phab Club

Providing social group activities for people with with a range of disabilities as well as outing to local Cheshire places of interest. Also includes volunteering details.

<https://chesteradult.phab.org.uk/>

Macclesfield and District Young Stroke Society

Supports and offers advice and social meetings to stroke survivors living in Cheshire. Includes contact details.

<https://livewellservices.cheshireeast.gov.uk/Services/1362/Macclesfield-And-Dis>

Vision and hearing loss

Chester Deaf Centre

A purpose-built centre located in South View Road, Chester providing support, social activities and events to the deaf and hearing impaired community of Chester. Site provides location details and contacts as well as future events details.

<https://www.dewis.wales/ResourceDirectory/ViewResource.aspx?id=542>

Deafness Resource Centre

Established in 1928 offering support services and social activities for the deaf in Cheshire. Also offers local sign language tuition.

<https://www.sthelensgateway.info/organisations/deafness-resource-centre/>

Sandbach & District Talking Newspaper

A local Talking Newspaper offering items of local news with views, information and readers' letters from the local newspapers onto audio cassette for our listeners.

<https://www.talkingnews.org.uk/>

The Deafness Support Network

Founded in 1976 to provide support, social activities and events to deaf and hearing impaired people throughout Cheshire. Site offers location details, contacts and how to become a volunteer.

<https://dsnonline.co.uk/>

Vision Support

Chester based support services for blind and vision impaired people. Also provides social groups, club activities and equipment hire.

<http://visionsupport.org.uk/what-we-offer/>

Training for volunteering or employment

The Bren Project Chester (volunteering)

<https://www.brenproject.org.uk/>

The roodee café (volunteering and training)

<http://roodeetrainingacademy.co.uk/training/>

Activate - Knowsley and Wirral specialised provider of educational and vocational training for people ages 19 to 24 with learning difficulties and disabilities.

<https://activateces.org.uk/>

Chester Voluntary Action

Providing voluntary opportunities in Cheshire and offering details of their local vacancies along with news, FAQ and contacts for getting involved.

<https://chesterva.org.uk/>

DIAL West Cheshire

Provides opportunities for volunteering, training and employment of people with a disability in Cheshire as well as dedicated to raising awareness. Site includes details of their drop-in cafe open Monday to Saturday.

<https://dialwestcheshire.org.uk/>

Sports and exercise

Brio exercise sessions and groups for adults with learning disabilities

<https://www.brioleisure.org/what-we-offer/fitness/disability-sessions>

Live Bikes Chester – adapted bikes sessions

<https://www.cyclinguk.org/cycle-centre/give-it-a-spin-live-chester-new-scene>

Meadowbank - Lets Dance (Disability Dance) Winsford

<https://www.livewell.cheshirewestandchester.gov.uk/Services/2133>

Winsford Turtles Swimming Club

<https://www.livewell.cheshirewestandchester.gov.uk/Services/2023>

Ellesmere Port, Chester and Neston Special Olympics

<https://www.livewell.cheshirewestandchester.gov.uk/Services/1388>

Brio exercise sessions for adults with learning disabilities

<https://www.brioleisure.org/what-we-offer/fitness/disability-sessions>

Cheshire FA: Disability Football - Providing details of how to get involved and enjoy football with the disability. Site provides details of the Cheshire disability football leagues, adult and youth sessions and how to go along and give football try in your area.

<https://www.cheshirefa.com/play/disability>

Mid Cheshire Riding for the Disabled Association

Dedicated to offering assisted horse and pony riding to disabled people in Cheshire. View images, activity details and how to get involved.

<https://en-gb.facebook.com/MidCheshireRDA/>

Sailfin Swimming Club

Providing fully assisted swimming sessions for fun and exercise for all disabilities within Cheshire. Site provides details of the facilities and session times along with information about how to get involved.

<https://www.facebook.com/sailfinswimmingclub/>

Seahorse Swimming Club

A disabled swimming club formed back in 1956 offering assistance within sessions and social activities to people with all disabilities at swimming baths in Crewe. Includes contacts for more information.

<http://www.spangelfish.com/seahorseswimmingclub/>

The Old Hough Coarse Fishery

A fully accessible coarse fishing lake providing wheelchair access and designated parking with designs assisted by the chairman of the British disabled Anglers Association. View images, details of their waters, membership and match days.

Wheelchair Basketball Club: Phoenix

Discover how to get involved and enjoy wheelchair basketball in Cheshire for wheelchair and non-wheelchair users. Site offers images, details of the sport and its rules along with club contacts and match dates.

<https://www.cheshirephoenixwbc.co.uk/#:~:text=WELCOME%20TO%20OUR%20CLUB,time%20and%20develop%20their%20skills.>

Wirral and Chester Riding for the Disabled

Offers riding for the disabled and special needs adult and child in Ledsham and Cheshire. Site included session details and how to give riding with a disability a go in Cheshire.

<http://www.wirralandchesterrda.org.uk/>

Freedom Equine Centre

Set in 30 acres of Cheshire countryside and offering accessible horseriding to a range of disabilities and special needs.

<https://www.freedomequinecentre.co.uk/>

Lower Ridge Farm & Fisheries

Fresh water fishing lake with wheelchair access to pegs and stocks of Carp, Bream, Rudd and Roach. View images with day ticket and membership details.

Farming, growing and animal care

Bridge Community Well Being Gardens, Ellesmere port – volunteering, day placements, arts and crafts workshops

<https://bwgardens.co.uk/>

Rooted and Booted – farming, growing day activities for young people and adults with disabilities

[Rooted & Booted | farm-based learning disability support \(rootedandbooted.org.uk\)](https://rootedandbooted.org.uk/)

Grozone Community Garden in Northwih creates a supportive, inclusive working and learning environment which also provides regular volunteering opportunities for local people of all ages, backgrounds and abilities.

[Grozone Community Garden Northwich](#)

Lets Farm Winford – working farm with opportunities for adults with learning disabilities and autism

<https://www.facebook.com/pages/category/Community-Organization/Lets-Farm-100181199021895/>

Willaston Community Farm – Neston working with employment support to provide learning placements and employment for adults with disabilities

[Willaston Community Farm - Farm Experience, Tractor Rides](#)

Autism specific

Autism Hub, Chester (includes courses and Drop-in game Cafe for people with Autism)

<http://www.westcheshireautismhub.co.uk/>

Aspire, Chester adults autism support group

<https://www.livewell.cheshirewestandchester.gov.uk/Services/2828/Aspire-Chester-s-au>

Cheshire Autism Practical Support Ltd

Holds regular monthly meetings offering support and social activities with practical support and services offered across Cheshire.

<https://www.cheshireautism.org.uk/>

Autism Together

An autism support group offering training, respite and day care services. Information about the club services with news and details of local disabled events.

<https://www.autismtogether.co.uk/>

Respite

Archangel the Loont respite Winsford and supported living for adults with learning disabilities

<http://www.archangelcare.co.uk/supported-living/cheshire-branch/>

Vivo day services, supported living and respite (Chester, Ellesmere Port, Winsford, Northwich)

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[Special Needs Care, Chester | Care for Learning Disabilities & Autism](#)

Carers support

Cheshire & Warrington Carers Trust

Providing advice and support to carers of the disabled and elderly throughout Cheshire. Also includes details of social events and related carers news. Freephone helpline open Monday to Friday, see site for details.

<https://cheshireandwarringtoncarers.org/>