



Cheshire Neurodivergent Community

A space created by and for neurodivergent individuals over 18, it's a volunteer-led group created to provide support in a safe, non-judgmental space with regular meetings and a monthly newspaper. ndc.brains@gmail.com

ADHD Connect in Liverpool

➔ A space for adults with ADHD to access peer support, share experiences and form connections. They have regular events and talks, as well as a monthly women's support network group.

WANDS

The Warrington Autistic Neuro-diverse Support Group meet on alternate Wednesdays between 6-8pm at The Living Well Hub, Warrington, WA1 1XL. Their focus is to foster friendships, encourage creativity and promote relaxation and authenticity.

ADHD Coaching

Neurodiversity UK

Providing effective remote support from coaches who are neurodivergent themselves and have specialist training in how the neurodivergent brain works differently. They welcome [Access to Work](#) clients, a government scheme that can offer funding for up to 24 sessions of ADHD coaching.

CBT Therapy Cheshire

Offering ADHD coaching to help individuals develop the skills and knowledge to navigate life with a diagnosis.



Local ADHD Support

Cheshire & Merseyside

