



Community Training

Booking Form:

April - July 2026 Sessions

Thank you for your interest in our Season of Change Sessions. We're excited for you to join us. Please complete this booking form. Our sessions are designed to be a safe and welcoming space for everyone and collecting this information helps us to achieve this.

Personal Details

Name:

Phone:

Date of Birth:

Email:

Pronouns: She/Her He/Him They/Them Other:

Do you have any access, disability or training needs? Yes No

If you have answered yes, please provide more details about your needs so we can support you better:

Would you like to be added to our mailing list to receive our training programmes and hear about other Wirral Mind events? Yes No

What session/s do you want to book onto?

Things I like about Myself Collage Zine

Self - Compassion

Confidence Building

Moving Well, Breathing Well

Mental Health Awareness

Understanding Eating Problems

Acting Out - Understanding ADHD

Wellbeing in Action

Loving Ourselves

You and Your Goals

Everyone joins for different reasons and sharing your goals helps us support you along the way.

What would you most like to get out of this session/s?

Which of these sound **most** important to you? (please tick one or two)

Learning helpful tools to look after my own mental health

Meeting and connecting with others in a supportive space

Feeling more confident supporting friends, family or others

Taking time for myself and my wellbeing

Understanding mental health better

Something else (please specify)

How new are you to this topic? (Please tick the one that applies)

I'm just starting out and keen to learn

I know a little and want to build on it

I already know quite a lot and want to deepen my understanding

Do you have any concerns about coming to our sessions? Yes No

Are you happy for us to contact you and leave a message by phone?

Yes No

Do you agree to Wirral Mind storing your personal information securely and in line with GDPR Regulations? Yes No

Contact us:

E: learning@wirralmind.org.uk T: 0151 512 2200

