



Community Training

For Everyone

**LEARN
GROW
THRIVE**





About Us

We are Wirral Mind, a local, independent mental health charity (charity number 1064007) established in 1967 to help people in our community achieve better mental health.

We affiliate to the national charity Mind; this means that we are part of a network of around 100 other local Mind charities in England and Wales.

Our aim is to normalise conversations around mental health, tackle stigma and discrimination, raise awareness, promote understanding, and support our community to live mentally healthier lives.

We won't give up until everyone experiencing a mental health problem gets both support and respect.

Contact us:

Tel: 0151 512 2200

Email: learning@wirralmind.org.uk

website: www.wirralmind.org.uk

What is Community Training

Community Training is designed to empower people with knowledge, tools, and strategies to support their mental health and wellbeing. We believe that with the right support, information, and connection, everyone has the potential to lead a more fulfilling and hopeful life.

Together, we will explore ways to:

- Better understand mental distress and emotional wellbeing
- Challenge stigma and myths around mental health
- Strengthen personal resilience and community support
- Promote recovery, inclusion, and hope

This is a shared learning space, built on respect, honesty, and mutual support.

Who is it for?

Our community training is open to everyone — community members, carers, peer supporters, friends, family members, and anyone who wants to better understand mental health and wellbeing.

You don't need any prior experience or knowledge to take part — just a willingness to learn and grow.

Whether you're here to support your own mental health, help others, or build stronger, more compassionate communities, you're in the right place.

Please note:

You must be aged 18 or over to attend any of Wirral Mind's courses or workshops.

How do I book?

All of our community training courses are completely free to attend. To take part, you'll need to complete a short application form.

If you need any support with filling in the form our Training Team is here to help — just let us know.

To secure your place, please contact the Training Team:

T: 0151 512 2200

E: learning@wirralmind.org.uk

How do I cancel my place?

We know that unexpected things can come up, and you might not always be able to attend a course you've signed up for.

If you've been given a place but can no longer attend, please let us know as soon as you can.

Meet the Trainers



Lucy

Hello, I'm Lucy from Inner Learning First, and I'm proud to be part of Wirral Mind's team of sessional trainers.

For the past 18 years, I've worked as an independent trainer and BodyMind therapist, supporting individuals and organisations in developing greater self-awareness, emotional resilience, and wellbeing. My approach is rooted in helping people feel more comfortable in their own skin, and in creating healthier, more supportive environments for both personal and collective growth.



Andrea

I'm Andrea, and I'm proud to be part of Wirral Mind's community training team as a sessional trainer and qualified Mindfulness teacher. I'm passionate about helping individuals take an active role in their wellbeing by exploring the connection between body, mind, and spirit in a grounded and inclusive way.

I live in Liverpool, where I enjoy the energy of city life alongside quieter moments at home. I find joy in cooking, hosting friends, practising yoga, and making time for stillness. I look forward to connecting with you through the programme and hope the experience supports you on your own wellbeing journey.



Sara

Hello, I'm Sara. As a qualified coach, strengths practitioner, and experienced mental health trainer, I bring over 20 years of experience and love of lifelong learning to supporting people in wellness and personal development. I am passionate about designing and delivering engaging, practical workshops that help people feel more confident, emotionally resilient, and better able to cope during changing and challenging times.

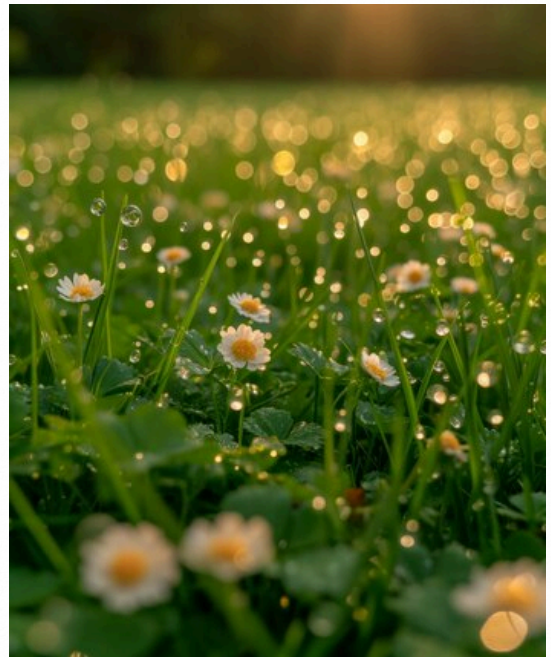
My community-based training offers a welcoming and compassionate space, where reflective activities and real conversations support people in finding their best next steps in creating meaningful change.



Acting Out

Acting Out is a performance-based collaboration between Psychological Therapists Keith Simpson and Mark Dawson. Our vision is to bring anxiety, depression and self-esteem-related experiences to life through short performances, illustrating how negative thought and feeling cycles are reinforced. We use these performances to stimulate group discussion and explore what supports healthier emotional understanding and positive coping strategies. Keith and Mark have worked extensively in the NHS and private practice, supporting adults with a wide range of mental and physical health difficulties, including Generalised Anxiety Disorder, Panic Disorder, Health Anxiety, Social Anxiety, Obsessive Compulsive Disorder, Trauma, Eating Disorders.

Awareness and Action



Our new Community Training Programme launches during Stress Awareness Month and continues through May, including Mental Health Awareness Week. The programme explores themes of awareness and action, creating space to better understand how stress affects our lives and identify practical steps to support wellbeing.

Across a series of workshops, we offer a diverse range of sessions. From a performance-based class and more interactive, physical activities to arts and crafts and informative learning, these sessions are designed for a wide audience. We encourage everybody to come along and join in, from members of the public looking to engage with their wellbeing, to professionals who may wish to deepen their knowledge and skills. Our community training is for everyone!

Reflecting this year's Mental Health Awareness theme of "action," the programme encourages participants to move beyond awareness and consider meaningful, manageable steps that support wellbeing in everyday life. Through shared learning, reflection, and open conversation, participants can explore what action looks like for them and build confidence in making positive changes.



Community Training Open Morning



Join us for a relaxed introduction to our Community Training Programme. This is a welcoming session designed to help you get to know our training team and feel confident about getting involved. Come along to enjoy some refreshments, have a chat with us, and find out what the programme is all about. We'll offer support with form-filling, introduce this year's training theme, and give you a taster of what's to come in future sessions. You can stay for as long or as little as you like. There will also be a short, engaging workshop exploring the theme of 'Action', recognising small steps we can take to keep ourselves well. This is a relaxed space to connect, ask questions, and take your next steps with us, whether this be in a personal or professional capacity.

What will happen on the day?

10.00am – 11.30am

- Meet the trainers
- Explore the new programme
- Opportunity to sign up to courses
- Support with filling in forms

11.30am – 12.30pm

- A welcome to Wirral Mind
- Introduction to the programme
- A short wellbeing session

Date & Time:

Friday 24th April 2026
10am - 12.30pm

Venue:

Wirral Mind, 90-92 Chester Street, Birkenhead, CH41 5DL

‘Things I Like About Myself’ Collage Zine

Delivered by Green Jam Creatives



Course detail:

In this creative and supportive workshop, participants can create their own collage zine celebrating the things they like about themselves. Using magazines, images, words, colours and textures, we'll explore collage as a playful way to express personality, identity and self-appreciation. Participants will be guided through a simple zine-making technique and creative prompts designed to help them reflect on their strengths, interests and the things that make them unique. The session encourages creativity and positive self-reflection in a relaxed and welcoming environment. By the end of the workshop, everyone will leave with their own handmade mini zine full of personal affirmations, images and creative expression.

What will I gain?

- Learn a simple zine-making technique
- Explore collage as a form of expression
- Reflect on positive qualities, interests and personal strengths
- Build confidence through creative self-expression
- Create and take home a personalised zine

Date & Time:

Thursday 30th April 2026
5.30pm—7.30pm

Venue:

Wirral Mind, 90-92
Chester Street,
Birkenhead, CH41 5DL

Confidence Building

Delivered by Lucy Holbrook



Course detail:

This is an introductory workshop with focus on turning self-doubt into self-confidence, and exploring ways to increase your own confidence. By understanding what self-confidence is, you will better understand how you can build, and start to enjoy the benefits that come with it, including:

- Increased motivation and energy
- Freedom from self-doubt, fear, stress, and social anxiety
- Improved sleep

We will also discover the voice in our heads, and learn how to reframe unhelpful beliefs.

What will I gain?

- An understanding of what confidence is and is not
- An understanding of the connection between our mind and body
- Learning what doubt does to our brain
- Recognising the importance of feeling safe
- Some easy-to-use self-help tools

Date & Time:

Thursday 7th May 2026
2pm - 4.30pm

Venue:

Wirral Mind, 90-92
Chester Street,
Birkenhead, CH41 5DL

Mental Health Awareness Training

Delivered by Andrea Cygler

Course detail:

Our Mental Health Awareness training is designed to break down common myths and misconceptions around mental distress, replacing them with clear, practical, and supportive knowledge to help you better understand and support both yourself and others.

This interactive workshop provides a safe and open space to explore mental health, build confidence in having conversations, and develop practical skills and strategies for offering appropriate support. You'll also receive helpful resources to take away and continue your learning beyond the session.

For Mental Health Awareness Week, we're offering this course free of charge to a limited number of participants (usually £50 per person), making it a great opportunity to access high-quality training at no cost.

At the end of the session, participants will be invited to complete a short evaluation form. Upon completion, a certificate of attendance will be provided.

What will I gain?

- An increased knowledge and understanding of mental health issues
- Be able to recognise signs and symptoms associated with mental health problem
- Increased confidence to support self and others with mental health and well-being

Date & Time:

Thursday 14th May 2026
2pm - 4.30pm

Venue:

Wirral Mind, 90-92
Chester Street,
Birkenhead, CH41 5DL

‘Acting Out’ present a workshop on Understanding ADHD

Delivered by Keith Simpson
and Mark Dawson



Course detail:

In recent years there have been a significant number of adults struggling with symptoms of Attention Deficit Hyperactivity Disorder (ADHD). Acting Out delivers a performance based workshop, bringing to life a person's struggle with his ADHD. The workshop presents a scenario, designed to highlight the difficulties in maintaining attention and invites the audience to share their observations of how the character responded to his chaotic thoughts. A second scenario will suggest ways of how the character can focus on the task in hand, while still being aware of his distracting thoughts and therefore reduce his level of stress.

What will I gain?

- An understanding of the psychological and emotional impact of ADHD
- Awareness of the various presentations of ADHD symptoms
- An understanding of how the nervous system is affected by stress
- The opportunity to share ideas about what can help to better manage attention, racing thoughts, and hyperactivity

Date & Time:

Friday 22nd May 2026
10am - 12.30pm

Venue:

Wirral Mind, 90-92
Chester Street,
Birkenhead, CH41 5DL

Loving Ourselves: Sanity not Vanity

Delivered by Lucy Holbrook



Course detail:

Love - Is it empowering, enabling, and fundamental? Or is it slippery, complex, and elusive?

In this workshop, we will be exploring different types of love, what love means to you, and focusing on self-love. By understanding the components of self-love, you will come to understand how it is fundamental to our sanity, and has little to do with vanity.

What will I gain?

- An understanding of what love actually is
- An introduction to the different types of love, and how love might change in different relationships
- An exploration of eight different aspects of loving ourselves
- Some practical activities for self-love

Date & Time:

Friday 5th June 2026
10am - 12.30pm

Venue:

Wirral Mind, 90-92
Chester Street,
Birkenhead, CH41 5DL

Self-Compassion in Action: Supporting Emotional Wellbeing

Delivered by Sara Hatta

Date & Time:

Friday 12th June 2026

10am - 12.30pm

Venue:

Wirral Mind, 90-92
Chester Street,
Birkenhead, CH41 5DL

Course detail:

This supportive, reflective and experiential group session offers a space to explore how self-compassion can nurture emotional wellbeing in everyday life. We'll look at how we relate to ourselves during difficult moments, and introduce simple, practical ways to respond with greater kindness and self-understanding.

Through guided reflection, discussions and shared learning, you'll discover effective tools to manage difficult emotions, reduce self-judgement, and navigate challenging times with renewed inner-confidence, self-compassion and ease.

What will I gain?

- Increased understanding of self-compassion and its role in emotional wellbeing
- Insight into the inner-critic (unhelpful self-talk) and kinder ways to respond
- Practical tools to manage difficult thoughts and feelings with more ease and simple, effective strategies to support your wellbeing beyond the session
- Greater awareness of your needs and how to support yourself

Moving Well, Breathing Well

Delivered by Andrea Cygler



Date & Time:

Thursday 18th June 2026

10am - 12.30pm

Venue:

Wirral Mind, 90-92
Chester Street,
Birkenhead, CH41 5DL

Course detail:

A call to gentle action with a practical movement and breathwork class for those living in stressed and painful bodies!

Managing our mental and physical health takes its toll on our energy and motivation and we can find ourselves stuck in a rut and unsure of what or where to go next. The importance of gentle breathwork and exercise is now really well documented as a vital component of any wellness toolbox. It is essential for our health and wellbeing, helping to build confidence and trust in our bodies, and supporting a healthier connection with body and mind.

In this workshop we will:

- Consider what puts us off movement and how to safely engage and motivate
- Explore some gentle but effective breathing techniques and movements designed to activate our energy and life force, soothe and relax the nervous system, and slowly build our flexibility and confidence

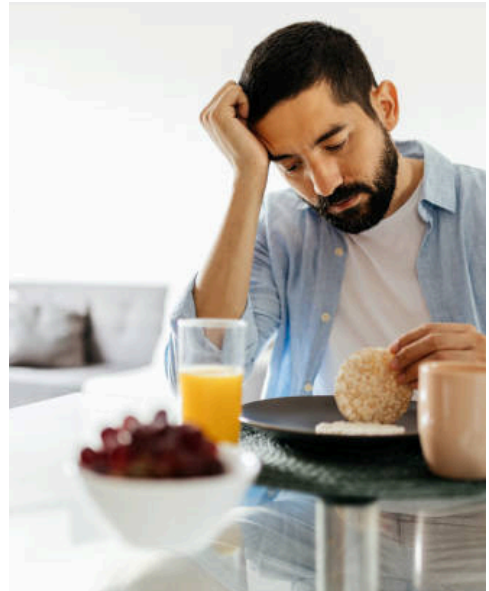
Accessibility:

This session is suitable for anyone and everyone hoping to move with a little more grace and ease.

It is particularly accessible for those with restricted mobility, poor body image, poor motivation, or resistance to exercise.

Understanding Eating Problems & Disorders

Delivered by Lucy Holbrook



Course detail:

Join us for an open and supportive introduction to the topic of Eating Problems and Disorders, designed to build a clear understanding of what they are, how they can appear differently in individuals, and the impact they can have on physical health, emotional wellbeing, and daily living.

Through teacher-led learning, interactive activities, video clips, and discussion, you'll gain practical tools and insights into:

- The wide spectrum of eating problems and disorders and how they differ
- Recognising when someone may be struggling
- Debunking the common myths and misconceptions

What will I gain?

- Increased knowledge about eating problems and disorders
- Confidence and skills in knowing how to support yourself or others
- Greater empathy and understanding towards those affected
- When and where to seek further support or professional help

Date & Time:

Thursday 25th June
10am - 1pm

Venue:

Wirral Mind, 90-92
Chester Street,
Birkenhead, CH41 5DL

Wellbeing in Action

Delivered by Andrea Cygler

Date & Time:

Thursday 2nd July 2026
2pm - 4.30pm

Venue:

Wirral Mind, 90-92
Chester Street,
Birkenhead, CH41 5DL

Course detail:

We are often aware of the things we could or should be doing to improve our mental and physical wellbeing, with plenty of advice available about what supports a healthier lifestyle. However, knowing where to start can feel overwhelming - especially during times of low mood, stress, or physical illness.

This workshop offers a supportive and practical space to explore the key pillars of wellbeing, including movement, nutrition, sleep, time in nature, and keeping the mind active. Together, we'll reflect on what already works for you, share ideas, and gently explore new ways to nurture your wellbeing in a way that feels realistic and achievable.

What will I gain?

- A clearer understanding of the key pillars that support mental and physical wellbeing
- Explore simple, practical ways to incorporate these into everyday life
- Reflect on your current habits and identify what is already working
- Discover new ideas and approaches to support your wellbeing
- Build a personalised, realistic wellbeing action plan
- Feel more confident taking small, manageable steps towards positive change

Community Training Courses



**APRIL
24**

**COMMUNITY
TRAINING
OPEN DAY**
10AM - 12.30PM

**JUNE
5**

**LOVING
OURSELVES:
SANITY NOT
VANITY**
10AM - 12.30PM

**APRIL
30**

**Green Jam
Creatives present
'THINGS I LIKE
ABOUT MYSELF'
COLLAGE ZINE**
5.30PM - 7.30PM

**JUNE
12**

**SELF-
COMPASSION
IN ACTION:
SUPPORTING
EMOTIONAL
WELLBEING**
10AM - 12.30PM

**MAY
7**

**CONFIDENCE
BUILDING**
2PM - 4.30PM

**JUNE
18**

**MOVING WELL,
BREATHING
WELL**
10AM - 12.30PM

**MAY
14**

**MENTAL
HEALTH
AWARENESS**
2PM - 4.30PM

**JUNE
25**

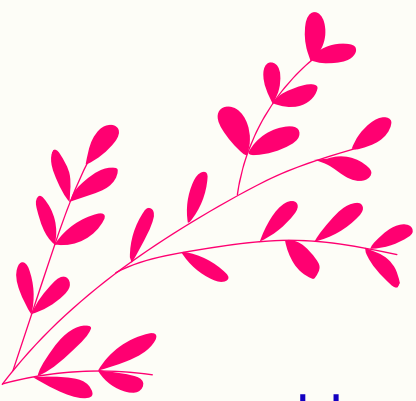
**UNDERSTANDING
EATING
PROBLEMS**
10AM - 1PM

**MAY
22**

**Acting Out
present
UNDERSTANDING
ADHD**
10AM - 12.30PM

**JULY
2**

**WELLBEING IN
ACTION**
2PM - 4.30PM



Mood Tracker

How was your day?

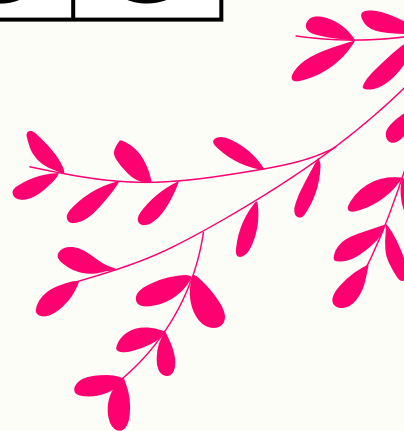
Monday						
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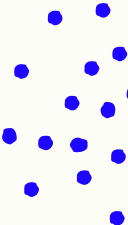
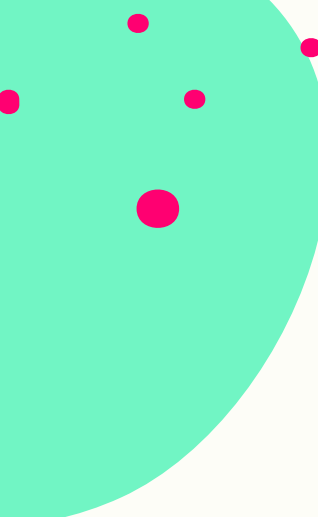
Some questions for you...

Why did I feel this way today?

One thing that helped my mood today:

One thing that I could do tomorrow to improve or maintain my mood:





SMALL THINGS THAT HELP

Improving your mental wellbeing doesn't
have to mean big changes.

Try one small step:

**Talk to a friend or
family member**

Take 3 slow, deep breaths

Go for a short walk

**Listen to a
favourite song**

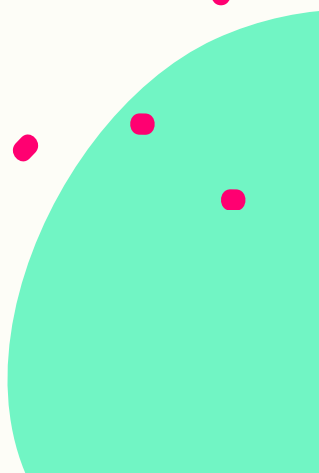
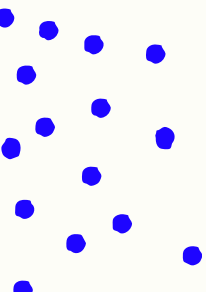
Take a quiet break

Tidy one small space

Get some fresh air

Drink some water

**Write down one thing
that's on your mind**





Wirral Mind's Workplace Wellbeing Training

Looking after mental health and wellbeing at work matters too. That's why we also offer workplace wellbeing training, along with Mental Health First Aid training, designed to help you and your teams thrive at work, creating a positive, healthy workplace where everyone feels supported and valued.

For more info contact the training team on:

0151 512 2200

learning@wirralmind.org.uk



everywhere
Mental health is everything
everyone

