

Activities & Support

Monday

Reading Group
11am - 12:30pm
Fortnightly Group
Starting 15/06/2026

M Padel Tennis
12pm - 1pm
Padel Republic Wallasey

M Yoga
1pm - 2pm

History Group
1pm - 3pm

M Box-Fit
2pm - 3pm

M Cheer-Fit
3pm - 4pm

M Tai Chi
4pm - 5pm

Fancy a brew?

Wirral Mind's
community cafe is open
Monday to Friday,
9:15am - 4:30pm

Tuesday

Headway Wirral
Brain Injury Association
10am - 2pm

M Motiv8! MOT's
9:30am 12:30pm
M Body composition
measurements,
Blood pressure checks,
Lifestyle advice

Art Group
10am - 12:30pm

ADHD Group
10am - 1pm

M Badminton
1pm - 2pm
Birkenhead Youth Club

Womens Group
1pm - 3pm

M Chair-Fit
2:30pm - 3pm

M Pilates
3pm - 4pm

Wednesday

M Table Tennis
10am - 12pm

Hearing Voices Group
10:30am - 12pm

M Yoga
12pm - 1pm

M Walking Group
12:30pm - 3pm
Meet at Wirral Mind

M Relaxation
1pm - 2pm

Poetry Group
1:30pm - 3:30pm

Choir
1pm - 2pm

Motiv8! Physical Activity Project

All activities marked with **M** are part of our Motiv8! Physical Activity Project. They are free of charge and open to anyone aged 18+
For more information, call us or email celsie@wirralmind.org.uk

Thursday

Crochet, Knit & Natter
11am - 1pm

Bringing Hoarders
Together
12:30pm - 2:30pm
Fortnightly Group
Starting 08/01/2026

Anxiety & Depression
Group
2pm - 4pm

Mental Health Support

Wirral Mind's Fountain
Project is open Monday
to Friday, 9am - 5pm.

If you need support,
please drop-in and see us.

Friday

Mens Group
10am - 12pm

Tennis
11:30am - 12:30pm
M Play Point Sports
Bidston

LGBTQ+ Group
1pm - 3pm



Drug and Alcohol Lived Experience Network

Third Friday of every
month, from 2pm - 4pm.
Come along and find
out more about how
you can shape local
drug and alcohol
services in Wirral.



Wirral Mind, Fountain Project, 90-92 Chester Street, Birkenhead, CH41 5DL
Tel: 0151 512 2200 Email: learning@wirralmind.org.uk

*Days and times are subject to change

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