

# Support Groups in Your Community

## Find connection, understanding, and assistance nearby.

### The Drop In (Up to 25 years old)

Youth workers and counsellors can support ADHD-related issues and link you to peer spaces for free. Open Monday to Friday 2pm to 6pm at Pilgrim Street Arts Centre, 1 Pilgrim Street, Birkenhead, Wirral, CH41 5EH. Hotline: 0808 196 4147, Email: [thedropin@wirral.gov.uk](mailto:thedropin@wirral.gov.uk)

### Neurodiversity Hub (Up to 25 years old)

The hub is a safe and welcoming space. It offers clear information, practical tools, and guidance for anyone who wants to understand neurodiversity better. Free online: <https://www.sendlowirral.co.uk/news/new-neurodiversity-hub-opens-in-wirral>

### Tomorrow's Women Neurodiversity Group (Women Only).

The free Neurodiversity Support Group at Tomorrow's Women (Wirral) is a weekly, women-only group designed to support adults (18+) who are neurodiverse. Meeting on Tuesdays, 11am until 12pm at Tomorrow's Women, Beckwith Street East, Birkenhead, Wirral, CH41 3JE. Contact to book: Phone 0151 647 7907 or email [admin@tomorrowswomen.org.uk](mailto:admin@tomorrowswomen.org.uk). Website: <https://www.tomorrowswomen.org.uk/>

### The Quirky Community Hub and ADHD Support Group (Women Only).

Women's only ADHD support group Mondays 1pm until 3pm. 124e Market Street, Hoylake, Wirral, Merseyside, CH47 3BH. Email: [thequirky.hoylake@gmail.com](mailto:thequirky.hoylake@gmail.com). Website: <https://thequirkycommunity.co.uk/>

### ADHD Peer Support Group – Fountain Project at Wirral Mind.

The free ADHD Peer Support Group can help by talking to others about how you are feeling. This group is a safe, confidential and supportive space free of pressure or judgement. For adults aged 18+ diagnosed or undiagnosed with ADHD. Meeting Tuesdays 10am until 1pm at 90-92 Chester Street, Birkenhead, Wirral CH41 5DL. Phone: 0151 512 2200, Email: [learning@wirralmind.org.uk](mailto:learning@wirralmind.org.uk)

### Wirral Adult ADHD Support Group

A support group on the last Sunday morning (10am until 12pm) and the second Wednesday of every month (6pm - 8pm) at Crea8ing Community Office in Birkenhead. Formal Diagnosis is not required. Please feel free to go along for a cuppa and a chat between 10am to 12pm. Address: Crea8ing Community Office 4 Brandon Street Birkenhead, Wirral CH41 5HN. Email: [wirraladhd@gmail.com](mailto:wirraladhd@gmail.com). Social media: <https://www.facebook.com/groups/805429960328046>

### Free ADHD Management Services at Equilibrium NW

ADHD Adult Awareness Programme and ADHD Adult Drop-in Clinics (also ADHD Parent Support Programme and Drop Ins). Meeting at Equilibrium North West Community Hub, 130 St Anne Street, Birkenhead, Wirral CH41 3HX. ADHD Drop in from 09:30am until 13:30 on 15th April 2026 and Wednesday 15th July from 09:30 until 13:30. Adult ADHD programme on 6th May 2026 at 18:15 until 20:30. Phone: 0151 647 6044. Email: [equilibriumnwteam@gmail.com](mailto:equilibriumnwteam@gmail.com). Website: <https://equilibriumnw.co.uk/>

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### Wirral Pathfinders.

Wirral Pathfinders is a self help support group for mental health support. They support helping people to learn to cope with their mental health difficulties. At Pathfinders, they provide a listening ear; decrease isolation; share experiences and provide further information where possible. A group meeting is on Tuesdays at 7pm - 9pm at Mayer Hall, The Village, Bebington, Wirral CH63 7PL. Phone: 07519 779052. Email: [support@wirralpathfinders.org.uk](mailto:support@wirralpathfinders.org.uk). Website: <http://www.wirralpathfinders.org.uk/>

### Liverpool Adult ADHD – Ladders of Life Ltd

Ladders of Life is a support group for adults living with ADHD and Autism, with weekly meet-ups in Liverpool. They welcome anyone who is looking for help or advice for themselves or a loved one, and offer support without prejudice or judgement. They also offer 1:2:1 appointments for pre-booking only. Meetings on the last Wednesday of every month at 6pm - 8:30pm at The Rotunda College, 107-109 Great Mersey St, Liverpool 5 2PL. Social Media: [https://www.facebook.com/groups/380074715918/?locale=en\\_GB](https://www.facebook.com/groups/380074715918/?locale=en_GB)

### The Brain Charity ADHD Support.

They provide free practical help on all aspects of living with ADHD, emotional support such as counselling, phone befriending and group therapy and social activities from the centre in Liverpool. Address: The Brain Charity, Norton Street, Liverpool, L3 8LR. Phone: 0151 298 2999. Email: [activities@thebraincharity.org.uk](mailto:activities@thebraincharity.org.uk) . Website: <https://www.thebraincharity.org.uk/condition/attention-deficit-hyperactivity-disorder/>

### Wirral Community Network Group – ADDvanced Solutions

Support group for parents and carers living in Wirral with neurodiverse children / young people. No referral or diagnosis needed. Free, drop-in every Friday morning 09:30am until 11:30am, during term time. Address: ADDvanced Solutions, Gautby Road Community Centre, 69 Gautby Road, Birkenhead, CH41 7DS. Phone: 0151 486 1788

### Parent / Carer Peer Support Group @ ThePositivitree

Peer support for families with children and young people who have SEND. Free, term-time drop-in sessions on Fridays at 9am until 11am (Ganneys Meadow Nursery, 211 New Hey Road, Birkenhead, CH49 8HA) and 2nd Wednesday of the month at 9:30am until 11:30am (St James Centre, 344 Laird St, Birkenhead, CH41 7AL). Phone: 0151 458 8033. Email: [admin@thepositivitree.com](mailto:admin@thepositivitree.com)

### Online support

ADHD UK online peer support groups and Newsletter, national charity running online support groups and workshops (eating, managing emotions, employment with ADHD), online drop ins on Fridays at 1pm - 2pm for adults with ADHD. Website: <https://adhduk.co.uk/support/>

ADDitude ADHD forum: large, moderated online community with specific boards for adults with ADHD to share tips and experiences. Website: [additudemag.com](http://additudemag.com).

Family Toolbox Wirral - information on understanding and supporting your child with diagnosis: <https://familytoolbox.co.uk/resource-list/understanding-and-supporting-your-childs-adhd/>

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## Find connection, understanding, and assistance nearby.

### Courses

Liberty Church ADHD Course. A free adults with ADHD Course and will cover topics including social skills, sleep problems, medication, and risk-taking among others. Next course: Wednesday 10th June 2026 - 10am to 12:30pm. Meeting at The Liberty Church, 7 Whetstone Lane, Birkenhead, Wirral CH41 2SQ. Email: [bookings.libertychurchwirral@gmail.com](mailto:bookings.libertychurchwirral@gmail.com)

Understanding ADHD - Wirral Lifelong Learning. If available, this online course will give you an overview of what ADHD is and how best to manage ADHD. If you're unemployed, in receipt of benefits or earn less than £35864.40 annual gross salary, courses potentially will be free. Phone: 0151 666 3330. Email: [lifelonglearning@wirral.gov.uk](mailto:lifelonglearning@wirral.gov.uk). Website: <https://courses.wirralglobal.net/AvailableCoursesList.asp>

Getting to Know Me - Next Chapter NW CIC. A course to support adults who are interested in learning more about themselves, how neuro-diversity influences their relationship with self and others and ready to commit to developing tools and strategies to support them moving forward. This course is delivered at 156 Mill Lane, Wallasey, Wirral CH44 3BN. They have funded, subsidised and self funded workshops available, depending upon your circumstances. Email: [claire@nextchapternwcic.co.uk](mailto:claire@nextchapternwcic.co.uk). Phone: 0790 744 5526. Website: <https://nextchapternwcic.co.uk/>

### Social Prescribing Link Workers

Social Prescribing Link Workers can support you if you are going through, or have recently received, a diagnosis of ADHD.

They offer a safe, non-judgemental space to talk about how you're feeling and help you make sense of what the diagnosis means for you. They can work with you to find practical ways to manage day-to-day challenges such as organisation, motivation, and emotional ups and downs.

They can also connect you to helpful services, support groups, and community activities.

Most importantly, they focus on what matters to you - helping you build confidence, develop routines that work for you, and feel more in control of your wellbeing.

To access this service please request a referral via your GP surgery or self refer via <https://www.arnoandnorthcoastalliance.co.uk/services-and-support/social-prescribers/>

