



The Sunshine Group

Come and join our support group for people who have experience of depression, anxiety and emotional upset.

A chance to make new friends. An opportunity to talk to others with similar experiences in a relaxed environment.

Refreshments are provided

We hope to see you there

At The Devonshire Resource Centre, Birkenhead Park.
Every 2nd Monday in the month, 1.00 - 3.00pm
For further information, please contact **0151 488 7805**

Activity Timetable



If you are someone or know of someone who does not always have the friends, family or help around then here is the way to meet people in a relaxed atmosphere, share experiences, smile and have some fun. There is something happening every weekday, at different venues in the Wirral – come and join us, you'll get a warm, friendly welcome.

**Coffee Corners - Lunch Corners - Tea Parties - Goodfellas Film Club
Companionship Evenings - The Sunshine Group**

**BOOKING IS ESSENTIAL - Please call 0151 488 7805
To find out more take a look at our smiletale inside!**

Monday

The Sunshine Group



Devonshire Resource Centre,
Birkenhead Park

2nd Monday of every month
1.00pm – 3.00pm

Please see back cover of this leaflet for details

Tuesday

Lunch Corner



The Caernarfon Castle
10 Bidston Road
Oxton, CH43 2JZ
12.30pm – 1.30pm

Lunch Corner



The Royal Oak
High Street
Bromborough, CH62 7EZ
12.00pm - 1.00pm

Coffee Corner



The Tee Rooms
172 Banks Road
West Kirby
1st Tuesday of every month
2.00pm

Wednesday

Lunch Corner



MC Café - Meadowcroft
304 Spital Road
Bromborough, CH62 2DE
12.30pm - 1.30pm

Lunch Corner



Clairville Pub (Wetherspoons)
48 Wallasey Road
Liscard, CH45 4NW
12.00pm - 2.00pm

Coffee Corner



Bromborough Pub
2 Bromborough Village Road
Bromborough
3rd Wednesday of every month
12.30pm

Thursday

Lunch Corner



Wetherspoons, The Dee Hotel
44 Grange Road
West Kirby, CH48 4EF
12.00pm- 2.00pm

Lunch Corner



Arrowe Park Pub
Arrowe Park Road
Woodchurch, CH49 5LN
12.30pm - 2.00pm

Goodfellas Film Club



Devonshire Resource Centre,
Birkenhead Park
2nd Tuesday of every month
1.00 pm - 3.00 pm

Friday

Lunch Corner



Grange Hotel
407 Hoylake Road
Moreton, CH46 6DQ
12.30pm - 2.00pm

Coffee Corner



Granville Court
Marshlands Road
Wallasey Village
1st Friday of every month
2.00pm



Tea Parties - Bi-monthly for further information please call **0151 488 7805**



Companionship Evenings - We organise regular Companionship Evenings at a variety of restaurants, please call **0151 488 7805**