

# Wirral Carers Health & Wellbeing Service





The Wirral Carers Health and Wellbeing services provides free support to unpaid carers (including Parent Carers and Young Adult Carers), to improve the quality of life for Carers in Wirral, supporting them to sustain their caring role and enhancing their ability to enjoy a life outside of their caring role.



## Services available for unpaid carers...

- Carers Register
- Carer Link Workers
- Carers information, advice, support and activities
- Carers Emergency Contact Service
- Carers Emergency Planning
- Carers Digital Inclusion
- Adult Carers Online Assessment
- Carers Training
- Carer Awareness training for professionals
- Dementia Carer Support
- Carers Groups
- Carers Counselling

## How to contact us...

-  [cws@wired.me.uk](mailto:cws@wired.me.uk)
-  0151 670 0777
-  Text CARER to 87007
-  [www.wired.me.uk](http://www.wired.me.uk)

Alternatively, call in to meet the team at the **Wirral Independent Living & Carers Resource Centre**, 5 St John Street, Birkenhead, CH41 6HY. We are open Monday to Friday 9am - 4:30pm.

## How to access our services...

Carers can contact our services directly using the telephone number or email address below or they can request to be referred to WIRED by a GP, a local organisation or any other professional.



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'Wirral Carers Health and Wellbeing Service'

