

BOOK YOUR PLACE TODAY



Caring With Confidence Course



Do you provide care for someone who cannot manage without your support?

At WIRED we run a 4 week training programme with Health Junction designed to help you manage your health and wellbeing and to care with confidence.

Thursday 7th September

1pm - 3pm

St James Centre, 344 Laird Street, Birkenhead, CH41 7AL



To book your **FREE** place or for more information, please contact us on our Carers Helpline



cws@wired.me.uk



0151 670 0777

CARERS SOUP 'N' SUPPORT

**INFORMATION, ADVICE & SUPPORT FOR
CARERS IN WEST WIRRAL**



**1st Thursday of every month
12:00 to 2:00pm**

**West Kirby Methodist Church, Westbourne Road,
CH48 4DQ**

DATES FOR YOUR DIARY

7th Sept 2023	Talking Together
5th Oct 2023	Wirral Health Protection Service
2nd Nov 2023	Priority Services Register
7th Dec 2023	Christmas Party!

**This initiative is supported by the Wirral Carers
Health & Wellbeing Service.**

**For further information please contact:
Wirral Carers Helpline - 0151 670 0777**

Let's do something amazing

Let's do a Macmillan Coffee Morning

Help us do whatever it takes to support people living with cancer.

Place: WIRED CARERS SUPPORT
Date: WEDNESDAY 6TH SEPTEMBER
Time: 10am - 1pm
Contact: WIRED RESOURCE CENTRE
5 ST JOHNS ST, BIRKENHEAD
CH41-6HY
0151-670-0777



Scan me to donate

Simply scan this QR code with your phone to donate to your host's Coffee Morning.

It's easy, quick and secure.

Thank you.



Headline Partners



WIRRAL CARERS HEALTH & WELLBEING SERVICE

Carer Linkworkers Making Caring Visible, Valued & Supported

Photos from our latest Carers Groups!



Walking Groups



Support Groups



Crafty Carers Groups





PlayZones

Have your say

on the PlayZone offer in Wirral ...



What is a PlayZone?

A Football Foundation PlayZone is an outdoor space for sport or physical activity. They are floodlit and usually the size of a tennis court or 5-a-side kick around area.

We want to hear from you...

Residents and community groups are being asked to Have Their Say on what kind of sports facilities they would like in their local areas, to help the council bid for funding.

Through its Active Wirral leisure service, the council has the opportunity to apply for funding for PlayZones - high quality facilities for sports such as football, netball, rugby, hockey and basketball.

PlayZones are primarily funded by the Football Foundation and the scheme focuses on communities that need facilities the most, usually where levels of physical activity are low.

The PlayZone programme will deliver new or refurbished safe and accessible multiuse games areas (MUGA) that will allow priority groups to be more active.

Access the online surveys at haveyoursay.wirral.gov.uk/playzones or scan QR codes below.

The consultation will be open for comments from all residents from **Monday 14 August** closing on Monday 25 September 2023.



To complete the residents' survey, please scan this QR code.



For the partners' survey, please scan this QR code.

You can find out more about PlayZones via the Football Foundation website: footballfoundation.org.uk/playzones-programme

At National Online Safety, we believe in empowering parents, carers and trusted adults with the information to hold an informed conversation about online safety with their children, should they feel it is needed. This guide focuses on one of many issues which we believe trusted adults should be aware of. Please visit www.nationalonlinesafety.com for further guides, hints and tips for adults.

What Parents & Carers Need to Know about ONLINE FINANCIAL SCAMS & EXPLOITATION

To date, nearly 43 million UK internet users have encountered a financial scam online; roughly 20% of those victims wound up at least £1,000 out of pocket as a result. The number of con artists plying their trade in the digital world has grown in recent years (a worrying trend which, unfortunately, appears likely to continue), and their methods have become increasingly creative. It can, therefore, be difficult to recognise an online financial scam – let alone to safeguard our children against them – but it's not impossible. Our guide offers a few pointers on what to look out for.

WHAT ARE THE RISKS?

PHISHING SCAMS

Scammers often use deception to obtain personal and financial information from their target. They might pose as legitimate organisations, such as pretending to be HMRC and threatening legal action for unpaid tax unless the victim provides their National Insurance number. Their efforts have been getting more convincing recently, so be mindful of any unexpected or unusual emails.

IDENTITY THEFT

Criminals can manipulate someone into providing personal data, then use it to assume their identity online and commit fraud, make unauthorised purchases or engage in other illegal activities. Identity theft can be accomplished by tricking victims into downloading malware that scans their device for information; by figuring out passwords to social media accounts; or through phishing scams.

FRAUDULENT INVESTMENTS

Fraudsters might lure victims into offering their hard-earned cash for a one-of-a-kind investment opportunity, promising high returns or quick profits – such as the many cryptocurrency scams currently circulating online. Some unscrupulous influencers have even used their status to tempt their followers into paying for courses which promise to help them become rich and more attractive.

DECEPTIVE ADVERTISING

Many online sellers use false or misleading advertising to persuade consumers to spend money or supply personal information. Certain websites, for instance, have become notorious for using attractive images to advertise their products, promising to deliver an item for a fraction of its usual price – only for a cheaper-looking, poor-quality reproduction to arrive in the post instead.

SOCIAL MEDIA SCAMS

Scammers use social media to manipulate or deceive victims, often by posing as a popular influencer and exploiting their audience – such as posting a link to a 'giveaway' which actually siphons money or personal data to whoever is behind this false identity. This type of scammer commonly impersonates influencers with a younger fan-base, as children tend to make more naive targets.

Advice for Parents & Carers

EDUCATE YOUR CHILD

Talk to your child about the risks of online financial scams and encourage open communication about their digital activities. Make sure they know the kind of ruses that are out there, and what to look out for when encountering a potential scam. Foster their critical thinking skills – and emphasise that if something they see on the internet seems too good to be true, then it probably is.

USE PARENTAL CONTROLS

Almost all devices that children typically use to access the internet have built-in safeguards like parental controls and monitoring tools. Stay aware of the options available to you, and make use of them to shield your child from possible exploitation as best as you can. This, combined with common sense and critical thinking, should go a long way towards keeping them safe.

STAY INFORMED

Try to keep your knowledge of current and emerging scams in the digital world up-to-date, so you can help your child stay safe. New methods of exploitation are developing all the time, but thankfully it's not all doom and gloom. There are plenty of sources – such as Ofcom – that keep a record of online scammers' methods, plus lists of which sites or schemes to be wary of.

PRIORITISE PRIVACY

Teach your child to value their own privacy; that is, to respect the value of their personal data and be cautious about sharing it online. It's especially important that children know to safeguard their financial details and other sensitive data – and never to provide that information to anyone online, unless they're absolutely certain that it's safe, secure and for a legitimate reason.

REPORT SUSPICIOUS ACTIVITY

Encourage your child to report any suspicious or potentially harmful online encounters to you or another trusted adult. Make it clear that that they will never get in trouble for telling you about what's happened. Fraudsters often attempt to play on children's fear of getting into trouble, so cancelling out that notion robs internet scammers of one of their greatest weapons.

Meet Our Expert

Joe Savage has a proven track record in countering financial crime, having spent 13 years with UK law enforcement – specialising in money laundering investigations and asset recovery from organised criminal groups. He now holds senior visiting expert positions at various organisations and delivers customised training and consultancy to government and private-sector clients worldwide.



Source: https://www.gov.uk/government/uploads/attachments/data_store/2022/01/who-experiences-scams-story-01-ages-11-16.pdf; <https://www.bbc.com/news/technology-23628-922>; <https://www.ofcom.gov.uk/consult/condocs/2022/02/220202uk.pdf>

We know it's only August but sometimes these things are handy to know!



CHRISTMAS TOY SALE DATES 2023

moneysavingcentral.co.uk/toy-sale-dates

ARGOS TOY SALE 2023

Sadly there is no more 342 toys at Argos but we expect to see a toy sale around **Wednesday 27th September 2023**

MORRISONS TOY EVENT 2023

Morrisons Half Price Toy Event is in-store only and is predicted to go live on **Monday 9th October 2023**

TESCO 50% OFF TOY SALE 2023

The Tesco half price Toy Sale is predicted to drop on **Thursday 28th September 2023** (possibly the following week, as it shifts yearly)

ASDA TOY SALE 2023

The ASDA big toy rollback is predicted to go live on **Tuesday 12th September 2023**

SAINSBURY'S HALF PRICE TOY SALE 2023

Always mid October, the popular toy sale instore at Sainsbury's is predicted to go live on **Wednesday 11th October - Tuesday 17th October 2023**

ALDI SPECIALBUYS TOY EVENT 2023

Aldi Specialbuys toy sale is predicted to go live in stores on **Sunday 1st October 2023**

SMYTHS TOYS SALE 2023

Sadly, Smyths have declined to have any type of sale for 3 years now

WIRRAL CARERS HEALTH & WELLBEING SERVICE

Carer Linkworkers Making Caring Visible, Valued & Supported

LOCAL UPCOMING EVENTS

Thursday 17th join [Koala North West's](#) beach day 11am-1pm

Friday 18th [Gautby Road - Play, Youth & Community Centre](#) meet the reptiles 4-6.30pm

Saturday 19th & Sunday 20th August 2023 - [Gordale Garden Centre](#) family fun day 11am-4pm

18th, 19th & 20th August [Holy Trinity Spital](#) free summer families event for primary age children Lost At Sea - Big Families Weekender 2023! Offering fun, games, crafts and pirates

Saturday 19th August 2023 - [Ellesmere Port Rugby Club](#) Rugby Fun day 10am-4pm at Whitby Sports & Social club CH65 6QF

Tuesday 22nd & Wednesday 23rd August 2023 Flower fairie [Lady Lever Art Gallery](#) 1-4pm fairy houses and wind chimes

Tuesday 22nd August 2023 [St Mary's Church, Liscard](#) BBQ & bounce 12.30-2.30pm

Tues 22nd [Kings Tots Wirral](#) family meet and picnic at Tam O'Shanter farm 10.30am



WIRRAL CARERS HEALTH & WELLBEING SERVICE

Carer Linkworkers Making Caring Visible, Valued & Supported



SALE

FAMILY FUN DAY

SATURDAY 19 AUG
11AM TO 3PM

ACTIVITIES:

- Table top sale
- Bouncy Castle
- Tombola
- Raffle
- Crafts
- Funko Pops for sale!!

Church@The cross
1 whitfield Street, Tranmere, CH42 OLR



i involve northwest
involving communities & inspiring change

Summer BBQ

Involve Northwest, The Community Village Carpark *
330-334 New Chester Road, CH42 1LE
(Entrance via St Pauls Road)
**No Parking available onsite Please be mindful of local residents*

Saturday 19th August 11am - 3pm

- Children's Party Bus
- Alwood Donkeys
- Burgers & Hot Dogs
- Mandis Kandi
- Involve Tombola
- Ice Cream Van

Connect Us, The Wirral Council Partnership, FAMILY TOOLBOX, Sleeplog, CLEAR MINDS, Brighter Lives



Central Park

COMMUNITY EVENT

26th August 11am to 4pm

- Animal visits
- Sports (tag rugby, football, rounders, dodgeball, and basketball)
- Bike marking from the Police
- Face painting
- Circus workshop
- Smoothie bike
- AND OTHERS

Our Hub will be open with activities, refreshments and FREE food for all

HYPE Central Park Hub, 109 Liscard Road #VibrantParks

Scan here to register your free place

ANOTHER HYPE INITIATIVE



KOALA North West Supporting children & their families

BABY INCREDIBLE YEARS GROUP

What to expect?

- Peer support and open discussions
- Learning about child development
- Singing
- Communication
- Reading your baby's cues
- Video learning

Koala North West Hub
Woodchurch Lane,
Wirral, Ch42 9PH.
Call to book - 0151 608 8288

9 WEEK COURSE
Starting 22nd September 10-12pm
0-6 Months

"I felt like I existed and I matter."

"Great session - nice to feel like we aren't alone in our situations and feelings etc."

"It's such a lovely group, where we can gain important insights and promote our child's development and it makes me see the value I have to my baby. Thank you."

WIRRAL CARERS HEALTH & WELLBEING SERVICE

Carer Linkworkers Making Caring Visible, Valued & Supported

ACTIVE WIRRAL

STRONGER HEALTHIER HAPPIER

Make a **SPLASH** this summer with our **Summer Holiday Pool programme**

CLICK HERE

No booking required



Tuesday 29th August - 1 - 4pm

The Hive, Wirral Youth Zone, Bright Street, Birkenhead

FUN FOR THE WHOLE FAMILY...
INFLATABLES - ARTS AND CRAFTS - MULTI SPORTS - FACE PAINTING -
LOTS OF SURPRISES

Please note: All under 16's must be accompanied by an adult



ALL THE FAMILY WELCOME



TOMORROW'S WOMEN

CHARITY FUNDRAISER

SUMMER
Party

2ND SEP 2023 @ 11-2 PM

LIVE DJ | STALLS | BOUNCY CASTLE | FOOD |
DANCE PERFORMANCES | TOMBOLA | GAMES |
AND MORE!

£3 ADULT | £1 CHILD

TOMORROW'S WOMEN WIRRAL
BECKWITH ST EAST
BIRKENHEAD
CH41 3JE

DELAMERE PANTRY

Delamere Community Centre,
Delamere Avenue, Eastham, CH62 9ED



The Delamere Pantry is open to all Eastham residents.
Every Tuesday 1.30pm - 3pm
Please bring your own bag and change

For more information, contact
Diana on **0151 327 8767**

Regd. charity number: 1165552

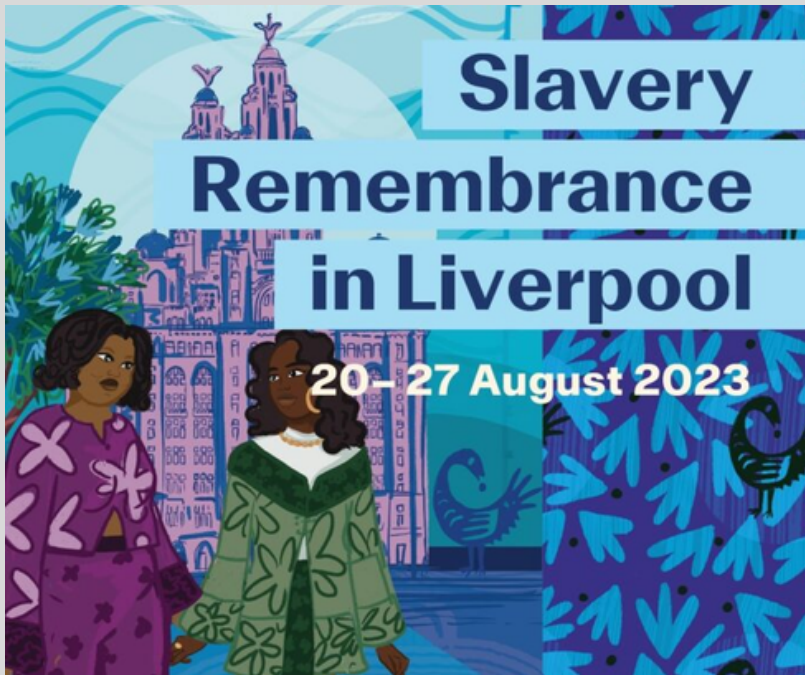


DELAMERE COMMUNITY
CENTRE

making the pieces fit

WIRRAL CARERS HEALTH & WELLBEING SERVICE

Carer Linkworkers Making Caring Visible, Valued & Supported



💜 20 August - Carving Out Truths at Walker Art Gallery

💙 22 August - Dorothy Kuya Lecture with Professor Hakim Adi at Liverpool Town Hall - *now sold out*

💜 23 August - Walk of Remembrance, Libation Ceremony and Celebrating DELADO

💙 27 August - Maker's Market with BlackFest at Museum of Liverpool

Find out more and see how you can get involved at

www.liverpoolmuseums.org.uk/srd

#SRD2023

Slavery Remembrance Day 2023 will look at the theme of transformation through a series of lectures, workshops, and performances, as National Museums Liverpool, Liverpool City Council and other partners across the city observe this important date in the calendar.

This year, Slavery Remembrance Day is a week-long series of activities from Sunday 20 August to Sunday 27 August, as the city comes together to reflect, remember and encourage learning.

Merseyside Autistic Adults is a support and social group that run regular meetings and trips out. The group is for autistic/Asperger's adults over the age of 16. Officially diagnosed, on the waiting list to be diagnosed and self-diagnosed autistic people are all welcome. Our meetings are free, drop-in events.

Merseyside Autistic Adults
Weekly Coffee Shop Drop In



Every Monday
10:30 am - 1 pm



Liberty Bell
Coffee,
Birkenhead

Drop- in session at Liberty Bell café in Birkenhead every Monday morning.

Turn up any time between 10.30 am and 1pm and find us in the coffee shop for a chat over a drink or some food. There is a very informal atmosphere where you can talk about whatever you want with other autistic people. Or, if you prefer to just sit and enjoy the company without having to join in with the conversation, there is no pressure to talk.

WIRRAL CARERS HEALTH & WELLBEING SERVICE

Carer Linkworkers Making Caring Visible, Valued & Supported

Wirral Lifelong Learning Service



Wirral Lifelong Learning offers a selection of courses available through their Family Learning programme. These are provided for different generations of family members and carers to learn together to help support their children with both their education and personal development.

Do you want to improve your CV or gain a new qualification?

Enrol today for a course with Wirral's Lifelong Learning Service! If you're unemployed, in receipt of benefits or earn less than £21,225 (£10.90 per hour) our courses are completely FREE. To book a place please email lifelonglearning@wirral.gov.uk or call 0151 666 3330.



ESOL (English for Speakers of Other Languages)

These courses will help you develop your skills & gain a nationally recognised qualification for work. All ESOL courses are FREE for everyone. Please note: You can start all ESOL classes at any week after the course starts. We'll invite you in to meet the tutor and decide which is the right class for you.

Course	Location	Day	Time	Starts	Ends
ESOL Pre-Entry All About Me (Themed)	The Laurels, Birkenhead	Mon	9:45am-11:45am	11 Sep	25 Sep
ESOL Pre-Entry Food (Themed)	The Laurels, Birkenhead	Mon	12:30pm-2:30pm	11 Sep	25 Sep
ESOL Pre-Entry Writing Skills	Wirral Change	Tue	10am-12pm	12 Sep	26 Sep
ESOL Pre-Entry Speaking & Listening Skills (Themed)	The Laurels, Birkenhead	Tue	9:30am-11:30am	12 Sep	17 Oct
ESOL Pre-Entry All About Me (Themed)	Wirral Change	Tue	12:30pm-2:30pm	12 Sep	26 Sep
ESOL Pre-Entry Speaking & Listening	Wirral Change	Wed	10am-12pm	13 Sep	29 Nov
ESOL Pre-Entry Intro to Writing Skills	The Laurels, Birkenhead	Wed	9:45am-11:45am	13 Sep	18 Oct
ESOL Pre-Entry Intro to Speaking & Listening Skills	The Laurels, Birkenhead	Wed	12:30pm-2:30pm	13 Sep	18 Oct
ESOL Pre-Entry My Family (Themed)	The Laurels, Birkenhead	Mon	9:45am-11:45am	02 Oct	16 Oct
ESOL Pre-Entry Conversation Skills	The Laurels, Birkenhead	Mon	12:30pm-2:30pm	02 Oct	16 Oct
ESOL Pre-Entry My Family (Themed)	Wirral Change	Tue	12:30pm-2:30pm	03 Oct	17 Oct
ESOL Pre-Entry Intro to Speaking & Listening Skills	The Laurels, Birkenhead	Mon	9:45am-11:45am	30 Oct	04 Dec
ESOL Pre-Entry Intro to Reading Skills	The Laurels, Birkenhead	Mon	12:30pm-2:30pm	30 Oct	04 Dec
ESOL Pre-Entry Conversation Skills	Wirral Change	Tue	12:30pm-2:30pm	31 Oct	05 Dec
ESOL Pre-Entry Writing Skills	The Laurels, Birkenhead	Wed	9:45am-11:45am	01 Nov	06 Dec
ESOL Pre-Entry Speaking & Listening Skills	The Laurels, Birkenhead	Wed	12:30pm-2:30pm	01 Nov	06 Dec
ESOL Pre-Entry/Entry 1 Everyday Conversation Skills	Sonscon Women Wirral	Mon	9:45am-11:45am	11 Sep	16 Oct
ESOL Pre-Entry/Entry 1 Language Development	Sonscon Women Wirral	Mon	9:45am-11:45am	30 Oct	04 Dec
ESOL Entry 1 Speaking & Listening Skills	Wirral Change	Mon	12:30pm-2:30pm	11 Sep	27 Nov
ESOL Entry 1 Speaking & Listening Skills	Wirral Change	Mon	9:30am-11:30am	11 Sep	20 Nov
ESOL Entry 1 Reading Skills	Wirral Change	Mon	12:30pm-2:30pm	11 Sep	20 Nov
ESOL Entry 1 Intro to Writing Skills (Themed)	The Laurels, Birkenhead	Tue	9:30am-11:30am	12 Sep	17 Oct
ESOL Entry 1 Speaking & Listening Skills (Themed)	The Laurels, Birkenhead	Tue	12:30pm-2:30pm	12 Sep	17 Oct
ESOL Entry 1 Writing Skills	Wirral Change	Tue	9:30am-11:30am	12 Sep	21 Nov
ESOL Entry 1 Language Development	The Laurels, Birkenhead	Wed	9:30am-11:30am	13 Sep	18 Oct
ESOL Entry 1 Writing Skills (Themed)	The Laurels, Birkenhead	Wed	12:30pm-2:30pm	13 Sep	18 Oct
ESOL Entry 1 Writing Skills	Wirral Change	Wed	12:30pm-2:30pm	13 Sep	29 Nov
ESOL Entry 1 Speaking & Listening Skills	The Laurels, Birkenhead	Wed	9:30am-11:30am	13 Sep	18 Oct
ESOL Entry 1 Reading Skills	The Laurels, Birkenhead	Wed	12:30pm-2:30pm	13 Sep	18 Oct
ESOL Entry 1 Getting Started with Speaking & Listening Skills	Wirral Down Centre	Wed	9:30am-11:30am	13 Sep	18 Oct
ESOL Entry 1 Intro to Speaking & Listening Skills	Wirral Multicultural Organisation	Thu	10:30am-12:30pm	14 Sep	28 Sep
ESOL Entry 1 Speaking & Listening Skills	Wirral Change	Thu	10am-12pm	14 Sep	30 Nov
ESOL Entry 1 Reading Skills	Wirral Change	Thu	12:45pm-2:45pm	14 Sep	30 Nov
ESOL Entry 1 Getting Started with Speaking & Listening Skills	The Laurels, Birkenhead	Thu	9:45am-11:45am	14 Sep	19 Oct
ESOL Entry 1 Getting Started with Reading Skills	The Laurels, Birkenhead	Thu	12:30pm-2:30pm	14 Sep	19 Oct
ESOL Entry 1 Digital (Themed)	The Laurels, Birkenhead	Mon	9:30am-11:30am	18 Sep	16 Oct
ESOL Entry 1 Speaking & Listening Skills	The Laurels, Birkenhead	Fri	9:30am-12pm	29 Sep	08 Dec
ESOL Entry 1 Confident Reading & Listening Skills	The Laurels, Birkenhead	Wed	9:30am-11:30am	01 Nov	06 Dec
ESOL Entry 1 Confident Speaking & Listening Skills	The Laurels, Birkenhead	Wed	12:30pm-2:30pm	01 Nov	06 Dec
ESOL Entry 1 Speaking & Listening Skills	Wirral Down Centre	Wed	9:30am-11:30am	01 Nov	06 Dec
ESOL Entry 1 Speaking & Listening Skills	The Laurels, Birkenhead	Thu	9:45am-11:45am	02 Nov	07 Dec
ESOL Entry 1 Shopping (Themed)	The Laurels, Birkenhead	Thu	12:30pm-2:30pm	02 Nov	07 Dec
ESOL Entry 1 Moving On	Wirral Change	Mon	9:30am-2:30pm	27 Nov	27 Nov
ESOL Entry 2 Everyday Conversation Skills	Wirral Multicultural Organisation	Mon	9:45am-11:45am	11 Sep	16 Oct
ESOL Entry 2 Accents Reading Skills	Wirral Multicultural Organisation	Mon	12:30pm-2:30pm	11 Sep	04 Dec
ESOL Entry 2 Speaking & Listening Skills	Birkenhead Library	Tue	9:30am-11:30am	12 Sep	28 Nov
ESOL Entry 2 Writing Skills	The Laurels, Birkenhead	Tue	9:30am-11:30am	12 Sep	21 Nov
ESOL Entry 2 Accents Speaking & Listening Skills	The Laurels, Birkenhead	Tue	12:30pm-2:30pm	12 Sep	04 Dec
ESOL Entry 2 Speaking & Listening Skills	Wirral Change	Tue	12:30pm-2:30pm	12 Sep	21 Nov
ESOL Entry 2 Reading Skills	Birkenhead Library	Wed	9:30am-11:30am	13 Sep	29 Nov
ESOL Entry 2 Writing Skills	Wirral Down Centre	Wed	12:30pm-2:30pm	13 Sep	29 Nov
ESOL Entry 2 Speaking & Listening Skills	Wirral Change	Thu	9:30am-11:30am	14 Sep	30 Nov
ESOL Entry 2 Reading Skills	Wirral Change	Thu	12:30pm-2:30pm	14 Sep	30 Nov
ESOL Entry 2 Speaking & Listening Skills	Wirral Multicultural Organisation	Mon	9:45am-11:45am	30 Oct	04 Dec
ESOL Entry 2 Moving On	The Laurels, Birkenhead	Tue	9:30am-2:30pm	28 Nov	28 Nov
ESOL Entry 2 Moving On	Wirral Change	Tue	9:30am-2:30pm	28 Nov	28 Nov
ESOL Entry 3 Intro to Speaking & Listening Skills	The Laurels, Birkenhead	Tue	10:30am-12:30pm	12 Sep	26 Sep
ESOL Entry 3 Intro to Writing Skills	The Laurels, Birkenhead	Tue	1pm-3pm	12 Sep	26 Sep
ESOL Entry 3 Reading Skills	Wirral Multicultural Organisation	Wed	10:30am-12:30pm	13 Sep	08 Nov
ESOL Entry 3 Getting Started with Speaking & Listening Skills	The Laurels, Birkenhead	Thu	9:45am-11:45am	14 Sep	19 Oct
ESOL Entry 3 Accents Reading Skills	The Laurels, Birkenhead	Thu	12:30pm-2:30pm	14 Sep	07 Dec
ESOL Entry 3	The Laurels, Birkenhead	Fri	9:30am-12:30pm	15 Sep	24 Nov
ESOL Entry 3 Accents Speaking & Listening Skills	The Laurels, Birkenhead	Tue	10:30am-12:30pm	03 Oct	19 Mar
ESOL Entry 3 Accents Writing Skills Unit	The Laurels, Birkenhead	Tue	1pm-3pm	03 Oct	19 Mar
ESOL Entry 3 Accents Speaking & Listening Skills	The Laurels, Birkenhead	Thu	9:45am-11:45am	02 Nov	21 Mar
ESOL Entry 3 Reading Skills	The Laurels, Birkenhead	Thu	12:30pm-2:30pm	02 Nov	07 Dec
ESOL Entry 3 Accents Reading Skills	Wirral Multicultural Organisation	Wed	10:30am-1pm	15 Nov	20 Mar
ESOL Level 1 Accents Speaking & Listening Skills	Wirral Multicultural Organisation	Thu	10:30am-12:30pm	05 Oct	21 Mar

Essential Digital Skills (EDS)

These courses are for learners of all abilities to either help you gain confidence to use a digital device at home or gain a full qualification for work. All these courses are FREE for everyone.

Course	Location	Day	Time	Starts	Ends
Easy Steps	Wallasey Library	Mon	10am-12pm	11 Sep	09 Oct
National IT Qualification for Work & Home (EDSQ)	The Laurels, Birkenhead	Wed	10am-3pm	13 Sep	29 Nov
Basic Accredited Qualification in IT	The Laurels, Birkenhead	Thu	10am-3pm	14 Sep	30 Nov
Getting the Most Out of Microsoft Office	Birkenhead Library	Fri	10am-12pm	15 Sep	13 Oct
Get More Out of Your Smartphone or Tablet (Improvers)	The Laurels, Birkenhead	Fri	12:30pm-2:30pm	15 Sep	01 Dec
Get More Out of Your Smartphone or Tablet (Beginners)	Christchurch, Bebington	1pm-3pm	26 Sep	17 Oct	
Get More Out of Your Smartphone or Tablet	Wallasey Library	Wed	10am-12pm	27 Sep	18 Oct
Get More Out of Your Smartphone or Tablet	Christchurch, Bebington	Wed	1pm-3pm	27 Sep	18 Oct
Get More Out of Your Smartphone or Tablet	Birkenhead Library	Thu	10am-12pm	28 Sep	19 Oct
Easy Steps	Birkenhead Library	Fri	10am-12pm	03 Nov	01 Dec

English & Maths Courses

These courses will help you develop your skills & gain a nationally recognised qualification. All English & Maths courses are FREE for everyone. Please note: You can join all English and Maths classes at any week after the course starts. We'll invite you in to meet the tutor and decide which is the right class for you.

Course	Location	Day	Time	Starts	Ends
English Courses:					
- Improve Your English	The Laurels, Birkenhead	Wed	9:30am-11:30am	13 Sep	29 Nov
- Improve Your English	The Laurels, Birkenhead	Wed	12:30pm-2:30pm	13 Sep	29 Nov
Maths Courses:					
- Entry Improve Your Maths	The Laurels, Birkenhead	Mon	9:30am-11:30am	11 Sep	16 Oct
- Level 1 Intro to Functional Skills Maths	The Laurels, Birkenhead	Mon	12:30pm-3pm	11 Sep	16 Oct
- Level 1 Improve Your Maths	The Laurels, Birkenhead	Tue	1pm-3pm	12 Sep	20 Oct
- Level 2 Intro to Functional Skills Maths	The Laurels, Birkenhead	Fri	9:30am-12pm	15 Sep	20 Oct

Practical & Creative Skills

All of these courses are FREE if on benefits or earning less than £21,225 (£10.90 per hour) annual gross salary. Otherwise, costs apply for 12-week ACCREDITED courses, 10-week NON-ACCREDITED courses, and 5-week courses. Please contact the team for more information.

Course	Location	Day	Time	Starts	Ends
Creative Arts for Wellbeing: Intro to Batik	The Laurels, Birkenhead	Mon	12:30pm-3pm	11 Sep	16 Oct
Creative Arts for Wellbeing: Intro to Clay Design	The Laurels, Birkenhead	Mon	10am-12pm	11 Sep	16 Oct
Floristry: Intro Workshop	The Laurels, Birkenhead	Mon	10am-12pm	11 Sep	25 Sep
Intro to Using an Industrial Sewing Machine	The Laurels, Birkenhead	Mon	10am-12pm	11 Sep	09 Oct
Beginners Guide to Using a Sewing Machine	The Laurels, Birkenhead	Mon	10am-3pm	11 Sep	09 Oct
Wellbeing: Intro to Batik	Christchurch Primary	Tue	10am-12pm	12 Sep	17 Oct
Wellbeing: Intro to Silk Painting	Christchurch Primary	Tue	12:30pm-2:30pm	12 Sep	17 Oct
Floristry: Intro Workshop	St James Centre	Tue	9:30am-11:30am	12 Sep	26 Sep
Level 1 Fashion & Sustainability & Upcycling	The Laurels, Birkenhead	Tue	9:30am-3pm	12 Sep	12 Dec
Level 1 Advanced Sewing Techniques	The Laurels, Birkenhead	Wed	9:30am-3pm	13 Sep	13 Dec
Level 1 Sewing Techniques	The Laurels, Birkenhead	Thu	9:30am-3pm	14 Sep	14 Dec
Level 1 Floristry	St James Centre	Fri	9:30am-2:45pm	15 Sep	08 Dec
Intro to Unlocking Machines	The Laurels, Birkenhead	Fri	10am-12pm	15 Sep	13 Oct
Intro to Upcycling	The Laurels, Birkenhead	Fri	1pm-3pm	15 Sep	13 Oct
Level 1 Floristry	The Laurels, Birkenhead	Mon	10am-1pm	10 Sep	12 Feb
Intro to Using Commercial Patterns	The Laurels, Birkenhead	Mon	10am-12pm	30 Oct	27 Nov
Intro to Choosing Fabrics	The Laurels, Birkenhead	Mon	1pm-3pm	30 Oct	27 Nov
Floristry: Short Course	St James Centre	Tue	9:30am-11:30am	31 Oct	28 Nov
Beginners Guide to Using a Sewing Machine	The Laurels, Birkenhead	Fri	10am-12pm	03 Nov	01 Dec
Intro to Fashion Upcycling	The Laurels, Birkenhead	Fri	1pm-3pm	03 Nov	01 Dec
Christmas Workshop: Stockings	The Laurels, Birkenhead	Mon	10am-3pm	04 Dec	04 Dec
Intro Workshop to BSL	The Laurels, Birkenhead	Tue	10am-12pm	05 Dec	05 Dec
Christmas Floral Design Workshop	St James Centre	Tue	9:30am-11:30am	05 Dec	12 Dec
Christmas Workshop: Sacks/Gift Bags	The Laurels, Birkenhead	Thu	10am-3pm	11 Dec	11 Dec
Christmas Workshop: Bunting Designing & Creating	The Laurels, Birkenhead	Mon	10am-3pm	18 Dec	18 Dec

Skills for Employment & Volunteering

These courses will help you develop the skills required to progress into work or volunteering. All of these courses are FREE if on benefits or earning less than £21,225 (£10.90 per hour) annual gross salary.

Course	Location	Day	Time	Starts	Ends
Level 1 Teaching Assistant	Online	Mon	10am-12:30pm	11 Sep	11 Dec
Level 2 Teaching Assistant	Online	Mon	9:30am-12:30pm	11 Sep	12 Dec
Intro to Volunteering	Birkenhead Library	Mon	1pm-3pm	11 Sep	09 Oct
BSL for Work & Volunteering	The Laurels, Birkenhead	Tue	10am-12pm	12 Sep	28 Nov
BSL for Work & Volunteering	The Laurels, Birkenhead	Tue	12:30pm-2:30pm	12 Sep	28 Nov
Level 1 Teaching Assistant	The Laurels, Birkenhead	Tue	9:30am-3pm	12 Sep	12 Dec
Intro to Mentoring Workshop	Online	Thu	10am-12pm	14 Sep	21 Sep
Level 1 Teaching Assistant	Online	Thu	12:30pm-3pm	14 Sep	14 Dec
Level 1 Community Interpreting (Units 2 & 3)	Wirral Change	Thu	9:45am-2:45pm	14 Sep	07 Dec
Level 2 Teaching Assistant	Online	Thu	9:30am-11:30am	14 Sep	14 Dec
Mentoring Skills	Online	Thu	10am-12pm	28 Sep	21 Dec

More information & details of other courses, is online: wirral.gov.uk/lifelonglearning

To book a place please email lifelonglearning@wirral.gov.uk or call 0151 666 3330

WirralLifelongLearning @LearningWirral WirralLifelongLearning



All course venues are subject to change and may be moved to online learning in response to any changes in government guidelines. You must be aged 19 or over to enrol. This advertisement is available in other formats; please contact us on 0151 666 3330 for details.





Wirral Council is developing a Neighbourhood Framework for the future regeneration and development of the **Northside area & Scotts Quay area**, which are also subject to proposals in the Wirral Local Plan.

For more information you can view the Northside & Scotts Quay Neighbourhoods Framework and complete a survey on the Council's 'Have Your Say' pages - click below

**REIMAGINE
NORTHSIDE**

Northside Neighbourhood Framework Consultation

Wirral Council is developing a framework for future development of the Northside area. The proposed

The graphic shows a map of the Northside area with several orange-colored buildings highlighted. A pink diagonal banner at the bottom contains the text "REIMAGINE NORTHSIDE" with a location pin icon above the word "REIMAGINE". Below the banner, the title "Northside Neighbourhood Framework Consultation" is followed by the start of a sentence: "Wirral Council is developing a framework for future development of the Northside area. The proposed".

**REIMAGINE
SCOTTS QUAY**

Scotts Quay Neighbourhood Framework Consultation

Wirral Council is developing a framework for future development of the Scotts Quay area. The

The graphic shows a map of the Scotts Quay area with several orange-colored buildings highlighted. A pink diagonal banner at the bottom contains the text "REIMAGINE SCOTTS QUAY" with a location pin icon above the word "REIMAGINE". Below the banner, the title "Scotts Quay Neighbourhood Framework Consultation" is followed by the start of a sentence: "Wirral Council is developing a framework for future development of the Scotts Quay area. The".



Liverpool University Hospitals

NHS Foundation Trust

The NIHR is the research arm of the NHS and works with patients, healthcare professionals and researchers to support healthcare research.

The Clinical Research Facility based at the Royal Liverpool hospital is encouraging as many people as possible to register to Be Part of Research. By signing up to the database, the team can contact you about clinical trials you may be suitable for; either as a patient or healthy volunteer.

[**Click here to register!**](#)

Why do we need volunteers for research?

Research is the only way to improve our understanding of illness and to build evidence to develop better treatments in the future.

Nearly all research needs the help of volunteers in order to develop these procedures and find out whether they are effective.

The Royal Liverpool and Broadgreen University Hospitals NHS Trust (RLBUHT) are always looking for new care pathways to improve the health of our patients and deliver

better health outcomes. The range of research that we conduct covers complex new drugs and treatments, new devices or procedures through to simple questionnaire studies.

Other Regional Carer Support



Support for carers

Cheshire East

Cheshire West & Chester

Liverpool, Sefton, Warrington & Knowsley



WIRRAL CARERS HEALTH & WELLBEING SERVICE

Carer Linkworkers Making Caring Visible, Valued & Supported

THE ROYAL BRITISH LEGION ADMIRAL NURSE SERVICE

SUPPORTING CARERS AND FAMILIES OF THOSE WITH DEMENTIA



LIVE ON 

WHAT DO WE DO?

The Royal British Legion Admiral Nurses offers specialist support, information and advice to the carers of people with dementia.

Admiral nurses are registered nurses specialising in dementia. The service aims to help family carers gain the necessary skills to assist with dementia care, promote positive approaches in living well with dementia and improving quality of life.

The service has been developed in partnership with Dementia UK, a national charity which promotes and develops Admiral Nursing.



AM I ELIGIBLE?

To qualify for this service the carer or person with dementia needs to be a beneficiary of The Royal British Legion. This includes anyone who has served in the British armed forces their family and carers.

HOW CAN I FIND OUT MORE?

Contact your local Service

The Royal British Legion
Admiral Nurse Service

(T) 0333 011 4311

(E) ANSupport@britishlegion.org.uk



HOW CAN THIS SERVICE HELP ME?

The Royal British Legion Admiral Nurses work in partnership with carers, families and people with dementia. The services they offer include:

- Skilled person-centred assessments of the needs of the carers, families and individuals with dementia
- Psychological support to help understand and deal with feelings and emotions
- Practical advice
- Helping carers to develop and improve skills in care giving
- Guidance on eligibility for other Legion support and services
- Referral to treatment and support services
- Therapeutic, educational and social support carer groups
- Clear guidance about how appropriate services and sources of support can be accessed in your local area
- Liaison with other professionals and organisations to ensure that families obtain coordinated support



RESULTS DAY
SUPPORT

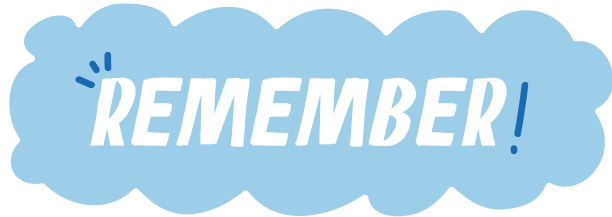


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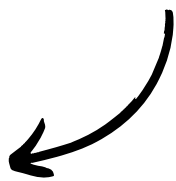
PROSPECTS



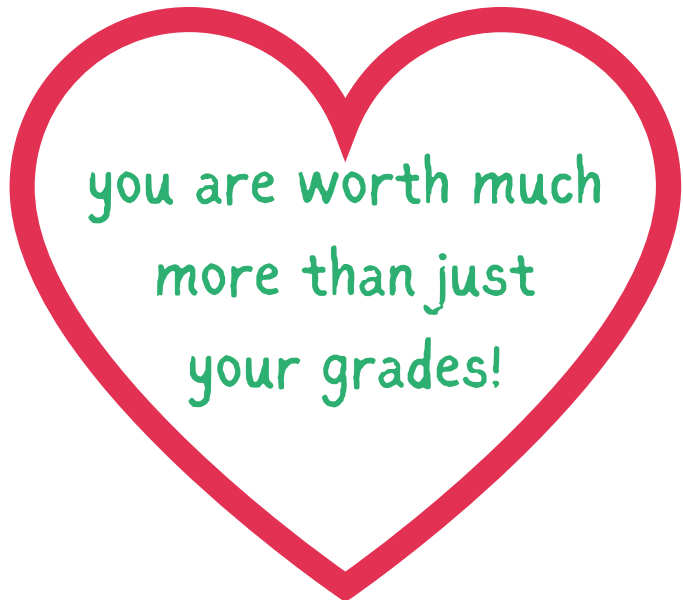
Good luck to everyone getting their A Level results this week or GCSE results next week!



'Grades do not determine what you are capable of achieving'



Be
KIND
TO
YOURSELF



If you're considering your options this #ResultsDay, there is still time to find the right path for you. You can join the NHS through CLEARING.

Find out more - search NHS Careers

<https://www.healthcareers.nhs.uk/>



THEATRE NURSE



Supports patients of all ages in each phase of their operation



LEARNING DISABILITY NURSE

helps people with learning disabilities to live an independent and fulfilling life



COMMUNITY NURSE

provides care for patients and support for family members in homes and care homes



MENTAL HEALTH NURSE

delivers care and support to patients who are struggling with their mental health





Department
of Health &
Social Care

HOT WEATHER ADVICE



HOT WEATHER

Going out in the sun?

Stay well in hot weather

by drinking plenty of fluids, staying in the shade when the sun is strongest (11am-3pm) and limiting strenuous physical activity during the hottest part of the day.



HOT WEATHER

Keep your home cool during hot weather

Close blinds and curtains on windows that are exposed to direct sunlight, move to the coolest part of your home and open windows (if it is safe to) when the air feels cooler outside than inside.

The direct and indirect effects of hot weather



Increasing temperatures in excess of 25°C are associated with severe illness and excess heat-related deaths in vulnerable people.

Higher temperatures can affect your health in different ways.

Direct effects



- **dehydration**
- **heat cramps**
- **heat rash**
- **dizziness** and fainting
- heat exhaustion
- **heart attacks**
- **heatstroke**
- **increased risk** of lung illnesses and other diseases

Indirect effects



- **Increased demand** on healthcare services
- **Power outages**, affecting homes and healthcare services
- **Wildfires**, and by association smoke inhalation



Wired Counselling Service

The experience of looking after a relative, friend or neighbour can be very isolating. It can sometimes be difficult for carers to share their concerns with other people.

Would you like to talk to someone?

Wirral Carers Health and Wellbeing Service offers counselling to all adult carers and former carers who would like to speak confidentially about their situation.



How can counselling help?

Counselling can help to unravel any feelings, thoughts and difficulties you may have. It can help to recharge the batteries and work towards important decisions.



Counsellors assist by listening carefully and accepting your concerns. The aim is to make your own choices and put them into practice.

Making an appointment...

For more information about our Counselling Service or to request a referral, contact our Carers Helpline:



0151 670 0777



cws@wired.me.uk

Wired

Wired Carer Support Groups

At Wired we have a range of local Carer Support Groups scattered across Wirral, so that they are easily accessible for our carers to attend.

Below are the range of Carer Support Groups that we have to offer.



St James Centre Carers Luncheon Club

- 📍 St James Centre Cafe, St James Centre, 344 Laird Street, Birkenhead, CH41 7AL
- 🕒 1st and 3rd Friday of the month, 12pm-2pm
- 📍 Free tea and coffee is provided and 50% off lunch at St James Centre Cafe

Beechwood Carers Support Groups

- 📍 Beechwood Community Shop, Manor House, Beechwood Drive, CH43 7ZU
- 🕒 2nd and 4th Thursday of the month, 10am-12pm
- 📍 Free tea and coffee is provided and an opportunity to meet other carers

Wallasey Carers Support Group

- 📍 Inspire Café, The Spire, Breck Road, Poulton, Wallasey, CH44 3BD
- 🕒 2nd and 4th Thursday of the month, 1pm-3pm
- 📍 Free tea and coffee is provided and an opportunity to meet other carers

Noctorum Carers Support Group

- 📍 Crea8ting Careers, Claughton Childrens Centre, Ridgeview Road, Prenton, CH43 9HG
- 🕒 3rd Wednesday of the month, 1pm-3pm
- 📍 Free tea and coffee is provided and an opportunity to meet other carers

16 THINGS I WOULD WANT IF I GOT DEMENTIA

Written by **Rachael Wonderlin**
www.rachaelwonderlin.com

- 1.** If I get dementia, I want my friends and family to embrace my reality. If I think my spouse is still alive, or if I think we're visiting my parents for dinner, let me believe those things. I'll be much happier for it.
- 2.** If I get dementia, I don't want to be treated like a child. Talk to me like the adult that I am.
- 3.** If I get dementia, I still want to enjoy the things that I've always enjoyed. HELP ME find a way to exercise, read, and visit with friends.
- 4.** If I get dementia, ask me to tell you a story from my past.
- 5.** If I get dementia, and I become agitated, take the time to figure out what is bothering me.
- 6.** If I get dementia, treat me the way that you would want to be treated.
- 7.** If I get dementia, make sure that there are plenty of snacks for me in the house.
- 8.** If I get dementia, don't talk about me as if I'm not in the room.
- 9.** If I get dementia, don't feel guilty if you cannot care for me 24 hours a day, 7 days a week. It's not your fault, and you've done your best. Find someone who can help you, or choose a great new place for me to live.
- 10.** If I get dementia, and I live in a dementia-care community, please visit me often.
- 11.** If I get dementia, don't act frustrated if I mix up names, events, or places. Take a deep breath. It's not my fault.
- 12.** If I get dementia, make sure I always have my favorite music playing within earshot.
- 13.** If I get dementia, and I like to pick up items and carry them around, help me return those items to their original places.
- 14.** If I get dementia, don't exclude me from parties and family gatherings.
- 15.** If I get dementia, know that I still like receiving hugs or handshakes.
- 16.** If I get dementia, remember that I am still the person you know and love.

EASY TUNA PASTA SALAD

8 SERVINGS

TIME: 15 MINUTES

SKILL LEVEL: EASY

I N G R E D I E N T S

Salt and freshly ground black pepper
16 oz dried pasta
2 cans tuna, packed in water, drained
1/2 cup mayonnaise
1 stalk celery, chopped
1/4 cup gherkins/cornichons/pickles, thinly sliced
2 spring onions thinly sliced
2 tbsp. pickle relish
1 tbsp. Dijon mustard
1 tbsp. fresh lemon juice
1/3 cup fresh parsley, chopped
1/3 cup fresh dill/any other herb, chopped

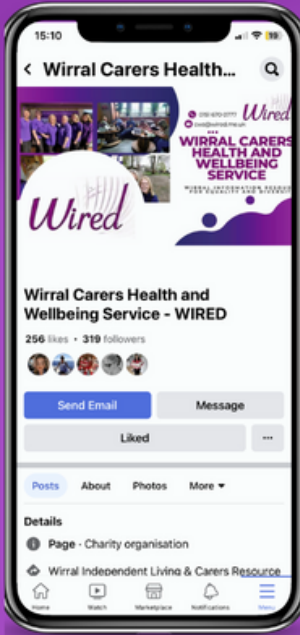


METHOD

1. In a medium pot of salted water, cook your dried pasta according to package directions. Drain and run under cold water to cool.
2. Combine tuna, mayonnaise, celery, pickles, onions, pickle relish, mustard, lemon juice, parsley, and dill in a bowl.
3. Add cooled pasta and stir to combine.
4. Season with salt and pepper.
5. Refrigerate for up to 2 days.

WIRRAL CARERS HEALTH & WELLBEING SERVICE

Carer Linkworkers Making Caring Visible, Valued & Supported



LIKE US ON FACEBOOK

Wirral Carers Health and
Wellbeing Service



FOLLOW US ON TWITTER

@WirralCarers



FOLLOW US ON INSTAGRAM

@WirralCarersSupport

LIKE US ON *FACEBOOK*



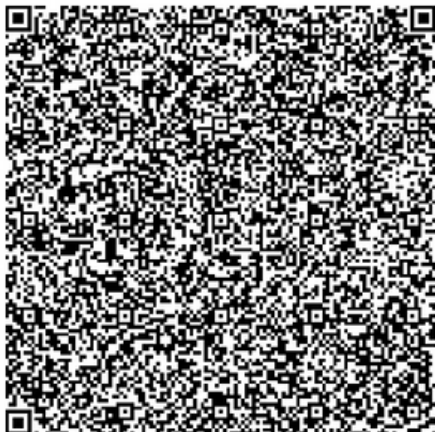
Search 'Wirral Mobility Scooter
Hire and Shopmobility'

or

Scan our QR Code using your
Smartphone!



LEAVE US A *GOOGLE REVIEW*



Search 'Wirral Shopmobility' on
google

or

Scan our QR Code using your
Smartphone!



Wirral Shopmobility

What is Shopmobility?

The Shopmobility experience is not just about shopping! Shopmobility is a scheme that hires out powered scooters, manual and powered wheelchairs to members of the public with limited mobility. Staff and volunteers will help you decide what equipment to hire and give you training on how to use it safely. Following this, you can travel around the Town Centre with your newfound independence.

Who Can Use Shopmobility?

Anyone with limited mobility, either because of an impairment or injury. So whether you have a permanent impairment, have broken your ankle or are pregnant, this service is available to you.



PLEASE HELP US!

Shopmobility scooters are mostly donated by the public.

To make sure we can keep this great service going, if you have a scooter/wheelchair or powerchair, working or not working, we would love to hear from you.

Also a big thank you to all the people who have already donated.

Please contact our Shopmobility Team on 0151 647 6162

Disclaimer: Every effort is made to ensure that the information in this E-bulletin is correct. Wired Wirral Carers Health & Wellbeing Support accepts no liability for errors and omissions and cannot recommend products or services. Views and opinions expressed in this publication are not necessarily those of Wired Wirral Carers Health & Wellbeing Support

Questions or comments?

E-mail us: wsc@wired.me.uk or visit our website: www.wired.me.uk