

CARERS E-NEWS

Our Macmillan Coffee Morning was a great success!



With your help we raised over £100!



Thank you to everyone who came along to support the event!



Carers Yoga

Face-to-Face

Wednesday 4th October 11:30am-1pm

Wednesday 11th October 11:30am-1pm

All Things Must Pass, 140b Borough Road,
Wallasey, CH44 6NH

Carers Yoga


Online

Thursday 28th September 11:00am-1pm

Thursday 5th October 11:00am-1pm

Thursday 12th October 11:00am-1pm

A zoom link will be sent out once your place is
confirmed

 0151 670 0777

 cws@wired.me.uk

WIRRAL CARERS HEALTH & WELLBEING SERVICE

Carer Linkworkers Making Caring Visible, Valued & Supported





Crafty Carers Club


Showcasing our Carers Crafts

If you like making things, are creative and have a skill that you would like to share with others...

Come along and share your skills with other carers, in a relaxed and friendly environment.

 Wednesday 18th October 2023

 10:30am - 12:30pm


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


Free Tea and Coffee provided!



CONTACT US TO BOOK

 0151 670 0777

 cws@wired.me.uk

 www.wired.me.uk



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Stress Management Training for Unpaid Carers

A short session delivered by Psychotherapist Sue Stinchcomb to provide carers with some easy to use strategies and techniques to manage and reduce stress levels.



Monday 18th September



10am-12pm



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

Free refreshments will be provided



Contact us to book your FREE space!



cws@wired.me.uk



0151 670 0777





Are you a carer? If so, come and join us at Wirral Change every Thursday 12pm - 2pm. If you are an unpaid carer you can sign up with us to get support.

For more information contact our Health and Wellbeing Team on 0151 649 8177

CARER'S GROUP

EVERY THURSDAY - (12:00- 2:00 PM)

EVERYONE IS WELCOME HERE



📞 0151 649 8177

📍 St Laurence' School, St Laurance Drive, Birkenhead CH41 3JD





How to talk to someone with suicidal feelings.

Talking about suicide is hard. But it can save lives. If you're worried someone you care about is feeling suicidal, here are some tips on how to have that conversation.

We're right behind you ❤️

This [#WorldSuicidePreventionDay](#), share this post so we can reach someone who really needs to see it.

Ask open questions

Questions like 'How have you been feeling?' or 'What happened next?' really help people to open up.

Give them time

You might feel anxious to hear their answers, but it helps if you let them take the time they need.

Take them seriously

People who talk about suicide do sometimes act on their feelings. It's a common myth that they don't.

If you're worried someone is feeling suicidal, asking them directly **won't** make them more likely to act on it. It can encourage them to be honest about how they're feeling. Many people feel relieved and less isolated when they're asked.

Don't skirt around the topic

There's still a taboo around suicide. This can make it even harder for people to open up and feel understood.

Try asking direct questions like 'Are you having suicidal thoughts?' or 'Have you felt like you want to end your life?'

This can help them talk about how they're feeling.

Look after yourself

Having these conversations can be hard. So take care of yourself too. It may help to talk about your own feelings and worries, or get support from people who've had similar experiences.

If you're worried someone's at immediate risk of taking their life:

- Stay with them.
- Get emergency help by calling 999 or going to A&E.

St Werburgh's Masterplan Phase 2

The council is seeking to maximise the prospects for the central Birkenhead area with a focus on attracting more people into the town centre and increasing leisure and residential opportunities.

In Phase 1 of the consultation people were asked to tell us about their views on the opportunity for a dramatic transformation of Birkenhead Town Centre and the adjoining St Werburgh's area. This feedback has been used to develop a vision for the Neighbourhood and a draft Masterplan for St Werburgh's has been developed.



[*Click here for further information*](#)



Struggling to sleep?

SUPPORTING
THE NATION'S
SLEEP



03303 530 541
Monday, Tuesday & Thursday 7pm - 9pm
Monday & Wednesday 9am - 11am



NEW FERRY RANGERS U6 DEV SQUAD



First Session Free

 **Sunday's 10:00 - 11:15**

 **Mayfield's, CH621HG**

 **Ages 5/6 - School Year 1**

 **All abilities welcome**

 **Simon - 07811111061**



**NHS flu and
COVID-19 vaccines
for unpaid carers**



Autumn Craft Fair



Willow Events

Sunday 17th September
11-3.30pm

Bebington British Legion
289 Teehey Lane CH63 8QS



MAGGIE'S WIRRAL & BRIMSTAGE FARM
PRESENTS

MAGGIE'S FEST

SATURDAY 16TH SEPTEMBER
FROM 11AM TILL LATE

Brimstage Farm

Live Music, Performances, Full Access to
Brimstage Maze, Face Painting, Archery, Mini
Golf, Giant Jumping Pillows fun for all the family!



Tickets: £12 adults, £6 children, 3 and under FREE



WIRRAL CARERS HEALTH & WELLBEING SERVICE

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**COMING
SOON**

GIRLS ONLY SOCCER SCHOOL



**FRIDAY 27TH OCTOBER
CO-OP BEBINGTON HIGH SCHOOL
9AM TILL 3PM
£20 PER PLAYER**



BOOK ONLINE

WWW.SOCCERSCHOOLWIRRAL.CO.UK



**Stick'n' Step
Kids Kayak Challenge**

SUNDAY, 17th SEPTEMBER 2023 FROM 10:00-16:00

Children aged 10-18 years old are welcome to sign up to this fantastic challenge for Stick 'n' Step. There are limited spaces so please sign up as early as possible to avoid disappointment. Registration is £5 per participant, but you are also encouraged to help raise money through sponsorship. For more information email: wirralkayakchallenge@gmail.com or phone Mike on 07791104428

West Kirby Marine Lake

Wirral Kayak Challenge

Play Soccer  Learn Soccer  Love Soccer

SOCCER@SCHOOL

October Half-Term

Soccer School
@ Co-Op Bebington High
School
Monday 23rd October
till
Thursday 26th October

Girls Only 1 Day

Soccer School


Soccer School
@ Co-Op Bebington High
School
Friday 27th October

 **4 Day course from 9am till 3pm**

 **£80 per course or £20 per individual day**

 **Open to Boys and Girls aged 4-14 years**

 **1 Day Girls Only course from 9am till 3pm**

 **£20 per player**

 **Open to Girls aged 4-14 years**

Book online

www.soccerschoolwirral.co.uk



2nd Bebington Scouts and Brighter Bebington Scarecrow Trail

We are excited to tell you that the "Scarecrow Trail" will be happening in September 2023 with the winner being announced at 2nd Bebington Autumn fair on 16th September.

Join us at Mayer Hall for Food, Fun and Games and to name the winners.

Once we have a list of those taking part, we will provide a map of the trail

For further information please contact bebingtontreasurer2nd@hotmail.co.uk



Liscard Community Links

'Looking out for Liscard'

Do you enjoy singing?

Would you like to join a friendly, community choir and be part of our christmas events?

All ages and abilities welcome.

Come and join us!



Liscard Links
For Our Community



LISCARD COMMUNITY CHOIR WITH AMY CHALMERS

DATE: TUESDAYS

TIME: 6.15-7.30PM

**PLACE: LISCARD YOUTH SPACE, MILL LANE.
(BEHIND THE FIRE STATION)**

STARTING 12TH SEPTEMBER

SUGGESTED DONATION £3 PER PERSON

07941894730

Liscardcommunitylinks@gmail.com

Other Regional Carer Support






Support for carers

Cheshire East

Cheshire West & Chester

Liverpool, Sefton, Warrington & Knowsley



  **Macmillan Cancer Support** 
Sponsored · 

Macmillan are offering up to 6 free counselling sessions, through Bupa, for people with cancer. For those eligible, access specialist, remote support within days for people struggling emotionally because of cancer. Call 0808 239 7537 or click to book a wellbeing assessment at a time that suits

Free specialist counselling

[Find out how we can help...](#)

EASY SAUSAGE CASSEROLE

4 SERVINGS

TIME: 40 MINUTES

SKILL LEVEL: EASY

INGREDIENTS

- 1 tsp oil
- 1 onion (red or white) sliced
- 8 pork sausages
- 1/2 tsp garlic salt or 1 garlic clove chopped
- 1/2 tsp onion powder (optional)
- 1 tbsp tomato puree
- 1 x 400g tin chopped tomatoes
- 1 x 400g baked beans
- 1 x 400g tin mixed/kidney/butter beans
- 1 beef stock cube dissolved in 250ml water
- 1 tbsp Dijon mustard
- Salt & Pepper



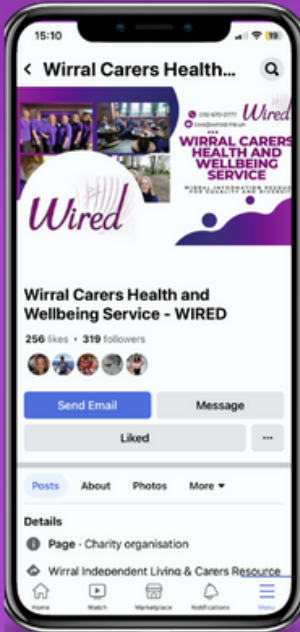
(For a vegetarian version replace the pork sausages with MEAT-FREE and replace the BEEF stock cube with a VEGETABLE stock cube)

METHOD

1. Heat the oil in a large shallow pan, then add the onion and sausages. Fry over a medium heat for 5 mins, stirring regularly, until the onions are softened and the sausages are browned.
2. Stir in the garlic, onion powder and tomato puree and cook for 1 min.
3. Add the beans, tomatoes, mustard and the stock water. Give everything a good stir and bring to the boil.
4. Simmer, uncovered, on a low/medium heat for 10-15 mins, stirring occasionally.
5. Serve with crusty bread or bread and butter!

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LIKE US ON FACEBOOK

Wirral Carers Health and
Wellbeing Service



FOLLOW US ON TWITTER

@WirralCarers



FOLLOW US ON INSTAGRAM

@WirralCarersSupport

LIKE US ON *FACEBOOK*



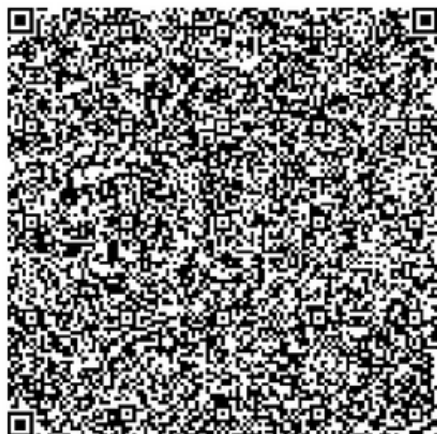
Search 'Wirral Mobility Scooter
Hire and Shopmobility'

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!





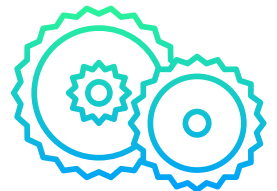
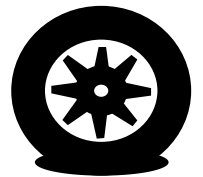
What is Shopmobility?

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.

We also
repair and
service
scooters!



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