

Carers Personal Protective Equipment (PPE)




If you are a carer providing support to a loved one, friend or neighbour and need PPE to help support you in your caring role to prevent COVID 19 or flu, then Wired Carer Support Service can help you.

Our Personal Protective Equipment (PPE) service is a free service to all carers in Wirral (unpaid/informal) to provide free of charge PPE.

You will be given details for our online ordering where you can choose what PPE you need and we will order it for you.



Speak to our carers helpline to access this service...

 0151 670 0777

 cws@wired.me.uk


Please note this will be on a first come basis


Carers Yoga

Face-to-Face

Wednesday 11th October 11:30am-1pm

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

 0151 670 0777


 cws@wired.me.uk


Carers Yoga

Online

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



WIRRAL CARERS HEALTH & WELLBEING SERVICE

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MHFA England



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 30th October 2023



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



WIRRAL CARERS HEALTH & WELLBEING SERVICE

Carer Linkworkers Making Caring Visible, Valued & Supported

This Month at WIRED

October 2023

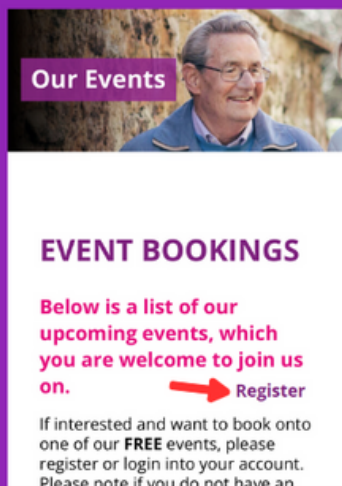
Monday	Tuesday	Wednesday	Thursday	Friday
2	3	4 Carers Yoga @ All Things Must Pass, Wallasey: 11:30-1pm	5 Online Yoga: 11-12:30 West Kirby Soup & Support: 12-2	6 Carer Support Group @ St James Centre: 12-2
9	10	11 Carers Yoga @ All Things Must Pass, Wallasey: 11:30-1pm	12 Carer Support Group @ Beechwood: 10-12 Online Yoga: 11-12:30 Carer Support Group @ Inspire Cafe Wallasey : 1-3	13
16	17	18 Crafty Carers Club: 10:30am-12:30pm Carer Support Group @ Crea8ting Careers Noctorum : 1-3	19	20 Carer Support Group @ St James Centre: 12-2
23	24	25	26 Carer Support Group @ Beechwood: 10-12 Caring with Confidence - W1 Carer Support Group @ Inspire Cafe Wallasey : 1-3	27
30 Stress Management Training: 10-12				

📍 Wirral Carers Health and Wellbeing Service,
Wirral Independent Living and Carers Resource Centre,
5 St John Street, Birkenhead, Wirral, CH41 6HY

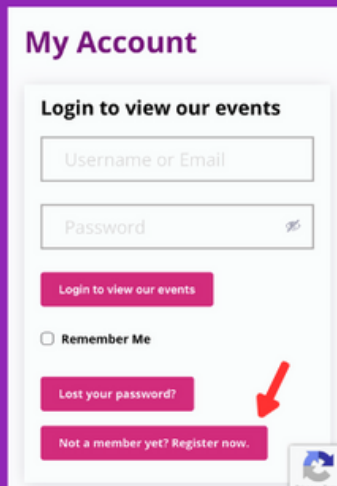
🌐 www.wired.me.uk
☎ 0151 670 0777
✉ cws@wired.me.uk



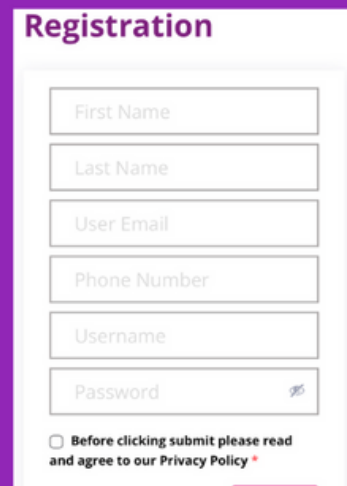
STEP BY STEP - HOW TO BOOK ONTO OUR EVENTS



Step 1 - Head over to the 'EVENTS BOOKING' section on our website and click where it says 'Register'



Step 2 - If you are not already a member, click 'Not a member yet? Register now'



Step 3 - Fill in the registration with your details. Your Username can be your email address

WIRRAL CARERS HEALTH & WELLBEING SERVICE

Carer Linkworkers Making Caring Visible, Valued & Supported



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
COFFEE BAR AND SOCIAL SPACE OPEN 12PM-2PM	COFFEE BAR AND SOCIAL SPACE OPEN 9AM-1PM	COFFEE BAR AND SOCIAL SPACE OPEN 9AM-5PM	COFFEE BAR AND SOCIAL SPACE OPEN 9AM-5PM	COFFEE BAR AND SOCIAL SPACE OPEN 9AM-5PM	SOCIAL SATURDAY 10:00AM-12:00AM No need to book
PHOTOGRAPHY 10:00AM-12:00PM (Main room)	LINO PRINTING 10:00AM-12:00PM (Main room)	FIBRE ARTS 10:00AM-12:00PM (Main Room)	CITIZENS ADVICE DROP-IN MORNING (Main Room)	RELAXATION 10:00AM-11:00AM (Group Room)	SATURDAY QUIZ 12:00PM- 2:00PM No need to book
INTRO TO MUSIC TECHNOLOGY 10:30 - 12:30 (Music Room)	INVOLVE NW - DROP IN THE CONNECTORS 10:00AM-12:00PM	FILM & VIDEO PRODUCTION 10:00AM-12:00PM (Top room)	OPEN ART SPACE TO COLOUR 10:00AM - 12:00PM (Main room)	JAM TIME DROP-IN 9AM - 4:30PM (Music studio)	NEWS FOR OCTOBER
JAM TIME DROP-IN SESSION 1PM - 2:30PM (Music studio)	JAM TIME 10AM/11AM/12PM (Music studio)	ALLOTMENT GROUP 10:00AM - 12:00PM @ Callister Gardens	A PLAY FOR THE WEEK 10:30 - 12:00 sit and relax whilst watching famous kitchen sink dramas and comedies	TAI CHI 12PM - 1PM (Group Room)	THERE WILL BE NO WOODWORK ON OCT 9TH OR 16TH
PEER SUPPORT CHECK-IN 1:30PM-2:30PM (Group room)	CITIZENS ADVICE DROP-IN FROM 1PM (Main Room)	1-1 SINGING LESSONS 9X20 MINUTES SLOTS 10:30AM-1:30PM (Music room)	IT LESSONS 1:00PM - 3:00PM 5 week course with lifelong learning	CREATIVE SOUND PRODUCTION 1PM-3PM (Music room)	NEW SESIONS FOR OCTOBER INCLUDE - - POTTERY
RESILIENT RECOVERY 2:30PM-3:30PM (Group room)	SPANISH LESSONS 1:00PM - 2:30PM (Top Room)	LEARN TO DRAW 12:30PM - 2:30PM (Main room)	HOUSING SUPPORT 1:00PM-4:00PM (Main room)	CALM & CREATE 1:30PM - 3PM (Main Room)	OPEN SPACE TO COLOUR AND DRAW IN THE ART AREA
IT SUPPORT 1-1'S 1:30PM - 3PM (Downstairs IT Suite)	CREATIVE WRITING FOR BEGINNERS 1:30PM - 3:30PM (Main Room)	DRAMA 2:30PM - 4:30 (Group room)	GUITAR LESSONS- ANY ABILITY 1:00PM/1:30PM/ 2:00PM/2:30PM	7-ASIDE FOOTBALL AT TRANMERE ROVERS 3PM-4PM	A PLAY FOR THE WEEK
WOODWORK 1:30PM - 3:30PM (Main room)	POTTERY 1:30PM - 3:30PM (Main room) Please speak to staff to book a space	SETTING THE STAGE 2nd Wed of every month 1pm - 2pm 20th Sept A new group for members to share their opinions of Spider & be change makers for the project.	CREATIVE WRITING 2:00PM-4:00PM (Group Room)	SPORTS SOCIAL AT THE OVAL BEBINGTON 3PM - 5PM Fun sporty activities in a safe space (table tennis) Please speak to staff before attending	IT LESSONS WITH LIFELONG LEARNING
					WE WILL ALSO BE CELEBRATING MENTAL HEALTH DAY ON 10TH OCTOBER WITH OUR SPIDER MUSIC FESTIVAL
				FRIDAY SOCIAL FOR MEMBERS WHO HAVE GRADUATED 1:00PM - 3:00PM NO NEED TO BOOK	Just a reminder: Any activities in PINK need to be booked 6 days in advance 0151 647 7723



CREATIVE TIMETABLE - OCTOBER 2023

Compañeros
A safe space in a crisis

Take care of yourself

Please arrive on time for activities or you may not be able to attend!

MON	TUE	WED	THU	FRI	SAT	SUN
2 2:00 - 4:30PM 1-1 REFLECTIVE REVIEWS (BOOKED BY STAFF) 7:30 - 9:30PM MONDAY SOCIAL	3 2:00 - 4:00PM BOXING (BOOK WITH STAFF) 7:30 - 9:30PM WIND DOWN	4 2:00 - 3:00PM WELLBEING: PERSONAL BOUNDARIES 3:30 - 4:30PM LINO PRINTING	5 10:30 - 12:30PM NERO'S BAND 2:00 - 3:00PM CREATIVE JOURNALING 5:30 - 6:15PM GUIDED IMAGERY	6 2:00 - 3:30PM 1-1 REFLECTIVE REVIEW (BOOKED BY STAFF) 3:45 - 4:30PM NEW MEMBER INTRO	7 3:30 - 4:30PM CREATIVE WRITING 7:30 - 9:30PM SATURDAY SOCIAL	8 12:00 - 1:30PM THERAPEUTIC THREADS 2:30 - 3:15PM NEW MEMBER INTRO
9 2:00 - 4:30PM 1-1 REFLECTIVE REVIEWS (BOOKED BY STAFF) 4:30 - 5:30PM SILK PAINTING 1 7:30 - 9:30PM MONDAY SOCIAL	10 11:00AM - 1:00PM WORLD MENTAL HEALTH DAY BRUNCH 2:00 - 4:00PM BOXING (BOOK WITH STAFF) 7:30 - 9:30PM WIND DOWN	11 2:00 - 2:45PM NEW MEMBER INTRO 3:30 - 4:30PM LINO PRINTING	12 10:30 - 11:30AM NERO'S BAND 2:00 - 3:00PM ROXIE'S CREATIVE CRAFTS	13 3:30 - 4:30PM MENTAL HEALTH: BEYOND LABELS 7:30 - 4:30PM WIND DOWN	14 3:30 - 4:30PM CALM CRAFTS 7:30 - 9:30PM SATURDAY SOCIAL	15 12:00 - 1:30PM THERAPEUTIC THREADS 2:30 - 3:30PM MINDFUL DRAWING
16 2:00 - 4:30PM 1-1 REFLECTIVE REVIEWS (BOOKED BY STAFF) 7:30 - 9:30PM MONDAY SOCIAL	17 2:00 - 4:00PM BOXING (BOOK WITH STAFF) 7:30 - 9:30PM WIND DOWN	18 2:00 - 3:00PM WELLBEING SESSION 1 3:30 - 4:30PM LINO PRINTING 5:00 - 6:00PM CONFIDENCE THROUGH DRAMA	19 10:30 - 11:30AM NERO'S BAND 2:00 - 3:00PM CREATIVE JOURNALING	20 2:00 - 3:30PM 1-1 REFLECTIVE REVIEW (BOOKED BY STAFF) 3:45 - 4:30PM NEW MEMBER INTRO	21 3:30 - 4:30PM KATE'S CRAFTY HALLOWEEN GHOSTS 7:30 - 9:30PM QUIZ NIGHT	22 12:00 - 1:30PM THERAPEUTIC THREADS 2:30 - 3:15PM NEW MEMBER INTRO
23 2:00 - 4:30PM 1-1 REFLECTIVE REVIEWS (BOOKED BY STAFF) 4:30 - 5:30PM SILK PAINTING 2 7:30 - 9:30PM MONDAY SOCIAL	24 2:00 - 4:00PM BOXING (BOOK WITH STAFF) 7:30 - 9:30PM WIND DOWN	25 2:00 - 2:45PM NEW MEMBER INTRO 3:30 - 4:30PM LINO PRINTING	26 10:30 - 11:30PM NERO'S BAND 2:00 - 3:00PM CREATIVE JOURNALING	27 2:00 - 3:00 WELLBEING SESSION 2 3:30 - 4:30PM NERO'S NATTER (PREVIOUSLY KNOWN AS MEMBER FORUM)	28 3:30 - 4:30PM PUMPKIN CARVING 7:30 - 9:30PM SATURDAY SOCIAL	29 12:00 - 1:30PM THERAPEUTIC THREADS 2:30 - 3:30PM MINDFUL DRAWING
30 2:00 - 4:30PM 1-1 REFLECTIVE REVIEWS (BOOKED BY STAFF) 7:30 - 9:30PM MONDAY SOCIAL	31 2:00 - 4:00PM BOXING (BOOK WITH STAFF) 7:30 - 9:30PM HALLOWEEN DISCO & TREATS					1 12:00 - 1:30PM THERAPEUTIC THREADS 2:30 - 3:15PM NEW MEMBER INTRO

COMPANEROS



PROTECT YOURSELF AND YOUR LOVED ONES WITH THE LIVING WELL SERVICE THIS AUTUMN

The Living Well Service supports our communities to live well through:

- COVID-19 vaccination (first/booster)
- Direct referrals to talking therapies
- Blood pressure check
- BMI check
- Cholesterol check
- Blood glucose check

If you would like to visit the Living Well Service, you can drop in at the time listed below:

Sunday 8th October 2023 - 10.30am to 4pm

**Grange Road
Birkenhead Town Centre
CH41 6EB
(between ASDA and Primark)**

Hosted by:



Learn more about the Living Well Service at:

www.cwp.nhs.uk/livingwellservice

BirkenEd's Place

We re-opened this week! We're open our usual times. Mon, Wed and Thurs 11am-4:30pm and Sat 11am-4pm.

Notice: Thursday 5th October, BirkenEd's will be open 2-7pm.

Engagements

Birkenhead to Liscard Active Travel Route, on now until 7th Oct
Wirral Council is developing ambitious plans to redesign streets along a direct route from Birkenhead to Liscard town centres to improve accessibility, make streets safer for local people and provide high quality facilities for pedestrians and cyclists.

The proposed 3.5 mile route runs from Chester Street, Birkenhead and connects Hamilton Square Station, Woodside Ferry, Wirral Waters, Seacombe Ferry, Eureka! Science and Discovery Museum and Liscard Town Centre.

Pop in to BirkenEd's Place to find out more and have your say.

You can also find details of all the engagement events and have your say online via the website here.

On Thursday 5th Oct and Saturday 7th Oct, you can even have a go at a Virtual Reality bike to visualise the route! No booking required.

Events

Birkenhead Treasure Hunt, ongoing

Pop in and take one of our free Birkenhead Treasure Hunts, exploring the town centre looking for clues. It takes about an hour and you can win a prize. No booking required.

Saturday Craft Sessions, every Saturday

Pop in on a Saturday and immerse yourself in free crafts! No booking required.

Community Hot Desking

Join us during our open hours for community hot desking. Take advantage of the free Wi-Fi and tea/coffee. Just turn up and grab a space.

You must bring your own laptop/charging equipment.

WIRRAL CARERS HEALTH & WELLBEING SERVICE

Carer Linkworkers Making Caring Visible, Valued & Supported

How to get involved

Online

Visit the council's Have Your Say website
haveyoursay.wirral.gov.uk

The survey will close on 4 December 2023.

View and share your thoughts in-person

You can also view the plans and proposals and chat to the team at:

- **BirkenED's Place**, CH41 2XX. 25 Sept–7 Oct
11am–4.30pm Mon, Wed, Thurs and 11am–4pm Sat. Thurs 5 Oct 2–7pm
- **Cherry Tree Shopping Centre**, CH44 5XU.
14 Oct 11am–4pm
- **Outside Wirral Met Wirral Waters Campus**, CH41 1AA. Wed 18 Oct, 12–5pm
- **Seacombe Ferry**, (next to Eureka! Science and Discovery Museum) on Wed 25 Oct, 3–7.30pm
- **MAKE Hamilton**, CH41 6ND. Sat 4 Nov 11am–4pm
- **St Joseph's School**, CH44 7ED. Wed 8 Nov 4–7.30pm

View in-person

You can also view the plans and proposals at public exhibition sites.

- **Birkenhead Town Hall**, CH41 5EU.
25 Sep–4 Dec, 9am–5pm Mon–Fri
- **Europa Pools**, CH41 6RN. 13–19 Nov,
7am–9pm Mon–Fri, and 7am–6pm Sat–Sun
- **Seacombe Ferry**, CH44 6QY (next to Eureka! Science & Discovery Museum). 20–26 Nov, 7am–6.45pm Mon–Fri, and 10am–4.30pm Sat–Sun
- **MAKE Hamilton**, CH41 6ND. 27 Nov–2 Dec,
9am–5pm Mon–Fri and 10am–4pm Sat.

If you, or someone you know, need help understanding the proposals, or want to request easy-read information, please email birkenheadtoliscard@wirral.gov.uk or call the council's call centre on **0151 606 2000** 9am–5pm Mon–Fri.

Funding

The project, estimated to cost £10 million, is proposed to be funded via the Liverpool City Region (LCR) Combined Authority.

This area has been selected for this investment because it is part of wider Local Cycling and Walking Infrastructure Plan (LCWIP) for Liverpool City Region. The plan is for the routes to link key destinations and eventually join a wider network across the LCR and with existing routes across Wirral.

Birkenhead to Liscard corridor is the first part of the LCR LCWIP network proposed to be delivered in Wirral and could form part of a longer route - Birkenhead to New Brighton - which, if so, would be subject to a separate consultation at a future date.

Next Steps

The results of the consultation will be discussed at committee early 2024. Councillors will be asked to review the feedback and consider if the project should progress to the next stage. If agreed, a detailed design and business case would be developed, and further consultation would take place.

Working in partnership with:
PLACED, Digital Urban and Project Centre



METRO MAYOR
LIVERPOOL CITY REGION

A Place of Contribution



Join us at

A Place 
of Contribution

for our annual fundraiser

In aid of
**WE ARE
MACMILLAN.
CANCER SUPPORT**

**FRIDAY 13TH OCTOBER
12PM - 4PM
34 ARGYLE STREET**

We will have lots of snacks,
cakes and fabulous coffee, the
company isn't too bad either!



Join us on Friday 13th October

for our annual Macmillan Cancer Support Fundraiser.

From 12pm there will be tea, coffee, cakes, snacks and great company too! Please come along, bring your friends, and help us raise money for this wonderful charity.

WIRRAL CARERS HEALTH & WELLBEING SERVICE

Carer Linkworkers Making Caring Visible, Valued & Supported

A Place of Contribution

FREE NHS Health Checks available at Place of Contribution!



We're thrilled to announce that the **NHS Health Checks Pilot** we have been a part of throughout the last year is continuing again until next March! We'd like to say thank you and congratulations to **One Wirral CIC** for their support and for making this project happen, it's been great to offer health checks to the community and open up conversations around wellbeing, smoking and alcohol habits.

We will be carrying them out alongside our new 5 Ways to Wellbeing Project, with two members of staff specially trained to deliver them for our community. Completely free, they are a risk assessment health check looking at diabetes and cardiovascular health, and are available as face-to-face appointments for anyone between the ages of 40 and 74 who doesn't already have a formal diagnosis. Get in touch with Anthony on [07458 306 349](tel:07458306349) or Claire on [07458 302 051](tel:07458302051).

October Activity Timetable:

2023

Oct

A Place of Contribution



For more information contact:
Anthony: 07548 306349
Claire: 07458 302051


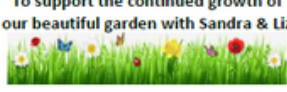



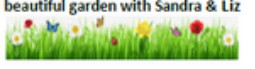








Book health checks on:
0151 306 4840
34 Argyle Street | CH41 6AE

MON	TUES	WED	THURS	FRI	SAT
2 10am-4pm One to one sessions with Wellbeing Champion	3 11am-4pm Wellbeing Project: Decoupage Lamp Making	4 11am-4pm Wellbeing Day with Bell's Beauty Training Academy	5 11:30am-4pm Digital, Advice & Signposting - Social Media Skills Week One	6 11am-4pm Welcome, chill out and then Ready, Steady, Cook - Mini Meatball/Veg Pasta	7 12-3pm Saturday Social Community led activities with wellbeing session (12pm-1pm)
9 10am-4pm One to one sessions with Wellbeing Champion	10 11am-4pm Foraging and walk at Storeton Woods	11 11am-4pm Activities to explore creativity, lunch & feedback	12 11:30am-4pm Digital, Advice & Signposting - Social Media Skills Week Two	13 11am-4pm Macmillan Cancer Support Fundraiser: Coffee, cake & snacks!	14 12-3pm Saturday Social Community led activities with fun and food
16 10am-4pm One to one sessions with Wellbeing Champion	17 11am-4pm Wellbeing Project: Sewing all things Autumn	18 11am-4pm Activities to explore creativity, lunch & feedback	19 11:30am-4pm Digital, Advice & Signposting - Social Media Skills Week Three	20 11am-4pm Welcome, chill out and then Ready, Steady, Cook - 5 Bean Veg Chilli	21 12-3pm Saturday Social Community led activities with fun and food
23 10am-4pm One to one sessions with Wellbeing Champion	24 11am-4pm Day trip to Chester	25 11am-4pm Activities to explore your inner self	26 11:30am-4pm Digital, Advice & Signposting - Social Media Skills Week Four	27 11am-4pm Welcome, chill out and then Ready, Steady, Cook - Spooky Chicken Ghoul-ash! 🍁👻	28 12-3pm Saturday Social Community led activities with fun and food
30 10am-4pm One to one sessions with Wellbeing Champion	31 11am-4pm Autumn themed crafts and food				 scan me to join the mailing list

WIRRAL CARERS HEALTH & WELLBEING SERVICE

Carer Linkworkers Making Caring Visible, Valued & Supported

TOMORROW'S WOMEN WIRRAL EMPOWERING TIMETABLE OCTOBER 2023

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>9.30 Legs, Bums & Tums With Nicky</p>  <p>We Need Your Help 9.30-2pm</p> <p>To support the continued growth of our beautiful garden with Sandra & Liz</p> 	<p>Belly Dancing with Cecile 10am -11am</p> 	<p>We Need Your Help 9.30-2pm</p> <p>To support the continued growth of our beautiful garden with Sandra & Liz</p> 	<p>10am -11am Specialising in Family Law, Domestic Abuse & Care proceedings</p> <p>174 LAW SOLICITORS</p>	<p>9.30 Boxercise With Nicky</p>  <p>We Need Your Help 9.30-2pm</p> <p>To support the continued growth of our beautiful garden with Sandra & Liz</p> 
<p>9.45- 11.45am ESOL Entry level, Conversation Skills, FREE course</p> <p>Wirral Lifelong Learning Service</p> <p>Ring to book slot Developing your confidence & language to have conversations. English for Speakers of Other Languages</p>	<p>Substance Use Midwife Drop-in with Jill Support for pregnant women 10th October, 10am – 12pm</p> 	<p>Solicitor support in Family Law 10am -11am</p> <p>BDW get results...</p>	<p>26th October Pumpkin Floristry 10.30am</p>  <p>*Please bring your own pumpkin £3 donation Booking is Essential</p>	<p>Maths 20th October 10-12pm 14-week course Helping to improve your Maths & gain a qualification.</p>  <p>Realise</p>
<p>Peer Mentoring for DWP 9th & 23rd October 10-2pm</p> <p>The Growth Company</p> <p>Peer Support to gain employment for those with Drug & Alcohol issues</p>	<p>4-week course L2 Safeguarding & Prevent qualification Enrolment: 31st Oct- 10-12.30pm Starts: 7th November- 10- 2.30pm</p> <p>Covers: -Prevent duty -Understanding term Safeguarding -Recognise and respond to signs of abuse or potential harm plus more</p> 	<p>10-12pm A Stitch in Time</p> <p>Sewing skills and crafts. With Mary</p>	<p>25th October Gambling session with Sian 10am</p> <p>Looking at Gambling related harm.</p> 	<p>12pm-1pm POLICE SURGERY</p>  <p>13th & 27th October</p>
<p>Wellbeing & Me 4-week Stress & Anxiety Course Starting 30th October 10am-12pm</p> 	<p>3rd October 10-12pm</p> <p>FILM CLUB Film: Eat, Pray, Love Watch, chat, share views.</p>	<p>11-1pm Do you want to know what JCP have to offer? Book in to speak to Lesley.</p> <p>job centre plus</p>	<p>Money Management & Debt support 12th October 11am – 1pm</p> <p>CAP</p>	<p>LUNCH CLUB 12PM *£3 donation</p> 



ACTIVE ALLSPORTS DISABILITY HOLIDAY PROGRAMME

OCTOBER 2023
Monday 23rd - Friday 27th October

ACTIVE ALLSPORTS DISABILITY HOLIDAY PROGRAMME October 2023

This October holiday activity programme is available to children and young people with a disability or additional needs.

We welcome parents, carers and siblings to all sessions.

This year's October programme runs from Monday 23rd – Friday 27th October

Activities require pre booking via the Central Leisure telephone team on 0151 606 2010.

Please refer to the information provided on this page before confirming a booking.

If you have any further questions please contact the programme co-ordinator by email staceyaddison@wirral.gov.uk or mobile 07825 402594

We look forward to seeing you this October

WIRRAL CARERS HEALTH & WELLBEING SERVICE

Carer Linkworkers Making Caring Visible, Valued & Supported

NHS
North West
Ambulance Service
NHS Trust



INFORMATION BURST

Your monthly information burst
October 2023



We launch NWAS in the Community and you can get involved!

We have planned a charitable walk around Manchester which is open to our staff and the public and it is taking place on Thursday 19 October. This initiative comes as part of our responsibility to contribute to communities in need across the region, as well as demonstrate our commitment to social value.

On the day, participants will walk a maximum distance of six to seven miles starting off from Manchester City Football Club, Etihad Stadium M11 3DU (Blue Car Park G). The route will include a stop at two of the charities we are supporting where you will learn more about their organisations and the work they do. There will also be refreshments available.

It costs £20 (plus admin fee) to take part which includes refreshments and a personalised event hoodie. All funds raised via our [JustGiving](#) page are going to four chosen charities: North West Ambulance Service Charity, Coffee 4 Craig Charity, Church on the Street Charity and Manchester Central Foodbank.

To find out more about the day, the charities we are supporting and to sign up, visit [Eventbrite](#).



NWAS IN THE COMMUNITY DAY

OUR CHOSEN CHARITIES



SCAN HERE TO JOIN



SCAN HERE TO DONATE



Participation costs £20 (plus admin fee) - includes refreshments and a personalised event hoodie. You will also be asked to fundraise through our [JustGiving](#) page.

[FOR FURTHER INFORMATION](#)
[CLICK HERE](#)



**GET VACCINATED.
GET WINTER STRONG.**

If you're a paid or unpaid carer, you can get vaccinated this autumn.

Protect yourself and the person you care for. Book your flu and COVID-19 vaccinations now.

www.nhs.uk/seasonalvaccinations

Other Regional Carer Support



Support for carers

Cheshire East

Cheshire West & Chester

Liverpool, Sefton, Warrington & Knowsley



BUTTERNUT SQUASH & CHILLI SOUP

SERVES 4

TIME: PREP 15 MINS & COOK 50 MINS

SKILL: EASY

INGREDIENTS

- Ingredients
- 1 butternut squash, about 1kg, peeled and deseeded
- 2 tbsp oil
- 1 tbsp butter
- 2 onions, diced
- 1 garlic clove, thinly sliced
- 2 mild red chillies, deseeded and finely chopped
- 850ml hot vegetable stock
- 4 tbsp crème fraîche/plain yoghurt



METHOD

1. Heat the oven to 200C/180C fan/gas 6.
2. Cut the squash into large cubes, about 4cm/1½in across, then toss in a large roasting tin with 1 tbsp of oil.
3. Roast for 30 mins, turning once during cooking, until golden and soft.
4. While the butternut squash cooks, melt the butter with the remaining 1 tbsp oil in a large saucepan, then add the onions, garlic clove and three-quarters of the chillies.
5. Cover and cook on a very low heat for 15-20 mins until the onions are completely soft.
6. Tip the butternut squash into the pan, add the stock and crème fraîche, then whizz with a stick blender until smooth. For a really silky soup, put the soup into a liquidiser and blitz it in batches.
7. Return to the pan, gently reheat, then season to taste. Serve the soup in bowls with swirls of crème fraîche/yoghurt and a scattering of the remaining chopped chilli.

kcal
264

fat
15g

saturates
7g

carbs
28g

sugars
17g

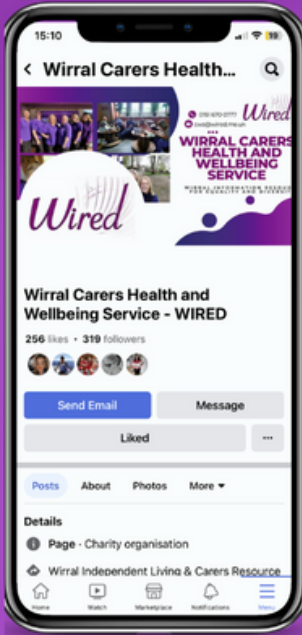
fibre
6g

protein
5g

salt
0.61g

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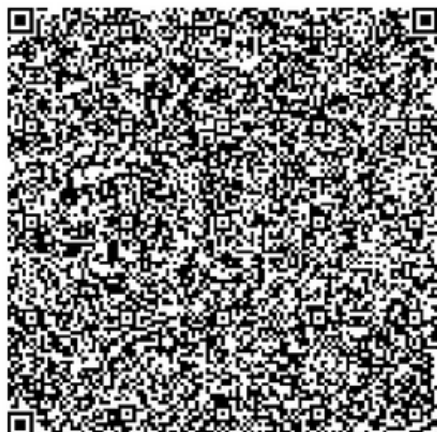
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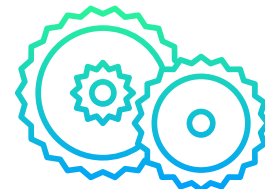
What is Shopmobility?

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

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Questions or comments?

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