

Your guide to **Wired's Carer activities**, local and national carer support, community events, plus much more!

CARERS WEEK

Monday 10th June

- **Narrowboat Trip** - The Cheshire Cat, Whitchurch Rd, Christleton, Chester CH3 6AE, 10am-3pm
- **Carers Week Launch** - The Pyramids Shopping Centre, Birkenhead 10am-3pm

Wednesday 12th June

- **Narrowboat Trip** - The Cheshire Cat, Whitchurch Rd, Christleton, Chester CH3 6AE, 10am-3pm
- **Carers Week Lunch** - Beechwood Social Club, 22 Beechwood Drive, Beechwood, Wirral, CH43 7ZU 11am-3pm

Friday 14th June

- **Narrowboat Trip** - The Cheshire Cat, Whitchurch Rd, Christleton, Chester CH3 6AE, 10am-3pm
- **Carers Pop Up** - Arrowe Park Hospital, Arrowe Park Rd, Arrowe Park, Wirral, CH49 5PE 10am-3pm
- **Carers Drop In** - Wirral Independent Living and Carers Resource Centre, 5 St John Street, Birkenhead, Wirral, CH41 6HY 10am-12pm
- **General Knowledge Quiz - Online** 12pm

Tuesday 11th June

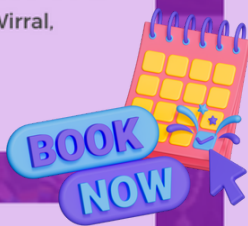
- **Narrowboat Trip** - The Cheshire Cat, Whitchurch Rd, Christleton, Chester CH3 6AE, 10am-3pm
- **Carers Drop In** - St Hilary Group Practice, Broadway, Wallasey, CH45 3NA 9:30am-12:30pm
- **Carers Pop Up** - Arrowe Park Hospital, Arrowe Park Rd, Arrowe Park, Wirral, CH49 5PE 10am-3pm
- **Craft Workshops** - St James Centre, 344 Laird Street, Birkenhead, CH41 7AL 10am-12pm 1pm-3pm

Thursday 13th June

- **Narrowboat Trip** - The Cheshire Cat, Whitchurch Rd, Christleton, Chester CH3 6AE, 10am-3pm
- **Carers Yoga** - All Things Must Pass, 140b Borough Rd, Wallasey, CH44 6NH 11am-12:30pm
- **Chorus for Carers** - St Anne's Parish Centre, Highfield Rd, Birkenhead CH42 2BY 7pm-9pm

Saturday 15th June

- **Carers Craft Fayre** - St Anne's Parish Centre, Highfield Rd, Birkenhead CH42 2BY 10am-3pm



Your guide to **Wired's Carer activities**, local and national carer support, community events, plus much more!



**Come and join us at WIRED for the
annual tea party to help raise money
for Dementia UK!**

**Wednesday 8th May
10am-12pm**

**Wirral Independent Living and Carers Resource
Centre, 5 St John Street, Birkenhead, Wirral, CH41 6HY**



0151 670 0777
cws@wired.me.uk



CARERS WEEK

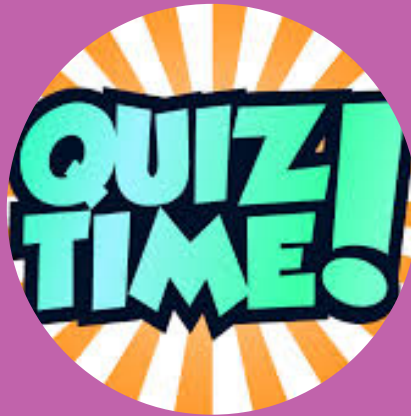
Wired @ WIRED 

Putting You First

10th-15th June 2024



Chorus for Carers



Carers buffet lunch



Craft Workshops



Yoga



Daily narrowboat trips



**BOOKINGS ARE NOW BEING TAKEN FOR OUR
FREE CARER'S WEEK ACTIVITIES...
SO GET IN TOUCH NOW!**



ShopMobility UK
Support your local
ShopMobility Centre
National Awareness
Day - 7th June 2024



**Wirral Shopmobility, 5 St John Street,
Birkenhead, Wirral, CH41 6HY**



0151 647 6162



contact@wired.me.uk





UPCOMING SESSIONS

Stress Management Training

Mon
29
April
10am-12pm

SP Energy Network Natter Session

Fri
3
May
10am-12pm

Caring With Confidence

Thur
9
May
10am-12pm

Dementia Awareness Training

Mon
13
May
10am-1pm



0151 670 0777



cws@wired.me.uk

Secure your space today for our upcoming sessions, FREE for Carers registered with WIRED!

WIRRAL CARERS HEALTH & WELLBEING SERVICE

Carer Linkworkers Making Caring Visible, Valued & Supported



Friendship &
Hot meals



Best Tariff



Maximising
Income



Help in a
Power Cut



Debt Advice



Befriending
Service

Wired
Putting You First

SP Energy Network Natter Session



Friday 3rd May, 10am-12pm

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

Come and join WIRED and SP Energy Network for a session on the range of additional support services they have to offer

How to book...



0151 670 0777



cws@wired.me.uk



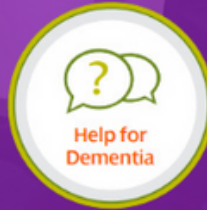
Energy Efficiency
Advice



Priority Services
Register



Staying Safe
at Home



Help for
Dementia



Helping
Carers



WIRRAL CARERS HEALTH & WELLBEING SERVICE

Carer Linkworkers Making Caring Visible, Valued & Supported

CARERS YOGA

Online

Elevate your wellbeing with our transformative online yoga classes FREE to unpaid carers registered with WIRED.



Every Tuesday, 11am-12:30pm



Zoom: Meeting ID: 771 767 3139
Passcode: 1008

How to book...

wired.me.uk/carer-support/our-events/



0151 670 0777



cws@wired.me.uk

Wired
Putting You First



CARERS YOGA

Face-to-face

Elevate your wellbeing with our transformative yoga classes FREE to unpaid carers registered with WIRED.

There is also the opportunity to stay for a hot drink and chat after the session is finished with one of our Carer Connectors.



Every Tuesday, 11am-12:30pm



All Things Must Pass Centre for Wellness, 140b Borough Road, Wallasey, Wirral, CH44 6NH

How to book...

wired.me.uk/carer-support/our-events/



0151 670 0777



cws@wired.me.uk

Wired
Putting You First



WIRRAL CARERS HEALTH & WELLBEING SERVICE

Carer Linkworkers Making Caring Visible, Valued & Supported

All Things



Must Pass

WHAT'S ON?

TIMETABLE OF REGULAR ATMP SESSIONS

Mondays

6.30pm-8.30pm 'Yin-Yoga & Mindfulness Masterclass' with Dr Amanda Bowen to book* (*24-hour prior pre-booking is required) contact Amanda (via Whatsapp) 07813783786

Tuesdays

11.00pm-12.30pm 'Wirral Unpaid Carer's Yoga with Mohan' to check eligibility & to book contact WIRED 0151 670 0777

1.00pm-5.00pm 'Mindful Aryurveda: Thirty-minute-Therapies' with Janet Mantle to book contact Janet 07706524793

7.00pm-8.30pm 'Yoga for the Stresses of Modern Life' with Lorraine Amiri to book contact Lorraine 07716011646

Wednesdays

9.00am-6.00pm 'Yazmin Bouvier Therapies - Counselling & Holistic Therapies' - to book contact Yazmin 07513059071

ALTERNATE Wednesday evenings from 7.00pm - 'Shamanic Sound Journey' with Emma and Sally to book & confirm dates & availability Contact Emma 07980878660 Sally 07702442789

Thursdays

1.30pm-3.00pm 'Meditative Yin-Yoga in the Afternoon' with Lorraine Amiri

to book contact Lorraine 07716011646

ALTERNATE Thursdays 7.00pm - 8.30pm - 'Yoga for All!' with Emma Holi Moli Yogi to book & confirm dates & availability contact Emma 07969873068

ALTERNATE Thursdays 7.00pm-9.30pm 'Kirtan with Nick' to book & confirm dates & availability contact Nick 07584906623

Fridays

9.30-10.45pm 'Fri-yay! Yoga' with Lorraine Amiri

to book contact Lorraine 07716011646

11.15am-12.45pm 'Yoga for Strength and Alignment: Iyengar Method' with Tamar to book contact Tamar 07912850352

FIRST FRIDAY of every month from 7pm 'Sacred Shamanic Sound Ceremony' with Emma and Sally to book & confirm dates and availability contact Emma 07980878660 Sally 07702442789

LAST FRIDAY of every month from 7pm 'Shamanic Drumming and Journeying' with Cecilia to book & confirm dates & availability contact Cecilia 07891070948

Saturdays

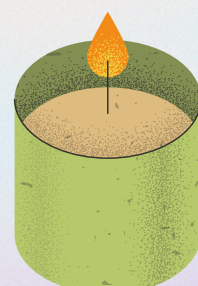
10.00am-11.00am 'Get French at the Weekend' with Evelise to book & confirm available space contact Evelise 07531787505

- various yoga workshops and community events each month by arrangement -

All Things



Must Pass



Regional Carer Support



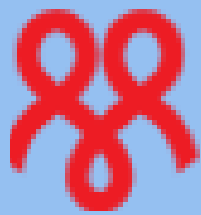
Support for carers

Cheshire East

Cheshire West & Chester

Liverpool, Sefton, Warrington & Knowsley





carersUK

NEWS

Press Release



Carers UK responds to news reports of Carer's Allowance overpayments case

Helen Walker, Chief Executive of Carers UK, said: "The overpayments case highlighted in the media over the weekend is indicative..."

[Read more](#)

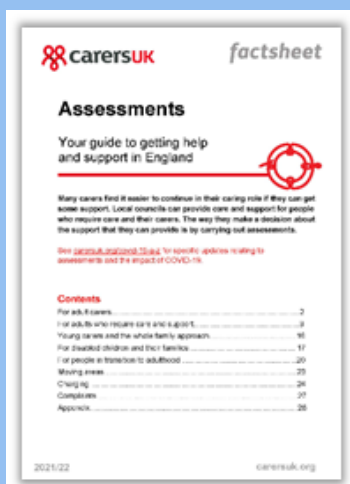
Press Release



Support for Carers UK's Carer's Allowance overpayments campaign

Carers UK overwhelmed by support from senior politicians encourages carers to share their experience of Carer's Allowance overpayments as Government...

[Read more](#)



CARER'S ASSESSMENTS

WIRED can support you through the process of a Carers Assessment.

Contact the Carers Helpline for further information

0151 670 0777

WIRRAL CARERS HEALTH & WELLBEING SERVICE

Carer Linkworkers Making Caring Visible, Valued & Supported

Wirral Carers Health and Wellbeing Service

The Wirral Carers Health and Wellbeing Service provides free support to unpaid 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 information, advice, support & activities –

Information, advice and support for Carers provided via telephone, email, E-News, social media, website and face to face appointments including signposting to local services, benefits advice, support groups, leisure activities, emotional support and counselling.

Carers Emergency Contact Service – Carers are issued with a unique identifier number and a central telephone number which operates 24 hours, 7 days a week. In the event of a Carer having an emergency such as being involved in an accident and unable to provide care to the cared for, back up support can be triggered through contacting the central telephone service.

Carers Counselling – We offer counselling to all adult carers and former carers who would like to speak confidentially about their situation.

Adult Carers online assessments – Support for Carers, where appropriate, to complete an On-line Adult Carer Assessment.

Carers training – A flexible training programme for Carers that includes understanding the role of a Carer, Carer's rights, power of attorney, local Carer support services, managing stress/building resilience and food energetics.

Carer awareness training for professionals – Training sessions for professionals that promote Carer awareness. This also included working with GP's and the NHS to identify Carers and to improve support for Carers health and wellbeing.

Dementia Carer Support – The Dementia Carer Support Service is for Carers who care for a loved one who has dementia. We run our Carer Support Service to help take some of the strain with both practical and emotional support.

Carers Groups – Groups meet at a variety of accessible local venues across Wirral and free refreshments are provided. Group activities to include meet and greet, crafts, information and advice.

How to access our services...

Carers can contact our services directly or they can request to be referred to WIRED by a GP, a local organisation or any other professional.



Wirral Independent Living & Carers Resource Centre, 5 St John Street, Birkenhead, CH41 6HY



0151 670 0777



cws@wired.me.uk



Monday - Friday, 9am-4:30pm



Wirral Carers Health and Wellbeing Service
or **SCAN the QR CODE** to take you to our Facebook page



WIRRAL CARERS HEALTH & WELLBEING SERVICE

Carer Linkworkers Making Caring Visible, Valued & Supported

About us...

WIRED is a Wirral based charitable organisation that was established in 2003. WIRED delivers a range of early intervention, prevention, well-being and financial related services through a blend of local authority grant funding and commercial income. Today we operate under the name Wired which stands for Wirral Information Resource for Equality and Diversity.

WIRED's core values are...

- The promotion and development of a society in which disadvantaged people can lead full and independent lives fully participating in society and reaching their potential
- To promote the equality, dignity and independence of disadvantaged children, young people and families and keep them safe from harm
- To support children and young people to be ready for school, work and adulthood

WIRED cascades these core values into service delivery through a number of key organisational principals;

- Empowerment - people should have control over their own lives
- Consultation - involvement in service planning by disadvantaged people and carers
- Information - clear and easily available
- Participation - in local, regional and national communities
- Autonomy- the freedom to make decisions about life
- Person Centred - to ensure that all audit activity follows the journey of the client through our services
- Outcome Based and Qualitative: - focussing on the how the service has improved people's lives
- Fair - equality and diversity issues are taken into account when developing and undertaking quality assurance activity
- Transparent - to deliver clear messages about the purpose and benefits of service to encourage openness and willingness to participate
- Ethical - always endeavour to respect participant's privacy and confidentiality
- Social value - wider financial and non-financial impacts of activity, including the wellbeing of individuals and communities, social capital and the environment

The above key organisational principals are embedded within service delivery through their integration into WIRED business planning, staff and volunteer recruitment, casework, staff supervision and organisational management and governance.

Our Services

- Wirral Carers Health and Wellbeing Service
- Wirral Health and Wellbeing Connectors
- Wirral Patient Advice and Liaison Service (PALS)
- Wirral Mobility Scooter Hire and Shopmobility
- Wirral SEND Partnership
- Wirral Mediation Service
- Wirral Direct Payment and Payroll Services
- Wirral Personal Care Assistant Register





Wirral Shopmobility



Wirral Shop Mobility

Birkenhead - Liscard

Price List

Membership Fees

Joining Fee: £30 Annual Renewal Fee: £25

Daily Hire Charges

Member Hire: £5 per hire Non Member Hire: £9 per hire

Long Term Wheelchair and Scooter Hire

- Long Term Wheelchair Hire: £18 per week (deposit required)
- Long Term Scooter Hire: from £30 per week (deposit required)

Scooter service and repairs undertaken, please ask for details



0151 647 6162



contact@wired.me.uk



Wirral Mobility Scooter Hire and Shopmobility



www.wired.me.uk

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