

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



CARERS WEEK

Wired
Putting You First

@ WIRED

Carers Week

10th-15th June 2024

Programme of Activities for Carers Week 2024

PUTTING CARERS ON THE MAP

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

F
R
E
E

E
V
E
N
T
S

F
O
R

C
A
R
E
R
S

Contact us to find out more or book your space today 📞

📞 0151 670 0777

✉️ cws@wired.me.uk / events@wired.me.uk

🌐 www.wired.me.uk

WIRRAL CARERS HEALTH & WELLBEING SERVICE

Carer Linkworkers Making Caring Visible, Valued & Supported



A big 'thank you' to everyone who came along to support our event on the 8th May.

We raised a massive £140!



WIRED CARERS SUPPORT GROUP

Come and have a chat and a drink at our new West Kirby Support Group @ the **Age UK Marine Lake Cafe** - A modern, bright, inviting space which is perfect for a relax and chill.



Wired Carer Support Groups

If you live in Wirral and provide unpaid care for someone, then our Carer Support Groups might be the place for you.

Our carer support groups give carers an opportunity to meet other like minded carers in a similar position to yourself, as well as gaining support.

West Kirby Carers Support Group

📍 AGE UK Cafe, Marine Place, Marine Lake Medical Centre, Orrysdale Rd, West Kirby, CH48 4HX

🕒 3rd Thursday of the month, 10am-12pm

🕒 2nd and 4th Tuesday of the month, 1pm-3pm

☕ Free tea and coffee is provided

This is a great opportunity to meet other carers and also enjoy a hot drink and a chat.

www.wired.me.uk



If you would like more information or are interested in signing up, please contact:

📞 0151 670 0777

✉ cws@wired.me.uk

Wired



SME
news

Well done lads!



About Wired Shop Mobility

Best Personal Mobility Solutions Hire Company 2024 – Merseyside

We are delighted and so grateful to have received this award!

Best Personal Mobility Solutions Hire Company 2024 – Merseyside

We are delighted and so grateful to have received this award!

Our service gives people in our community the chance to socialise, get outdoors and prevents them from being stuck inside. It is so rewarding to hear how much confidence and pleasure our service gives to our community, allowing them to have freedom to do what they enjoy without being limited.

Thank you for giving us this award and long may this vital service continue!

National Shopmobility Day

7th June 2024

ShopMobility is a nationwide network of accredited centres that provides mobility solutions for individuals facing restricted movement.

Its primary goal is to offer access to a variety of mobility equipment, enabling users to navigate public spaces, shopping centres, and outdoor environments comfortably.

It's an essential service that provides an accessible form of transport and is a valuable resource to many in combating loneliness and isolation.

**Pop along to meet our very own Peter & Brian at the
Birkenhead Shopmobility Centre,
(St. John Street, Birkenhead) to find out more information!**



WIRRAL CARERS HEALTH & WELLBEING SERVICE

Carer Linkworkers Making Caring Visible, Valued & Supported



Social Support and Friendship

June 2024

MONTHLY CALENDAR

DEMMENTIA FRIENDLY ACTIVITIES & EVENTS

Our calendar is also available on our website

www.dementiatogetherwirral.org

More information about our events can be found on:



To contact Dementia Together Wirral:

07935 797445 Mon – Thu or admin@dementiatogetherwirral.org

07894 466822 Tue – Fri or admin2@dementiatogetherwirral.org

NHS Cheshire & Wirral Partnership NHS Trust
24-hour crisis helpline 0800 145 6485

Useful emergency contacts for Adult Social Care support

Wirral Borough Council	0151 606 2006	0151 677 6557
CW&C (E Port & Neston)	0300 123 7034	01244 977277

DON'T FORGET OUR CHALLENGE 30

the simple way to help raise funds!

For full details, visit our website



LATEST NEWS FROM DEMENTIA TOGETHER WIRRAL

Dates for your diary, full details on our website and social media:

Burlesque show, grand extravaganza fundraiser by Tiger Lillies Cabaret Fitness to benefit Dementia Together Wirral and Claire House. Tickets now on sale...

RODIE, Dazzle, Glamour and Treasure!

Saturday 1st June 2024 at Grosvenor Ballroom, Grosvenor Street, Wallasey CH44 1AQ

Wirral Classic Car Club has again chosen Dementia Together Wirral as one of their charities for their 2024 programme: Sun 21st July Wirral Historic Vehicle Rally, Red Fox Thornton Hough CH64 7TL - Carr Farm CH47 9RE - Thornton Hough Village Green CH63 1JE; Sun 15th September, Gordale Classic Car Show, Chester Road, Burton CH64 8TF.

Our intrepid fundraiser, **Keith Howard**, is undertaking three swims, 1km at Keswick CA12 5DJ on 18 May; 2km at Betws-y-coed LL24 0ET on 3 August then 3.8km at Eton Doring Windsor SL4 6QL on 22 September totalling 6.8km to highlight the fact of 680,000 persons in UK are living with Alzheimer's. Watch our website and social media pages for details about how to donate in support as the proceeds benefit Dementia Together Wirral.

North Cheshire Classic Car Club has invited Dementia Together Wirral as their chosen charity to fundraise and share activities information at their Classic Car Show, Claremont Farm, Bebington CH63 4JB on Sunday 11th August 2024.

DEMMENTIA INTEREST EVENTS OFFERED BY OTHERS

WELCOME ME – Brain stimulating activities and good company. Every Tuesday and Wednesday 10am to 12pm (you can stay until 1pm by bringing a packed lunch) OR every Thursday 2 to 4pm. **Direct booking is essential due to space.** Contact Caroline on 07407 620043 at Dementia Centre, Waterworks Lane, Hooton CH66 7NL

DEMMENTIA FRIENDLY AFTERNOON – Every Thursday 2 to 4pm, free entry at TRIC, Prenton Park Recreation Centre, entrance off Borough Road, Birkenhead CH42 9PY. For more information contact Shirley on 0151 608 2354 or community@tranmererovers.co.uk

THE LIGHT CINEMA – Thursday 6th June. Dementia friendly showing of musical 'High Society' starring Bing Crosby, Grace Kelly, Frank Sinatra, and Celeste Holm.. Lunch buffet provided by Iceland from noon, show starts at 1.15pm with interval. The Light, Marine Point, King's Parade, New Brighton CH45 2HZ

CARS'N'CAKE – First Thursday (6th June) of each month, Wirral Classic Car Club holds an informal 'meet' at the GIFT Café, Chapel House Lane, Puddington CH64 5SW. An opportunity to see cars of yester-year and meet the owners.

DEMMENTIA WORKSHOP – Last Friday of each month, (28th June) free workshop for families, friends, informal carers and community volunteers. **Direct booking is essential.** Full details on liverpoolmuseums.org.uk/house-of-memories/dementia-awareness-workshops. House of Memories, Museum of Liverpool Pier Head Liverpool L3 1DG

DEMMENTIA AWARENESS SESSION – quarterly, Next being Monday 9th August 10am to 1pm, for carers and volunteers. **Direct booking is essential.** Full details WIRED phone: 0151 670 0777 email: cws@wired.me.uk WIRED St James Centre, Laird Street, Birkenhead CH41 7AL

Knit & Natter Club at Prospect House,

In partnership with Magenta Living

On a Thursday once a month at 10am to 12.00pm
Magenta Living, Prospect House, 175 Church Road, TRANMERE CH42 0LD

COMING SOON

MEMORY CAFÉ at Beechwood Community Shop

First Tuesday of each month at 2 to 3pm

Community Trust, Manor House, Beechwood Road, BEECHWOOD CH43 7ZU

COMING SOON

MEMORY CAFÉ at Barncroft Sheltered Housing

In partnership with Magenta Living

First Friday of each month 10.30am to 12.30pm
Magenta, Barncroft, Larchwood Close, PENSBY CH61 6YH

COMING SOON

1st Sat MEMORY CAFÉ (with activities) at Popsy's

First Saturday of each month at 2.00 to 4.00pm

Popsy's, Hoylake Community Centre, Hoyle Road, HOYLAKES CH47 3AG

3rd Mon MEMORY CAFÉ at Coffee Aroma

First Monday of each month at 10.00am to 12.00pm (excluding public holidays)

Coffee Aroma, 4 Brunswick Court, Price Street, BIRKENHEAD CH41

5th Wed MEMORY CAFÉ (with activities) at St Barnabas Village Centre

First Wednesday of each month at 2.00 to 4.00pm

St Barnabas Village Centre, Church Square, BROMBOROUGH CH62 7AE

6th Thu MEMORY CAFE at CJ's Coffee Shop

First Thursday of each month at 2.00 to 4.00pm

CJ's Coffee Shop, Downham Road South, HESWALL CH60 0DB

11th Tue LUNCH & Activities Group at Little Sutton

In partnership with MHA EP&N Community Dementia Wellbeing Group

For June: Flower arranging, free to all

Second Tuesday in every month at 11am to 1.30pm

Little Sutton Methodist Church, Chester Road, ELLESMERE PORT CH66 3RF

11th Tue WALKING GROUP visiting Port Sunlight Village

Meet at Christ Church, Chur Drive CH62 5EF

Second Tuesday of each month at 2.00 to 3.30pm approximately

Walk is suitable for wheelchairs and dogs.

In event of inclement weather then we will visit the café at the Church..

There will also be an organist playing in the Church from 2pm-4pm

12th Wed MEMORY CAFÉ at Flissy's Coffee Shop

Second Wednesday of each month at 10.30 to 12.00pm

Flissy's Coffee Shop, Station Road, THURSTASTON CH61 0HN

13th Thu MEMORY CAFÉ (with activities) at Parkgate & Neston URC Community Hall

Second Thursday of each month at 2.00 to 4.00pm

P&N URC Church, Moorside Lane (off Parkgate Road), NESTON CH64 6UZ

14th Fri MEMORY CAFÉ (with activities) at Bear Hunt Books & Toys Shop

Second Friday of each month at 1.30 to 3.00pm

Bear Hunt Books (formerly Co-op store), 2a Church Road, BEBINGTON CH63 7PH

15th Sat MEMORY CAFÉ (with activities) at Popsy's

Third Saturday of each month at 2.00 to 4.00pm

Popsy's, Hoylake Community Centre, Hoyle Road, HOYLAKES, CH47 3AG

18th Tue MEMORY CAFÉ at Floral Pavilion

Third Tuesday of each month at 11.00am to 1.00pm

Mezzanine, Floral Pavilion, Marine Promenade, NEW BRIGHTON CH45 2JS

18th Tue 'MUSICAL MINDS' entertainment at Windsor Close Community Centre

Third Tuesday of each month at 2.00 to 3.30pm

Windsor Close Community Centre, Windsor Close, NEW FERRY CH62 5BZ

For information contact dtwioanjanvier@gmail.com

20th Thu NARROWBOAT TRIP to Tiverton, Beeston, lunch at The Shady.

Supported by kind donation from Wirral Community Narrowboat Trust

Third Thursday of each month, meeting at 9:30 am for 10:00am sailing.

Trip includes lunch. Departure point is Christleton.

Booking is essential. Contact Nikky at: admin2@dementiatogetherwirral.org

21st Fri MEMORY CAFÉ at GIFT Café

Third Friday of each month 2.00 to 4.00pm

Chapel House Lane, PUDDINGTON CH64 5SW

25th Tue MEMORY CAFÉ (with activities) at The Atrium Restaurant

Last Tuesday of each month at 10.00am to 12.00pm

Carr Farm Garden Centre, Birkenhead Road, MEOLS CH47 9RE

25th Tue MEMORY CAFÉ at Trinity Methodist Church

In partnership with MHA EP&N Community Dementia Wellbeing Group

Last Tuesday of each month at 12.00 to 2.00pm

Trinity Methodist Church, Whitby Road, ELLESMERE PORT CH65 0AB

25th Tue 'NEW MEMORIES' with music and singing at SRFC, Liscard

Supported by kind donation from Wallace Lions

Fourth Tuesday of each month at 2.00 to 3.45 pm

Serpentine Road Family Church, Liscard Road, WALLASEY CH44 0AA

27th Thu COACH TRIP to Chester and River Dee for short boat trip

Fourth Thursday of each month. Trip includes lunch.

Meet at 9.30 for 10.00am departure from outside Merseyrail Conway Park Station,

Europa Boulevard, Birkenhead CH41 4PP.

Booking is essential Contact Nikky on admin2@dementiatogetherwirral.org

27th Thu MEMORY CAFÉ (with activities) at Parkgate & Neston URC Community Hall

Fourth Thursday of each month at 2.00 to 4.00pm

P&N URC Church, Moorside Lane (off Parkgate Road), NESTON CH64 6UZ

National Carers Week 2024

10 – 15 June 2024

Events and information for all, come and meet Dementia Together Wirral

8th Sat Healthwatch Carers Marketplace 11am to 3pm at Education Centre,

WUTH Arrow Park Hospital, Arrow Park Road, Upton CH49 5PE Free parking

10th Mon Wired Carers Event 10am to 3pm at (vacant Body Shop Unit), Pyramids

Centre, Grange Precinct, Birkenhead CH41 2RA

WIRRAL CARERS HEALTH & WELLBEING SERVICE

Carer Linkworkers Making Caring Visible, Valued & Supported

DO YOU HAVE A STORY TO SHARE?



WE'RE HERE TO HELP

YOUR STORY HAS THE POWER TO UPLIFT, INSPIRE, AND CONNECT WITH FELLOW CARERS WHO MAY BE ON A SIMILAR PATH

As we gear up to celebrate Carers Week 2024, we're on a mission to shine a spotlight on the incredible stories of love, dedication, and resilience that define the Caregiving experience.

We know that behind every act of care lies a powerful narrative - one filled with challenges overcome, moments of joy shared, and bonds strengthened.

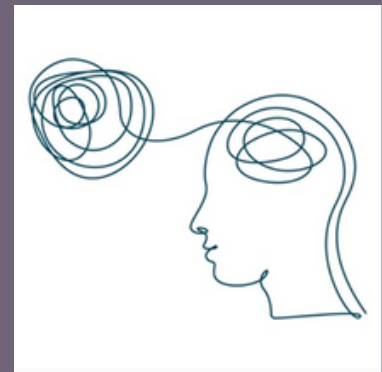
Your story is a testament to the devotion you've shown in caring - whether it's navigating healthcare systems, juggling responsibilities, or finding moments of laughter, your journey is both unique and inspiring.

We invite you to share your experiences with us, to open up and let your voice be heard.

[Share your story now](#)



FINDING FINANCIAL HELP FOR CARERS



GUIDING YOUR JOURNEY THROUGH DEMENTIA CARE

Give Audiobooks A Go with Listening Books

If you find that your illness, mental health condition, disability or learning difficulty affects your ability to read, you could be eligible to join Listening Books. We provide access to thousands of audiobooks for just £20 a year and currently offer free memberships to those in Liverpool and the Wirral who would find our fees an obstacle to joining!

Listen to our audiobooks online via an app or our website. You can join our service at <https://www.listening-books.org.uk/> or by calling 020 7407 9417 to speak to our friendly team!

www.listening-books.org.uk



SINCE  1959

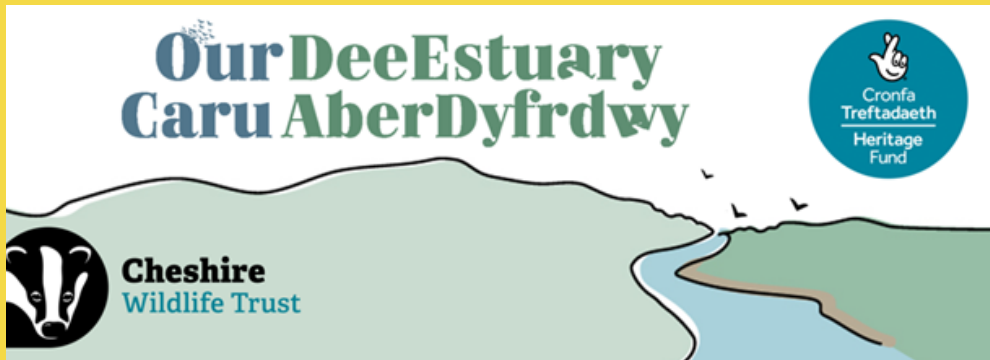
LISTENING BOOKS



MND Wirral Group

Wirral MND does the Coastal Walk

Fundraising for Motor Neurone Disease Association



We are excited to announce that we are offering free training events for community and wellbeing support group leaders to develop their skills and confidence to lead nature connection and conservation activities on the coast.

These events are targeted at people who actively engage with members of their community, creating opportunities for social connection and improving wellbeing.

The training will be jointly delivered by a representative of the Our Dee Estuary project with Cheshire Wildlife Trust and nature connection facilitator Rachel from Rise & Wild.

During the day you will learn how to lead simple nature connection activities to help you and your group to feel grounded and connected to the natural environment. You will take part in practical conservation and citizen science taster sessions which can be taken away and recreated within your own communities. There will also be ample opportunity to network with others working or volunteering in similar roles, allowing you to share support and experience with one another.


If you would like to come along please book onto your chosen session via the Eventbrite links below:

Thurstaston 18th June

Talacre 19th June

WIRRAL CARERS HEALTH & WELLBEING SERVICE

EXERCISE CLASSES FOR OVER 50'S



Tuesdays
Kylemore community centre
Pensby, 1:30-2:30pm

Wednesdays
Harrison Hall
North Hall
Wallasey, 10-11 am

St Andrew's
West Kirby, 2-3 pm

Thursdays
Prenton rugby club
Prenton, 9:30-10:30 am

Call Christine 07411 949 185
Come along this week and give it a try!!



Today we launched our Social Soup project at the [Rek 41](#) shop. We called on local organisations for support with supplies and as always, they didn't disappoint. A massive thank you to all who have helped out, enabling us to feed over 40 people today. See you all again next Sunday 🍻👍❤️ Working together for a stronger community 🍻👍



St Andrew's & Townfield Churches
Bebington

Join us for coffee, tea,
biscuits, toast and chat!
All free!

Friendly Faces

in warm, welcoming spaces



Just drop in or stay all morning... we'd love to see you!

Thursdays 9:30am - 12:30pm
St Andrew's Church Hall

Newspapers,
book exchange, jigsaws,
bingo, games, art and more...

WIRRAL CARERS HEALTH & WELLBEING SERVICE



Social Support and Friendship

May 2024

MONTHLY CALENDAR DEMENTIA FRIENDLY ACTIVITIES & EVENTS

Our calendar is also available on our website
www.dementiatogetherwirral.org

More information about our events can be found on:



To contact Dementia Together Wirral:

07935 797445 Mon – Thu or admin@dementiatogetherwirral.org

07894 466822 Tue – Fri or admin2@dementiatogetherwirral.org

*Thanks to your generous donations and support,
our activities still remain free of cost to you!*

- 1st Wed** **MEMORY CAFÉ** (with activities) at **St Barnabas Village Centre BROMBOROUGH**
First Wednesday of each month at 2.00 to 4.00pm
St Barnabas Village Centre, Church Square, Bromborough CH62 7AB
- 2nd Thu** **MEMORY CAFE** at **C.J's Coffee Shop HESWALL**
First Thursday of each month at 2.00 to 4.00pm
C.J's Coffee Shop, Downham Road South, Heswall CH60 0DB
- 4th Sat** **MEMORY CAFÉ** (with activities) at **Popsy's HOYLAKE**
First Saturday of each month at 2.00 to 4.00pm
Popsy's, Hoylake Community Centre, The Parade, Hoyle Road, Hoylake CH47 3AG
- 6th Mon** **MEMORY CAFÉ** at **Coffee Aroma BIRKENHEAD**
First Monday of each month at 10.00am to 12.00pm (excluding public holidays)
Coffee Aroma, 4 Brunswick Court, Price Street, Birkenhead CH41
- 8th Wed** **MEMORY CAFÉ** at **Flissy's Coffee Shop THURSTASTON**
Second Wednesday of each month at 10.30 to 12.00pm
Flissy's Coffee Shop, Station Road, Thurstaston CH61 0HN
- 9th Thu** **MEMORY CAFÉ** (with activities) at **Parkgate & Neston URC Community Hall NESTON**
Second Thursday of each month at 2.00 to 4.00pm
P&N URC Church, Moorside Lane (off Parkgate Road), Neston CH64 6UZ
- 10th Fri** **MEMORY CAFÉ** (with activities) at **Bear Hunt Books & Toys Shop BEBINGTON**
Second Friday of each month at 1.30 to 3.00pm
Bear Hunt Books (formerly Co-op store), 2a Church Road, Bebington CH63 7PH
- 11th Sat** **NARROWBOAT TRIP** to **Tiverton, Beeston**, lunch at The Shady.
Supported by kind donation from **Wirral Community Narrowboat Trust**
Note change of day/date for May only as usually every third Thursday of each month, meeting at 9:30 am for 10:00am sailing. Trip includes lunch.
Departure point is Christleton.
Booking is essential. Contact Nikky at: admin2@dementiatogetherwirral.org
- 14th Tue** **Lunch and activities.**
In partnership with **MHA EP&N Community Dementia Wellbeing Group**
ELLESMERE PORT
Second Tuesday in every month at 11am to 1.30pm
Little Sutton Methodist Church, Chester Road, Ellesmere Port CH66 3RF

LATEST NEWS FROM DEMENTIA TOGETHER WIRRAL

Dates for your diary, full details on our website and social media:

Dementia Information Session Learn about support for those with or awaiting a diagnosis. 10.30am to 12.30pm on Wednesday 1st May at Flourish Wellbeing Hub, 2nd Floor, Wing A, Victoria Central Hospital, Mill Lane, Wallasey CH44 5UF. One-to-one conversations with providers. See our social media for further details.

Wirral Classic Car Club has again chosen Dementia Together Wirral as one of their charities for their 2024 programme: Sun 12th May Vehicle Show, Claremont Farm, Bebington; Sun 21st July Wirral Historic Vehicle Rally, Red Fox Thornton Hough - Carr Farm - Thornton Hough Village Green; Sun 15th September, Gordale Classic Car Show, Chester Road, Burton.

Our intrepid fundraiser, **Keith Howard**, is undertaking three swims, 1km at Keswick on 18 May; 2km at Betws-y-coed on 3 August then 3.8km at Eton Doring Windsor on 22 September totalling 6.8km to highlight the fact of 944,000 persons in the UK living with dementia. Watch our website and social media pages for details about how to donate in support as the proceeds benefit Dementia Together Wirral.

Burlesque show Grand extravaganza fundraiser by Tiger Lillies Cabaret Fitness to benefit Dementia Together Wirral and Claire House. ... Fully Booked
'Razzle, Dazzle, Glamour and Tease!'

Saturday 1st June 2024 at Grosvenor Ballroom, Grosvenor Street, Wallasey CH44 1AQ

North Cheshire Classic Car Club has invited Dementia Together Wirral as their chosen charity to fundraise and share activities information at their Classic Car Show, Claremont Farm Bebington on Sunday 11th August 2024.

DEMENTIA INTEREST EVENTS OFFERED BY OTHERS

WELCOME ME – Brain stimulating activities and good company.
Every Tuesday and Wednesday 10am to 12pm (you can stay until 1pm by bringing a packed lunch) OR every Thursday 2 to 4pm. **Direct booking is essential due to space.** Contact Caroline on 07407 620043 at Dementia Centre, Waterworks Lane, Hooton CH66 7NL

DEMENTIA FRIENDLY AFTERNOON – Every Thursday 2 to 4pm, free entry at TRIC, Prenton Park Recreation Centre, entrance off Borough Road, Birkenhead CH42 9PY. For more information contact Shirley on 0151 608 2354 or community@trammerrovers.co.uk

THE LIGHT CINEMA – Thursday 2nd May. Dementia friendly showing of musical 'On The Town' starring Frank Sinatra, Gene Kelly and Vera Ellen.
Lunch buffet provided by Iceland from noon, show starts at 1.15pm with interval.
The Light Marine Point, King's Parade, New Brighton CH45 2HZ

CARS'N'CAKE – First Thursday (2nd May) of each month, Wirral Classic Car Club holds an informal 'meet' at the GIFT Café, Chapel House Lane, Puddington CH64 5SW.
An opportunity to see cars of yester-year and meet the owners.

DEMENTIA WORKSHOP – Last Friday of each month, (31st May) free workshop for families, friends, informal carers and community volunteers. **Direct booking is essential.**
Full details on liverpoolmuseums.org.uk/house-of-memories/dementia-awareness-workshops
House of Memories, Museum of Liverpool Pier Head Liverpool L3 1DG

DEMENTIA AWARENESS SESSION – quarterly, next being Monday 13th May 10am to 1pm, for carers and volunteers. **Direct booking is essential.**
Full details WIRED phone: 0151 670 0777 email: cws@wired.me.uk
WIRED St James Centre, Laird Street, Birkenhead CH41 7AL

- 14th Tue** **WALKING GROUP**
VISITING BIRKENHEAD PARK Meet at the visitors centre
Second Tuesday of each month at 2.00 to 3.30pm
Walk is suitable for wheelchairs and dogs. In event of poor weather we will meet in the cafe.
- 17th Fri** **MEMORY CAFÉ** at **GIFT Café PUDDINGTON**
Third Friday of each month 2.00 to 4.00pm
Chapel House Lane, Puddington, CH64 5SW
- 18th Sat** **MEMORY CAFÉ** (with activities) at **Popsy's HOYLAKE**
Third Saturday of each month at 2.00 to 4.00pm
Popsy's, Hoylake Community Centre, The Parade, Hoyle Road, Hoylake, CH47 3AG
- 21st Tue** **MEMORY CAFÉ** at **Floral Pavilion NEW BRIGHTON**
Third Tuesday of each month at 11.00am to 1.00pm
Mezzanine, Floral Pavilion, Marine Promenade, New Brighton CH45 2JS
- 21st Tue** **MUSICAL MINDS** at **Windsor Close Community Centre NEW FERRY**
Third Tuesday of each month at 2.00 to 3.30pm
Windsor Close Community Centre, Windsor Close, New Ferry CH62 5BZ
For information contact dtwoanjanvier@gmail.com
- 23rd Thu** **COACH TRIP** to **Abbeywood Estate and Gardens, Chester Rd, Delamere, Northwich CW8 2HS.**
Fourth Thursday of each month. Trip includes lunch.
Meet at 9.30 for 10.00am departure from outside Merseyrail Conway Park Station, Europa Boulevard, Birkenhead CH41 4PP. Bring National Trust pass if you have one
Booking is essential Contact Nikky at admin2@dementiatogetherwirral.org
- 23rd Thu** **MEMORY CAFÉ** (with activities) at **Parkgate & Neston URC Community Hall NESTON**
Fourth Thursday of each month at 2.00 to 4.00pm
P&N URC Church, Moorside Lane (off Parkgate Road, Neston CH64 6UZ
- 28th Tue** **MEMORY CAFÉ** (with activities) at **The Atrium Restaurant MEOLS**
Last Tuesday of each month at 10.00am to 12.00pm
Carr Farm Garden Centre, Birkenhead Road, Meols CH47 9RE
- 28th Tue** **MEMORY CAFÉ** at **Trinity Methodist Church ELLESMERE PORT**
In partnership with **MHA EP&N Community Dementia Wellbeing Group**
Last Tuesday of each month at 12.00 to 2.00pm
Trinity Methodist Church, Whitby Road, Ellesmere Port CH65 0AB
- 28th Tue** **NEW MEMORIES** music and singing gro at **SRFC, Liscard**
Supported by kind donation from **Wallasey Lions**
Fourth Tuesday of each month at 2.00 to 3.30pm
Serpentine Road Family Church, Liscard Road, Wallasey CH44 0AA

WIRRAL CARERS HEALTH & WELLBEING SERVICE

Wirral Carer's Event

Celebrating Wirral's 40,000 Unpaid Carers



**Saturday
8th June
11am - 3pm**

**Arrowe Park Hospital Education Centre,
Birkenhead, Wirral, CH49 5PE
(Free parking available at the Fracture Clinic)**

Join us for a day dedicated to unpaid Carers living in Wirral, inspired by this year's theme 'Putting Carers on the Map' by Carers UK.

healthwatch Wirral  **NHS Wirral University Teaching Hospital**

Social Farms & Gardens 

you're invited to..

HAVE A GROW!

A nationwide celebration of community growing

June 1st - 9th, 2024

MEET YOUR PRIMARY CARE NETWORK TEAM

PATIENT INFORMATION EVENT
THURSDAY 27TH JUNE 4-6PM
HESWALL UNITED REFORM CHURCH
199 TELEGRAPH ROAD, HESWALL CH60 7SE

HAVE YOU BEEN OFFERED AN APPOINTMENT WITH A

- Clinical Pharmacist
- Physician Associate
- Paramedic
- Social Prescriber
- PCN Nurse

WANT TO KNOW WHY?

Then come along for a coffee and a chat, meet the team, and find out more about our services!

Hear about our extended access appointments on evenings and weekends

We're here for you evenings and weekends 

Healthier West Wirral PCN works in collaboration with:

- Greasby Group Practice
- Upton Group Practice
- The Warrens Medical Centre
- Marine Lake Medical Practice
- Myrtle Group Practice (formerly Heswall & Pensby GP & Commonfield Road GP)

NHS  **West Wirral PCN**

HOW CAN OUR PCN SUPPORT YOU?

Primary care networks were established in 2019. They enable local GPs to work together to offer coordinated health and care services. PCNs aim to improve and enhance patient health, their primary care journey by working closely as a group with the wider health care system

WORKFORCE SUPPORT SESSIONS 2024



Virtual 1 hour drop-in sessions available to all staff within Primary Care who would like to:

- Explore relevant training opportunities that will genuinely transform your Practice/PCN.
- Collaborate with us to provide your insight and voice for developing offers.
- Explore relevant data to support decision making.
- Signposting to resources on a system wide initiatives.
- Support future workforce planning to create the best patient and staff experience.

These informal sessions are designed to provide you with a space to collaborate and work through the questions you may have.

APR 25 THU 10-11AM	MAY 20 MON 1-2PM	JUN 11 TUE 5-6PM
SEP 20 FRI 9-10AM	OCT 24 THU 3-4PM	NOV 18 MON 11-12PM

 For more information contact Karla.rimaitis@nhs.net. To attend book your place through [Eventbrite](#)

CARERS HEALTH & WELLBEING CHECK

CARERS HOW DID WE DO?

PRACTITIONERS HOW DID WE DO?

WIRRAL CARERS HEALTH & WELLBEING SERVICE

Carer Linkworkers Making Caring Visible, Valued & Supported



Wirral, Cheshire
& Beyond



Announcing Wirral MakeFest 2024

The 2024 Wirral MakeFest will take place on Saturday 1st June, at Wirral venues – Birkenhead Central Library and The Williamson Art Gallery & Museum.

We're running a Drop-In over 2 days, it will be great to see you!

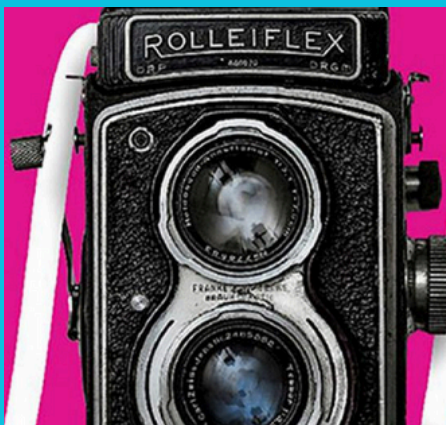
Fully Crewed day trips along the canals near Chester & Preston Brook
Ideal for your social group, school, family & Friends



Come and preview our 2 Boats!
Fully accessible and inclusive with wheelchair access, wet rooms/WC & Galley with facilities

Come and view our accessible Narrowboats
Have a chat to one of our Volunteer Crew
Hot/Cold drinks & snacks on board
FRIDAY 17TH & SATURDAY 18TH MAY 2024
Drop in anytime between 10am & 4pm
Next to the Cheshire Cat Pub,
[A41] Whitchurch Rd, Christleton, Chester CH3 6AE
W3W: ///rings.zips.hired
www.wcnt.org.uk | 0151 647 6300

National Museums Liverpool



House of Memories
National Museums Liverpool

House of Memories

House of Memories is a museum-led dementia awareness programme which offers training, access to resources, and museum-based activities to enable carers to provide person-centred care for people living with dementia.

Become **Active** this **Autumn**
with our Health Referral scheme

ACTIVE WIRRAL
STRONGER HEALTHIER HAPPIER

Do you have a health condition and want to feel better?
Our discounted health membership is available to start your fitness journey today. Visit activewirral.com/we-are-undefeatable/ or call 0151 606 2010

OWIRRAL INVIGORUS WE ARE UNDEFEATABLE



THE SLIPPER BATHS

CAFE

Do you need access to Wi-Fi?
Do you need laptop support?

Internet Cafe

**Laptop loan + Wi-fi
free for 1 hour**



Funded by
UK Government

POWERED BY
**LEVELLING
UP**



**LIVERPOOL
CITY REGION**
COMBINED AUTHORITY

PIRI PIRI CHICKEN WITH SPICY RICE

SERVES: 4

PREP & COOK TIME: 10 & 55 MINS

SKILL: EASY

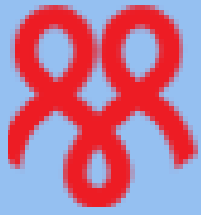


Ingredients

- 4 chicken thighs and 4 drumsticks- buy a mixed pack
- 6 tbsp piri-piri marinade (you can buy mild, medium or hot)
- 1 tbsp sunflower oil
- 2 peppers, any colour, deseeded and finely chopped
- ½ bunch spring onions, sliced, white and green parts separated
- 4 tbsp tomato purée
- 1 tbsp sweet smoked paprika
- 250g cooked rice
- vegetables or salad, to serve

Method

- Heat oven to 200C/180C fan/gas 6.
- Slash each piece of chicken 3 times, so the marinade can really flavour the meat.
- Pour over the sauce and leave in the fridge to marinate, if you have time. If not, mix well and arrange, skin-side up, in a roasting tin.
- Cook for 30 mins, then increase heat to 220C/200C fan/gas 7 and cook for about 15 mins more until the skin is crispy and golden.
- When the chicken is almost ready, heat the oil in a frying pan.
- Cook the peppers and white parts of the spring onions for 5 mins.
- Tip in the purée and paprika, stir, then add the rice, breaking up with a wooden spoon so all the grains are coated well.
- Use a high heat and scrape any that sticks off the bottom so you get some soft and some crispy parts.
- Heat until piping hot.
- Scatter the green parts of the spring onion on top and serve with the chicken, and some vegetables or salad, if you like.



carersUK

NEWS

News and campaigns

We're at the forefront of the carers' movement, bringing carers together to have a voice and deliver lasting change.

Find out about our latest news and current campaigns to improve the lives of carers.



Working to end carer poverty



Unpaid carers have greater risks of ending up in poverty.

[Working to end carer poverty](#) →

Making caring the 10th protected characteristic



Carers often feel invisible, overlooked, and discriminated against, which is why we think it's important caring is made a protected characteristic.

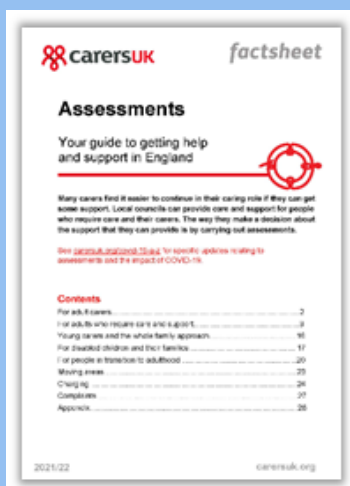
[Find out more](#) →

CARER'S ASSESSMENTS

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

Contact the Carers Helpline for further information

0151 670 0777



Regional Carer Support



Support for carers

Cheshire East

Cheshire West & Chester

Liverpool, Sefton, Warrington & Knowsley



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