

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

CHORUS FOR CARERS

 Thursday 13th June

 7pm-9pm

FREE ENTRY!

Come and join us for an evening filled with fantastic live singing from The Wallasey Choir whilst enjoying some delicious food from our buffet to celebrate **Carers Week!** The new Mayor for 2024 will also be joining us and our **Carers Week Raffle** will be being drawn.

How to book...

 0151 670 0777

 cws@wired.me.uk



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.**

WIRRAL CARERS HEALTH & WELLBEING SERVICE

Carer Linkworkers Making Caring Visible, Valued & Supported

CARERS WEEK LAUNCH

MONDAY 10TH JUNE
10AM-3PM

THE PYRAMIDS SHOPPING CENTRE, BIRKENHEAD

Come and join us ourselves, other local organisations and the new Wirral Mayor, coming together to celebrate the work unpaid carers do. You will be able to see what is on offer to help provide support to carers, as well as useful information and advice to the 40,000 carers living in Wirral.



Carers Week

CARERS WEEK DROP-INS

Carers Drop-In @ St Hilarys Group Practice, Broadway, Wallasey, CH45 3NA

Tue 11 June
9.30am-12.30pm

Carers Pop-Up @ Arrowe Park Hospital, Arrowe Park Road, Arrowe Park, Wirral, CH43 7ZU

Tue 11 June
10am-3pm

Carers Pop-Up @ Arrowe Park Hospital, Arrowe Park Road, Arrowe Park, Wirral, CH43 7ZU

Fri 14 June
10am-3pm

Carers Drop-In @ Wirral Independent Living and Carers Resource Centre, 5 St John Street, Birkenhead, CH41 6HY

Fri 14 June
10am-12pm

0151 670 0777

cws@wired.me.uk

CARERS WEEK Yin Yoga

Join us for a FREE session of Yin Yoga and Mindfulness with Yoga specialist Amanda Bowen. Even if you are completely new to yoga or are struggling with a health issue, these unique Yin Yoga and Mindfulness Classes have something for you, something new to learn and apply to your daily life.

THURSDAY 13TH JUNE
11AM-12:30PM

ALL THINGS MUST PASS CENTRE FOR WELLNESS,
140B BOROUGH ROAD, WALLASEY, CH44 6NH

0151 670 0777

cws@wired.me.uk

Carers Week



Wired
Putting You First

CARERS CRAFT WORKSHOPS

Tuesday 11th June

We are hosting two work shops to bring out the crafting side of carers in celebration of Carers Week 2024!

Shabby Chic Dresses

10am-12pm

Matchbox Makeovers

1pm-3pm

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

If you would like to book on to either of our Craft Workshops or both - contact us!

0151 670 0777

cws@wired.me.uk

Wired



CARERS WEEK GENERAL KNOWLEDGE QUIZ

FRIDAY 14TH JUNE, 12PM

Are you interested in winning some cash prizes?

1st Prize - £75

2nd Prize - £50

3rd Prize - £25

A link will be sent out to you on the day, then you will have 20 minutes to complete. Sign up by using the details below!

0151 670 0777

cws@wired.me.uk

Carers Week



Wired
Putting You First

CARERS WEEK LUNCH

After our hugely successful and much loved Carers Christmas Party last year we have decided to do another for Carers Week 2024

Come and join us for a fun filled day with delicious food, entertainment from a local school choir and singer, bingo, raffles and much more!



WEDNESDAY
12TH JUNE

BEECHWOOD SOCIAL CLUB, 22 BEECHWOOD DRIVE, BEECHWOOD, BIRKENHEAD, CH43 7ZU
11am-3pm

Book your place today!

cws@wired.me.uk

0151 670 0777

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!



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





**BRITISH
NORMANDY
MEMORIAL**

D-DAY 80

THE 80TH ANNIVERSARY OF THE NORMANDY LANDINGS

On 5 and 6 June this year, a series of major commemorations in the UK and France will honour the brave personnel who risked their lives for freedom and peace.

**Events in the
UK**



**Events in
France**



WIRRAL CARERS HEALTH & WELLBEING SERVICE

Carer Linkworkers Making Caring Visible, Valued & Supported

VINYL ALBUM LISTENING CLUB

A REGULAR MEET UP TO SHARE A LOVE OF MUSIC LISTENING TO AND CHATTING ABOUT A CLASSIC ALBUM EACH MONTH

FIRST MEET:

THURS JUNE 13TH

5.30-6.30PM

BEBINGTON CENTRAL LIBRARY

ROCK
REGGAE
PUNK
JAZZ
FOLK
INDIE
SOUL
ANYTHING GOES!

TO JOIN PLEASE EMAIL YOUR DETAILS TO LIBRARIES@WIRRAL.GOV.UK AND NOMINATE AN ALBUM OF YOUR CHOICE FOR OUR PLAYLIST. ALTERNATIVELY ENQUIRE AT BEBINGTON CENTRAL LIBRARY

The Quirky Community Hub
Home Education

Music Sessions

Tuesdays
11-00 am
£ 5-00 per person



Sight Loss Support drop-in sessions

Tuesday afternoons 1pm - 3pm
on the 1st and 3rd week of each month

at Marine Place, Marine Lake Health and Wellbeing Centre, West Kirby, CH48 5AA

Come meet some of our dedicated volunteers, many of whom have sight loss themselves!

Find out about support available such as low vision equipment, advocacy/benefits support, counselling, activity & social groups, as well as chatting with those who have personal experience of coming to terms with sight loss



Wirral Society of the Blind and Partially Sighted

WSBPS
Wirral Society of the Blind and Partially Sighted
LOST SIGHT DOESN'T MEAN LOST VISION

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



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

HEALTHIER
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

WIRRAL CARERS HEALTH & WELLBEING SERVICE

Carer Linkworkers Making Caring Visible, Valued & Supported



**Classic Cars
Cake & Coffee
meet up**

Thursday 6th June
Pop in between 1 - 3pm
At the GIFT Cafe,
Puddington,
Chapel House Lane,
CH64 5SW

It is the responsibility of the vehicle owner to ensure they have appropriate insurance cover in place. This is an informal multi-club gathering and as such no insurance is provided.

The poster features illustrations of a green classic car, a red cup of coffee, a cupcake, a red sports car, and a hand reaching out.



Disability Energy Support
with water advice

Supporting disabled people to take charge of their energy needs

SCOPE
= Equality for disabled people

The image shows a man with a prosthetic arm pouring water from a kettle into a cup in a kitchen.



HOSTED BY
The Friends of
Eastham Library

Come and join us for a coffee

Tuesday 11th June
10am to 12pm
Eastham Library

Come and tell us what you love about your library

Everyone welcome

No charge for refreshments

Secondhand books available to buy for a small donation

The poster includes images of a library bookshelf, a hand holding a coffee cup, and people looking at books.



Bands, singers, Morris Dancers, ukulele group, raffle and more from 2pm

Open from 11am for armed forces meet up at the memorial

Dee View Inn, Heswall

ARMED FORCES DAY
SHOW YOUR SUPPORT

Saturday 29th June 24'

The poster features a large Union Jack graphic.

WIRRAL CARERS HEALTH & WELLBEING SERVICE

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Friends of West Kirby Library

SUMMER SERENADE

Wednesday 19th June 2.30pm
West Kirby Library

Join us for tea, coffee, scones with jam, cream & strawberries and assorted cakes

Music from the duo
Slightly Foxed

TICKETS AVAILABLE FROM THE LIBRARY (BOOKINGS ESSENTIAL)

£3.00 per person
£2.50 for Friends



The Official Naming of
QUEEN ANNE

Monday 3 June 2024
Liverpool Waterfront

7.00am
Queen Anne's arrival to the River Mersey

4.00pm
The Official Naming of Queen Anne ceremony

8.30pm
Evening celebrations

10.15pm
Finale and Queen Anne's sailaway


CUNARD



THE LITTLE
Children's Market

NEARLY NEW TOYS, CLOTHES AND EQUIPMENT

🌟 We are in Bebington on 29th June with our 70 table Baby & Children's Nearly New Sale - THE BIGGEST EVENT IN WIRRAL 🌟

!! REMINDER- This is our only event in Wirral, and any other similar sounding but smaller event in other venues is not The Little Children's Market. The Little Children's Market is the only 70 stall event in the region. Thank you!

Join us from 11:00 - 13:00 at The Oval Leisure Centre (postcode CH63 7LF) in Bebington as we bring you 1000's of toys, clothes, books, and equipment for babies and children aged 0 - 11 years old- all at a fraction of the original retail cost! You'll find some fantastic nearly new bargains, AND some of the best local businesses!

Entry is £2, children enter free. Please bring cash as the majority of sellers will not have card payment facilities.



FROM THE CREATORS OF THE WORLD RENOWNED **JURASSIC MEDICAL ADVENTURE**
FEATURING THE WORLD'S ONLY POSASAUR AND THE BIGGEST AND BEST DINOSAURS
WITH MORE SPECIES THAN ANY OTHER SHOW IN THE WORLD

JURASSIC LIVE PRESENTS
JURASSIC MANIA

THE UK'S MOST INTERACTIVE DINOSAUR SHOW

CHESTER
NORTHGATE ARENA
29 JUNE 2024

BOOK YOUR TICKETS NOW!
WWW.JURASSIC-MANIA.COM

SUMMER OF LOVE ★
 THE WOODSTOCK GENERATION

West Kirby
 Arts Centre




The Jesse James

1st June 2024
 7pm

wirralwiseguys.co.uk

ON THE HORIZON!!
 Peer Support Network For Men.



Every Tuesday 6.30pm - 8pm
 @Future Vard, Argyll Street, Birkenhead.

LIVE WRESTLING

ISLAND TEMPLE
CIVIL WAR



FRIDAY MAY 31ST - ST ANNES PARISH CENTER
 ROCK FERRY, BIRKENHEAD, CH42 2BY - 6.30PM DOORS, 7PM SHOW - VIP £10 / GENERAL £5 - ALL PROCEEDS TO ENHANCING ISLAND TEMPLE SCHOOL - TEXT/CALL 07748151989 FOR TICKETS SEARCH "WRESTLE ISLAND" ON EVENTBRITE OR SCAN QR



BNENC

Registered Charity No 3071374 Company Ltd no 3596998
 Breckfield & North Everton Neighbourhood Council Ltd
 The Breckfield Centre Breckfield Road North
 Liverpool L5 4QT

walking for health

Men's Walk & Talk

walking for health

Breckfield & North Everton Neighbourhood Council Ltd will be starting their successful Walk & Talk events for men, BNENC's Kick Start 2 Health have booked more monthly Walks for men.

LCVS TOGETHER FOR LIVERPOOL FOR GOOD

All walks are booked on a first come basis:-

- Loggerheads
- Friday 7th June depart BNENC 09.30am
- West Kirby
- Friday 14th June depart BNENC 09.30am
- New Brighton Prom
- Friday 5th July depart BNENC 09.30am
- Crosby Beach
- Friday 12th July depart BNENC 09.30am
- Liangollen Canal
- Friday 2nd August depart 09.30am
- Southport
- Friday 9th August depart BNENC 09.30am


























Contact Alan on Tel No:-
 0151 288 8400—to Book a place



WIRRAL CARERS HEALTH & WELLBEING SERVICE

TOMORROW'S WOMEN WIRRAL EMPOWERING TIMETABLE

JUNE 2024

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|--|--|---|---|---|
| <p>9.30 Legs, Bums & Tums With Nicky</p>  | <p>Belly Dancing with Cecile</p>  <p>10am - 11am</p> | <p>9.30-2pm Support the continued growth of our beautiful garden with Sandra & Liz</p>  | <p>10am - 11am Specialising in Family Law, Domestic & Care proceedings</p>  | <p>We Need Your Help 9.30-2pm To support the continued growth of our beautiful garden with Sandra & Liz</p>  |
| <p>Support with Employment & Training With Sarah 3rd & 17th June</p>  | <p>10am - 12pm Family Law</p>  <p>4th & 18th June</p> | <p>10-12pm A Stitch in Time Sewing skills and crafts, With Mary</p>  | <p>Family Budgeting Skills 20th June 10am - 2.30pm Help to equip you with essential skills & knowledge required to budget effectively, manage costs & save money</p>  | <p>Criminology for Beginners Starts 7th June. X 4-weeks 10-12pm Understand the difference between crime & deviance. Look at key topics in criminology, at different explanations of crime. Explore the reliability of evidence & also review the relationship between drugs, alcohol & crime.</p>  |
| <p>Peer Mentoring for DWP 10th & 24th June 10-2pm Gain employment for those with Drug & Alcohol issues</p>  | <p>Substance Use Midwife Drop-in with Jill Support for pregnant women. 11th June From 10am</p>  | <p>Community Connectors 11-12pm Needing some support/help in your community then come along and speak with a community connector</p>  | <p>10.30-12pm Money advice & gambling support</p>  | <p>5-wk course Happy Healthy Home (Parent & Carers course) 14th June, 10-12pm</p>  |
| <p>Tomorrow's Women Recovery support group Every Monday @ 10.30am</p>  | <p>Award in Food Safety in Retail 25th June & 2nd July 10-2.30pm Develop knowledge & skills needed to work with food. Covering food safety requirements, hazards, poisoning & more</p>  | <p>6-week YOGA Course With Grace-11am 5th & 12th June</p>  | <p>6th June From 11am Offering support & help with claiming PIP previously known as DLA. BOOKING FOR THIS SERVICE IS ESSENTIAL</p>  | <p>Money Management & Debt support 20th June 11am - 1pm</p>  |
| <p>Exploring Neurodiversity 17th June 10am - 2.30pm Looking at: Individual differences Understanding ADHD, Autism Creating inclusivity for children</p>  | <p>18th June- 9th July x 4-weeks Be a More Confident You 10.30-12.30pm *Positive thinking & self-talk *Building resilience *Positive money mindset, creating good habits.</p>  | <p>Understanding Anxiety in Children 12th & 19th June 11am - 1.30pm Looking at anxiety in children, causes & ways to support a child.</p>  | <p>Money Management & Debt support 20th June 11am - 1pm</p>  | <p>Day Nursery 11am Providing information on how to register a child for nursery, how to check entitlement, providing benefits of a nursery for children.</p>  |

TOMORROW'S WOMEN WIRRAL EMPOWERING TIMETABLE JUNE 2024

| | | | | |
|--|---|---|---|--|
| <p>10th & 24th June @ 11-12pm Covering: Family law, Divorce, Financial Issues</p>  | <p>Becoming a Happier You! 25th June 10.30am- 2.30pm Using principles from positive psychology will teach you skills to live in a more meaningful way & become a happier you.</p>  | <p>Do you want to know what JCP have to offer? Book to speak to Lesley, 11-1pm</p>  | <p>TWW Forum Meeting Come along & have your say.</p>  <p>Community Room- 13th June @ 12pm</p> | <p>12pm-1pm POLICE DROP-IN 14th & 28th June</p>  |
| <p>12.30-4.30pm Drop-in with Lucy Feel like you might benefit from talking therapies? Free NHS assessments for anxiety and depression.</p>  <p>24th June</p> | <p>Positive Women around Substance misuse Coping skills & strategies around recovery, 1pm - 2pm</p>  | <p>11am Providing information on how to register a child for nursery, providing benefits of a nursery.</p>  | <p>13th June 12.30pm - 3.30pm Building Confidence & Resilience Help to improve your confidence & working on resilience</p>  | <p>LUNCH CLUB 12PM *£3 donation</p>  |
| <p>Understanding Adverse Childhood Experiences ACE's 3rd & 10th June 1pm-3pm Course will cover understanding ACE's, how they impact children & adults & explore ways to prevent them.</p>  | <p>Walk in the Park 2-4pm, 11th June Meet in community room *Wear comfy shoes</p>  | <p>5th June Vounteer & Careers fair 12pm - 2pm</p>  <p>We will have stalls from different organisations offering Volunteer & Career opportunities, so be sure to pop on down you never know where it may lead!</p> | <p>6-week Domestic Abuse Course 20th June, 1pm-3pm</p>  | <p>Tomorrow's Women Creative Group All Welcome 1.30pm Singing, drama & creativity</p> |
| <p>3rd & 17th June 2pm-4pm Supports Family law, care proceedings, divorce, non-molestation orders</p>  | <p>Better Solutions 5.30-6.30pm Session 1- Thinking & behaviour. Session 2- Consequences Session 3- Problem solving. Rolling group. You can attend any of these sessions as & when.</p>  | <p>Reading Group 1pm - 2pm</p>  | <p>Jam Session Bring along your instruments & come have some fun 1.30-2.30pm</p>  | <p>Tomorrow's Women Recovery support group @ 2pm</p>  |
| | | | | <p>Guided Meditation 3pm-3.30pm Blissful deep relaxation</p>  |
| | | | | <p>Family law & Care proceedings 2-4pm.</p>  |

Please note **BOOKING IS ESSENTIAL** for all sessions listed to attend, ring 0151 647 7907 to book your slot & for information regarding our timetable.

WIRRAL CARERS HEALTH & WELLBEING SERVICE

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|--|---|---|--|--|---|
| COFFEE BAR AND SOCIAL SPACE OPEN 9AM-5PM | COFFEE BAR AND SOCIAL SPACE OPEN 9AM-5PM | 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 First Thurs of the month | ART COLLECTIVE 10am - 12pm | SATURDAY QUIZ 12:00PM- 2:00PM No need to book |
| DESIGN ON COPPER 10:00AM-12:00PM (Main room) | INVOLVE NW - DROP IN THE CONNECTORS 10:00AM-12:00PM | FILM & VIDEO 10:00AM-12:00PM (Top room) | PASTELS WITH ANITA 10:00AM-12:00PM | RELAXATION 11:00AM-12:00AM (Top Room) | NEW THIS MONTH Introduction to Sociology Understanding childhood trauma Introduction to mental health |
| INTRO TO MUSIC TECHNOLOGY 10:30 - 12:30 (Music Room) <i>6th May moving to 8th May starting 2:30pm 27th May moving to 28th May usual time</i> | JAM TIME 10AM - 12PM (Music studio) | UNDERSTANDING CHILD TRAUMA 10am - 12:30pm 2 week course - starts 15th May Speak to staff | INTO TO MENTAL HEALTH 1pm - 3pm 3 week course - starts 9th May Speak to staff | JAM TIME DROP-IN 3:00 - 4:30PM (Music studio) | We are running two art sessions in the Williamson, which will also include a tour of the work by Lowry - Thursday 2nd and Friday 3rd |
| JAM TIME DROP-IN SESSION 1PM - 4:30PM (Music studio) | BOXING AT COMPANEROS 2pm - 4pm Speak to staff | ALLOTMENT GROUP 10.00AM - 12:00PM @ Callister Gardens | SHINE AUTISM GROUP 12PM - 1PM (Compañeros) | TAI CHI 12PM - 1PM (Group Room) | Music is moving two monday sessions to different dates due to the bank holiday |
| PEER SUPPORT CHECK-IN 1:00PM-2:00PM (Group room) | POTTERY 6 WEEK COURSE 1:30PM - 3:30PM Starts 23rd April | EMPLOYMENT SUPPORT 11:00AM - 1:00PM (Main room) | HOUSING SUPPORT 1:00PM-4:00PM | CREATIVE SOUND PRODUCTION 1PM-3PM (Music room) | We are closed on Monday 6th and 27th May due to bank holidays |
| RESILIENT RECOVERY 2:00PM-3:00PM (Group room) | INTO TO SOCIOLOGY 1pm - 3pm 3 week course - Starts 7th May Speak to staff | 1-1 SINGING LESSONS 9X20 MINUTES SLOTS 10:30AM-1:30PM | ADULT LIFE LONG LEARNING DROP-IN FROM 1:00PM 11TH & 25TH APRIL | LEARN TO DRAW 2 1:00PM - 3PM (Main Room) | |
| IT SUPPORT 1-1S 1:30PM - 3PM (Downstairs IT Suite) | | LEARN TO DRAW 12:30PM - 2:30PM (Main room) | GUITAR LESSONS- ANY ABILITY 1:00PM/1:30PM/ 2:00PM/2:30PM | 7-ASIDE FOOTBALL AT TRANMERE ROVERS 3PM-4PM | |
| WOODWORK 1:30PM - 3:30PM (Main room) | | DRAMA 2:30PM - 4:30 (Group room) | CREATIVE WRITING 2:00PM-4:00PM | FRIDAY SOCIAL FOR MEMBERS WHO HAVE GRADUATED 1:00PM - 3:00PM | |
| | | | BATIK 2:00PM-4:00PM | Just a reminder: Any activities in PINK need to be booked 6 days in advance 0151 647 7723 | |



Spider Project

YOU CAN DO IT!

ACTIVITY TIMETABLE - MAY 2024



All sessions are open to all Compañeros members

30-minute Guitar Lessons can be booked 1 session in advance from the previous Wednesday onwards

30-minute Boxing Sessions can be booked in advance in 4-week blocks

| MON | TUE | WED | THU | FRI | SAT | SUN |
|---|--|---|--|---|---|--|
| | | 1 11.30AM - 1.30PM CONFIDENCE THROUGH DRAMA 2.00 - 3.00PM SCRAPBOOK JOURNALLING 4.00 - 4.45PM GUIDED IMAGERY | 2 12.00 NOON - 1.00PM SHINE GROUP 2.00 - 5.00PM WELLBEING CHECK-IN (BOOKED BY TEAM) | 3 1.15 - 2.00PM NEW MEMBER INTRO 2.30 - 4.30PM CREATIVE WRITING 6.00 - 8.00PM BOARD GAMES | 4 3.30 - 4.30PM CERY'S CALM CRAFTS: WATERCOLOUR CARDS 7.30 - 9.00PM SATURDAY QUIZ | 5 12.00 - 1.30PM THERAPEUTIC THREADS 2.30 - 3.30PM GUIDED IMAGERY |
| 6 2.00 - 5.00PM MAY BANK HOLIDAY COFFEE, CAKE & BOARD GAMES | 7 10.30AM - 12.00 NOON 1-1 GUITAR LESSONS (BOOK WITH TEAM) 2.00 - 5.00PM WELLBEING CHECK-IN (BOOKED BY TEAM) 2.00 - 4.00PM BOXING (BOOK WITH TEAM) | 8 1.00 - 2.00PM NERO'S BAND 2.00 - 3.00PM SCRAPBOOK JOURNALLING 3.30 - 4.30PM LINO PRINTING | 9 12.00 NOON - 1.00PM SHINE GROUP 1.30 - 2.15PM NEW MEMBER INTRO | 10 1.30 - 2.30PM INTRO TO ORIGAMI 2.30 - 4.30PM CREATIVE WRITING 6.00 - 8.00PM BOARD GAMES | 11 3.30 - 4.30PM CERY'S CALM CRAFTS: DECORATIVE DOOR HANGERS 7.30 - 9.00PM SATURDAY SOCIAL | 12 12.00 - 1.30PM THERAPEUTIC THREADS 2.30 - 3.30PM MINDFUL DRAWING |
| 13 1.00 - 2.00PM NERO'S BAND 7.00 - 9.00PM MONDAY WIND DOWN | 14 10.30AM - 12.00 NOON 1-1 GUITAR LESSONS (BOOK WITH TEAM) 2.00 - 4.00PM BOXING (BOOK WITH TEAM) | 15 11.30AM - 1.30PM CONFIDENCE THROUGH DRAMA 2.00 - 3.00PM SCRAPBOOK JOURNALLING 2.00 - 5.00PM WELLBEING CHECK-IN (BOOKED BY TEAM) | 16 12.00 NOON - 1.00PM SHINE GROUP 2.00 - 3.00PM WELLBEING: PERSONAL BOUNDARIES | 17 1.15 - 2.15PM NERO'S NATTER 2.30 - 4.30PM CREATIVE WRITING | 18 2.00 - 2.45PM NEW MEMBER INTRO 7.00 - 9.00PM SATURDAY SOCIAL | 19 12.00 - 1.30PM THERAPEUTIC THREADS 2.30 - 3.30PM GUIDED IMAGERY |
| 20 1.00 - 2.00PM NERO'S BAND 7.00 - 9.00PM MONDAY WIND DOWN | 21 10.30AM - 12.00 NOON 1-1 GUITAR LESSONS (BOOK WITH TEAM) 2.00 - 4.00PM BOXING (BOOK WITH TEAM) 1.30-4.30PM 1-1 WELLBEING CHECK-IN (BOOKED BY TEAM) | 22 2.00 - 2.45PM NEW MEMBER INTRO 3.30 - 4.30PM LINO PRINTING | 23 10.00AM - 12.00 NOON WIRRAL LIFELONG LEARNING SESSION: IMPORTANCE OF SLEEP 12.00 NOON - 1.00PM SHINE GROUP 1.30 - 3.30PM WELCOME SESSION FOR PROFESSIONALS | 24 1.30 - 2.30PM INTRO TO ORIGAMI 2.30 - 4.30PM CREATIVE WRITING | 25 3.30 - 4.30PM CERY'S CALM CRAFTS: CANVAS ART 5.00 - 6.00PM WELLBEING: FUTURE FOCUSED | 26 12.00 - 1.30PM THERAPEUTIC THREADS 2.30 - 3.30PM MINDFUL DRAWING |
| 27 2.00 - 2.45PM WELLBEING: DEALING WITH STRESS 7.00 - 9.00PM SPRING BANK HOLIDAY QUIZ | 28 10.30AM - 12.00 NOON 1-1 GUITAR LESSONS (BOOK WITH TEAM) 1.00 - 2.00PM NERO'S BAND 2.00 - 4.00PM BOXING (BOOK WITH TEAM) | 29 11.30AM - 1.30PM CONFIDENCE THROUGH DRAMA 2.00 - 3.00PM SCRAPBOOK JOURNALLING 4.00 - 4.45PM WELLBEING: CONFIDENCE & SELF-ESTEEM | 30 2.00 - 5.00PM WELLBEING CHECK-IN (BOOKED BY TEAM) | 31 10.00AM - 12.00 NOON WIRRAL LIFELONG LEARNING SESSION: MINDFULNESS 1.15 - 2.00PM NEW MEMBER INTRO 2.30 - 4.30PM CREATIVE WRITING | | |



CARERS HEALTH & WELLBEING CHECK

CARERS HOW DID WE DO?

PRACTITIONERS HOW DID WE DO?

WIRRAL CARERS HEALTH & WELLBEING SERVICE

Join us **CHALLENGE 30** in June

to support local people living with dementia

This is a really simple and fun way to help raise funds for Dementia Together Wirral whilst raising awareness of the range of free social activities that this local charity provides. Living with or caring for a person with memory loss can be a challenge. The volunteers at Dementia Together Wirral have personal experience of the impact that dementia can have on the whole family, and all the activities they organise are designed to entertain, be stimulating and offer friendship and support.

How do you take part?

There are 30 days in June and you can choose to do something on 1 day, or every day for 30 days - just choose something that will CHALLENGE you!

Register on our website at www.dementiatogetherwirral.org



We ask you to raise a minimum of **£30** in sponsorship however you can raise as much as you like - just choose whatever will be a challenge for you!

Be as creative as you like with your challenge but here's a few ideas from last year's event - just make sure that you involve the number 30 in some way!

- Giving up chocolate for 30 days
- Swimming 30 lengths
- Walking a mile a day for 30 days
- Holding an Afternoon tea for 30 people
- Learning to play a new instrument in 30 days
- Playing 30 holes of golf
- Cycling 30 miles over the month
- Not wearing make up for 30 days

Remember to share photos with us so we can include these on social media and our website!

FOR MORE INFORMATION ABOUT THE CHARITY AND TO REGISTER FOR 'CHALLENGE 30'



Visit: www.dementiatogetherwirral.org
Phone: 07935 797445
or scan the QR code.



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



For more information contact karla.rimatis@nhs.net
To attend book your place through [Eventbrite](https://www.eventbrite.com)

Dare to Be...

Monday 3rd June - 8th July 2024
9:30 - 12:00, Mill Lane, Wallasey

I can. I will. Watch me.

We want everyone to be the best version of themselves, the one that gets up in the morning, stands tall and says...
I CAN, I WILL.... WATCH ME.

Dare to Be is for anyone who want to re-connect with who they are, understand themselves better, move forward, improving confidence, mental & physical health.

We take you on a journey of self-reflection & discovery, to think about what you want for your life, taking small steps to work towards your goals.

You will develop a personalised plan, gaining knowledge, information and tools to manage well-being, health, stress, anxiety, goal setting and explore limiting beliefs, which you will learn to challenge and reframe.

This course date is funded by Wirral Lifelong Learning for people in receipt of benefits or earning under £21,225 individual income. Contact us to discuss if this course is suitable for your needs
claire@nextchapternwcic.co.uk 0790 7445526

Developing Positive Communication

I can. I will. Watch me.

Tuesday 4th June - 9th July, 9:30 - 12:30
Delivered from our Centre in Wallasey

What will you gain from attending the course

This course will give you time to pause and reflect upon family life, what is working well and adjustments you need to make.

We take you on a personalised journey to explore different elements influencing relationships and communication, alongside strategies to use in everyday life.

Key topics explored:

- Understanding the brain
- Parenting Styles
- Developing Trust
- Supporting and improving mental health
- Managing and reducing conflict

You will leave the course with a deeper awareness of who you are as a parent, developing confidence in your own abilities, alongside gaining tools to promote positive communication with your child and family.

This course date is funded by Wirral Lifelong Learning for people in receipt of benefits or earning under £21,225 individual income. Contact us to discuss if this course is suitable for your needs
claire@nextchapternwcic.co.uk 0790 7445526

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
CARER'S
EVENT**

SATURDAY 8TH JUNE
11AM - 3PM
WUTH EDUCATION CENTRE

MORE INFORMATION TO FOLLOW

healthwatch Wirral

NHS Wirral University Teaching Hospital

MAKE MUSIC DAY UK **Free!**

21 JUNE

UKULELE FESTIVAL

2-5PM

WALLASEY CENTRAL LIBRARY
Earlston Road, Wallasey



- MUSIC
- CRAFTS
- REFRESHMENTS
- TRY-A-UKE SESSIONS!

Featuring:
The 64 N'Ukes Entertainers
Quay Notes
Russ Beaufort
& special guests:
The Secret Ukulele Band



MAGGIE'S

MAGGIE'S WIRRAL Fashion SHOW

in partnership with erj boutique



Thursday 13th June 2024
7pm - 9pm
Maggie's Wirral



MAGGIE'S

JUMBO SAUSAGE ROLL WITH SALSA BEANS

SERVES: 6

PREP & COOK TIME: 10 & 40 MINS

SKILL: EASY

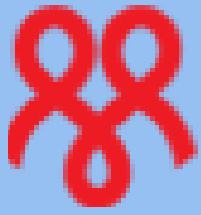


Ingredients

- 400g sausage meat, or pack of 8 sausages, squeezed from their skins
- 2 tbsp dried mixed herbs
- 300g jar hot salsa dip
- 1 egg, beaten
- 375g ready-rolled puff pastry sheet
- 3 x 400g cans cannellini, haricot, or mixed beans drained
- 400g can chopped tomatoes
- 1 green chilli, thinly sliced (deseeded if you don't like it too hot)

Method

- Heat oven to 200C/180C fan/gas 6 and line a baking tray with baking parchment or foil. In a large bowl, mix together the sausage meat, herbs, half the salsa and roughly half the egg until well combined.
- Unroll the pastry sheet on your baking tray. Pile the sausage mixture onto one side of the pastry – along the longer side – leaving a gap of 4cm around the edge. Brush a little of the egg around the edges, then fold the pastry over the filling. Press the edges together with a fork and score a few air holes through the top with a knife (to let steam escape). Brush with the remaining egg and bake for 40 mins.
- Meanwhile, tip the beans, tomatoes, remaining salsa and some seasoning into a saucepan and cover with a lid. Simmer for 20 mins or until the sauce is thick and clings to the beans.
- To serve, scatter the beans with the chilli and serve with slices of sausage roll.



carersUK

NEWS

Press Release



Carers UK responds to Work and Pensions Committee discussion on Carer's Allowance

[Read more](#)

General Election 2024: a manifesto for unpaid carers

Ahead of the 2024 General Election on 4 July, Carers UK has produced a manifesto for carers, calling on all political parties to commit to a new social contract for carers to recognise the enormous contribution millions of people make each day by providing the unpaid care that their families and friends need.

Press Release



Carers UK hosts Future of Work Conference to better support predicted rise in unpaid carer employees

Employers from a variety of sectors including finance, retail, healthcare and education gather in London on Tuesday 14 May to...

[Read more](#)

Press Release



Carers UK reaction to DWP plans to text carers at risk of overpayments

Carers UK is reacting positively to the news that the Government is planning to text or email carers who are...

[Read more](#)



factsheet

Assessments

Your guide to getting help and support in England



Many carers find it easier to confuse in their caring role if they can get some support. Local councils can provide care and support for people who require care and their carers. The way they make a decision about the support that they can provide is by carrying out assessments.

[View the full factsheet](#) for specific advice relating to assessments and the impact of COVID-19.

| | |
|--|----|
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| For people in transition to adulthood | 20 |
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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