

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

## May's Showcase of the Month

### ROLE ON

reg. Charity 1131089

#### WHO

We are a membership led mutual, self support group, providing a unique service for recent long term former carers across Wirral.

Our aim is to rebuild social contact and organise events to bring members together in a safe environment.



Aboard The L.S. Lowry and exploring Elizabeth Gaskell House.

#### WHEN

Our group began in 2002, started by former carers for former carers and membership across the Borough of Wirral has grown steadily since.

We meet at least twice a month, encouraging former carers to develop and integrate in enjoying regular support and shared connections from each other.

Our free newsletter and facebook page keep members up to date with the latest group activities.



Visiting Liverpool's historic Strawberry Field where we enjoyed the John Lennon exhibition.

#### WHY

If you are a former long term care based in Wirral, or know a former long term carer who could benefit from joining Role On, please get in touch.

We are a friendly registered Charity and meet at least twice month organising secure events including meals out in Wirral, and coach trips where we can meet new friends in new surroundings.

It is estimated that the UK has 6.5 million carers of which almost 2 million become former carers each year. The number of active carers in the UK are predicted to rise, therefore the number of ex-carers will rise.

The needs of former carers are consistently overlooked by policy makers despite the evidence that the end of care giving is a challenging period.

Former carers are caught between two roles and it is so difficult to adjust and move on.



#### WHAT

Planned activities endorse the ideals of the group encouraging former carers to enjoy the benefits of lunches, events and trips that they would find difficult to arrange without the organisational and experience skills of the group.

# WIRRAL CARERS HEALTH & WELLBEING SERVICE

Carer Linkworkers Making Caring Visible, Valued & Supported



## ROLE ON 'BREAKFAST CLUB' FIRST THURSDAY of the MONTH from 10.00am to 12 noon 'LIBERTY BELL COFFEE'

facing Hamilton Square Station

**ADMISSION £3.00**

free AMERICANO COFFEE or TEA

free SLICE OF TOAST  
(LATTE EXTRA)

**COME AND JOIN US  
AT OUR NEW  
'BREAKFAST CLUB'  
IN LIBERTY BELL COFFEE**

ROLE ON has moved to a Grade 2 listed establishment facing Hamilton Square Station. The staff are 'friendly and welcoming' This will be our new drop-in service on the first Thursday of the month from 10.00am to 12 noon



## ROLE ON 'LIBERTY BELL COFFEE'

**COME AND JOIN US**

**AT OUR NEW**

**'BREAKFAST CLUB'**

**IN 'LIBERTY BELL COFFEE'**

ROLE ON has moved to a Grade 2 listed establishment facing Hamilton Square Station...

This will also be our new drop-in service on the first Monday of the month from 10.00am to 12 noon.

Liberty Bell is an independent coffee shop and bistro and the staff are very helpful and accommodating of our needs.

You can turn up any time between 10.00 am and 12 pm and find the group in the coffee shop for a chat over delicious tea/coffee (latte extra) and a slice of toast.

There is a very informal atmosphere where you can talk about whatever you want with other former carers.

Or, if you prefer to just sit and enjoy the company and catch up with the latest news...

### LOCAL PARKING

John Street £3.45 up to 2 hours

Hamilton Square £2.60 up to 2 hours

Duncan Street £2.00 up to 2 hours

Bridge Street £3.45 up to 2 hours

Birkenhead Bridge Street 2 £3.45 up to 2 hours

Elgin Way £2.00 up to 2 hours

Argyle Street £2.00 up to 2 hours



# ROLE ON

## 077 666 48941

[office@roleon.org](mailto:office@roleon.org)

[www.roleon.org](http://www.roleon.org)


Role on charity for Wirral former carers


@role-ON1


# SOUP AND SUPPORT

West Kirby

Soup and Support is a group established by West Kirby Methodist Church that WIRED are working in partnership with to bring carers together and offer valuable information, advice and support for carers in Wirral.

 1st Thursday of the Month

 11:45am - 2pm

 West Kirby Methodist Church,  
29A Westbourne Road,  
West Kirby, CH48 4DQ

Come and enjoy a free bowl of soup, bread, fruit, cakes and hot drinks, as well as an informative talk from one of our monthly guest speakers!

This is free to all unpaid carers but donations are welcome!

*Wired*



**NEW  
GROUP!**

# 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.

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

📞 0151 670 0777

✉️ [cws@wired.me.uk](mailto:cws@wired.me.uk)

[www.wired.me.uk](http://www.wired.me.uk)

This Month at WIRED				May 2024	
Monday	Tuesday	Wednesday	Thursday	Friday	
		1	2	3 Carer Support Group @ St James Centre: 12-2 SP Energy Network Natter Session: 10-12	
6	7 Carers Yoga: Online and F2F: 11-12:30 Carer Support Group @ West Kirby: 1-3	8 Dementia UK Coffee Morning: 10-12	9 Carer Support Group @ Beechwood: 10-12 Caring With Confidence - Week 1 Carer Support Group @ Inspire Cafe Wallasey : 1-3	10	
13 Dementia Awareness Training: 10-12	14 Carers Yoga: Online and F2F: 11-12:30	15 Crafty Carers Club: 10:30am-12:30pm Carer Support Group @ Crea8ting Careers Nocturnum : 1-3	16 Carer Support Group @ West Kirby: 10-12 West Kirby Soup & Support: 12-2 Caring With Confidence - Week 2	17 Carer Support Group @ St James Centre: 12-2	
20 Stress Management Training: 10-12	21 Carers Yoga: Online and F2F: 11-12:30 Carer Support Group @ West Kirby: 1-3	22 Carer Support Group @ West Kirby: 1-3	23 Carer Support Group @ Beechwood: 10-12 Caring With Confidence - Week 3 Carer Support Group @ Inspire Cafe Wallasey : 1-3	24	
27	28 Carers Yoga: Online and F2F: 11-12:30	29	30 Caring With Confidence - Week 4	31	


## Dementia Awareness Training

WIRED run quarterly **Dementia Awareness Sessions** for carers who are looking after somebody with Dementia.


 Monday 13th May

 10am - 1pm

To book your **FREE** place or for more information, please contact us on our Carers Helpline

 0151 670 0777

 cws@wired.me.uk

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



This free training session is tailored to the needs of a dementia carer.

Get in touch to book your place

### TYPES OF DEMENTIA

Dementia is an umbrella term for loss of memory and other thinking abilities severe enough to interfere with daily life.

-  Alzheimer's
-  Vascular
-  Lewy body
-  Frontotemporal
-  Other, including Huntington's
-  **Mixed dementia:** Dementia from more than one cause

# 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

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

📞 0151 670 0777

✉️ [cws@wired.me.uk](mailto:cws@wired.me.uk) / [events@wired.me.uk](mailto:events@wired.me.uk)

🌐 [www.wired.me.uk](http://www.wired.me.uk)

Ring 0151 670 0777 to book your place!

## Kitchen Table Day 2024

Winter is coming to an end and spring is in sight, gather your friends, family and colleagues around your kitchen table and help people with cancer.

A kitchen table is at the heart of our centre, where important conversations take place and friendships are formed. Our Kitchen Table Day is a great way to bring together friends, family and colleagues and create amazing memories, whilst raising funds for people with cancer.

You can host a coffee morning, a cocktail night, a takeaway night, a games night or a garden party - there is no limit to what you can do!



THE MARTINGALLIER PROJECT

## 2024 SUICIDE PREVENTION Conference

FRIDAY 17TH MAY

Start the conversation, break the stigma & create suicide safer communities together

[www.themartingallierproject.org](http://www.themartingallierproject.org)

[JOIN US](#)



Wirral mencap

## Bollywood Night

St Anne's Parish Centre,  
Highfield Rd, Birkenhead CH42 2BY

Saturday 11th May 2024  
From 7pm 'til late

Tickets cost £25

The night will be a chance to listen to some Bollywood music and try some authentic Indian food. You will even get the chance to learn some moves and do some dancing of your own.

# 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](http://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](mailto:admin@dementiatogetherwirral.org)

07894 466822 Tue – Fri or [admin2@dementiatogetherwirral.org](mailto:admin2@dementiatogetherwirral.org)

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

<b>1st Wed</b>	<b>MEMORY CAFÉ (with activities)</b> at <a href="#">St Barnabas Village Centre</a> BROMBOROUGH First Wednesday of each month at 2.00 to 4.00pm St Barnabas Village Centre, Church Square, Bromborough CH62 7AB	<b>14th Tue</b>	<b>WALKING GROUP</b> 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.
<b>2nd Thu</b>	<b>MEMORY CAFE</b> at <a href="#">C.J's Coffee Shop</a> HESWALL First Thursday of each month at 2.00 to 4.00pm C.J's Coffee Shop, Downham Road South, Heswall CH60 0DB	<b>17th Fri</b>	<b>MEMORY CAFÉ</b> at <a href="#">GIFT Café</a> PUDDINGTON Third Friday of each month 2.00 to 4.00pm Chapel House Lane, Puddington, CH64 5SW
<b>4th Sat</b>	<b>MEMORY CAFÉ (with activities)</b> at <a href="#">Popsy's</a> HOYLAKE First Saturday of each month at 2.00 to 4.00pm Popsy's, Hoylake Community Centre, The Parade, Hoyle Road, Hoylake CH47 3AG	<b>18th Sat</b>	<b>MEMORY CAFÉ (with activities)</b> at <a href="#">Popsy's</a> HOYLAKE Third Saturday of each month at 2.00 to 4.00pm Popsy's, Hoylake Community Centre, The Parade, Hoyle Road, Hoylake, CH47 3AG
<b>6th Mon</b>	<b>MEMORY CAFÉ</b> at <a href="#">Coffee Aroma</a> BIRKENHEAD First Monday of each month at 10.00am to 12.00pm (excluding public holidays) Coffee Aroma, 4 Brunswick Court, Price Street, Birkenhead CH41	<b>21st Tue</b>	<b>MEMORY CAFÉ</b> at <a href="#">Floral Pavilion</a> NEW BRIGHTON Third Tuesday of each month at 11.00am to 1.00pm Mezzanine, Floral Pavilion, Marine Promenade, New Brighton CH45 2JS
<b>8th Wed</b>	<b>MEMORY CAFÉ</b> at <a href="#">Flissy's Coffee Shop</a> THURSTASTON Second Wednesday of each month at 10.30 to 12.00pm Flissy's Coffee Shop, Station Road, Thurstaston CH61 0HN	<b>21st Tue</b>	<b>MUSICAL MINDS</b> at <a href="#">Windsor Close Community Centre</a> 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 <a href="mailto:dtwjoanjanvier@gmail.com">dtwjoanjanvier@gmail.com</a>
<b>9th Thu</b>	<b>MEMORY CAFÉ (with activities)</b> at <a href="#">Parkgate &amp; Neston URC Community Hall</a> NESTON Second Thursday of each month at 2.00 to 4.00pm P&N URC Church, Moorside Lane (off Parkgate Road), Neston CH64 6UZ	<b>23rd Thu</b>	<b>COACH TRIP</b> to Abbeystead 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 <b>Booking is essential</b> Contact Nikky at <a href="mailto:admin2@dementiatogetherwirral.org">admin2@dementiatogetherwirral.org</a>
<b>10th Fri</b>	<b>MEMORY CAFÉ (with activities)</b> at <a href="#">Bear Hunt Books &amp; Toys Shop</a> 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	<b>23rd Thu</b>	<b>MEMORY CAFÉ (with activities)</b> at <a href="#">Parkgate &amp; Neston URC Community Hall</a> NESTON Fourth Thursday of each month at 2.00 to 4.00pm P&N URC Church, Moorside Lane (off Parkgate Road, Neston CH64 6UZ
<b>11th Sat</b>	<b>NARROWBOAT TRIP</b> to Tiverton, Beeston, lunch at The Shady. <i>Supported by kind donation from Wirral Community Narrowboat Trust</i> <b>Note change of day/date for May only</b> as usually every third Thursday of each month, meeting at 9:30 am for 10:00am sailing. Trip includes lunch. Departure point is Christleton. <b>Booking is essential.</b> Contact Nikky at: <a href="mailto:admin2@dementiatogetherwirral.org">admin2@dementiatogetherwirral.org</a>	<b>28th Tue</b>	<b>MEMORY CAFÉ (with activities)</b> at <a href="#">The Atrium Restaurant</a> MEOLS Last Tuesday of each month at 10.00am to 12.00pm Carr Farm Garden Centre, Birkenhead Road, Meols CH47 9RE
<b>14th Tue</b>	<b>Lunch and activities.</b> <i>In partnership with MHA EP&amp;N Community Dementia Wellbeing Group</i> ELLESMERE PORT Second Tuesday in every month at 11am to 1.30pm Little Sutton Methodist Church, Chester Road, Ellesmere Port CH66 3RF	<b>28th Tue</b>	<b>MEMORY CAFÉ</b> at <a href="#">Trinity Methodist Church</a> <i>In partnership with MHA EP&amp;N Community Dementia Wellbeing Group</i> ELLESMERE PORT Last Tuesday of each month at 12.00 to 2.00pm Trinity Methodist Church, Whitby Road, Ellesmere Port CH65 0AB
		<b>28th Tue</b>	<b>NEW MEMORIES</b> music and singing gro at <a href="#">SRFC, Liscard</a> <i>Supported by kind donation from Wallasey Lions</i> Fourth Tuesday of each month at 2.00 to 3.30pm Serpentine Road Family Church, Liscard Road, Wallasey CH44 0AA

### 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@trammersrovers.co.uk](mailto:community@trammersrovers.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](http://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](mailto:cws@wired.me.uk)  
WIRED St James Centre, Laird Street, Birkenhead CH41 7AL



## Having a tough time?

NHS Wirral Talking Therapies is a free and confidential service.

It's available to anyone who is aged 16+ and registered with a GP in the Wirral.

### We can help you to:

- Improve your mood
- Manage your feelings
- Find ways to cope



Contact us to get started,  
or ask your GP to refer you.

[everyturn.org/wirral](https://everyturn.org/wirral)



0151 649 1859

Scan me



# The Young Carers Covenant

We are committed to a fair future for all young carers and young adult carers

## We agree that:

Young carers and young adult carers are children and young people first; they should be recognised and listened to.

No young carer or young adult carer should take on caring roles which are inappropriate, excessive, or which negatively impact their life opportunities, health or wellbeing.

## We are committed to a future where all young carers and young adult carers:

Are identified at the earliest opportunity



Are able to thrive in education



Can access and succeed in employment/training opportunities



Have time for themselves



Are safe and secure



Can access support for themselves and their family



Feel they have choices in their lives



Have good physical and mental health



Can access and benefit from the rights they have



Live free from poverty



Would you like to take part in this years Arrowe Park Abseil and help raise money for Clatterbridge and Arrowe Park Hospitals. Please contact the team to find out more: [WUTH.Charity@nhs.net](mailto:WUTH.Charity@nhs.net)



Help us raise money to improve your local hospitals!



Donate

# STREET WISDOM

## Find Better Ways

Street Wisdom is an **everyday creative practice** you use as you walk. A smart fusion of mindfulness, neuroscience, wellness and imagination, it **unlocks our minds** and unblocks our creativity with every step.

Suddenly every street is full of inspiration. And whatever our questions, **answers are everywhere**. It's helping us all to find **#BetterWays** because, let's face it, we've never needed it more.

The practice is **simple to learn** and hard to forget. Just download our [free audio guides](#) and listen to them while you walk. You can also join one of the [free, live guided Walkshops](#) we run for creative explorers like you all over the world.



[Go to Events](#)

# Reminder to Save The Date!



Healthwatch Wirral have fantastic event lined up with Wirral University Teaching Hospital (WUTH) to start the National Carers Week celebrations!

**SAVE THE DATE: Saturday 8th June**

**TIME: 11am - 3pm**

**LOCATION:** WUTH Education Centre, Arrowe Park Hospital, Birkenhead, Wirral, CH49 5PE (Free Parking available!)

**WHO SHOULD ATTEND:** Everyone! (including ALL Carers and any organisations wanting a stand in the marketplace)

Join us for a day dedicated to Wirral's Adult and Young Carers, inspired by this year's theme 'Putting Carers on the Map' by Carers UK. We look forward to meeting you all and hearing about your day-to-day challenges, successes, and your hopes for the future.

There will be a marketplace featuring various organisations, providing you all with lots of advice and information (there may even be some special guests), light refreshments and other surprises.



To express interest in having a table at the marketplace, or for more general information, please email [info@healthwatchwirral.co.uk](mailto:info@healthwatchwirral.co.uk) or call 0151 230 8957

Spread the word and be part of Putting Carers on the Map. Let's come together to recognise and support our incredible 40,000 + Wirral Carers.

See you there!

# *Would you like to try and maintain your memory skills?*



Reminder finders will run at four venues across Wirral

## Reminder Finders

This is a 12-week programme of Maintenance Cognitive Stimulation Therapy for people who have a diagnosis of mild/moderate dementia or are awaiting diagnosis.

**The 12 sessions in the programme are free.**

For more information, please contact

**Lisa Cummings**

Tel: 0151 482 3456

Email: [lisa.cummings@ageukwirral.org.uk](mailto:lisa.cummings@ageukwirral.org.uk)



# 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!**



# Real 'Meals on Wheels'

# WELL -FED



Do you enjoy cooking?



Do you cook at home or do you want to cook more at home?



Do you want your cooking at home to be easier?



Do you want your meals prepared for you?

If so, our **Real 'Meals on Wheels'** service is for you.

We offer meals for every household; families, single people, older people - if you want healthier, tasty meals, we have a menu for **everyone**.



Turn over for  
information  
on our menu and  
how to order...

Well-Fed is a local company. We are committed to making sure everyone has access to good food. We make meals of the highest quality and we make them available so all of our customers can eat well and cook easy at home.

OUR  
MEALS  
CHANGE  
LIVES

# WIRRAL CARERS HEALTH & WELLBEING SERVICE

Carer Linkworkers Making Caring Visible, Valued & Supported

## Our range:

### EASY MEALS!

£2.25

We have a range of over 50 ready meals available. Simply pop in the microwave or oven.

**Options include:**

- Beef roast dinner
- Cottage pie
- Chicken tikka and rice
- Pork sausage and mash
- Five bean chilli and rice (V)
- Vegetarian roast dinner (V)

FEEDS 1 PERSON

### SLOW COOKER

£4.50

Our Slow Cooker bags come packed with a recipe card and all the ingredients for a tasty meal.

**Options include:**

- Sausage and lentil stew
- Italian meatball stew
- Chicken jalfrezi
- Chilli beef
- Butternut squash mac and cheese (V)
- Vegetable and lentil stew(V)

FEEDS A FAMILY OF 4

### COOK EASY

£5.50

Our Cook Easy bags come with a recipe card and all the ingredients needed to cook from scratch

**Options include:**

- Cottage pie
- Sausage and mash
- Hoisin chicken noodles
- Creamy chicken and mushroom pasta
- Mushroom risotto (V)
- Potato and lentil curry (V)

FEEDS A FAMILY OF 4

**How to order:**

1. Order in person at one of our **Food Centres**.
2. Order online via [wellfedmeals.co.uk](http://wellfedmeals.co.uk)

We have set up local **Food Centres**. Your nearest Food Centre is:

**West Kirby Methodist Church**

**Address: 29A Westbourne Rd, West Kirby, Wirral CH48 4DQ**

**Order time: Wednesday 11-1pm**

**Collection times: Wednesday 11-1pm**

**Thursday / Friday 10-12pm**

When you place your order at a centre, we'll prepare and deliver it fresh, ready to cook at home the following week.

**We also do:**

- Breakfast pots
- Vegetarian breakfast pots
- Fresh soup

£1.25

**New meals added all the time!**

OUR MEALS CHANGE LIVES

## SPICED CHICKEN KEBABS WITH CHOPPED SALAD + FLATBREADS

**SERVES: 4 (8 skewers)**

**PREP & COOK TIME: 30 & 15 MINS**

**SKILL: EASY**

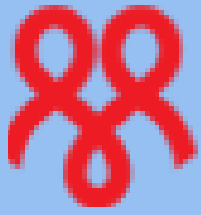


### Ingredients

- 200g Plain Greek yogurt
- ½ tsp ground cinnamon (optional)
- 1 tsp ground cumin
- 1 tsp ground turmeric
- pinch of chilli flakes, or to taste
- 2 garlic cloves, crushed
- 1 lemon, zested and halved
- 640g pack diced chicken thighs
- 1 cucumber, peeled, ½ coarsely grated, ½ finely chopped
- 1 lettuce, thinly sliced
- 4 flatbreads
- hot sauce, to serve (optional)

### Method

- In a bowl, combine half the yogurt with the spices, half the garlic, the lemon zest and ½ tsp salt.
- Tip in the chicken and stir well to coat. Cover and leave to marinate in the fridge for at least 30 mins or overnight.
- Mix the grated cucumber and the remaining garlic into the remaining yogurt, then season with a pinch each of salt and pepper. Set aside in the fridge.
- Mix the finely chopped cucumber and lettuce together, then squeeze over one of the lemon halves and season with a good pinch of salt.
- Cut the remaining lemon half into quarters. Heat the grill to high or a large griddle pan over a high heat.
- Thread the marinated chicken pieces onto skewers, put on a tray and cook under a hot grill or in the griddle pan for 10-12 mins, turning often to ensure it cooks evenly and is charred in places.
- Warm the flatbreads under the grill or in a toaster.
- Serve the chicken in the flatbreads with the chopped salad and cucumber yogurt.
- Drizzle with hot sauce before serving, 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.



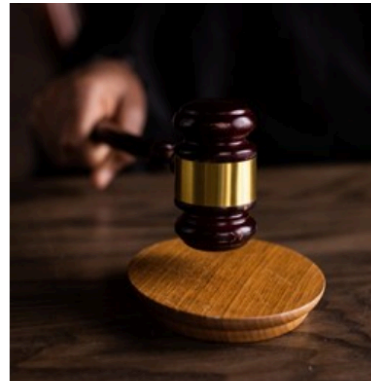
## Working to end carer poverty



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.

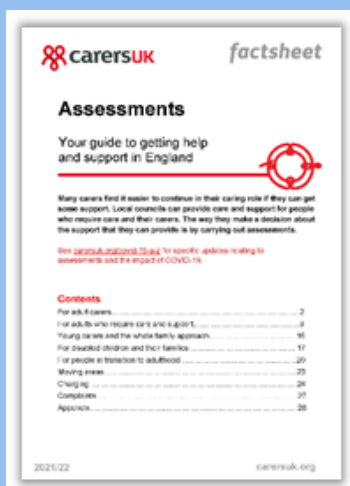
[Find out more](#) →

# 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](mailto:contact@wired.me.uk)



Wirral Mobility Scooter Hire and Shopmobility



[www.wired.me.uk](http://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](mailto:wsc@wired.me.uk) or visit our website: [www.wired.me.uk](http://www.wired.me.uk)