

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

CHECK OUT WHAT WE GOT UP TO WITH OUR CARER'S WEEK EVENTS!



10-16 June 2024



WIRRAL CARERS HEALTH & WELLBEING SERVICE

Carer Linkworkers Making Caring Visible, Valued & Supported





Financial Wellbeing Workshop


For Unpaid Carers

This session is a great way to start the Financial Wellbeing journey.

The Workshop covers topics such as: financial resilience and the cost of living crisis, budgeting and keeping track, credit, borrowing and debt, savings and investments, making your money go further and how to access free, credible support.

 Thursday 27th June

 12:30pm - 3pm

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

Please note that no one will be expected to speak about their own finances

Light buffet ,
refreshments and
hot and cold drinks
provided



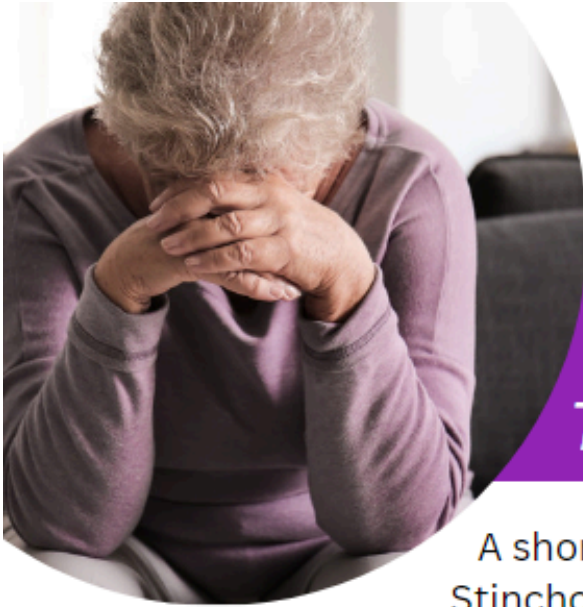
To book your **FREE** place or for more information, please contact us or visit our website to book!

 0151 670 0777

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

 cws@wired.me.uk

This was a great success last time.
Lots of money saving ideas to help your wallet.
Booking is **ESSENTIAL** as spaces are limited.



Stress Management Training for Unpaid Carers

A short session delivered by Psychotherapist Sue Stinchcomb to provide carers with some easy to use strategies and techniques to manage and reduce stress levels.



Monday 24th June



10am-12pm



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

Free refreshments will be provided

**Contact us to book your FREE space,
booking is essential**



events@wired.me.uk



0151 670 0777

Booking is **ESSENTIAL** as spaces are
limited

NARROWBOAT TRIP

Wired
Putting You First

Carers Week

MONDAY 8TH JULY

The Narrowboat Trip cruises from The Cheshire Cat at 10am to Tattenhall (Crows Nest) where you will stop for lunch before returning to The Cheshire Cat. You will need to provide your own transport to and from The Cheshire Cat and bring a packed lunch.

Book your space today!



0151 670 0777



cws@wired.me.uk

This trip is **FREE** of charge for any carers registered with Wirral Carers Health and Wellbeing Service.



CARERS YOGA

Face-to-face

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

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



Every Tuesday, 11am-12:30pm



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

How to book...

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



0151 670 0777



cws@wired.me.uk

Wired
Putting You First



Online

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



Every Tuesday, 11am-12:30pm



Zoom: Meeting ID: 771 767 3139
Passcode: 1008

How to book...

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



0151 670 0777



cws@wired.me.uk

Wired
Putting You First



Our Carers Yoga is returning on Tuesday 25th June, we hope to see you there!



The official national commemoration for the 80th anniversary of D-Day took place on Thursday 6 June at the British Normandy Memorial.

Their Majesties The King and The Queen attended alongside about 40 Normandy Veterans, political leaders and dignitaries.

The ceremony was followed by the official opening of the Winston Churchill Centre for Education and Learning funded by a number of donors including principal sponsors BAE Systems. The King and The Queen opened the Centre and received a tour of the exhibition space, as well as signing the visitor book.

The education centre is now open to the public, which includes a café and shop selling official merchandise. The Standing with Giants installation remains in place until 31 August 2024.



D-Day 80 in pictures



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House of Memories
National Museums Liverpool

News



House of Memories | Newsletter

May was an incredibly busy month for our team, with over 1,193 people engaging with our dementia awareness programme. June is packed with events and activities too - we will be delivering lots of training for both families and professionals next week, getting out and about in our mobile museum throughout the month, and much more. Read on to find out more and see how you can get involved.

[Learn more](#)



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.

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'



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BEDDIE PROUDLY PRESENTS

WEBB1 FUSION
carbridge centre

Beddie's
BONKERS BINGO

@ THE WOODCHURCH PUB

#Hoole Rd Hub

SATURDAY 10TH AUGUST

AGE 18+ | TICKETS £20 | BONKERS PRIZES

DOORS OPEN AT 6PM EYES DOWN AT 7.30

CLEAR SOLUTIONS TRAINING LTD
HYBRID LEARNING

WIRRAL

Mental Health and Stress Awareness Week - Funded Qualifications

- Raise awareness of the issues surrounding mental health difficulties
- Dispel some of the myths and misconceptions frequently linked to mental health issues
- Develop learners' knowledge of the rights of those with mental health issues
- Causes of stress and the effects stress can have on health
- Signs and symptoms of stress
- Ways to reduce or prevent stress

Mon - Fri
1st J - 5th July 2024

Start At
10.00AM - 2.30PM

Wirral Based

For more information please contact info@clearsolutions-training.co.uk

BIRKENHEAD
CENTRAL
LIBRARY

SINGING CAFE

Everyone is welcome to come and sing along to the hits of the 50's-80's

Starts Tuesday 9th July
10:30am-12:00pm

Sessions will be once a month

REFRESHMENTS AVAILABLE

Our Dee Estuary Caru Aber Dyfrdwy

Wellbeing with Nature

Learn how to train others to improve their wellbeing and help look after nature.

We'll be exploring two sites on the Dee Estuary, connecting with nature, meeting new people, and building self-confidence.

Tuesday the 18th of June at Thurstaston

Wednesday the 19th of June at Talacre

To book or visit our Events page on Facebook via the QR code above.

For more information contact
Hannah Phillips: hphillips@cheshirewt.org.uk

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

(formally Heswall & Pensby GP & Commonfield Road GP)



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

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What's On at Flourish June 2024



www.flourishwellbeinghub.org

Drop In

Our drop in service allows you to speak to one of our volunteers about the difficulties you are facing. You can learn about the services available to help you, and be referred to the services that can support you best.



Monday - Thursday, 10am - 3pm

Hygiene Bank and Wellbeing Library



A range of toiletries available including soap, toothpaste, shampoo, shower gel and female hygiene products.

Our library has a collection of books on a range of wellbeing topics, including fiction and non-fiction.



Available Monday - Thursday 10am - 3pm

NHS Talking Therapies Wirral Drop In



Information about talking therapies or mental health conditions. In-person assessment of suitability for talking therapies. Discuss anxieties or concerns about receiving help for mental health.

Wednesdays 9:30am - 12:30pm

Wirral Ways Housing Drop In

Support with Property Pool Plus, legal advice for eviction, landlord issues, and more. For those impacted by drugs and alcohol.



Mondays, 9:30am - 12:30pm

Community Connectors Drop In



Need some advice or support around a particular issue? Want to know what is on in your area? Come and speak to a Community Connector.

Tuesdays 10am - 12pm.

Citizens Advice Wirral Caseworker Appointments



Tuesdays and Thursdays, by appointment only

Recovery Works Drop In



Employment and training support run by Wirral Ways. Help with CV writing, job searching, interview preparation, confidence building, and training opportunities.

Wednesdays 1pm - 3pm

Wirral Ways Veterans Support Group Drop In



Ever served in the Armed Forces? Free & Confidential advice and support.

Wednesdays - 1pm - 2:30pm

Dementia Carers Drop In Age UK



Drop in support for carers of people 65+ with dementia.

Thursdays 10am - 2:30pm

Help Through Hardship



Support for those experiencing combined money and mental health issues. Delivered by Citizens Advice Wirral, Wirral Mind and Wirral Foodbank.

Mondays, by appointment only

ReachOut Work Club

Free and confidential employment advice

Drop In every 1st Monday of the month 2pm - 3:30pm



Counselling Wirral Mind



Thursdays, by appointment only

Sahir House

Specialised therapeutic counselling for LGBTQ+ adults (inclusive of trans and gender diverse people), and those who are HIV positive.



Wednesdays, by appointment only

Social Prescribing Appointments



Tuesdays and Thursdays, by appointment only

Digital Skills Course

Digital support tailored to individual needs

Tuesdays, by appointment only



Citizens Advice Wirral General Advice Walk Up



Drop in for advice on benefits, general debt, housing, employment, family relationships, immigration and consumer issues

Tuesdays, 1pm - 3pm

Understanding Specific Learning Difficulties

7 week training course for parents and carers about Specific Learning Difficulties such as Autism, Dyslexia, and ADHD.

Wednesdays, by appointment only



Flourish Wellbeing Hub



www.flourishwellbeinghub.org



Wing A, Second Floor, Victoria Central Health Centre, Mill Lane, Wallasey, CH44 5UF

*Please note: all services are subject to availability



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BOOK YOUR PLACE TODAY!

Active Wirral COLLABOR8 Summer Event 2024



Join us for a full day of learning and sharing with colleagues and leaders on **Monday 22nd July** for Wirral's **COLLABOR8 Network Event**.

This event is for individuals, organisations and sport clubs, all with the shared purpose to make sport and physical activity part of everyone's everyday life, to come together to discuss new ideas, build relationships, learn and share the great work that is already taking place.

A more detailed agenda for the day will follow.

[Book your place HERE \(Day Event\)](#)



Family Fund

Helping disabled children

National charity Family Fund have launched a new 'Discover more support' search tool. Parents raising a disabled child or young person can use it to browse through 130 organisations that can help on topics such as: money and benefits, mental health and wellbeing, education and learning, plus much more!

Families raising a disabled or seriously ill child or young adult, and living on a low income, can apply for a wide range of grant items.

[See our grant programmes >](#)



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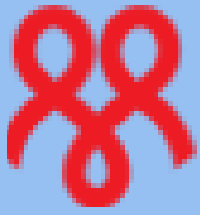
The Parkland and Gardens of Poulton Hall CH63 9LN

will be open to visitors from **2 to 5 pm** on
Saturday June 29th in aid of **Wirral Wildlife & Butterfly
Park**

Hedge-laying, Bee-keeping, Guided Meadow Walk (register with Eventbrite)
Witch, Storyteller, Plant Sales

Adults £6 Cream teas £4 Children free Well-behaved dogs welcome





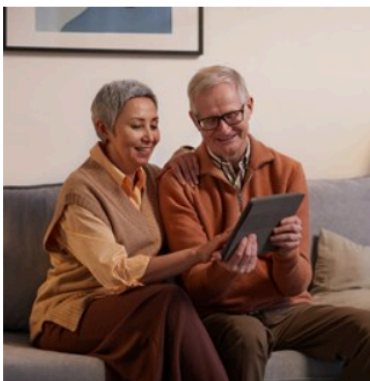
carersUK

NEWS

Your rights in work

Managing work and care can be very challenging, so it's important to find out about your rights and strike the right balance.

Connect with carers



Care for a Cuppa →

Carers Connect →

Share and Learn →

Online meetups →

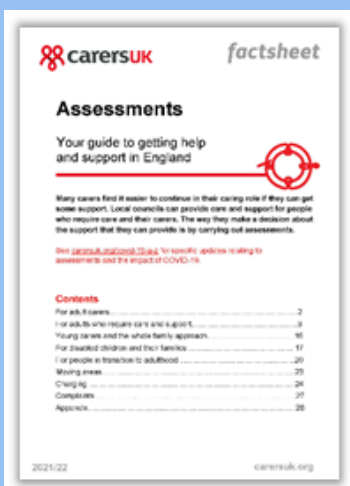
'No choice but to care' report launches

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



Cheshire East

Cheshire West & Chester

Liverpool, Sefton, Warrington & Knowsley



PAPRIKA PULLED MUSHROOMS

SERVES: 4

PREP & COOK TIME: 20 MINS

SKILL: EASY



Ingredients

- 4 tbsp Tomato Ketchup
- 2 tsp Balsamic Vinegar
- 5 tbsp BBQ Sauce
- 4 tsp Smoked Paprika
- 2 tbsp Fresh Parsley, chopped
- 2 x 250g packs Portobello Mushrooms
- 4 tsp Oil
- 4 Bread Buns

NUTRITIONAL INFORMATION

Each 154g serving contains				
Energy	Fat	Saturates	Sugars	Salt
625kj	3.7g	0.6g	9.5g	0.52g
97kcal	Low	Low	Med	Med
5%	5%	3%	11%	9%



of your reference intake.
Typical energy values per 100g:
406kj/97kcal

Method

- Put the ketchup, balsamic vinegar, BBQ sauce and paprika in a pan and simmer for 1 min, stirring, to make the sauce.
- Take off the heat and stir through half the parsley. Set aside.
- Brush the mushrooms with the oil and Cook the mushrooms in a large non-stick pan or on a pre-heated griddle pan, over a medium heat for 12–14 mins. Turn until lightly charred and cooked through.
- Put the cooked mushrooms on a board and use 2 forks to pull the mushrooms apart, starting from the stem in the centre, to shred.
- Re-heat the sauce and stir in the pulled mushrooms, along with any juices from the board, and stir until well coated.
- Serve in toasted buns topped with your favourite coleslaw.

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