

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

**LIMITED  
SPACES**



MHFA England

**Wired**

## 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 15th July



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](mailto:events@wired.me.uk)



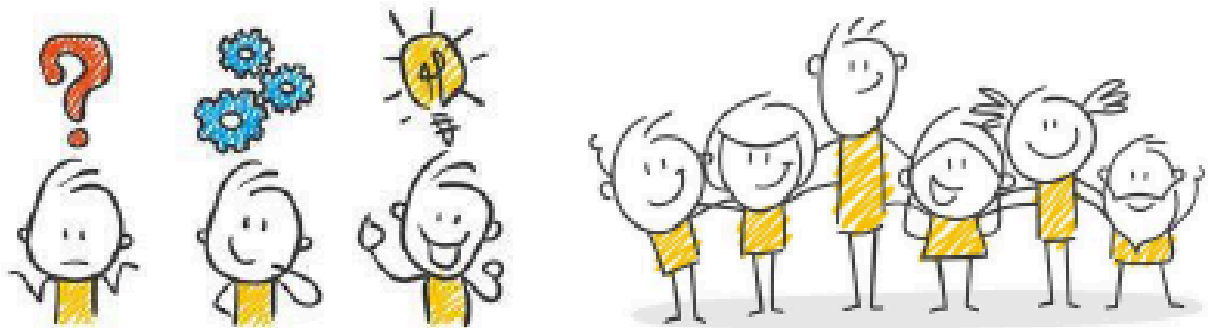
0151 670 0777



# Wirral Carers Alliance

*'We Care that You Care'*

Be a part of ensuring the voices of Unpaid Carers are heard and their support needs are recognised in future developments of local services and resources



## Unpaid Carers Forum

Join us on



**TUESDAY 16th JULY**  
**10.30am to Noon**



at

**Greasby Children Centre, Greasby Road CH49 3AT**

This is a safe space to come and meet other Carers, share your experience and join in on group discussions

Email [carersalliance@healthwatchwirral.co.uk](mailto:carersalliance@healthwatchwirral.co.uk) for further information and to confirm you wish to attend

**healthwatch**  
Wirral

Supported by Healthwatch Wirral - Telephone 0151 230 8957

# WIRRAL CARERS HEALTH & WELLBEING SERVICE

Carer Linkworkers Making Caring Visible, Valued & Supported



## This Month at WIRED

July 2024

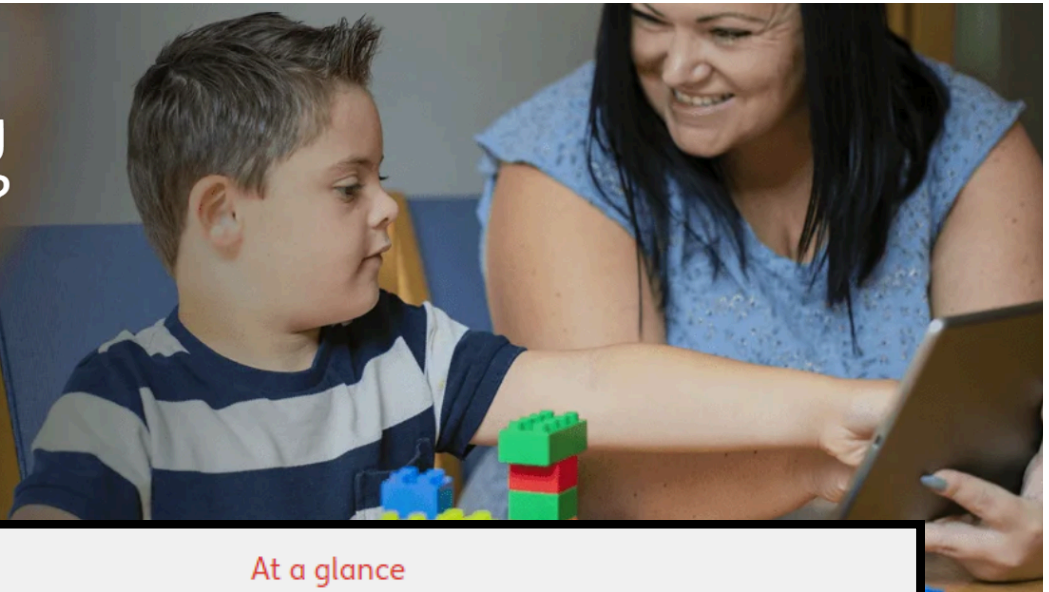
Monday	Tuesday	Wednesday	Thursday	Friday
1	2 Carers Yoga: Online and F2F: 11-12:30	3	4 Caring With Confidence - Week 1	5 Carer Support Group @ St James Centre: 12-2
8 Narrowboat Trip	9 Carers Yoga: Online and F2F: 11-12:30 Carer Support Group @ West Kirby: 1-3	10	11 Caring With Confidence - Week 2 Carer Support Group @ Beechwood: 10-12 Carer Support Group @ Inspire Cafe Wallasey : 1-3	12
15 Stress Management Training: 10-12	16 Carers Yoga: Online and F2F: 11-12:30	17 Crafty Carers Club: 10:30am-12:30pm Carer Support Group @ Crea8ting Careers Noctorum : 1-3	18 Caring With Confidence - Week 3 Carer Support Group @ West Kirby: 10-12 West Kirby Soup & Support: 12-2	19 Carer Support Group @ St James Centre: 12-2
22	23 Carers Yoga: Online and F2F: 11-12:30 Carer Support Group @ West Kirby: 1-3	24	25 Caring With Confidence - Week 4 Carer Support Group @ Beechwood: 10-12 Carer Support Group @ Inspire Cafe Wallasey : 1-3	26
29	30 Carers Yoga: Online and F2F: 11-12:30	31		

# jointly

## Are you looking after someone?

Jointly can help make caring a little easier and less stressful

Sign up to Jointly today



### At a glance



#### Home

Invite people, see who is in your circle, view a log of recent activity



#### Profile

Store useful information about the person you are looking after and access it any time at a click of a button!



#### Messaging

Communicate with everyone in your Jointly circle at a touch of a button! Simply post a message or upload an image.



#### Notes

Create and organise notes and store images, sort them into categories or just view as a simple list.



#### Tasks

Keep organised and on top of things by using tasks and task lists. Simply create a task and assign it to any member of your Jointly circle, including yourself, and monitor its status.



#### Calendar

Create date/time specific events and invite anyone in your circle.



#### Medications

Keep track of current and past medication of the person you are caring for. You can also upload an image to quickly recognise a medicine.



#### Devices

Jointly can now connect to health and care devices to share information with your circle. Please check this section to see which devices can be linked.



#### Contacts

Store useful contacts and access their details anytime, anywhere!

[Return to top](#)



## **Supporting Informal Carers: Developing a More Comprehensive Package of Support for Informal Carers**

**Date of Event: Tuesday, July 9th 2024**

**Time of Event: 9:30 AM – 1:00 PM BST**

**Place of Event: Webinar**

In November 2022, there were 1.4 million Carer's Allowance claimants in Great Britain, according to government data. Research in 2022 by Carers UK, however, indicates the number of unpaid carers in the UK could be as high as 10.6 million. A 2022 Carers Trust survey, meanwhile, showed 41% of unpaid carers have had to give up work completely, with another 23% forced to cut back on their hours because of caring responsibilities. Unpaid carers and those they care for face a number of other challenges. For example, analysis by the PA news agency shows around 486,341 households in England and Wales with an unpaid carer for someone who is disabled or in bad health across England and Wales have no access to a private vehicle, new analysis shows. Data from Carers UK also indicates that, of the more than a quarter of carers who said they had bad or very bad mental health, a third of have considered suicide or self-harm, data shows.

This symposium aims to provide key stakeholders – including informal carers, local authorities, charities, and schools – with an opportunity to examine the current situation facing informal carers in the UK and existing government support and discuss avenues for improving and widening access to support services.

**[Click to register for event](#)**

# Morrisons bring back free Jacket Potato with Heinz Cheesy Beans deal!

To claim this freebie simply '**Ask For Henry**' at the till.

From Monday 1st of July to Sunday 14th July 2024.

Available all day, every day and open to everyone.





# Family Fun Day

Involve Northwest, The Community Village Carpark \*  
330-334 New Chester Road, CH42 1LE  
(Entrance via St Pauls Road)

**\*No Parking available onsite Please be mindful of local residents**

Saturday

20th July

11am - 3pm

- Involve Cakes & Cookies
- TJ's Childrens Party Bus
- Tilly Mints Treats
- The Hive Youth Centre
- Ostara Alchemy
- Energy Projects Plus
- Health Protection Team
- Ferries Families
- Alwood Donkeys
- Ice Cream Van
- Sensory Toy Shop
- Involve Tombola
- Koala Northwest
- Foundation Years Trust
- Cool Communities
- Paul Lavelle Foundation

# WIRRAL CARERS HEALTH & WELLBEING SERVICE

Carer Linkworkers Making Caring Visible, Valued & Supported



## PLACES WHERE KIDS EAT FREE (OR FOR £1) DURING THE SUMMER HOLIDAYS 2024



[moneysavingcentral.co.uk/kids-eat-free](https://moneysavingcentral.co.uk/kids-eat-free)

### **LAS IGUANAS**

Join 'My Las Iguanas' via the App & Niños eat free with every adult main

### **ASDA**

Kids eat for £1 All Day, Every Day at Asda cafes, with no adult spend required.

### **SAINSBURYS CAFES**

Kids eat for £1 with the purchase of an adult hot main. From 11:30am every day.

### **PAUSA CAFE @ DUNELM**

Kids get 1 mini main, 2 snacks & a drink FREE with every £4 spend after 3pm

### **THE REAL GREEK**

Kids under 12 eat FREE every Sunday for every £10 spent by an adult

### **TGI FRIDAYS**

Kids Eat Free When 'Stripes Rewards Members' purchase an adult's main meal (App needed)

### **PUREZZA**

Children under the age of 10 get free pizza at Purezza with every adult meal purchased

### **TRAVELODGE & PREMIER INN**

Buy 1 Adult Breakfast from just £8.99 & up to two kids eat breakfast for free

### **IKEA**

Kids get a meal from 95p daily from 11am

### **SIZZLING PUBS**

Every Monday to Friday, 3 - 7pm, kids' mains are £1 with every adult meal.

### **BEEFEATER & BREWERS FAYRE**

Two children under 16 can get a free breakfast every day with one paying adult!

### **PRETO**

Kids up to age 10 eat free all day, every day with paying adults at Preto in Half Terms

### **MORRISONS**

Spend £4.49 and get one free kids meal all day, every day.

### **TESCO CAFES**

1 Free Kids meal with every 60p Spend. Available from July 1st Scotland and NI - from July 22nd England & Wales

### **GORDON RAMSEY RESTAURANTS**

Kids under 8 eat FREE all day, every day at selected Gordon Ramsay restaurants

### **YO! SUSHI**

From Monday 1st July - Friday 30th August 2024, kids eat free all day Mondays to Fridays at YO! Sushi (min adult spend £10).

### **WHITBREAD INNS**

Two kids under 16 eat for FREE with every adult breakfast purchased

### **BELLA ITALIA**

Children eat for £1 with any adult main. The offer is valid 4-6pm Mon to Thurs.

### **COCONUT TREE**

One child (aged 10 and under) eats free per paying adult. Valid Daily, 12pm - 6pm from Monday 22nd July to Friday 6th Sept 2024.

### **DOBBIES GARDEN CENTRES**

At Dobbies, for every adult breakfast or lunch purchase, kids eat for FREE. Every Day!

### **TABLE TABLE**

Two children under 16 can get a free breakfast every day with one paying adult!

### **HUNGRY HORSE**

Kids eat for £1 on Mondays

### **FUTURE INNS**

Under 5s eat for free with any adult meal.

# WIRRAL CARERS HEALTH & WELLBEING SERVICE

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## Story Sacks

Would you like to join us to explore useful Maths skills through familiar Children's stories and create a Story Sack full of activities to use with your children?

Our Story Sacks course aims to make Maths fun, give Mums skills they need and raise confidence of bringing Maths into the home and play activities so you can encourage your child's maths skills as they grow.

The course consists of 5 Tuesday afternoons 12:45 - 2:45 pm where parents & pre school aged children can learn, play & create together around familiar stories and it's free!



Contact us for more details and to sign up!  
Lynn@ferriesfamilygroups.org.uk  
0151 345 6920



## SCHOOL UNIFORM SALE DATES 2024

**Aldi E5 School Uniform Bundle** - Confirmed to go Live Thursday 4th July 2024

**Tesco 25% Off All School Uniform** - Predicted to go Live Tuesday 23rd July 2024

**M&S 20% Off All School Uniform** - Predicted to go Live Tuesday 2nd July 2024

**Sainsbury's 25% off School Uniform** - Confirmed to go Live Weds 19th June 2024

**GroceryAid Grant** - School Uniform Grant Applications Open June 18th 2024

More Information & Other Ways to Save on School Uniform can be found at  
[moneysavingcentral.co.uk/school-uniform-sale-dates](https://moneysavingcentral.co.uk/school-uniform-sale-dates)



The collage features several promotional elements: a 'Save 25% Off School Uniform' banner, a 'DON'T MISS THIS 20% OFF SCHOOL UNIFORM' banner, and images of children in school uniforms. There are also smaller images of clothing items like shirts and trousers, some with price tags like '£5'.

# WIRRAL CARERS HEALTH & WELLBEING SERVICE

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**WIRRAL DEEN CENTRE**  
serving the community

Charity No: 1174043

Wirral Deen Centre is happy to announce their FREE Boys Activity Evening aimed for boys aged 11-18, expect sport and fun activities like :

- 🧗 Wall climbing
- ⚽ Football
- 🔬 STEM kit making and much more

📞 To book contact Raju on 07482408317

📅 Monday 8th July  
📍 The Hive, Bright St, CH41 4EA

\*Please note that limited spots are available so we encourage you to book well in advance.

**WIRRAL DEEN CENTRE**  
serving the community  
Charity No: 1174043

**BOYS ACTIVITY EVENING**

**Free**

**AGES 11-18**

**MONDAY 8TH JULY 2024**  
**6pm - 8pm**

**ACTIVITIES**

- Wall climbing
- Football
- STEM Kit making
- and much more

**VENUE: THE HIVE**  
BRIGHT ST, CH41 4EA

**Book Now**

Raju:07482408317

# CRAFT FAIR – 6<sup>th</sup> JULY 2024

10.30am to 3pm - FREE ENTRY

## UPTON VILLAGE COMMUNITY GROUP

St Mary's Church, Church Road, Upton, CH49 6JZ

Locally produced  
crafts from candles to  
cards, honey to  
handpainted art

Family friendly with  
free admission,  
children's crafts,  
refreshments, cakes  
and plant sale too

All proceeds go back to  
making Upton a lovely  
place to live or work and  
to welcome visitors



Port Sunlight Lawn Tennis  
& Padel Club



## Wimbledon Big Tennis Weekend

### Sun 7<sup>th</sup> July 2024



2pm – 5pm Everybody welcome! Family fun day out!

Live Wimbledon matches on the TV

**Free** tennis taster sessions for kids and adults, activities for kids, **free** padel taster sessions.

Bar serving refreshments, drinks and snacks, Pimms, Strawberries & Cream

Give tennis a go!  
Get Tennis Active!



Visit us at <https://clubspark.lta.org.uk/PortSunlightLTC>

Warren Lane, Bromborough CH62 3QQ

# WIRRAL CARERS HEALTH & WELLBEING SERVICE

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**Sunday 7th July**  
**2 - 4 pm**

**Free repairs of string instruments**

Specialising  
in guitars,  
bass guitars,  
mandolins,  
banjos &  
ukuleles





**Wirral Deen Centre,  
371 - 375 Borough Road,  
Birkenhead, CH42 0HA**



## WIRRAL UNIFORM CENTRE



2A PRINCES PAVEMENT, BIRKENHEAD, CH41 2XY | 0151 647 9588 | WIRRALUNIFORMS@HOTMAIL.CO.UK

 10% off St John Plessington and  
10% off Hilbre High School until the  
10th July 

Get your uniform now and don't miss  
this discount!

Order online or in-store.

# WIRRAL CARERS HEALTH & WELLBEING SERVICE

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WORTH BIRKENHEAD DEVELOPMENT TRUST  
ST JAMES CENTRE

COMMUNITY FUND

**FREE**

## Loyd Library

ACTIVITIES, MUSIC, ART, STORIES AND PLAY FOR ALL AGES!

**Singing Mamas**  
11AM - 12PM

**Rock Tots**  
12 - 1PM

**Sing Me Merseyside**  
2PM - 2.30PM

**Story Explorers**  
Creative Play - Storytelling - Activities  
1PM - 1.45PM

**FRIDAY 12TH JULY**  
**11AM - 3PM**

**PRIORITY SIGN UP THE BIG HIKE!**

**DOLLY PARTONS IMAGINATION LIBRARY**  
(POSTCODE ELIGIBILITY APPLIES)

ST JAMES CENTRE, 344 LAIRD STREET, BIRKENHEAD, CH41 7AL



ALL THE FAMILY WELCOME

TOMORROW'S WOMEN  
CHARITY FUNDRAISER

# SUMMER Fair

**31ST AUG 2024 @ 11-2 PM**

LIVE DJ | STALLS | BOUNCY CASTLE | FOOD | PERFORMANCES | TOMBOLA | GAMES | AND MORE!

ADULT: £2 | CHILDREN: FREE

TOMORROW'S WOMEN WIRRAL  
BECKWITH ST EAST  
BIRKENHEAD  
CH41 3JE



# ART AUCTION

AT  
**CHARLOTTE'S BRIGHTSIDE**

**PICK UP A BARGAIN**

**ORIGINAL STUDENTS ARTWORK**

HELP SUSTAIN OUR 3 ART GROUPS

**SATURDAY 27th JULY 2024**  
Viewing 11am to 12noon  
Afternoon Tea £3 12 to 1 then  
Auction 1pm to 3pm

AT  
**CHARLOTTE'S BRIGHTSIDE**  
1A HOPE STEET WALLASEY CH45 2LN  
0151 630 2626



Join us at Livingstone St Play & Community Centre  
**Thursdays 4pm - 5:30pm**  
4th, 11th, 18th, 25th July and 1st Aug extended session

## POSITIVITY FAMILY SESSIONS

TO BOOK CALL 0151 647 6044

positivity club with Equilibrium NORTH WEST CC  
Creating Pathways to Understanding

ARTS - CRAFTS - MOVEMENT  
EXPRESSION WORKSHOPS

**FREE FUN FAMILY SUPPORT COURSE FOR CHILDREN WITH SEND NEEDS**  
Positivity sessions to help SEND Families Learn New ways to Express themselves.

**6 Session course over 5 weeks**  
These fun and interactive sessions are perfect for improving our communication and resetting our approaches

# WIRRAL CARERS HEALTH & WELLBEING SERVICE

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REK 41 PRESENTS

## DRY HUMOUR

DATE  
03/07/2024

TIME  
19:30

REK 41, 38 HAMILTON  
STREET BIRKENHEAD CH41  
5AD

PARENTAL  
ADVISORY  
EXPLICIT CONTENT

Free

A NIGHT OF FREE STAND UP COMEDY.  
FEATURING SOME OF THE BEST NEW  
COMEDIANS IN THE NW



## Get a Free Haircut At Wirral Change

Every Monday  
12pm - 3pm

Open for all men and women who are Asylum Seekers  
Please contact Wirral Change to book your space in advance.

St Laurence's School, St Laurence Drive, Birkenhead, CH44 1EE  
For more information contact: 0151 649 8177

## Leasowe Family Fun Day

Wednesday 21st August 2024  
12 - 4pm  
Recreation Centre Field  
More info: 0151 638 9599

STALLS INFLATABLES FOOD



BOUNCY  
CASTLES



FACE  
PAINTING



MUSIC



## FREE ACTIVITIES!



ARE YOU AGED BETWEEN 11 AND 18?

RESILIENT ARE DELIVERING WARM AND WELCOMING  
WORKSHOPS LIMITED TO SIX SPACES EACH DAY FOR YOUNG  
PEOPLE WITH SPECIAL EDUCATIONAL OR  
ADDITIONAL SUPPORT NEEDS AND/OR IN RECEIPT OF FREE  
SCHOOL MEALS

9:30am to 1:30pm

30th July - 2nd August 13th - 16th August  
6th - 9th August 20th - 23rd August

SALVATION ARMY, VINCENT STREET,  
BIRKENHEAD CH41 2RH

ACTIVITIES INCLUDE TOTE BAG DESIGN, POSTER DESIGN,  
MUSIC MIXING, BAKING, DIGITAL PHOTOGRAPHY HISTORY  
AND NATURE TRAILS.

LUNCH AND HEALTHY SNACKS PROVIDED

REGISTER YOUR PLACE NOW BY SCANNING THE QR CODE OR  
CALL 07878 907591 TO FIND OUT MORE



www.resilientnw.org

@resilientnw

@resilient\_nw

@ResilientNWCIC

# WIRRAL CARERS HEALTH & WELLBEING SERVICE

Carer Linkworkers Making Caring Visible, Valued & Supported



**BREAK**  
THE MOULD  
Sustainable Living Project

## SOCIAL SUPERMARKET

**Open for all!**  
Here to help **everyone** stretch their **budgets** further.

Come for a chat and we will have the hot drinks and biscuits ready!

St Peter's Church  
St Peter's Way,  
Birkenhead,  
Prenton  
CH43 9QR

### OPENING TIMES

Monday - 9:30am - 2:30  
Tuesday - Closed  
Wednesday - 9:30am - 2:30  
Thursday - 9:30am - 2:30  
Friday - (After Mass) 10:30am - 2:30



# THIS SUNDAY

## 9:30AM - 1:00PM

YOUR LOCAL MARKET, BY YOUR LOCAL PRODUCERS



WEST CHESHIRE SAILING CLUB,  
COSTAL DRIVE, WALLASEY CH45 3PZ



GSK x The Kings Fund  
2024 GSK IMPACT Awards Winner



## A Summer Afternoon with Lyceum Brass Band

Port Sunlight Lyceum Brass  
Port Sunlight VILLAGE TRUST

The Dell, Port Sunlight

Sunday, 7th July 2024 2pm - 4pm

FREE ENTRY



## COMING SOON

Stay Tuned



Do you speak more than one language?  
Are you interested in becoming an interpreter?  
Are you passionate about languages?

WMO is hosting a  
Level 2 Community Interpreting course

in September 2024 - dates to be confirmed

Requirements :  
A minimum of Level 1 ESOL  
Fluent in another language

For more information, please get in touch.

0151 792 5116  
info@wmo.org.uk  
www.wmo.org.uk



@wirralmulticu1  
Wirral Multicultural Organisation  
wirralmulticultural1

# WIRRAL CARERS HEALTH & WELLBEING SERVICE

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## The Great Friendship Course

Do you want to learn the best and safest way to make great friends?

Starting on Wednesday 24th July  
10:30am - 12:00pm  
for 6 weeks

Call 0151 666 1829 to book your place!

friends



## UMBRELLA STAY & PLAY

FOR CHILDREN WITH EMERGING CHARACTERISTICS OF NEURODIVERSE CONDITIONS

**FRIDAY 9.30AM-10.30AM**

Gain advice to support your child's development including Autism, ADHD, sensory integration, social communication and much more!

Age 0-5



Ask about a 1:1 session to talk privately with a member of the Early Years Service

Leasowe Family Hub- Wirral Development Trust  
Leasowe Millenium Centre  
Moreton, CH46 1PQ  
0151 638 9599  
Contact for more information



## Walking and Talking

03rd- Birkenhead Park  
11-12pm



## GARDENING CLUB

Edward Kemp Gardens from  
1:30pm

# WIRRAL CARERS HEALTH & WELLBEING SERVICE

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**New Brighton**  
**One community**  
**Street party**  
**Art Festival**

1 hour - 5pm  
Victoria Road  
13th July 2024

**Live Entertainment**

**Space**  
Belarus  
Headfeeder  
Ambedo Blue  
Samba Live Liverpool  
Kotumba Drummers  
Live Street Art  
Freedom Dance  
Imaginarium Theatre  
Ballroom Blitz  
Movima Dance

**Kids & Creative Zone**  
Story Tent  
Inflatables & Dinosaur  
Therapy Dogs  
Face Painting  
Forestry Skills  
& much more...

**Street Food - Stalls**

Join us for a day to remember!

CHANGE ROCK POINT Equilibrium Wirral Council

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

Join us at Livingstone St Play & Community Centre  
**Thursdays 4pm - 5:30pm**  
4th, 11th, 18th, 25th July and 1st Aug extended session

# POSITIVITY FAMILY SESSIONS

TO BOOK CALL  
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positivity club with Equilibrium  
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**FREE FUN FAMILY SUPPORT COURSE  
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Positivity sessions to help SEND  
Families Learn New ways to Express  
themselves.

**6 Session course over 5 weeks**

These fun and interactive sessions  
are perfect for improving our  
communication and resetting our  
approaches

A Luma Creations Production

# LATIN FREE AMERICAN CULTURE DAY

12-4PM  
SUNDAY  
18/08/24

**FUTURE YARD**  
75 ARGYLE ST, BIRKENHEAD CH41 6AB

**MUSIC DANCE STREET ART  
FOOD WORKSHOPS & MORE**

Wirral Borough of Culture 2024 Arts Council England Supported using public funding by Arts Council England Luma Creations

# WIRRAL CARERS HEALTH & WELLBEING SERVICE

Carer Linkworkers Making Caring Visible, Valued & Supported



## SEND Parent & Carer Listening Event

An opportunity to enable services in Wirral that support young people with SEND to:

- \*listen & capture concerns & frustrations
- \*offer support around services & processes
- \* answer questions & log issues to resolve

Date: Wednesday 10/7/24

Time: 12.30-5pm ( informal drop in)

No need to book

Where: The Lauries, 142 Claughton Road, Birkenhead, CH41 6EY





# Learn First Aid

Little Lambs First Aid runs courses to empower parents, grandparents, and carers with the knowledge of first aid for babies and children. They teach people life-saving skills, enabling them to respond in the case of an accident, emergency, or illness.

On Saturday 20th July, Little Lambs are hosting a day of first aid sessions at the Wirral Mencap office on Market Street, Birkenhead.

If you want to learn how to perform lifesaving first aid on children, then you can book onto one of the sessions in aid of Wirral Mencap.

Sessions are 2 hours long and cost £25 per person. **All proceeds go towards Wirral Mencap.**

There are 3 sessions available to book:

9:30am – 11:30am

12:00pm – 2:00pm

2:00pm – 4:00pm

[To book your session, click here](#)

# WIRRAL CARERS HEALTH & WELLBEING SERVICE

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A good laugh and  
a long sleep are  
the two best  
cures for  
anything

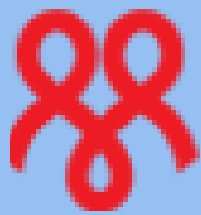
No matter what  
happens, or how  
bad it seems today,  
life does go on, and  
it will be better  
tomorrow

**You are never too old to set  
another goal or to dream a  
new dream**

**SAY SOMETHING  
POSITIVE, AND YOU'LL  
SEE SOMETHING  
POSITIVE**

When the going  
gets tough, put  
one foot in front  
of the other and  
just keep going.  
Don't give up

It does not  
matter how  
slowly you go as  
long as you do  
not stop



# carersUK

# NEWS

## General Election

Ahead of the General Election on 4 July, we are calling on all political parties to commit to transforming the lives of unpaid carers if they form the next Government.

# 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.

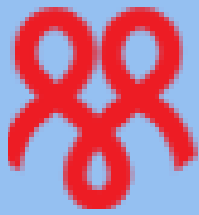
Over the next five years and beyond, whichever party forms the next Government must do much more to ensure that every carer has the financial, practical and workplace support they need.

Through our engagement with thousands of unpaid carers and our wider research and policy work, Carers UK has identified six thematic areas where we want to see all political parties commit to significant and meaningful policies to transform the lives of millions of carers:

- Supporting carers' health and wellbeing
- Preventing financial hardship
- Better identification and recognition
- Improving care and support
- Support to juggle work and care
- Equality for carers

We are also calling for the development of a new, ambitious and comprehensive **National Carers Strategy** to transform the way Government supports carers over the next 10 years.

[READ THE MANIFESTO HERE](#)



# carersUK

# NEWS

## STATE OF CARING SURVEY 2024



Our State of Caring survey 2024 is now open. As we approach a UK General Election, it is vital that we use carers' voices to campaign for change from the next UK Government and from Governments in Wales, Scotland and Northern Ireland.

We know carers are busy and very much appreciate everyone who takes the time to complete the survey. The survey will close on 11 August and we will be sharing the results later in the year.

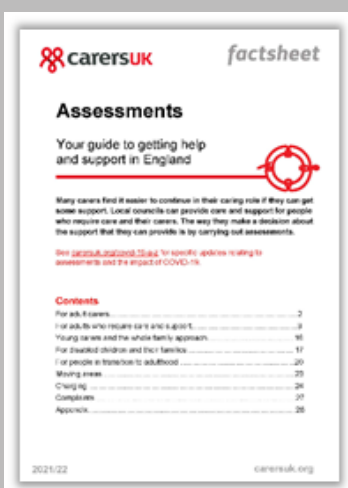
[Click here to fill out the survey.](#)

## 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



## HAM + VEGETABLE BAKE

**SERVES: 4**

**PREP & COOK TIME: 40 MINS**

**SKILL: EASY**

### Ingredients

- 900g/2lb frozen cauliflower or broccoli, or a mix of both
- 1 tbsp butter
- 1 medium onion, sliced
- 2 tbsp plain flour
- 400ml/14fl oz milk (any variety)
- 200g/7oz mature cheddar, coarsely grated
- 1 tsp mustard (optional)
- 300g/10½oz shredded gammon or ham (see recipe tips)
- salt and black pepper

### Method

- Preheat the oven to 200C/180C Fan/Gas 6.
- A third fill a large saucepan with water and bring to the boil. Add the cauliflower and/or broccoli. Once it's boiling, remove from the heat and drain well.
- Melt the butter in a large saucepan and gently fry the onion for 3–4 minutes, or until softened but not coloured. Stir in the flour and cook for around 30 seconds before slowly adding the milk a little at a time. Cook for 4–5 minutes, or until thickened, stirring constantly. Add two-thirds of the cheese, the cooked gammon or ham and the mustard, if using. Simmer very gently for 1–2 minutes, or until the cheese melts. Season to taste with salt and pepper.
- Scatter the vegetables over a shallow ovenproof dish and pour the sauce over the top. Sprinkle with the remaining cheese.
- Bake for around 20 minutes, or until golden brown on top and bubbling. Serve immediately.



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