



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


Dementia Awareness Training


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


 Monday 12th August

 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



Wired

Click [HERE](#) to book online

Or use the details below

 0151 670 0777  cws@wired.me.uk

WIRRAL CARERS HEALTH & WELLBEING SERVICE

Carer Linkworkers Making Caring Visible, Valued & Supported



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 19th August



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**

Click [HERE](#) to book online

Or use the details below

 0151 670 0777

 cws@wired.me.uk

HYDRATION TRAINING

This is an online training session for unpaid carers registered with WIRED.

This session helps to enhance carers ability to promote...

- Better health and wellbeing for the individual they care for
- Ensuring optimal hydration levels
- Preventing related health issues

Head over to our website to sign up and find out more!

wired.me.uk/carers-support/carers-training/

CLICK HERE TO ACCESS
THE TRAINING



WIRRAL CARERS HEALTH & WELLBEING SERVICE

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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



WANT TO START A CARER SUPPORT GROUP OR WANT US TO START A GROUP IN YOUR AREA?

We will be happy to provide practical support to help get the group started, practical support could include finding a venue, some initial support with group running costs, help with leaflets and promoting the group and useful tips for making sure the group is an accessible and welcoming space for carers.

If you are interested in starting a carer support group in your area, or you would like us to explore starting a group in your area, then please email get in touch with the Carers Health and Wellbeing Service!



0151 670 0777



cws@wired.me.uk

Wired

Putting You First
Connah's Quay



COST OF LIVING SUPPORT Summer 2024



COST-OF-LIVING ADVICE

Ask Us Wirral

Information, advice, and specialist support for all Wirral residents. Free, independent, confidential and impartial information and advice on debt, benefits, employment challenges, family or relationship issues, consumer dilemmas, or housing problems.

Call **0808 2787848** 9:30am - 4pm, Monday - Friday



HOLIDAY ACTIVITIES WITH FOOD

Edsential's Holiday Activities and Food programme provides activities, healthy meals and a chance for young people to socialise in a safe and fun environment, during school holidays across Wirral.

This holiday provision is for school aged children from reception to year 11 who are eligible for benefits-related free school meals. You can apply for places for your children on the Edsential website: edsential.com/haf/ or by calling **0151 541 2170**.



FOOD

Social Supermarkets

Search "social supermarkets" on the **Wirral Infobank website** to find your local community shop providing quality fresh food at low prices.

Tesco - Kids Eat Free Monday - Friday from 22/07/24 to 30/08/24 with any purchase of 60p or more by an adult in the café. Clubcard/app required.

Asda - Kids eat for £1 All day, every day at Asda cafes, with no adult spend required.

Morrisons - Kids eat free all day, every day in Morrisons cafes nationwide, daily with every adult meal over £4.49.

More deals can be found on Money Saving Central website:

moneysavingcentral.co.uk/kids-eat-free

SCHOOL UNIFORMS

Wirral FUSS

Provides free second hand school uniforms.

Call **07731 831936** or visit wirralfuss.co.uk to request a uniform for your child's school.

Aldi and Lidl's £5 uniform bundles

From Thursday 4 July, Aldi and Lidl are offering a full school uniform for ages 4-12 for £5. In stores only, while stocks last.

Other school uniform deals can be found on the Money Saving Expert website:

moneysavingexpert.com/deals/cheap-school-uniform/



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

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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In Partnership with Flourish Wellbeing Hub Managing your money Level 1

This course is designed to help learners understand and make the most of their personal finances. Gain the knowledge and understanding to enable you to make informed decisions, understand the potential risks and how to compare goods, products and services that will help you to save money and be more cost effective.

This course is FREE to complete if you are aged 19+, have a Liverpool City Region postcode and are either unemployed or employed earning under £31,600 per year



What you will learn:

- Gain an understanding of your personal finances
- Knowledge of financial products and services such as personal pensions, insurance, and bank or building society accounts
- Borrowing money and how to identify the risks and different ways to borrow money
- Learn about saving money and the different types of saving accounts and their benefits
- How to make the most of your personal finances
- How to compare good, products and services
- Learn about credit scores and what will damage and improve a credit score



What you will get?

Accredited Certification

NCFE Level 1
Award in Managing your money

Course Enrolment:

Wednesday 18th September
10am-2.30pm

Course Start Date:

Wednesday 25th September
9.30am-2.30pm

3 Sessions Every Wednesday

Support Session available from 2.30pm-4pm

Location:

Flourish Wellbeing Hub, Victoria Central Hospital - Wing A, on the second floor of Victoria Central Health Centre, Mill Ln, Wallasey CH44 5UF



To book on to this course or if you have any questions please contact the team:

info@3dtraining.uk.com

0151 294 4749



SUMMER HOLIDAY TIMETABLE 5TH - 30TH AUGUST



Mondays

Kitchen science activities including slime and cloud dough making!



Tuesdays

Forest school and camp out with nature crafts, whittling, den building, campfire cooking and more!



Wednesdays

Explore the gorgeous beaches around the Wirral and join in the fun and games. Prizes to be won!



Thursdays

Family time activities including Fire Dancing Skills (15+ yrs old), Art with Mark, Yoga, Animal Safari and more!



Fridays

Join us for usual Afternoon Communi-Tea



FOOD

Reminders

Free provision for children and young people eligible for benefit related Free School Meals!



WIRRAL CARERS HEALTH & WELLBEING SERVICE

Carer Linkworkers Making Caring Visible, Valued & Supported

role On review
JULY 2024



**YOUR
MEMBERSHIP
MATTERS**

'uniquely supporting long term former carers across Wirral'

**ROLE ON
CHARITY COMMISSION**
registered charity
number 1131089



**THURSDAY 4th JULY
BREAKFAST CLUB**

at **LIBERTY BELL COFFEE**

2 Hamilton Street

(facing Hamilton Square Station)

from 10.00am to 12 noon

includes free

tea/coffee (latte extra) &

single slice of toast

ADMISSION £3.00

Come along and welcome
Lucy Hartman
(project support officer)
W.U.T.H.PatientExperience.



*Thank
you*

Rotary
Club of Birkenhead



On Saturday 29th June I received a lovely telephone call from Rosemary of Rotary Club of Birkenhead to tell us the wonderful news that we have been awarded £200.00 from their Small Community Grants to assist local organisations. Rotary club are involved in many projects that help the local community including continued support for Shaftesbury Youth Club.

We will be using this award to go towards coach travel costs on our Summer Trip in July. Once again a huge thank you to Rotary Club of Birkenhead from everyone at Role On.

SUMMER TRIP TICKETS £20.00 **THURSDAY 18th JULY**

Meet outside Conway Park Station
from **8.45am**

R&J Travel coach leaves at **9.00am**
for direct journey (approx 1 hour) to

British Ironwork Centre, Aston, Oswestry.

Our 2 course lunch (approx 1.30pm)

is at the 400 year old **Alvanley Arms** in Cotebrook, Tarporley.

The lunch selection includes

6 selections for the Main Course

and 3 selections for desserts.

If you have any dietary issues please contact John.



Tickets £20.00 & menus available
contact John 077 666 48941



WIRRAL CARERS HEALTH & WELLBEING SERVICE

Carer Linkworkers Making Caring Visible, Valued & Supported

JULY	ROLE ON 'supporting long term former carers across Wirral'		
AUGUST			

JULY	
THURSDAY 4th 'BREAKFAST CLUB' LIBERTY BELL COFFEE , Hamilton Street facing Hamilton Square Station from 10.00am to 12 noon. Coffee & slice of toast (latte extra) Admission £3.00	
THURSDAY 18th SUMMER COACH TRIP BRITISH IRONWORK CENTRE , Lunch at ALVANLEY ARMS , in Cotebrook near Tarporley. Tickets £20.00 and menus available by contacting John 077 666 48941 or at July meeting at LIBERTY BELL COFFEE .	
THURSDAY 25th RITA'S CRAFT GROUP 11.00am at 71 Parkside Road, Bebington.	
AUGUST	
THURSDAY 1st 'BREAKFAST CLUB' & A.G.M. at LIBERTY BELL COFFEE , Hamilton Street, facing Hamilton Square Station from 10.00am to 12noon. A.G.M. starts at 11.00am	
THURSDAY 15th free&easy at Johnny Pye, Heswall from 12 noon.	
THURSDAY 29th RITA'S CRAFT GROUP	
SEPTEMBER 19th ***RHS Bridgewater, Worsley near Salford. Tickets available in August...	

RITA'S NEW CRAFT GROUP

Meets on the last Thursday of the month from 11.00am at her home in 71 Parkside Road, off Bebington Road, close to Bebington Station.

Bus routes 464 & 410 drop at Bebington Road.

For more details please contact Rita Harvey at **LIBERTY BELL COFFEE** meeting or John 077 666 48941



We will be welcoming Lucy Hartman from W.U.T.H. (Arrowe Park) Patient Experience to

LIBERTY BELL COFFEE on Thursday 4th July.

We met Lucy at the **WIRED** Carer's Week event and Lucy is keen to hear your thoughts on your patient experiences 'good or bad' at Wirral University Teaching Hospital.

There is also a new proposed surgical standby process and again your views are very welcome on this.

It's time to recall our lovely honorary members who we remember fondly: Pauline Jones, Carol Jordan, Val Roberts, and Linda Brown.

New members are always welcome, if you know of anyone who might qualify as a 'long-term former carer in Wirral' and would benefit from joining Role On. Phone (077 666 48941) email (office@roleon.org) or drop in at **LIBERTY BELL COFFEE** in Hamilton Street, Birkenhead, on the first Thursday of the month from 10.00am to 12 noon.



...deliver the best quality and safest care to the communities we serve



Wirral University Teaching Hospital
NHS Foundation Trust



WIRRAL CARERS HEALTH & WELLBEING SERVICE

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SOCIAL SUPPORT GROUP

We have a good understanding of PDA, Selective Mutism and anxious children.

Windsor Close Community Centre, New Ferry

Every Friday 1-3pm

Term time only

Social support group for children aged 10-15 years

Board games, craft activities, time to socialise.

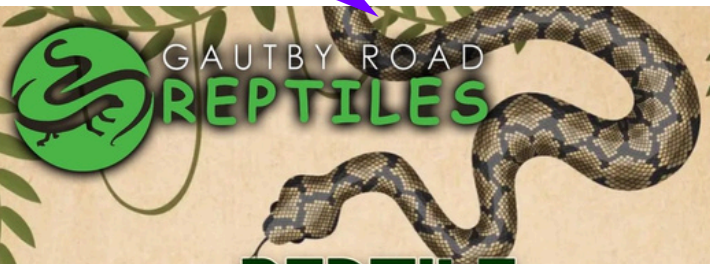
£3 per family

For home educated children and children too anxious to attend school



www.shinystone.org

UPCOMING EVENTS



REPTILE OPEN EVENING!

THURSDAY 25TH JULY
4PM - 6PM

JOIN US @ GAUTBY ROAD COMMUNITY CENTRE
GAUTBY ROAD, BIRKENHEAD, CH41 7DS

COME AND HANDLE OUR REPTILES AND LEARN ABOUT OUR EXOTIC SPECIES!

£1 ENTRY FEE
ALL FUNDS GOES TOWARDS GAUTBY REPTILES!



SEN 16+ YOUNG ADULT'S

FOR MORE INFO CONTACT: 0793 1764619

OR FIND US ON FACEBOOK THURSDAY NIGHT DISCO FOR OUR YOUNG SEN ADULTS

SOCIAL DISCO NIGHT

THURSDAY 18TH OF JULY
THEN EVERY FORTNIGHT AFTER

7PM - 9PM

£2 ENTRY CARERS FREE

THE BRONZE SPORTS & SOCIAL

182 WALLASEY RD, CH44 2AG

POWERED BY
LEVELLING UP



WANT TO IMPROVE YOUR DIGITAL SKILLS FOR FREE

For more information

Contact us on Mobile No's
07517 132233 or 07552 532719



Funded by UK Government



LIVERPOOL CITY REGION

METRO MAYOR LIVERPOOL CITY REGION

WIRRAL CARERS HEALTH & WELLBEING SERVICE

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Walk And Talk
with Leigh & Gary

Every Tuesday, 10.30-12

Meet at Birkenhead Park Visitor's Centre

Please wear trainers or walking boots

Warral mencap

LEVELLING UP

Include-IT Mersey

Warral ageUK

WANT TO IMPROVE YOUR DIGITAL SKILLS FOR FREE

For more information
Contact us on Mobile No's
07517 132233 or 07552 532719

Funded by UK Government

LIVERPOOL CITY REGION

METROMAYOR LIVERPOOL CITY REGION

SINGING CAFE WIRRAL

FREE SINGALONG Popular Hit songs 1950's - 1980's

Singing Cafes at :-

THE LIGHTHOUSE CHURCH
Telegraph Road Heswall
Every Thursday 10.30am to 12 noon
0151 342 3471 (Enquiries)

at **Christ Church**
Higher Bebington Community Centre CH63 8LX
1st & 3rd Tuesday of the month
10.30am to 12 noon
0151 608 4429 (Enquiries)

at **The Spire**
St Luke's, Poulton, Wallasey
Every Tuesday 10.30am -12pm
Enquiries 0151 342 3647

at **St Luke's Methodist Church, Hoylake**
19 Market Street (beside Sainsburys)
2nd Thursday of the month
10.30am to 12noon
0151 632 6524 -Cate- (Church office)

EVERYONE VERY WELCOME

mind Warral

HEARING VOICES GROUP

A peer support group for those aged 18+, who hear voices, see visions or have similar sensory experiences.

- ✓ A safe and supportive environment
- ✓ Talk freely without judgement
- ✓ Meet new people and socialise

WEDNESDAYS
11am - 12pm

Warral Mind
90-92 Chester street
Birkenhead
CH41 5DL

Call Us
0151 512 2200

Email
learning@warralmind.org.uk

WIRRAL CARERS HEALTH & WELLBEING SERVICE

Carer Linkworkers Making Caring Visible, Valued & Supported



Wirral Country Park
"A country park of great worth"

Free Wirral Country Park Summer Events

- Thursday 25th July: Litter Pick 10:00am-12:00pm
- Wednesday 31st July: Pond Dipping 10:30am-12:00pm
- Thursday 1st August: Nature Ramble 10:30am-12:30pm
- Tuesday 27th August: Craft & Campfire 1:30pm-3:00pm
- Thursday 29th August: Worm Charming 10:30am-12:00pm
- Friday 30th August: Sandcastle Competition 10:30am-1:00pm

Booking essential.

For more information and to book please email wcp@wirral.gov.uk

Wirral Country Park,
Station Road, Thurstaston CH61 0HN
*Please note Car parking charges apply



Floral Pavilion
28th July
Craft & Gift Fair
FREE ADMISSION & PARKING
11am to 4pm

Wheelchair Accessible
New Brighton CH45 2JS

marissa@memorylanefairs.com



Community Capacity Builders CIC

FUNDED SEND PARENTAL TRAINING SESSIONS

Tracy Rowland, will be delivering 3 fully funded 2 hour sessions in August at Clare Mount Specialist Sports College, Leasowe for parents/carers of NEURODIVERSE children. Tracy's worked with youngsters with SEND for over 25 years and supported pupils/families to access the support they need and worked with them on strategies to remove barriers to education and life outside school.

- Mon 12th August (10-12noon) - AUTISM
- Tues 13th Aug (10-12 noon) - SENSORY ISSUES
- Wed 14th Aug (10-12 noon) - ADHD

All 3 sessions can be attended or just attend those relevant to you.

If you are interested in booking a place please contact:
communitycapacitybuilders19@gmail.com

LOTTERY FUNDED



SRASAC

WALKING HOME ALONE THIS WEEKEND?

CALL **STRUT SAFE**
0333 335 0026

Here to keep you company and help you feel safe until you walk through the door.

FRI & SAT: 7PM - 3AM
SUN: 7PM - 1AM

@strutsafe



FREE SUMMER HOLIDAY CLUBS

FOR ELIGIBLE FREE SCHOOL MEAL CHILDREN

ACROSS WIRRAL

HOLIDAY **ACTIVITIES and Food**

Funded by Department for Education

From **WIRRAL** and **Edsential**

WIRRAL CARERS HEALTH & WELLBEING SERVICE

Carer Linkworkers Making Caring Visible, Valued & Supported

SPONSORED BY
White Feather Home & Gifts

MURDER MYSTERY NIGHT

FRIDAY 2ND AUGUST 2024
STARTS 6.30PM
STATION MASTER'S HOUSE
HADLOW RD TRAIN STATION
WILLASTON CH64 2UQ



£25 per person inc: Charcuterie board
Call 0151 482 7788
In aid of
Arrowe Park & Clatterbridge Hospitals

WUTH Charity

The STATION MASTER'S House

Poo says...



Did you know that 1 in 4 children in England and Wales are starting school not toilet trained? We're here to help more children board the Toilet Train ready for school this September.



Is your child starting school this September? Could they do with some extra toilet help? **ERIC UK** are here to help with their Toilet Train Summer Challenge 🚂, giving you helpful advice to get your child toilet ready - just in time for school!

Pick up a FREE BREAKFAST

with your favourite *Kellogg's* cereal in our cafes



Morrisons

Kids can get a free bowl of Kellogg's cereal and a piece of fruit between July 15th and August 4th in all 397 of Morrisons cafes

NEED TO REPORT SOMETHING?

Merseyside Police Contact Centre

IT'S FAST, SAFE AND SECURE...



www.merseyside.police.uk

BRING ALONG ANY CLOTHES THAT ARE CLOGGING UP YOUR WARDROBE AND SWAP THEM OUT FOR SOMETHING NEW-TO-YOU!

UPSTAIRS AT INDIGO
2-6PM
SATURDAY 20TH JULY

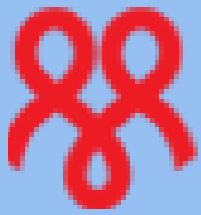
A NEW CAFE IN ROCK FERRY!!
136 BEDFORD ROAD,
ROCK FERRY
CH42 2AS

Indigo CLOTHES SWAP

SUMMER EDITION

CLOTHES, GOOD FOOD, A DJ AND A BAR!





carersUK

NEWS

Press Release



Carers UK responds to Sir Keir Starmer's appointment as Prime Minister

Press Release



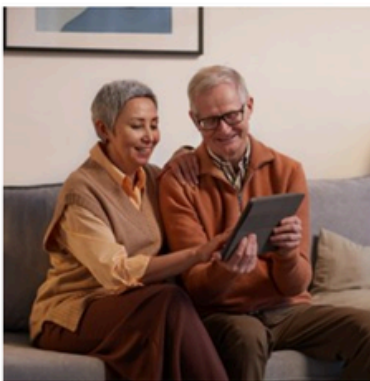
Scheme supporting unpaid carers in the workplace celebrates 15-year anniversary

Press Release



Carers UK responds to the appointment of Sir Stephen Timms MP as the DWP Minister for Social Security and Disabilities

Connect with carers



Care for a Cuppa →

Carers Connect →

Share and Learn →

Online meetups →

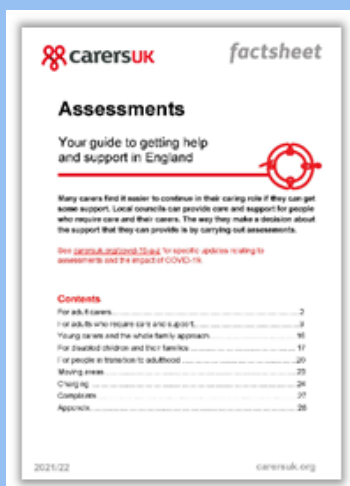
Campaign with us



Cost of living crisis →

Right to Carer's Leave →

Our campaigns →



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 & 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 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 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

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Questions or comments?

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