

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

There are **over 40,000** identified carers on the Wirral - and this is just the tip of the iceberg. Many don't see themselves as a carer when they actually are. Here are some frequently asked questions to explain who we can support...

What is an UNPAID CARER?

An unpaid carer means you are not employed as a care worker or personal assistant.

I am looking after my husband/wife/partner and do not want special treatment. I do not see it as 'caring'

We know that as a partner of a loved one you would naturally and automatically want to care for them in times of need. BUT, if you do not look after yourself and accept help if needed, you may not be well enough to successfully look after them.

I'm not a carer, I am just popping in to see my neighbour / checking on my friend / dropping off a pint of milk

You may just drop off some groceries for a neighbour or pop in and have a chat, but you are using your time and caring.

Can I still register with WIRED if I receive Carer's Allowance?

YES - some carers are eligible for Carer's Allowance and this does not mean you are 'paid' and does not affect your eligibility to register with WIRED.

It is paramount that carers look after themselves. WIRED can help support you and your wellbeing to enable you to continue caring for a loved one.

You are not alone - we are here for you.

WIRRAL CARERS HEALTH & WELLBEING SERVICE

Carer Linkworkers Making Caring Visible, Valued & Supported



WILLS, TRUSTS AND INHERITANCE ADVICE SESSIONS

Wednesday 18th September **FULLY BOOKED**

Wednesday 16th October

Wednesday 20th November

Wednesday 15th January


Wednesday 19th February

Wednesday 19th March

 1pm-3pm

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

HOW TO BOOK...

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

 0151 670 0777


 cws@wired.me.uk

 SILVERTIME
Legal
ESTATE PLANNING SERVICES

 Wired


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

**FREE
TRAINING**





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**



 events@wired.me.uk

 0151 670 0777

WIRRAL CARERS HEALTH & WELLBEING SERVICE

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This Month



WIRED

This Month at WIRED

August 2024

Monday	Tuesday	Wednesday	Thursday	Friday
			1 Soup & Support @ West Kirby Methodist Church, 12-2	2 Carer Support Group @ St James Centre, Birkenhead: 12-2
5	6 Carers Yoga: Online and F2F: 11-12:30	7	8 Carer Support Group @ Beechwood Community Shop: 10-12 Carer Support Group @ Inspire Cafe Wallasey : 1-3	9
12 Dementia Training @ St James Centre: 10-1	13 Carers Yoga: Online and F2F: 11-12:30 Carer Support Group @ West Kirby: 1-3	14	15 Carer Support Group @ West Kirby: 10-12	16 Carer Support Group @ St James Centre: 12-2
19 Stress Management Training @ St James Centre: 10-12	20 Carers Yoga: Online and F2F: 11-12:30	21 Crafty Carers Club: 10:30am-12:30pm Carer Support Group @ Crea8ting Careers Noctorum : 1-3	22 Carer Support Group @ Beechwood Community Shop: 10-12 Carer Support Group @ Inspire Cafe Wallasey : 1-3	23
26	27 Carers Yoga: Online and F2F: 11-12:30 Carer Support Group @ West Kirby: 1-3	28	29	

For further information ring the Carers Helpline on 0151 670 0777 or email cws@wired.me.uk

INFO

BURST

NHS
North West
Ambulance Service
NHS Trust



July 2024 edition

Major incident in Southport



Monday 29 July was an extremely difficult day for the community of Southport and many of our staff who responded to the incident, alongside Police and Fire Service colleagues.

This was a particularly shocking and upsetting incident and when faced with such a scene, it takes strength and bravery to put emotions aside to work to save as many lives as possible. We absolutely recognise and appreciate those colleagues who were directly involved, and they are being offered specialist support.

On Tuesday 30 July, our staff responded to a separate disturbance within Southport which required a high number of our resources, including 10 ambulances, on-call doctors, and our hazardous area response team (HART).

NWAS worked collectively with other emergency service colleagues and worked extremely hard to respond to the disturbance. NWAS stood down from major incident at 01:25 on Wednesday 31 July.

Our thoughts are with the Southport community during this time, and those who have tragically lost loved ones from the incident that took place on Monday 29 July.

An illustration of two hands, one on the left and one on the right, holding a large, tilted rectangular sign. The sign has a grey background and a brown border. The text on the sign is in bold, black, uppercase letters.

EVERYTHING YOU NEED TO KNOW ABOUT THE CHANGES TO THE WINTER FUEL PAYMENT

Around 10 million pensioners in England and Wales will lose their winter fuel payments under new plans announced by the chancellor.

From this autumn, those not on pension credit or other means-tested benefits will no longer get the annual payments, worth between £100 and £300.

[Click to read full article](#)

Millions of older people urged to check eligibility for Pension Credit to access Winter Fuel Payment.

[CLICK HERE FOR MORE INFORMATION](#)

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 **ROLE ON**
SUPPORTING
LONG-TERM
FORMER CARERS
ACROSS WIRRAL

DIVERSITY
EQUALITY
INCLUSION

 077 666 48941

 role on charity for wirral former carers

 office@roleon.org

 @role_ON1

JULY

ROLE ON

'supporting long term former carers
across Wirral'



AUGUST

AUGUST

THURSDAY 1st 'BREAKFAST CLUB' & *A.G.M.*** LIBERTY BELL COFFEE,**

Hamilton Street facing Hamilton Square Station from 10.00am.

Coffee & slice of toast (latte extra) be early as **A.G.M.** starts at 11.00am prompt. ***as it's A.G.M. admission will be free***

THURSDAY 15th free&easy JOHNNY PYE, HESWALL. From 12 noon.

Make your own way or use Merseytravel bus routes 471 or 472 leaving Birkenhead Bus Station on 20 minute basis.

THURSDAY 29th RITA'S CRAFT GROUP 11.00am at 71 Parkside Road, Beb-

SEPTEMBER

THURSDAY 5th 'BREAKFAST CLUB' at **LIBERTY BELL COFFEE**, Hamilton Street, facing Hamilton Square Station from 10.00am to 12noon. A.G.M. starts at 11.00am

THURSDAY 19th AUTUMN COACH TRIP RHS BRIDGEWATER. Meet outside Conway Park Station from 9.00am for R&J TRAVEL coach leaving at 9.15am. Our first outing to this very special place which hopefully will bring out the gardener in you.

THURSDAY 26th RITA'S CRAFT GROUP 11.00am at 71 Parkside Road, Bebington.

Good Morning

enjoy free&easy
ington.

THURSDAY 15th AUGUST

free&easy

**JOHNNY PYE
HESWALL**

Meet at Johnny Pye from 12 noon, where you'll be met with great pub food, at fantastic prices (check out daily offers) with warm and friendly staff. Situated next to Heswall Bus Station you can make your own way or use Mersey Travel Bus routes 471 and 472 departing Birkenhead Bus Station on a 20 minutes timetable.



AUTUMN TRIP
THE BIG ONE
RHS BRIDGEWATER
THURSDAY 19th SEPTEMBER



Meet outside Conway Park Station from 9.00am
R&J Travel coach leaves at 9.15am
for direct journey (approx 1 hour)
to **RHS BRIDGEWATER (Worsley near Salford)**

TICKETS £15.00

available at **LIBERTY BELL COFFEE**

Include Direct coach travel
free admission to RHS Bridgewater
& 'gardener's treat'

'LUNCH NOT INCLUDED'

contact John 077 666 48941



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GRAHAM

Birkenhead Town Centre Schemes

The Project

Wirral Council's Regeneration Schemes are funded through the UK Government's Future High Streets Fund and Wirral Growth Company.

The schemes will provide walking, cycling and public realm improvements to help make the town centre fit for the future and support increased levels of active travel.

Grange Road/Charing Cross Progress

- Fencing has been erected on the south side of Grange Road and groundworks have begun.
- We have two teams working on Grange Road, one working in the direction of The Pyramids from MacDonalds and the other working around The Pyramids entrance in the direction of MacDonalds.
- There is currently no pedestrian access through Coburg Street.
- Works have commenced at the Charing Cross junction with the two islands having now been removed.
- Temporary signals and establishment of the traffic management arrangements will remain in place until the end of the scheme.

Conway Street/Europa Boulevard Progress

- Initial site investigation works have been completed.
- With existing traffic signals being replaced as part of the works, temporary traffic signals have been established which incorporate designated pedestrian routes.
- The central reservation on Conway Street between Argyle Street and Europa Boulevard has been removed.
- A safe pedestrian route has been established on the northside carriageway to enable groundworks for the new footpaths to be laid.
- We are continuing with the initial phase of works at the roundabout on Europa Boulevard.

Conway Street and Europa Boulevard

Providing better and safer links between Conway Park Station and Birkenhead Town Centre; Conway Street will see new trees planted, a fully segregated cycleway on the west side of Europa Boulevard, and improved access points installed between its junction with Hemingford Street and up to the roundabout at Argyle Street. There will be new paving and improved public realm through the removal of 50 spaces at the Europa Car Park.



GRANDPARENT'S GUIDE TO ONLINE SAFETY

A recent study found that 4 in 10 grandparents help out with childcare in what has been dubbed 'granannying'.

To help grandparents get to grips with life online, we've created a new grandparents guide to online safety with practical advice to keep kids safe.

[CLICK HERE TO VIEW GUIDE](#)

Will parental controls keep my child safe online?

Parental controls are an important part of online safety. They work like a safety net for when your child spends time online — like the helmet they wear while cycling.

However, they work best if you also take other actions. Having regular, casual conversations about their online experiences is one way to do this.

[Learn how to talk about children's digital lives.](#)

Additionally, learning about common online safety issues and staying up-to-date can help you catch any potential harms.

[Explore our online issues hubs to learn more.](#)

It's also important to consider whether your child is ready for whichever device, app or game they express interest in.

[See our guidance on children's first connected devices.](#)

[SEE ONLINE SAFETY CHECKLIST](#)

FREE Out of Hours Service for the Homeless TUESDAY 20TH AUGUST



On Tuesday 20th August, the team at Specsavers Birkenhead will be running another out of hours programme of free optical and audiology services after closing time, for those experiencing homelessness in the Merseyside area.

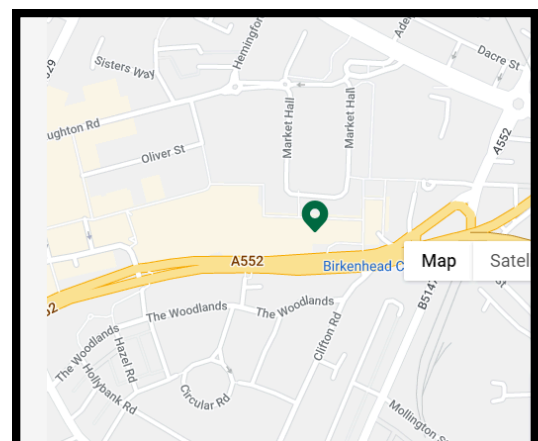
This will start from 5.30pm and no appointment is necessary, just drop in.

Services available include:

- Eye Tests
- Free Glasses (if needed)
- Ear Health Checks
- Wax Removal
- Hearing Tests
- Fitting of Hearing Aids (if needed)

If you or someone you know is experiencing homelessness, please contact the store on 0151 650 1666. You won't have to pay anything, and there'll be a warm welcome for you in a safe and quiet space.

On behalf of everyone at Specsavers Birkenhead, we look forward to seeing you. — at Specsavers.



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Social Support and Friendship
August 2024

MONTHLY CALENDAR

DEMENTIA FRIENDLY ACTIVITIES & EVENTS

Our calendar is also available on our website

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

07894 466822 Tue – Fri or admin2@dementiatogetherwirral.org

NHS Cheshire & Wirral Partnership NHS Trust
24-hour crisis helpline 0800 145 6485

Useful emergency contacts for Adult Social Care support		
Wirral Borough Council	0151 608 2008	0151 677 6557
CW&C (E Port & Neston)	0300 123 7034	01244 977277

LATEST NEWS FROM DEMENTIA TOGETHER WIRRAL

Dates for your diary, full details on our website and social media:

Our intrepid fundraiser, **Keith Howard**, is undertaking three swims, 1km at Keswick CA12 5DJ on 18 May completed; 2km at **Betws-y-coed LL24 0ET** on 3 August then 3.8km at Eton Doring Windsor SL4 6QL on 22 September totalling 8.8km to highlight the fact of 680,000 persons living with Alzheimer's disease. Watch our website and social media pages for details about how to donate in support as the proceeds benefit Dementia Together Wirral.

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 CH63 4JB** on Sunday 11th August 2024.

Wirral Classic Car Club has again chosen Dementia Together Wirral as one of their charities for their 2024 programme: Sun 15th September, **Gordale Classic Car Show, Chester Road, Burton. CH64 8TF.**

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@tranmererovers.co.uk

THE LIGHT CINEMA – Thursday 5th September. Dementia friendly showing of 'Mamma Mia!' story of a bride looking for her real father told using songs by ABBA. 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 (1st August) 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 and visit GIFT Cafe.

DEMENTIA WORKSHOP – Last Friday of each month, (30th August) 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. House of Memories, Museum of Liverpool Pier Head Liverpool L3 1DG

DEMENTIA AWARENESS SESSION – quarterly 10am to 1pm, for carers and volunteers. **Direct booking is essential.** Full details of next session at WIRED phone: 0151 670 0777 email: cws@wired.me.uk WIRED St James Centre, Laird Street, Birkenhead CH41 7AL

ALZHEIMER'S INFORMATION SESSION Thurs 22nd 10.30am to 12.30pm and beyond if needed, various bodies, including Dementia Together Wirral, to help answer questions on dementia topics and concerns. Flourish Wellbeing Hub, 2nd Floor, Wing A, VCH, Mill Lane, WALLASEY CH44 5UF

1st Thu **MEMORY CAFÉ** at **CJ's Coffee Shop HESWALL**
First Thursday of each month at 2.00 to 4.00pm
CJ's Coffee Shop, Downham Road South, HESWALL CH80 0DB

2nd Fri **MEMORY CAFÉ** at **Barncroft Sheltered Housing**
In partnership with Magenta Living
First Friday of each month 10.30am to 12.30pm
Magenta, Barncroft, Larchwood Close, PENSBY CH61 6YH **NEW**

3rd Sat **MEMORY CAFÉ (with activities)** at **Popsy's HOYLAKE**
First Saturday of each month at 2.00 to 4.00pm
Popsy's, Hoylake Community Centre, The Parade, Hoyle Road, HOYLAKE CH47 3AG

Mon **MEMORY CAFÉ** at **Coffee Aroma BIRKENHEAD**
First Monday of each month at 10.00am to 12.00pm (exclusive)
Parking is free. Permit issued by Clare at Coffee Aroma
Coffee Aroma, Unit 17, Birkenhead Business Park, Shoelands
New location opens 2nd SEPTEMBER 2024

6th Tue **MEMORY CAFÉ** at **Beechwood Community Shop**
First Tuesday of each month at 2 to 3pm
Community Trust, Manor House, Beechwood Road, BEECHWOOD CH43 7ZU **NEW**

7th Wed **MEMORY CAFÉ (with activities)** at **St Barnabas Village Centre BROMBOROUGH**
First Wednesday of each month at 2.00 to 4.00pm
St Barnabas Village Centre, Church Square, BROMBOROUGH CH62 7AB

8th Thu **KNIT AND NATTER GROUP** at **Prospect House,**
In partnership with Magenta Living
Second Thursday of each month at 10am to 12.00pm
Magenta Living, Prospect House, 175 Church Road, TRANMERE CH42 0LD **NEW**

8th Thu **MEMORY CAFÉ (with activities)** at **Parkgate & Neston URC Community Hall**
Second Thursday of each month at 2.00 to 4.00pm
P&N URC Church, Moorside Lane (off Parkgate Road), NESTON CH64 6UZ

9th Fri **MEMORY CAFÉ (with activities)** at **Bear Hunt Books & Toys Shop 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

13th Tue **LUNCH & ACTIVITIES**
In partnership with MHA EP&N Community Dementia Wellbeing Group
Second Tuesday in every month at 11am to 1.30pm
Little Sutton Methodist Church, Chester Road, ELLESMERE PORT CH86 3RF

13th Tue **'WALKING FOR THE MIND'** visiting **Bebington Village & Mayer Park**
Second Tuesday of each month at 2.00 to 3.30pm approx. Suitable for wheelchairs and dogs. Meet at Bear Hunt Books & Toys Café. If poor weather we will go the café. 2a Church Road BEBINGTON CH63 7PH

14th Wed **MEMORY CAFÉ** at **Flissy's Coffee Shop THURSTASTON**
Second Wednesday of each month at 10.30 to 12.00pm
Flissy's Coffee Shop, Station Road, THURSTASTON CH61 0HN

16th Fri **NARROWBOAT TRIP** from Preston Brook to Runcom with lunch at The Brindley meeting at 9.30 am for 10.00am sailing from PRESTON BROOK WA7 3AF.
Booking is essential. Contact Nikky at: admin2@dementiatogetherwirral.org

16th Fri **MEMORY CAFÉ** at **GIFT Café PUDDINGTON**
Third Friday of each month 2.00 to 4.00pm
Chapel House Lane, PUDDINGTON, CH64 5SW

17th Sat **MEMORY CAFÉ (with activities)** at **Popsy's HOYLAKE**
Third Saturday of each month at 2.00 to 4.00pm
Popsy's, Hoylake Community Centre, The Parade, Hoyle Road, HOYLAKE, CH47 3AG

20th Tue **MEMORY CAFÉ** at **Floral Pavilion NEW BRIGHTON**
Third Tuesday of each month at 11.00am to 1.00pm
Mezzanine, Floral Pavilion, Marine Promenade, NEW BRIGHTON CH45 2JS

20th Tue **Musical Minds** at **Windsor Close Community Centre 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 dhwjoanjanvier@gmail.com

22nd Thu **COACH TRIP** to Norton Priory Runcom
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
Booking is essential Contact Nikky on admin2@dementiatogetherwirral.org

22nd Thu **MEMORY CAFÉ (with activities)** at **Parkgate & Neston URC Community Hall NESTON**
Fourth Thursday of each month at 2.00 to 4.00pm
P&N URC Church, Moorside Lane (off Parkgate Road, NESTON CH64 6UZ

27th Tue **'New Memories' Music & Singing** at **SRFC, Liscard**
Fourth Tuesday of each month at 2.00 to 3.30pm
Serpentine Road Family Church, Liscard Road, WALLASEY CH44 0AA

27th Tue **MEMORY CAFÉ (with activities)** at **The Atrium Restaurant MEOLS**
Last Tuesday of each month at 10.00am to 12.00pm
Carr Farm Garden Centre, Birkenhead Road, MEOLS CH47 9RE

27th Tue **MEMORY CAFÉ** at **Trinity Methodist Church**
In partnership with MHA EP&N Community Dementia Wellbeing Group
Last Tuesday of each month at 12.00 to 2.00pm
Trinity Methodist Church, Whitby Road, ELLESMERE PORT CH85 0AB

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Tomorrow's Women

TOMORROW'S WOMEN WIRRAL EMPOWERING TIMETABLE AUGUST 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>9.30 Legs, Bums & Tums With Nicky</p> <p>We Need Your Help 9.30-2pm To support the continued growth of our beautiful garden with Sandra & Liz</p>	<p>Gel Polish Nail course 13th August- 3rd September</p> <p>Every Tuesday & Thursday 9.30-2.30 Learn more about gel polish, manicures, nail art and more</p>	<p>9.30-2pm Support the continued growth of our beautiful garden with Sandra & Liz</p> <p>Solicitor support in Family Law 10am -11am</p>	<p>Introduction to literacy Starts 1st August x 5wks 9.45-11.45</p> <p>Do you need help with: Filling in forms Understanding letters, emails, bills Reading stories to your children.... And more</p>	<p>We Need Your Help 9.30-2pm To support the continued growth of our beautiful garden with Sandra & Liz</p>
<p>Support with Employment & Training The Growth Company 9.30am – 12pm With Sarah 5th & 19th August</p>	<p>Belly Dancing with Cecile 10am -11am</p>	<p>10-12pm A Stitch in Time Sewing skills and crafts, With Mary</p> <p>Food & Mood Workshop 21st August 10-12 Come along and discover how food can affect your mood</p>	<p>10am -11am Specialising in Family Law, Domestic & Care proceedings</p>	<p>23rd August 4-week course RED to PINK An Anger Management Course 10-12pm.</p>
<p>Peer Mentoring for DWP The Growth Company 5th & 19th August 10-2pm Gain employment for those with Drug & Alcohol issues</p>	<p>9.45- 11.45am ESOL Summer School 6th August x 4 weeks Developing your confidence & language to have conversations. English for Speakers of Other Languages 10am -12pm</p>	<p>Confidence Building Workshop 28th August 10-12</p>	<p>10.00 Boxercise With Ellie Starts 1st August</p>	<p>12pm-1pm POLICE DROP-IN 23rd August</p>
<p>Tomorrow's Women Recovery support group Every Monday @10.30am</p> <p>Let's SUPPORT EACH OTHER</p>	<p>Substance Use Midwife Drop-in with Jill Support for pregnant women. 13th August 11.30-1pm</p>	<p>Community Connectors 11-12pm Connect Us Needing some support/help in your community then come along and speak with a community connector</p>	<p>Wellbeing & Me 4-weeks Stress & Anxiety Course Starting 29th August 10.30- 12.30pm</p>	<p>LUNCH CLUB 12PM *£3 donation</p>
			<p>citizens advice Wirral 10.30-12pm 8th & 22nd August Money advice & gambling support</p>	<p>Happy Times Activities 30th August 1.30-3.30pm Create Arts & Crafts based on your lived experiences</p>

<p>5th & 19th August @ 11-12pm Covering: Family law, Divorce, Financial issues</p> <p>burdward.</p> <p>Flexible practical support for families 11am – 1pm</p>	<p>Fitness Yoga by Julia Baxter Starts 6th August 1-2pm</p>	<p>PLACE TO BE! A day retreat with Grace. 7th August, 11am -2pm Blending ancient yoga, modern upbeat music feeling calm, embodied & empowered! BOOKING IS ESSENTIAL £5 donation payable on booking</p>	<p>1st August From 11am Offering support & help with claiming PIP previously known as DLA. BOOKING FOR THIS SERVICE IS ESSENTIAL</p>	<p>Tomorrow's Women Creative Group All Welcome 1.30pm Singing, drama & creativity</p>
<p>Sound healing event specifically for women with ADHD 5th & 12th August 12-2pm Offers a fast track to relaxing and feeling good with no effort at all. Booking is Essential</p>	<p>New Weekly Domestic Abuse Support Group. Every Tuesday, 1pm-2pm</p>	<p>NEW! 11.00-12.00pm Support with Care Proceedings</p>	<p>Money Management & Debt support 29th August, 11am – 1pm</p>	<p>Tomorrow's Women Recovery support group @ 2pm</p>
<p>12.30-4.30pm Drop-in with Sofia Feel like you might benefit from talking therapies? Free NHS assessments for anxiety and depression- 19th August</p>	<p>LBT Peer Support Group 5.30 -7pm, 13th August With SAHIR HOUSE & Tomorrow's Women</p>	<p>Do you want to know what JCP have to offer? Book to speak to Lesley, 11-1pm</p>	<p>TWW Forum Meeting Come along & have your say. Community Room- 8th August @ 12pm</p>	<p>Guided Meditation 3pm–3.30pm Blissful deep relaxation</p>
<p>12th August 2pm-4pm Supports Family law, care proceedings, divorce, non-molestation orders</p>	<p>Better Solutions 5.30-6.30pm Session 1- Thinking & behaviour. Session 2- Consequences Session 3- Problem solving. Rolling group. You can attend any of these sessions as & when.</p>	<p>12.30-1.30pm Domestic Abuse Specialist</p>	<p>Sleep Workshop 1st & 8th August 12.30-2.30 Providing you with the tools to help find your path to better sleeping habits</p>	<p>Family law & Care proceedings 2nd, 16th & 30th August 2-4pm</p>
		<p>Reading Group Starts again September</p>	<p>5 ways to wellbeing 29th August 12.30-2.30 Learn about ways to improve your mental health</p>	<p>Jam Session Bring along your instruments & come have some fun 1.30-2.30pm</p>

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

WIRRAL CARERS HEALTH & WELLBEING SERVICE

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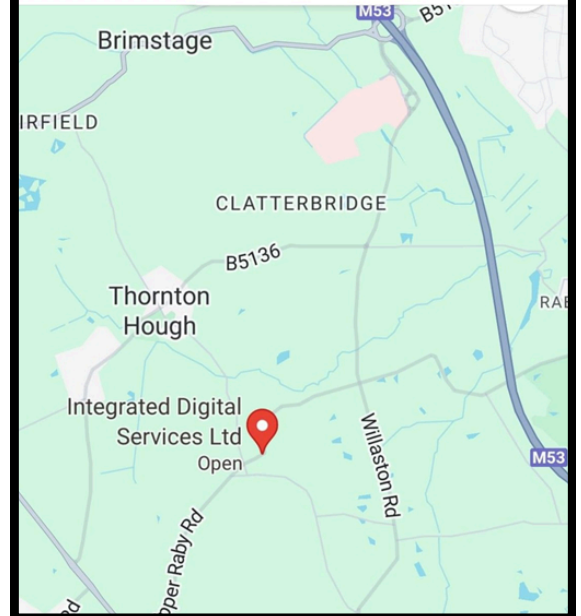


Share a Bear

1.1K likes • 1.2K followers

Share a Bear started in 2017 and passes on pre loved Teddies to families in need and local children's charities, accepts soft toys with CE labels.

The drop off point for teddies is IDS Grange court Raby Mere rd Raby CH63 4JH (behind The Wheatsheaf pub/ The Thatch) if out of office hours, there is a grey rattan box to the right of the building) Thank you.

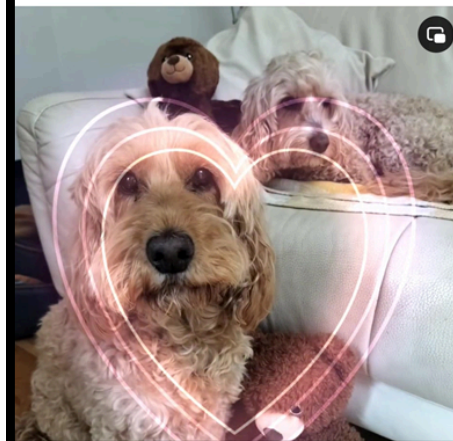


Do you have any old teddies taking up space which you would like to rehome for an amazing cause? As long as they have their CE safety labels intact then they can be repurposed by 'SHARE A BEAR'. They will be given a new lease of life and gifted to someone else who will love them!

More teddies delivered today to The **NEO Community** ❤️🧸🧸🧸



WANTED 🧸 We really need more teddies, can you help? 🧸 The 'Summer Share' ' has been a huge success thanks to all the amazing donations...but I've now run out of teddies and have had lots of requests for more, so if you have any bears to share we would love them, thank you so much to everyone for all your support ❤️🧸🧸🧸



Bags of bears delivered to **Wirral Women and Children's Aid** this morning. ❤️🧸🧸



WIRRAL CARERS HEALTH & WELLBEING SERVICE

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**THE WIRRAL
COPPER JAR**

Do you know of any other charity that is run by its members?
Where every penny donated is given to local causes, no wages, no admin costs.

At the Wirral Copper Jar our members decide which causes to nominate,
then vote on them each month, they even get to present the money to the winner

In our first year we donated £6000
to over 50 causes on the Wirral, here are just a few:

- A treat for a 2 year old boy who has a rare aggressive cancer - £125
- A 96 year old gentleman who had his house burgled in Poulton - £200
- A 90 year old lady mugged in Oxton - £50 and a bunch of flowers
- A treat for a 4 year old boy who has just had his 3rd open heart surgery - £110
- A treat for the people who built the Black Pearl - £110
- A 3 year old boy attacked by a dog - Playmobil Castle
- Rescue Me Animal Sanctuary - £100
- LMS Sleeping Baby Appeal - £115
- Merseyside Autistic Childrens Society - £125
- West Kirby Disabled Swim Club - £125
- Wirral Animal Sanctuary - £125
- Friends of Birkenhead Kennels - £125

Find us on FACEBOOK - The Wirral Copper Jar



Introducing iCare Meals on Wheels 4 week introduction special offer

HOT LUNCHTIME MEAL SERVICE, WHERE THE MEAL CAN
BE PLATED UP IF NEEDED.



The Services we offer - All our staff are fully Police and DBS checked and care trained

- A Tea time Treat, which is a sandwich pack delivered with your hot meal ready for tea time.
- A Frozen Meal delivery service.
- A Home Shopping Service.
- A well being check, if there is any cause of concern we contact your next of kin. If there is no answer on delivery, we have a no-reply policy to follow which ensures we find the whereabouts of the customer.
- Our Peace of Mind Service which is a 15 minute stay, where we encourage you to eat the meal we have delivered, do small household chores, medication prompting if needed and update your next of kin on our visit.

Delivery times
Hot Meals are delivered between 11am and 2pm
Frozen Meals are delivered between 11am and 2pm

How often do I have to order?
Our service runs 365 days a year. Customers can order as and when needed. There is no contract.

Try a complimentary Hot Lunchtime meal
and sweet delivered to your home.

Please call 0845 604 1125 to try a FREE Meal and Sweet
www.icaregroup.co.uk www.icarecuisine.co.uk
cuisine@icarecuisine.co.uk



If you are having trouble
finding a dentist - click
here to see who is taking
on in your area



Find a dentist



STOP

**WE
NEED..**

YOU!



Please contact roadsafety@wirral.gov.uk
or call Kathy on 07712133719 or Debbie on 07712133720

 **WIRRAL**

NIHR | Liverpool Clinical
Research Facility



Take part in our upcoming Research Trial

8-14 night stay for people aged 18-55.

We are looking for people ages 18-55
for a clinical trial based at the
Royal Liverpool Hospital.

If you take part in this study, you
will be paid for your time and
inconvenience, starting from
£200 per night.



Register your interest

Text the word 'CRF' to **07342 065915**

Or call **0151 706 4863**

cru.contact@liverpoolft.nhs.uk

WIRRAL CARERS HEALTH & WELLBEING SERVICE

Carer Linkworkers Making Caring Visible, Valued & Supported

WUTH Charity

Wirral University Teaching Hospital



Two new echocardiogram machines for Cardiology

WUTH Charity Heart Care funds new echocardiogram machines

[Find out more](#)

Wirral

Social Prescribing Scheme

We know that many of life's problems can make us feel unwell. GPs tell us that a lot of people visit them feeling isolated or lonely; stressed out by work, money or housing problems; the stress of managing a long term health condition may be getting them down; they may not know what is making them feel low but they have come to their GP searching for help.

That is where Social Prescribing comes in.

[CLICK FOR MORE INFO](#)

Your health and social care champion

We make sure health and social care decision-makers hear your voice and use your feedback to improve care.

[What we do](#)



WIRRAL CHANGE

FOR ALL ETHNIC MINORITY PEOPLE

Supporting Disadvantaged, Black, Asian, European and Ethnic Minority Communities in Wirral

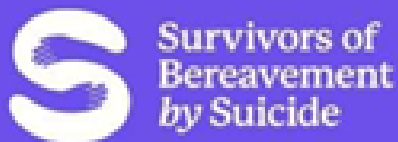
WIRRAL CARERS HEALTH & WELLBEING SERVICE

Carer Linkworkers Making Caring Visible, Valued & Supported



Looking after a family member or friend who needs care and support?

Sign up for free, safe and anonymous mental wellbeing support at [qwell.io](https://www.qwell.io)



Survivors of
Bereavement
by Suicide

DO YOU NEED SUPPORT WITH SUICIDE BEREAVEMENT?

Help and support is available from
Survivors of Bereavement by Suicide
Your closest group is:

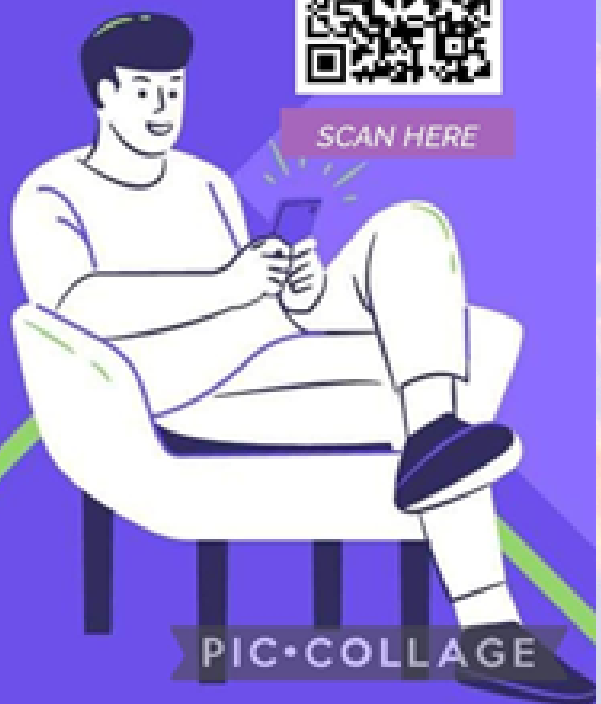
SOBs Wirral
Meeting last Thursday of month
7-9pm Moreton
07931432732
wirral@uksobs.org

Our friendly, safe and confidential
peer led support groups are open
to all those over the age of 18
impacted by suicide loss.

www.uksobs.org



SCAN HERE



PIC-COLLAGES

WIRRAL CARERS HEALTH & WELLBEING SERVICE

Carer Linkworkers Making Caring Visible, Valued & Supported

Wirral
COUNCIL FOR
VOLUNTARY SERVICE



Wirral Council is looking for volunteers who are passionate about looking after the environment and would like to inspire others to take action and make changes to their lifestyle to reduce their carbon footprint.

Cool Wirral, a network of Wirral based organisations and businesses, has the target of achieving net-zero emissions in Wirral by 2041. As a Climate Champion, you will play a key role in this by raising awareness of climate change, and encouraging members of your community to spread messages and take action to help meet this goal.

Through the council and its partners, Energy Projects Plus, Faiths 4 Change, Wirral CVS, and Wirral Environmental Network you will be given specialist but non-technical training on climate change issues and solutions, as well as an insight into the work being undertaken at the council and how to best support your community. Whilst the partners are delivering the training, Wirral Council will ultimately be responsible for you as a volunteer.

Perks and Benefits

Specialist training on climate change issues and solutions

Reasonable travel and subsistence expenses

Development sessions on organising workshop and having climate conversations

Insight into local government work on climate change

Being part of a team of volunteers who are passionate about making a difference in their community and the world

[CLICK FOR FURTHER INFORMATION](#)



We can help your family stay healthy

Apply for your prepaid Healthy Start card now at:

www.healthystart.nhs.uk

WIRRAL CARERS HEALTH & WELLBEING SERVICE

Carer Linkworkers Making Caring Visible, Valued & Supported



British Heart
Foundation



Click to start
RevivR training



Learn lifesaving
CPR in 15 mins



Use a cushion
to practise



Get your
certificate



Learn CPR in 15 minutes for free with RevivR™

Many of us will witness a cardiac arrest in our lifetime. Be ready for that day with RevivR, our fast, free and easy-to-use online training course.

[Start free online training >](#)



**O type
blood stocks
are running
unprecedentedly
low**

Book at blood.co.uk,
on the app, or by
calling for a priority
appointment on
0300 123 23 23



Save lives
Give blood

WIRRAL CARERS HEALTH & WELLBEING SERVICE

Carer Linkworkers Making Caring Visible, Valued & Supported

ACTION FOR HAPPINESS

Altruistic August
Let's create a wave of kindness to spread around the world.

Altruistic August 2024

MONDAY



5 Spend time wishing for other people to be happy and well

TUESDAY



6 Smile and be friendly to the people you see today

WEDNESDAY



7 Give time to help a project or cause you care about

THURSDAY

1 Set an intention to be kind to others (and yourself) this month

FRIDAY

2 Send an uplifting message to someone you can't be with

SATURDAY

3 Be kind and supportive to everyone you interact with

SUNDAY

4 Ask someone how they feel and really listen to their reply

12 Contact a friend to let them know you're thinking of them

13 No plans day! Be kind to yourself so you can be kind to others too

14 Take an action to be kind to nature and care for our planet

15 If someone annoys you, be kind. Imagine how they may be feeling

16 Make a thoughtful gift as a surprise for someone

17 Be kind online. Share positive and supportive comments

18 Today do something to make life easier for someone else

19 Be thankful for your food and the people who made it possible

20 Look for the good in everyone you meet today

21 Donate unused items, clothes or food to help a local charity

22 Give people the gift of your full attention

23 Share an article, book or podcast you found helpful

24 Forgive someone who hurt you in the past

25 Give your time, energy or attention to help someone in need

26 Find a way to 'pay it forward' or support a good cause

27 Notice when someone is down and try to brighten their day

28 Have a friendly chat with someone you don't know very well

29 Do something kind to help in your local community

30 Give away something to help those who don't have as much as you

31 Share Action for Happiness with other people today



ACTION FOR HAPPINESS

Happier · Kinder · Together

10 Keys to Happier Living

Everyone's path to happiness is different. Based on the latest research, we have identified 10 Keys that tend to make life happier and more fulfilling.

Let's take action to be **Happier and Kinder, Together**

Take Action



Happiness Habits

Our life-changing 6-week course is proven to help you craft the skills for a happy life. *Find your nearest course and learn more below.*




paths to
prosperity

Thinking about returning to work in the future?

With 1-1 or small group sessions, we
can help you with:

- **Wellbeing:** Ensuring a smooth reintegration into the workplace
- **Skills Check:** Identifying your transferrable skills and experience that employers want.
- **Creating an impactful CV:** Giving you the best chance of standing out.
- **Interview Skills:** Mock interviews with real employers.

 07483 427816

 teamtlc@transform-lives.org

Eligibility requirements apply





University
of Exeter

IRAS:297595 Parent of CYP flier V1 15.01.24



CARECOACH



University of East Anglia



Is your child aged 4 to 15 years old?

Do they regularly have contact with someone living with dementia?

Would they like to take part in a research study?

Would they like to help develop digital resources to support other children and young people affected by dementia?



What would you and your child be asked to do?

They would be asked to **take photos** and then **discuss these photos with a researcher**.

They would also be **invited to attend two online workshops to develop a short, age-appropriate digital resource**, such as an animation or TikTok video, to support young people affected by dementia.

Children, young people and parents/legal guardians will be offered gift vouchers for their time and contributions.



If you and your child would like more information about this study, and what it might involve, please contact researchers at carecoach@uea.ac.uk or Dr Jane Cross on j.cross@uea.ac.uk or 01603 593315





UK Health
Security
Agency

Beat the heat

Plan ahead



Check the weather forecast and the news



Plan ahead to avoid the heat



Schedule activities to cooler times of the day

Keep yourself cool



Drink plenty of fluids and avoid excess alcohol



Wear sunscreen, a hat, and sunglasses



Cool your skin with water and slow down

Find somewhere cool



Close blinds and curtains during the day



Go indoors or outdoors, whichever feels cooler



Avoid closed spaces like stationary cars

Be safe



Be on the lookout for signs of heat related illness



Look after yourself and check in with others



Stay safe when swimming



Get help. Call NHS 111 or in an emergency 999

For more information go to: gov.uk/ukhsa/beat-the-heat

WIRRAL CARERS HEALTH & WELLBEING SERVICE

Carer Linkworkers Making Caring Visible, Valued & Supported



Family activity days at Christ Church



Children 4-11 years (accompanied by an adult) are welcome for themed activities and challenges! Do drop in! Tea/coffee juice and cakes will be available.

Thursday 1st August 11.00am-2.00pm

"Eco warriors" - repurposing materials found around the house and in the garden for eco - friendly crafts and activities.



Wednesday 14th August 2.00-4.00pm

Lego Church. Lego with a biblical theme.



Saturday 17th August 1.00-4.00pm

"Minibeasts, dinosaurs and other animals"
Bug hunts, crafts and fun!



To be sure of a place please ring the office
0151 608 4429

UPCOMING EVENTS

Summer Activities for Families at Christ Church

Wednesdays

Bumps & Babies 9.30am-11.00am

Our regular coffee morning will have

activities for 4-11 years 10.00am-12 noon



Every day

Our Church is open every day 9.00am-7.00pm

A self-guided fun trail will be available for you to pick up and see what you can discover in church!

Please note that there will be occasions when the church is in use. To be sure that the church is fully open please contact the office (0151 608 4429)

WIRRAL WISE GUYS

WALK & TALK

SUNDAY 4TH AUGUST - 11AM



MEETING AT THE FERRY HOTEL
FERRY RD, EASTHAM, WIRRAL CH62 0AU

WIRRAL REPAIR CAFE

Sunday 4th August

2 - 4 pm

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

**Don't throw it away,
bring it to Wirral Repair Cafe!**



WIRRAL CARERS HEALTH & WELLBEING SERVICE

Carer Linkworkers Making Caring Visible, Valued & Supported

OPEN CIRCLE EVERY MONDAY

Every Monday Except for Bank Holidays
£4 Entry includes all readings and healings
Meet like minded people, explore your spiritual side and enjoy the upliftment of spirit in the company of friends.

TAROT | ORACLE | ANGEL CARDS
MEDIUMSHIP & HEALING



WIRRAL SPIRITUAL FRIENDS

BEBINGTON ROYAL BRITISH LEGION,
TEEHEY LANE, CH638QS

Free Holiday Arts and Crafts Activities with Food

Birkenhead Central Library

Activities include:
Giant Tree Making
Pirate Ships and Treasure Hunts
Wonderful Insects
Lots of Creativity
Create Your Own Masks

Contact: Pam Sullivan pamela.sullivan@hotmail.co.uk
Jo Gomez artforeveryone1907@hotmail.com

Logos at the bottom: Wirral Council, Merseyside, Edsential, Department for Education, MORTHYNG

Lighthouse Lodge Residential Care Home

SUMMER FAIR

EVERYONE WELCOME

JOIN US FOR LOTS OF FUN

LIGHTHOUSE LODGE,
1 ALEXANDRA ROAD,
WALLASEY,
CH45 0JZ

Saturday 10th August - 2:00pm - 4:00pm

Hook A Duck | Bouncy Castle | Face Painting
Toy Stall | Entertainment | Tombola
Pick A Lolly | & Much More

For Any Enquires, Contact Reception

BIRKENHEAD CENTRAL LIBRARY

SINGING CAFE

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

Tuesday 13th August
10:30am-12:00pm
Sessions will be once a month

REFRESHMENTS AVAILABLE

WIRRAL CARERS HEALTH & WELLBEING SERVICE

Carer Linkworkers Making Caring Visible, Valued & Supported

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



Lunch Club Walking Group Taster Sessions

Leigh will meet at Lunch Club at 1.30pm.

The walk will end at Wirral Mencap by 2.15pm.



Taster Session Dates:
Monday 12th August
Monday 19th August

To book on call:
0151 666 1829

COME AND SKATE WITH US

at New Ferry Village Hall



Join New Ferry and
Liverpool Roller Skaters

Wednesdays
8.30pm - 10.30pm
(All are Welcome)

Sundays 5pm - 7pm
(All ages and abilities welcome)

@merseyskatefriends
'Liverpool Roller Skaters' in groups
<https://chat.whatsapp.com/lStwBvZbtJ59rnRmeJvqJx>

Bring your own skates and £4 hire fee. Kids are a £1.

Every person is responsible for themselves including risk and injuries during skating

Come and Join us. New Ferry and Liverpool Roller Skaters for:

RAINBOW THEME NIGHT



Sunday 4th August at 5pm - 7pm

Bring your own skates. Adults are £4 and Kids are a £1.

All ages and abilities are welcome. Wear anything Rainbow

WIRRAL CARERS HEALTH & WELLBEING SERVICE

Carer Linkworkers Making Caring Visible, Valued & Supported

THIS SIDE OF THE WATER & YAY WIRRALI PRESENT

THE NEW BRIGHTON SUMMER FESTIVAL

25th - 28th July 2024

FREE ENTRY

Line Up Artists

- MR TUMBLE LIVERPOOL
- THE DISNEY PRINCESS SHOW
- BLIPPI
- LITTLE STAR TYKES
- LOCAL DANCE AND DRAMA SCHOOLS
- SUPERHERO SHOW
- TAYLOR SWIFT TRIBUTE
- LOCAL UNSIGNED ACTS
- SPIDERMAN STUNT SHOW
- CHARACTER MEET & GREET

Featuring...

- HUGE INDEPENDENT MARKET
- INTERNATIONAL FOOD VILLAGE
- HUGE FUNFAIR INCLUDING HELTER-SKELTER & FERRIS WHEEL
- PET VILLAGE WITH DOG SHOW
- GAME ZONE
- SENSORY ZONE

Sponsors: Nando's, Morrisons

QR Codes: @THISSIDEOFTHEWATER, @YAYWIRRAL

Location: THE DIPS, COASTAL DRIVE, NEW BRIGHTON CH45 3QW

Birkenhead Park Bat Walk

Celebrating International Bat Night

Ever wondered what flies around the park at night? Join our rangers on a bat walk around Birkenhead Park

Birkenhead Park Visitor Centre

Wednesday 21st August 2024
8:30-10:00pm

Suitable for adults and accompanied children over 8

£4 (to the park) per participant - payment must be made to secure your place

Bookings can be made online or in person at the Visitor Centre

Call 0161 652 5197 or email BirkenheadPark@wirral.gov.uk for more information

WIRRAL

Birkenhead Park

Photo courtesy of Ron Thomas

Neo Community

it's a knockout

3rd August
1-5pm
New Brighton Rugby Club
Leasowe CH46 3RH

Team Spaces Still Available

Click the link attached to register your team

- BBQ & Ice-Cream
- Bar Open All Day
- All proceeds to Neo Community
- Live Entertainment
- Facepainting

Neo Community In South Wirral

SUMMER FAIR

FRIDAY 2ND AUGUST

HOT DOGS
POPCORN
CANDY FLOSS
CHILDRENS STORY TIME & CRAFTS!
PANTRY OPEN!

1:30PM - 4:30PM
ALL WELCOME!

FREE ENTRY!

ALLPORT PANTRY, BROMBOROUGH, METHODIST CHURCH, 175 ALLPORT LANE, CH62 7HW

KOALA North West Supporting children & their families

Summer Lunch & Play

SPORTS DAY

Tuesday 6th August
11am - 12.30am

FREE

BOOKING ESSENTIAL
0151 608 8288

Lunch Provided!
0-11yrs
Sports activities with NIKE

KOALA NORTH WEST HUB, WOODCHURCH IANE

WIRRAL CARERS HEALTH & WELLBEING SERVICE

Carer Linkworkers Making Caring Visible, Valued & Supported

Looking for local Bands for Sunday afternoons, can anyone help?



THE CYCLIST
New Ferry



NORTHERN SOUL orchestrated

HOSTED BY **STUART MACONIE**
PERFORMED BY **BBC CONCERT ORCHESTRA**
CONDUCTED BY **JOE DUDELL**

WED 24 ~~10.00-11.00~~ 2024 WOLVERHAMPTON THE HALLS
WED 24 ~~10.00-11.00~~ 2024 MANCHESTER AVIVA STUDIOS
THU 25 ~~10.00-11.00~~ 2024 LIVERPOOL PHILHARMONIC HALL
TUE 26 ~~10.00-11.00~~ 2024 MANCHESTER O2 APOLLO
FRI 26 ~~10.00-11.00~~ 2024 LONDON ROYAL FESTIVAL HALL
THU 28 ~~10.00-11.00~~ 2024 STOCKTON GLOBE
SAT 29 ~~10.00-11.00~~ 2024 GATESHEAD THE GLASSHOUSE
FRI 29 ~~10.00-11.00~~ 2024 BIRMINGHAM SYMPHONY HALL

REGGAE & SOUL LIVE MUSIC

16 08 24

INTERNATIONAL SOUL ARTIST
JEROME BISSESSAR

VENUE: LITTLE SUTTON BRITISH LEGION, ELLESMERE PORT | TIMES: 7:30PM - 12AM

TICKETS: £5

All proceeds to Broadgreen Heart & Chest Hospital

RAFFLE: PRIZES GALORE



Dates for your Diary!

Wirral Heritage Open Days 2024

Friday 6th – Sunday 15th
September 2024



Free Event – Everyone Welcome.

Wirral Heritage Open Days celebrate the peninsula's outstanding history and heritage through a ten day programme of visits to historic sites and buildings, guided tours and special talks. For full details see

www.wirralhistoryandheritage.org.uk

Brochures available in libraries from August

WIRRAL CARERS HEALTH & WELLBEING SERVICE

Carer Linkworkers Making Caring Visible, Valued & Supported

SEN 16+ YOUNG ADULT'S
FOR MORE INFO CONTACT: 07931764619
OR FIND US ON FACEBOOK THURSDAY NIGHT DISCO FOR OUR YOUNG
SEN ADULTS

SOCIAL DISCO NIGHT

THURSDAY 1ST AUGUST
THEN EVERY FORTNIGHT AFTER

7PM - 9PM

£2 ENTRY, CARERS FREE

THE BRONZE SPORTS & SOCIAL
182 WALLASEY RD, CH44 2AG

WALLASEY CENTRAL LIBRARY

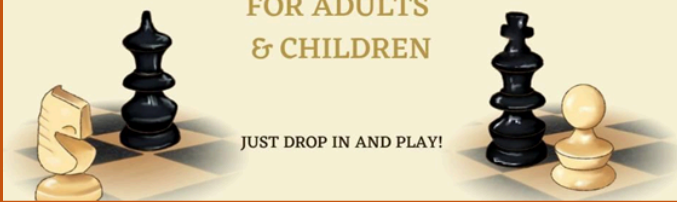
CHESS CLUB!

EVERY SATURDAY

11am-12:30pm

FOR ADULTS
& CHILDREN

JUST DROP IN AND PLAY!



FREE & CHEAP DAYS OUT WITH KIDS

COURTESY OF MONEY SAVING CENTRAL

- | | |
|---------------------------------|------------------------------------|
| 1 - Teddy Bears Picnic | 26 - Kids Come Dine With Me |
| 2 - Visit a Splash Pad | 27 - Junior Bake Off |
| 3 - Local Parks | 28 - Pet Workshops |
| 4 - BBQ | 29 - Rock Painting |
| 5 - Pool Party | 30 - Water Fights |
| 6 - Home Pamper / Spa Day | 31 - Beach Days |
| 7 - Home Cinema | 32 - Sand Dunes |
| 8 - Visit your local Museum | 33 - Bug Hunt |
| 9 - Gruffalo Trails | 34 - Feed the Ducks |
| 10 - Nature Walks | 35 - Crabbing / Tadpole Collecting |
| 11 - Scavenger Hunt | 36 - Free Community Events |
| 12 - Geocaching | 37 - Grow Some Vegetables |
| 13 - Stay in a Bothy | 38 - Science Experiments |
| 14 - Blackberry Picking | 39 - Puddle Jumping |
| 15 - Free Council Swim Sessions | 40 - Garden Crazy Golf |
| 16 - Charity Run Farms | 41 - Garden Obstacle Course |
| 17 - Visit Heritage Houses | 42 - Make playdoh |
| 18 - A Day at the Waterfalls | 43 - Raise Money for Charity |
| 19 - National Trust Sites | 44 - Printable Activities |
| 20 - Plane Spotting | 45 - Craft Day |
| 21 - Train Spotting | 46 - Play Dates |
| 22 - The Big Butterfly Hunt | 47 - Build a Den or Fort |
| 23 - Bike Rides | 48 - Photography Challenges |
| 24 - Stargazing | 49 - Garden Camping |
| 25 - Group Sports Day | 50 - Junior Parkrun |

[Moneysavingcentral.co.uk/free-days-out](https://moneysavingcentral.co.uk/free-days-out)

Onward

2024 BEECHWOOD GARDENING COMPETITION

Deadline - 31st August

It's time to dust off your trowel and show us your gardening skills for a chance to win a £50 Love2Shop voucher.

You don't need to be Alan Titchmarsh to have a nice garden, we're just looking for tidy gardens and community spirit.

Awards up for grabs include:

- Photography Award:** For budding photographers to get involved and take unique photos of their garden or neighbourhood.
- Bee Friendly Award:** Creating a natural habitat for our birds, bees and other animals.
- Plant Pot Award:** For those with planters, hanging baskets and unusual containers.
- Green Shoots Award:** For young gardeners aged under 16.
- Wellbeing Award:** For those who garden for their mental and physical health, and those gardens that make you smile.

How to enter:
Send in your photos (a maximum of 6 per award) with your name, address and contact details to socialinvestment@onward.co.uk with the subject line 'Gardening Competition'.

Nominate a neighbour
Does someone in your neighbourhood have a lovely garden that you'd like to share? You can nominate a neighbour for an award, but be sure to check with them first.

Terms and conditions apply
- Open to Onward customers only
- Only the first six photos per award will be accepted
- Entries without a name, address or contact details will not be submitted



CHEAT'S CAPRESE PIZZA RECIPE

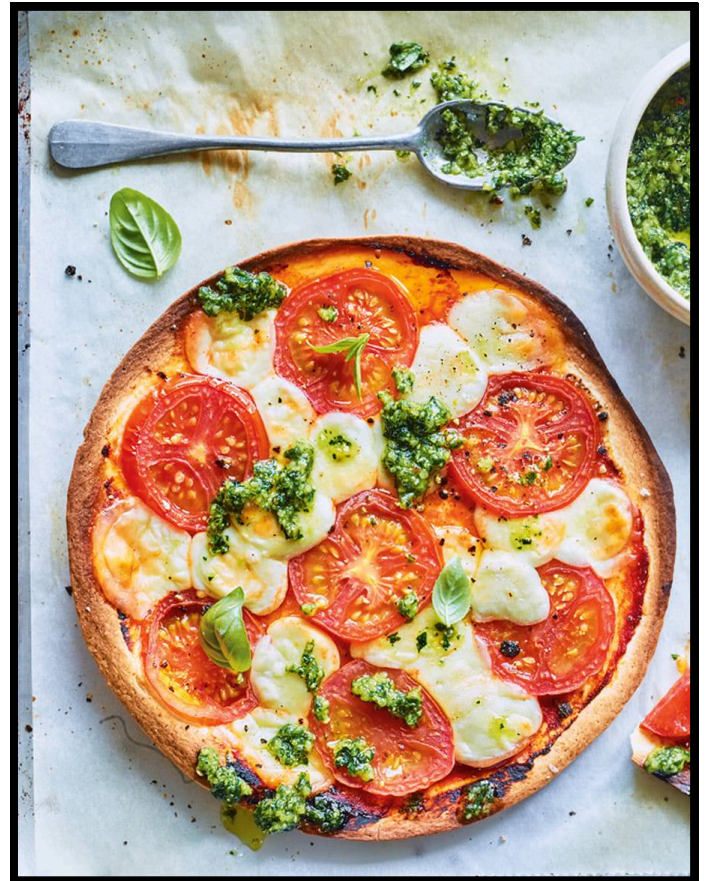
Serves 4

12 mins prep / 8 mins to cook

Easy

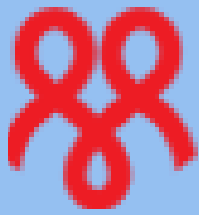
INGREDIENTS

- 4 mini tortillas
- 20g tomato purée
- 2 x 125g pack mozzarella, drained and sliced
- 250g tomatoes, sliced into rounds
- 20g pine nuts
- 1 x 30g pack fresh basil or 1 tbsp dried basil
- 1 garlic clove, crushed
- 20ml olive oil
- 20g Italian hard cheese, finely grated



METHOD

- Preheat the oven to gas 6, 200°C, fan 180°C.
- Put the tortillas on 2 large baking sheets lined with nonstick baking paper and spread with the tomato purée.
- Arrange the mozzarella slices and tomatoes on top of the tortilla.
- Bake in the oven for 6-8 mins, until the cheese has melted and the edges of the tortillas are golden.
- Meanwhile, blitz the pine nuts, most of the basil leaves, garlic, oil and hard cheese in a food processor to make a pesto.
- Remove the pizzas from the oven, spoon over the pesto and garnish with the remaining basil leaves.
- Serve immediately.



carersUK

NEWS

News



Carers UK reacts to meeting Ministers from the Department of Work and Pensions to Discuss Carer's Allowance overpayments report

31 July 24

Carers UK was pleased to meet with two Ministers, Rt Hon Sir Stephen Timms MP, Minister for Social Security and...

[Read more](#)

Press Release



Rise in people discharged early from hospital puts millions of unpaid carers under more pressure

16 July 24

A survey by the Adult Directors of Social Services, ADASS, reveals a rise in the numbers of people being discharged...

[Read more](#)



You may still sign our 'open letter to the future Prime Minister', which we plan to deliver to Sir Keir Starmer in the coming weeks.

[Add your support](#)



 **factsheet**

Assessments

Your guide to getting help and support in England

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

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

Contents	
For all carers	2
For adults who require care and support	3
Young carers and the whole family approach	16
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CARER'S ASSESSMENTS

WIRED can support you through the process of a Carers Assessment.

Contact the Carers Helpline for further information

0151 670 0777

Regional Carer Support



Support for carers

Cheshire East

Cheshire West & Chester

Liverpool, Sefton, Warrington & Knowsley



WIRRAL CARERS HEALTH & 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

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