

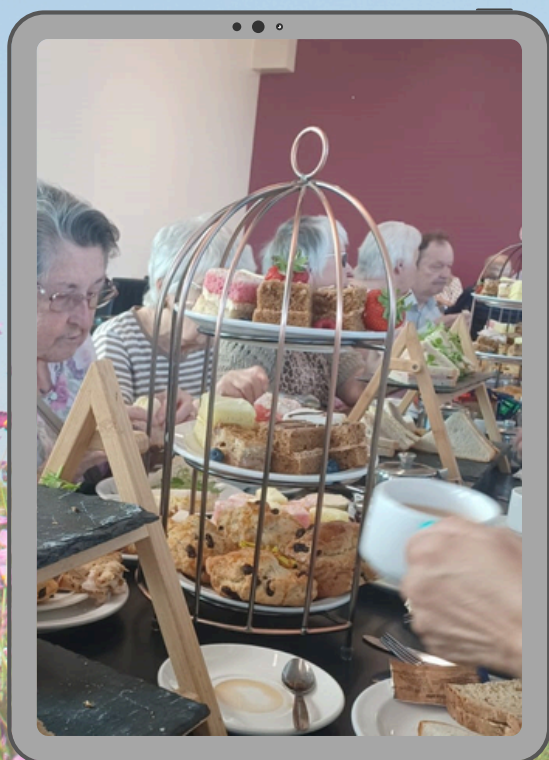
Your guide to Wired's Carer activities, local and national carer support, community events, plus much more!



CARERS SOUP N SUPPORT AFTERNOON OUT!



We had a lovely afternoon tea last week with our carers at Carr Farm Garden Centre. Sandwiches, cakes and hot drinks were enjoyed by all!



Wired Carer Support Groups

If you live in Wirral and provide unpaid care for someone, then our Carer Support Groups might be the place for you.

Our carer support groups give carers an opportunity to meet other like minded carers in a similar position to yourself, as well as gaining support.



West Kirby Carers Support Group

- 📍 AGE UK Cafe, Marine Place, Marine Lake Medical Centre, Orrysdale Rd, West Kirby, CH48 4HX
- 🕒 3rd Thursday of the month, 10am-12pm
- 🕒 2nd and 4th Tuesday of the month, 1pm-3pm
- 📍 Free tea and coffee is provided

This is a great opportunity to meet other carers and also enjoy a hot drink and a chat.

www.wired.me.uk

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

📞 0151 670 0777

✉️ cws@wired.me.uk

Wired

WIRRAL CARERS HEALTH & WELLBEING SERVICE

Carer Linkworkers Making Caring Visible, Valued & Supported



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

WILLS, TRUSTS AND INHERITANCE ADVICE SESSIONS

Wednesday 18th September **FULLY BOOKED**

Wednesday 16th October **3 SPACES LEFT**

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



WIRRAL CARERS HEALTH & WELLBEING SERVICE

Carer Linkworkers Making Caring Visible, Valued & Supported



FIRST AID TRAINING

FRIDAY 25TH OCTOBER 11AM-12:15PM
ST JAMES CENTRE, 344 LAIRD STREET, BIRKENHEAD, CH41 7AL

- BASIC FIRST AID • CHOKING • STROKES
- UNRESPONSIVE (BREATHING/NOT BREATHING)
- HEART ATTACKS • QUICK RESPONSES

THE WORKSHOP IS NOT ACCREDITED, BUT IS A FREE AND SIMPLE WAY TO IMPROVE FIRST AID KNOWLEDGE AND BUILD CONFIDENCE

REFRESHMENTS PROVIDED FOR AFTER THE SESSION

BOOKING IS ESSENTIAL FOR THIS SESSION

 0151 670 0777  cws@wired.me.uk

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

 Putting You First



CYBER CRIME SESSION

In partnership with Merseyside Police, we will be delivering a session on Cyber Crime Awareness and how you can protect yourself.

WEDNESDAY 9TH OCTOBER, 12PM-2PM
ST JAMES CENTRE, 344 LAIRD STREET, BIRKENHEAD, CH41 7AL

The session will be covering...

- Digital footprint and data leakage
- Social media red flags
- Public Wi-Fi and rogue access points
- Advice from the bank
- Location tracking and DA victims
- Hacking and passwords
- Phishing
- Risk of online dating
- Sextortion
- Cyber bullying and offences
- Computer misuse acts
- Reporting cyber crime




CONTACT US TO BOOK - BOOKING IS ESSENTIAL



 0151 670 0777

 cws@wired.me.uk

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



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/



Lake licences and activities available at **WIRRAL WATERSPORTS CENTRE** West Kirby Marine Lake



WATERSPORTS

SUMMER PROGRAMME 2024

by ACTIVITY

START DATE	Summer Club	DURATION	END DATE	START TIME	END TIME	AGE	MAX SIZE	PRICE
22/07/2024	Multi Activity (morning)	5 half days	26/07/2024	09:30:00	12:30:00	8 to 16	10	£150.00
29/07/2024	Multi Activity (full day)	5 days	02/08/2024	09:30:00	16:30:00	8 to 16	10	£275.00
05/08/2024	Multi Activity (afternoon)	5 half days	09/08/2024	13:30:00	16:30:00	8 to 16	10	£150.00
05/08/2024	Multi Activity (morning)	5 half days	09/08/2024	09:30:00	12:30:00	8 to 16	10	£150.00
12/08/2024	Multi Activity (full day)	5 days	16/08/2024	09:30:00	16:30:00	8 to 16	10	£275.00
19/08/2024	Multi Activity (morning)	5 half days	23/08/2024	09:30:00	12:30:00	8 to 16	10	£150.00
27/08/2024	Multi Activity (full day)	2 days	28/08/2024	09:30:00	16:30:00	8 to 16	10	£110.00
29/08/2024	Multi Activity (full day)	2 days	30/08/2024	09:30:00	16:30:00	8 to 16	10	£110.00
START DATE	Youth Sailing	DURATION	END DATE	START TIME	END TIME	AGE	MAX SIZE	PRICE
29/07/2024	RYA Youth Sailing Stages 1 to 3	5 days	02/08/2024	09:30:00	16:30:00	8 to 16	6	£325.00
05/08/2024	RYA Youth Sailing Stages 1 to 3	5 days	09/08/2024	09:30:00	16:30:00	8 to 16	6	£325.00
12/08/2024	RYA Youth Sailing Stages 1 to 3	5 days	16/08/2024	09:30:00	16:30:00	8 to 16	6	£325.00
19/08/2024	RYA Youth Sailing Stages 1 to 3	5 days	23/08/2024	09:30:00	16:30:00	8 to 16	6	£325.00
13/08/2024	RYA Sailing Stage 3/4 Youth Sailing	4 days	16/08/2024	09:30:00	16:30:00	8 to 16	6	£325.00
20/08/2024	RYA Sailing Stage 3/4 Youth Sailing	4 days	23/08/2024	09:30:00	16:30:00	8 to 16	6	£325.00
27/08/2024	RYA Sailing Stage 3/4 Youth Sailing	4 days	30/08/2024	09:30:00	16:30:00	8 to 16	6	£325.00
START DATE	Under 8 yrs	DURATION	END DATE	START TIME	END TIME	AGE	MAX SIZE	PRICE
31/07/2024	Mini SPLASH morning session	1.5 hrs	31/07/2024	10:00:00	11:30:00	4 to 6	4	£22.00
31/07/2024	SPLASH afternoon session	1.5 hrs	31/07/2024	13:30:00	15:00:00	6 to 8	6	£18.00
02/08/2024	Mini SPLASH morning session	1.5 hrs	02/08/2024	10:00:00	11:30:00	4 to 6	4	£22.00
02/08/2024	SPLASH afternoon session	1.5 hrs	02/08/2024	13:30:00	15:00:00	6 to 8	6	£18.00
05/08/2024	Mini SPLASH morning session	1.5 hrs	05/08/2024	10:00:00	11:30:00	4 to 6	4	£22.00
05/08/2024	SPLASH afternoon session	1.5 hrs	05/08/2024	13:30:00	15:00:00	6 to 8	6	£18.00
07/08/2024	Mini SPLASH morning session	1.5 hrs	07/08/2024	10:00:00	11:30:00	4 to 6	4	£22.00
07/08/2024	SPLASH afternoon session	1.5 hrs	07/08/2024	13:30:00	15:00:00	6 to 8	6	£18.00
10/08/2024	Mini SPLASH morning session	1.5 hrs	10/08/2024	10:00:00	11:30:00	4 to 6	4	£22.00
10/08/2024	SPLASH afternoon session	1.5 hrs	10/08/2024	13:30:00	15:00:00	6 to 8	6	£18.00
11/08/2024	Mini SPLASH morning session	1.5 hrs	11/08/2024	10:00:00	11:30:00	4 to 6	4	£22.00
11/08/2024	SPLASH afternoon session	1.5 hrs	11/08/2024	13:30:00	15:00:00	6 to 8	6	£18.00
START DATE	Windsurfing	DURATION	END DATE	START TIME	END TIME	AGE	MAX SIZE	PRICE
05/08/2024	RYA Youth Windsurfing Stages 1 to 3	5 half days	09/08/2024	09:30:00	12:30:00	8 to 16	6	£180.00
19/08/2024	RYA Start Windsurfing (Level 1)	2 days	20/08/2024	09:30:00	16:30:00	16 plus	6	£180.00
19/08/2024	RYA Youth Windsurfing Stages 1 to 3	5 half days	23/08/2024	09:30:00	12:30:00	8 to 16	6	£180.00
22/08/2024	RYA Intermediate Windsurfing (Level 2)	2 days	23/08/2024	09:30:00	16:30:00	16 plus	6	£180.00
START DATE	Adult Sailing	DURATION	END DATE	START TIME	END TIME	AGE	MAX SIZE	PRICE
03/08/2024	RYA Sailing Level 1 Start Sailing	2 days	04/08/2024	09:30:00	16:30:00	16 plus	6	£180.00
10/08/2024	RYA Sailing Level 2 Basic Skills	2 days	11/08/2024	09:30:00	16:30:00	16 plus	6	£180.00
17/08/2024	RYA Sailing Level 1 Start Sailing	2 days	18/08/2024	09:30:00	16:30:00	16 plus	6	£180.00
24/08/2024	RYA Sailing Level 2 Basic Skills	2 days	25/08/2024	09:30:00	16:30:00	16 plus	6	£180.00
START DATE	Powerboating	DURATION	END DATE	START TIME	END TIME	AGE	MAX SIZE	PRICE
03/08/2024	RYA Powerboat Level 2 (PB2)	2 days	04/08/2024	09:30:00	16:30:00	12 plus	3	£280.00
08/08/2024	RYA Powerboat Level 2 (PB2)	2 days	09/08/2024	09:30:00	16:30:00	12 plus	3	£280.00
12/08/2024	RYA Powerboat Level 2 (PB2)	2 days	13/08/2024	09:30:00	16:30:00	12 plus	3	£280.00
24/08/2024	RYA Powerboat Level 2 (PB2)	2 days	25/08/2024	09:30:00	16:30:00	12 plus	3	£280.00

to book email:

bookingsandinformation@wirral.gov.uk

Tel: 0151 606 2010

Cruse
Bereavement
Support

Grief can be
overwhelming

You don't have
to deal with it alone

When someone close to us dies
it can be the most heartbreaking
thing we will ever experience.

Events of recent years have made
it harder than ever. Many have died
in traumatic circumstances and
many of us were isolated and cut
off from our usual support at times.
The effects will be long-lasting.

If you are struggling
we are here to help
and support you



[cruse.org.uk](https://www.cruse.org.uk)

Cruse Bereavement Support is a registered
charity (208078), and a company limited
by guarantee (00638709)

Royal Patron: Her Majesty The Queen

GRIEF BOOKLETS

Free leaflets for adults to view online or download.

**House of
Memories**
National Museums Liverpool

News



Enjoy our app from home

If you're looking to do more activities from home over the summer with a relative who is living with dementia, or you work with people with the condition, the My House of Memories app is a wonderful way to share memories and spark conversation.

The app is a digital collection of museum and everyday objects from across the decades that have been brought to life with sound, music and descriptions.

Together, people living with dementia and their carers can explore pictures of objects and find things of interest, whether that's food and sweets from days gone by or snapshots from Liverpool's maritime history.

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.

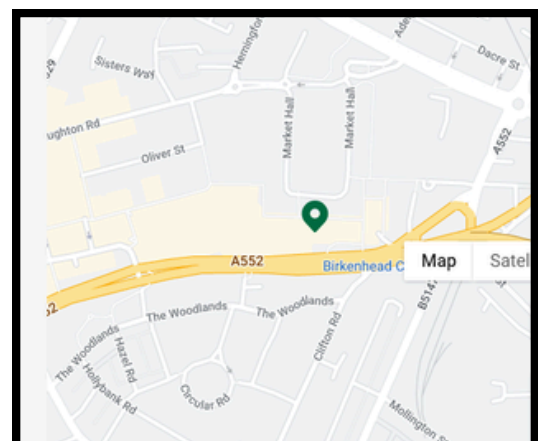
This will start from 5.30pm and no appointment is necessary, just drop in.

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.



Have your say in improving cancer services at Wirral University Teaching Hospital

<https://ratemynhs.co.uk/survey/1d67959d-a2d1-412d-9e35-a672f5ba2fcd>

**Your Local
Cancer Patient
Experience
Survey**

Scan here:



Co-produced with:



YOUNGMINDS

Parents Helpline



We offer tailored information, advice and support to parents and carers who are concerned about their child or young person's mental health.

You can speak to us over the phone, or chat to us online.

You can use our Helpline service if you are the parent or main carer of a child or young person aged 25 or under.

Our service is available across the UK.

It is free and confidential.



Speak to us on the phone



Chat to us online



WIRRAL CARERS HEALTH & WELLBEING SERVICE

Carer Linkworkers Making Caring Visible, Valued & Supported



KING'S CHURCH
WIRRAL

FAMILY FUNDAY

NO ON-SITE PARKING
PLEASE USE THE SURROUNDING AREAS

RAFFLE **FUN BUS** **DUCK**
TATTOOS **DONKEY RIDES** **BBQ**
BOUNCY INFLATABLES

...AND MUCH MORE

1. Victoria Fields
Birkenhead
CH42 0PF

WEDNESDAY
7TH AUGUST
11AM - 3PM

IN ASSOCIATION WITH
Regenda
Homes

UPCOMING EVENTS



 **SATURDAY 17TH AUGUST**
1:00PM

WALLASEY RFC INVITES YOU TO OUR

FAMILY FUN DAY

FREE ENTRY

16 CROSS LN, WALLASEY CH45 8RH

GRASSROOTS MENS RUGBY • BBQ • FACE PAINTING • BOUNCY CASTLE • SWEET STALL
• LIVE MUSIC • REFRESHMENTS

Build a Bird Feeder



Tuesday 20th August 2-3.30pm

At The Whistlestop Cafe

Thurstaston Visitor Centre CH61 0HN

For 7-11yrs - £5 p/p

Bee

Follow the link to register



WIRRAL CARERS HEALTH & WELLBEING SERVICE

Carer Linkworkers Making Caring Visible, Valued & Supported

PHOTOGRAPHY WALK & TALK

Join us for an exciting Walk and Talk Photography Afternoon at Vale Park, in collaboration with Vale House Community Centre! Capture the beauty of the park through your lens or phone, enjoy some likeminded company, and then relax with refreshments in the community room. Don't miss this wonderful opportunity to connect and create, in a supportive environment!

SUNDAY
18TH AUGUST 2024

TIME
11AM - 2PM

VALE PARK
VALE HOUSE COMMUNITY CENTRE

For More Information
wirralwiseguys.co.uk

UKULELE LIBRARY LAUNCH!

WALLASEY CENTRAL LIBRARY

SATURDAY 17TH AUGUST 2PM

BORROW A UKULELE JUST LIKE A BOOK FOR 3 WEEKS WITH AN ADULT LIBRARY CARD!

LEARN A SONG WITH DAN & JOIN OUR BAND!

WE HAVE 10 UKULELES DONATED BY NW UKULELE PROJECT & MUSICIANS FROM WIRRAL! COME & GIVE ONE A GO OR BRING YOUR OWN ALONG!

JOYTIME

From 23rd July - 30th August 2024

Every Monday, Tuesday, Wednesday, Thursday and Friday

VALE PARK BANDSTAND, NEW BRIGHTON

WEATHER PERMITTING!

£1 person on the gate, cash & card accepted

Free deckchairs for adults

THEMED DAYS

29th July - Joytime's annual Teddy Bears Picnic

5th August - Pirate and Princes Fancy Dress

14th August - Party day (it's someone birthday)

21st August - Fancy Dress

www.linktr.ee/officialjoytime

Family Hub

Grove Street
Primary School

Yes! we are
OPEN

We are a community social
supermarket

Every Tuesday

10am - 12pm

The Bungalow Family Hub @
Grove Street Primary School

During the school
summer holidays



Contact us on 0151 645 2170

WIRRAL CARERS HEALTH & WELLBEING SERVICE

Carer Linkworkers Making Caring Visible, Valued & Supported



Suitcase Toy Sale

BANK HOLIDAY MONDAY 26TH AUGUST
10.30AM TO 2.30PM

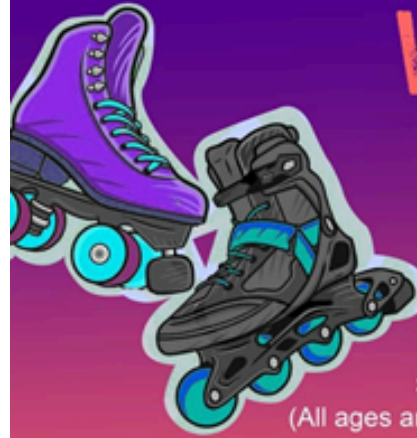
Are you aged between 5 and 13?

Do you have toys books you no longer
play with?

Will they fit into a suitcase?

Why not decide how much you would like
to sell them for, pack them up and come
to our Toy Sale?

COME AND SKATE WITH US



Join New Ferry and
Liverpool Roller Skaters

Wednesdays
8.30pm - 10.30pm
(All are Welcome)

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

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

HOOTON ARMS LIVE

RETURNS FOR THE THIRD YEAR
HOSTED BY JUST ENTERTAINMENT
COMPARE - THE HOOTON'S OWN MR STUMBLE



SUNDAY 25TH AUGUST 2024

CHILDREN'S
ENTERTAINMENT

**CHRIS
JONES**
THE HOOTON'S OWN MR STUMBLE
LIVE ACTS



LIVERPOOL'S NUMBER 1 SOUL GROUP

SOUL JAM



GLASTONBURY TO THE WIRRAL
STAGE & SCREEN

**DANIEL
TAYLOR**

PLUS MANY MORE ACTS
12PM-7PM OUTSIDE (GARDEN)



89 Eastham Village Rd, Eastham Wirral CH62 0AN



 Hugh Baird
College

THERE'S STILL TIME TO JOIN US...

APPLY NOW TO SECURE A PLACE AT
HUGH BAIRD COLLEGE THIS SEPTEMBER


WIRRAL CARERS HEALTH & WELLBEING SERVICE


Carer Linkworkers Making Caring Visible, Valued & Supported




Dementia Information Session




 Thursday 22nd August, from 10:30am - 12:30pm

 Flourish Wellbeing Hub, VCH, 2nd Floor,
Wing A, Mill Lane, Wallasey, CH44 5UF



 Discover services available at Flourish

 Learn about support for those with or awaiting a dementia diagnosis

 Speak with professionals from a range of local dementia support services



ALL THE FAMILY WELCOME

TOMORROW'S WOMEN
CHARITY FUNDRAISER
SUMMER
Fair

31ST AUG 2024 @ 11-2 PM

THE M^{ALLIANCE} PROJECT

Make a connection
HELP SAVE A LIFE

Suicide is preventable. Anyone can make a difference.

- Half-day training in suicide alertness skills
- Learn four basic steps to create a life-saving connection
- Widely used by professionals and the general public

CHICKEN KYIV PASTA BAKE

Serves 4

40 mins

Easy

INGREDIENTS

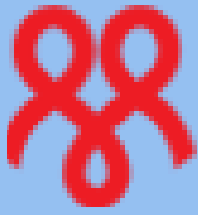
- 250g dried pasta
- 2 courgettes halved lengthways, sliced diagonally
- 1 tbsp extra virgin olive oil
- 500g Chicken Breast sliced
- 50g butter, chopped
- 1 leek, trimmed, sliced
- 4 garlic cloves, crushed
- 1.5 tbsp plain flour
- 125ml milk
- 125ml cream



- 60g chopped parsley leaves
- 60g finely grated parmesan
- 60g panko breadcrumbs

METHOD

- Grease a 2.3-litre baking dish.
- Cook pasta in a large saucepan of boiling, salted water, following packet directions, adding courgettes for the last 2 minutes of cooking time. Drain.
- Meanwhile, heat oil in large deep frying pan over medium heat. Add chicken. Cook, stirring once, for 5 minutes or until golden and just cooked through. Transfer to a plate.
- Melt butter in same pan. Add leek. Cook for 5 minutes or until softened. Add garlic and flour. Cook, stirring, for 1 to 2 minutes until mixture bubbles. Remove from heat. Gradually stir in milk, then cream. Return to medium heat. Cook, stirring constantly, for 3 to 4 minutes or until mixture bubbles and thickens. Add chicken, pasta mixture, half the parsley and half the parmesan. Stir until parmesan just melts.
- Preheat grill on high. Transfer pasta mixture to prepared baking dish. Combine breadcrumbs with remaining parmesan and parsley in a bowl. Sprinkle over pasta mixture. Grill for 2 to 3 minutes or until golden. Sprinkle with extra parsley if you like. Serve.



carersUK

NEWS



factsheet

Carer's Allowance



Carer's Allowance is the main benefit for carers. If you are looking after someone for 35 hours a week or more, you may be eligible.

This factsheet applies to people living in England, Wales, Scotland and Northern Ireland. In Scotland, there are some changes taking place.

Contents

What is Carer's Allowance?	2
Who can claim Carer's Allowance?.....	3
Carer's Allowance and other benefits	10
Protecting your National Insurance (NI) record.....	16
How to claim Carer's Allowance.....	17
The decision.....	19
Challenging the decision.....	19
What to do if your circumstances change	20
Further help.....	23

2024/25

carersuk.org



factsheet

Attendance Allowance



If you have a disability or illness and have reached State Pension age, you may be entitled to this benefit.

This information covers England, Wales, Scotland and Northern Ireland.

Contents

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How much is Attendance Allowance worth?	3
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2024/25

carersuk.org



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.

Contents

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2021/22

carersuk.org

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?

E-mail us: wsc@wired.me.uk or visit our website: www.wired.me.uk