

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

Your Feedback on our service is Important To Us

15:52

* 3. Which of the following categories has the Carers Support Service had the most impact on you (please score 1=low & 5=high)

Quality of life

1

2

3

4

5

Reduce social isolation; promote opportunities for social inclusion

1

2

3

4

5

Support, information & opportunity to access community services and share experiences

1

2

3

surveymonkey.com

Please click [HERE](#) to fill out our feedback form

CARER TRAINING SESSIONS!

UPCOMING SESSIONS

Stress
Management
Training

Mon
30
Sep

10am-12pm

Caring with
Confidence

Thur
3
Oct

1pm-3pm

Cyber Crime
Awareness
Session

Wed
9
Oct

12pm-2pm

First Aid
Training

Fri
25
Oct

11am-1pm

Dementia
Awareness
Training

Mon
18
Nov

10am-1pm

Wills and
Inheritance
Advice
Session

Wed
20
Nov

1pm-3pm



0151 670 0777



cws@wired.me.uk

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



CARERS YOGA

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

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/carer-support/carers-training/



Active All Sports Summer 2024

Parental Feedback

Dear Parents and Carers

We aim to provide a programme that meets the needs of children and young people with additional needs and disabilities and strive to provide an enjoyable, inclusive experience.

We would like to provide you with the opportunity to provide any feedback that could help us improve our programme.

If you have any feedback please access the link below and complete our feedback form.

We value your time and continued support.

Click to Leave Feedback

WIRRAL CARERS HEALTH & WELLBEING SERVICE

Carer Linkworkers Making Caring Visible, Valued & Supported

 Free Webinar

Re-engage Your Child
With Learning

 04.09.2024  10am

Register your place at witherslackgroup.co.uk/re-engage-with-learning

 Free Webinar

Helping Your Child Navigate
Transitions In Education

 11.09.2024  10am

Register your place at witherslackgroup.co.uk/navigating-transitions

 Free Webinar

Working With Your
Child's School

 18.09.2024  10am

Register your place at witherslackgroup.co.uk/working-with-school

 Free Webinar

Understanding Emotionally
Based School Avoidance

 25.09.2024  10am

Register your place at witherslackgroup.co.uk/understanding-ebasa

**FREE SEN
webinars
this
September!**

*Supporting
our
children
with going
back to
school*

Upcoming assisted performances

At the Liverpool Empire Theatre, we are delighted to offer a range of assisted performances including Audio Described (AD), BSL Interpreted (BSL) and Captioned (CAP) performances - here's a list of much-anticipated shows and the assisted performances available for each production...



WIRRAL CARERS HEALTH & WELLBEING SERVICE

Carer Linkworkers Making Caring Visible, Valued & Supported



Social Support and Friendship

September 2024

MONTHLY CALENDAR DEMENCIA 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 606 2006	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:

Wirral Classic Car Club has again chosen Dementia Together Wirral as one of their charities for their 2024 programme. The last meeting of the year is Sun 15th September 11.00am with over 100 cars expected, Gordale Classic Car Show, Chester Road, Burton.

Our intrepid fundraiser, **Keith Howard**, is undertaking three swims, 1km at Keswick on 18 May; 2km at Betws-y-coed on 3 August then 3.8km at Dorney Lake, Eton College Rowing Centre, Court Lane, off Lake End Road, Dorney, Windsor SL4 6FJ on 22 September totalling 6.8km to highlight the fact of 680,000 persons living with dementia. Watch our website and social media pages for details about how to donate in support as the proceeds benefit Dementia Together Wirral. Please Support Keith and Dementia Together Wirral [Lake of memories a swim for dementia.](#)

DEMENCIA 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 CH68 7NL

DEMENCIA 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@tranmerereovers.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 (5th Sep) 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.

DEMENCIA WORKSHOP – Last Friday of each month, (27th Sep) 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

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

- 2nd Mon** **MEMORY CAFÉ** at Coffee Aroma BIRKENHEAD – NEW LOCATION
First Monday of each month at 10.00am to 12.00pm (excluding public holidays)
Coffee Aroma, Unit 17, Birkenhead Business Park, Shore Road CH41 1EP
Parking is free. Permit issued by Clare at Coffee Aroma.
- 3rd Tues** **MEMORY CAFÉ** at Beechwood Community Shop NEW
First Tuesday of each month at 2 to 3pm
Community Trust, Manor House, Beechwood Road, BEECHWOOD CH43 7ZU
- 5th Thur** **MEMORY CAFE** at CJ's Coffee Shop HESWALL
First Thursday of each month at 2.00 to 3.30pm
CJ's Coffee Shop, Downham Road South, Heswall CH60 0DB
- 6th Fri** **MEMORY CAFÉ** at Barncroft Sheltered Housing NEW
In partnership with Magenta Living
First Friday of each month 10.30am to 12.30pm
Magenta, Barncroft, Larchwood Close, PENSBY CH81 6YH
- 7th Sat** **MEMORY CAFÉ (with activities)** at Popsy's HOYLAKÉ
First Saturday of each month at 2.00 to 4.00pm
Popsy's, Hoylake Community Centre, The Parade, Hoyle Road, Hoylake CH47 3AG
- 10th Tues** **Lunch and activities**
'Love to Move' exercise session
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
- 10th Tues** **'WALKING FOR THE MIND'** stroll along New Brighton promenade and coffee at the Floral Pavilion.
Second Tuesday of each month at 2.00 to 3.30pm approx. Suitable for wheelchairs and dogs. Meet at the mermaid statue opposite the Floral Pavilion, Marine Promenade New Brighton CH45 2JS
- 11th 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
- 12th Thur** **Knit & Natter Club** at Prospect House, NEW
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
- 12th Thur** **MEMORY CAFÉ (with activities)** at Parkgate & Neston URC Community Hall **With guest singer 'Steph'**
Second Thursday of each month at 2.00 to 4.00pm
P&N URC Church, Moorside Lane (off Parkgate Road), Neston CH64 6UZ
- 13th 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
- 17th Tue** **MEMORY CAFÉ** at Floral Pavilion NEW BRIGHTON
Third Tuesday of each month at 11.00am to 1.00pm
Mezzanine, Floral Pavilion, Manne Promenade, New Brighton CH45 2JS
- 17th 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 dwtwianianvien@gmail.com
- 19th Thu** **NARROWBOAT TRIP** from Christleton to Beeston lunch at The Shady
Supported by kind donation from Wirral Community Narrowboat Trust
Third Thursday of each month
meeting at 9:30 am for 10:00am sailing.
Booking is essential. Contact Nikky at: admin2@dementiatogetherwirral.org
- 20th Fri** **MEMORY CAFÉ** at GIFT Café
Admiral Nurse Kate Mellor will answer questions about dementia and care over a cuppa
PUDDINGTON Third Friday of each month 2.00 to 4.00pm
Chapel House Lane, Puddington, CH64 5SW
- 21st Sat** **MEMORY CAFÉ (with activities)** at Popsy's HOYLAKÉ
Third Saturday of each month at 2.00 to 4.00pm
Popsy's, Hoylake Community Centre, The Parade, Hoyle Road, Hoylake, CH47 3AG

2nd POPSY'S CAFE NOT ON THIS MONTH
- 24th Tue** **'New Memories' Music & Singing** at SRFC, Liscard
Fourth Tuesday of each month at 2.00pm to 3.45pm
Serpentine Road Family Church, Liscard Road, Wallasey CH44 0AA
- 24th 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
- 24th Tue** **MEMORY CAFÉ** at Trinity Methodist Church ELLESMERE PORT
Last Tuesday of each month at 12.00 to 2.00pm
Trinity Methodist Church, Whitby Road, Ellesmere Port CH65 0AB
- 26th Thu** **COACH TRIP** to Southport stopping at Lady Green Nurseries and lunch at The Bold Hotel
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
- 26th 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

WIRRAL CARERS HEALTH & WELLBEING SERVICE

Carer Linkworkers Making Caring Visible, Valued & Supported



Wirral, Cheshire
& Beyond



August 2024

Is your group more than 12?...



Pot of Gold



Over the Rainbow

Then book both boats.....

For September & October both Pot of Gold and Over the Rainbow will be offering trips from the Cheshire Cat Pub, Christleton near Chester to Beeston, Chester or a shorter trip to Tattenhall.

A fabulous opportunity to cater for all your group members!

[Book
Online](#)



Palliative and End of Life Care Super Study Session

*A FREE face to face event focusing on
symptom management and end of life care.*

The session will cover:

- ❖ *Recognising patients who are end of life*
- ❖ *Advance Care Planning & difficult conversations*
 - ❖ *Spiritual Support*
 - ❖ *Symptom management*
- ❖ *Role of specialist palliative care on the Wirral*

Thursday 26th September 2024
12.30 Welcome & refreshments
Start: 13.00 – 17.00

Location: Wirral Hospice St John's, CH63 6JE

**For more information/to book: call 0151 334 2778 or
email education@wirralhospice.org**

A minimum number of attendees are required for this event to proceed.
All attendees will be notified of any changes at least one week before the event.

WIRRAL CARERS HEALTH & WELLBEING SERVICE

Carer Linkworkers Making Caring Visible, Valued & Supported

BIRKENHEAD
CENTRAL
LIBRARY

SINGING CAFE



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

10:30am-12:00pm on
Tuesday 3rd September
Tuesday 8th October
Tuesday 12th November
Tuesday 10th December



REFRESHMENTS
AVAILABLE

Wirral Hospice St John's BINGO NIGHT

Sat 7 Sep, 6.30-9pm

M E C C A

Birkenhead

£20 per person

incl 2hrs bingo, FREE burger & soft drink

wirralhospice.org/bingo

0151 343 0778 | events@wirralhospice.org



Wirral Hospice
St John's

wirralhospice.org
Registered Charity No. 510643

PROFESSIONALS

OPEN DAY

OPEN TO ALL PROFESSIONALS IN HEALTH,
3RD SECTOR AND FAITH SERVICES

WEDNESDAY 18TH SEPTEMBER - 10AM

COME LEARN ABOUT SPIDER, OUR GROUPS,
MEMBERS AND OUR SILK FAMILY SUPPORT SERVICE

CALL OR EMAIL TO BOOK YOUR PLACE
PLEASE BOOK BEFORE 11TH SEPTEMBER

0151 647 7723

enquiries@spiderproject.org.uk

THE RESILIENT PROJECT IS BACK!

AGED BETWEEN 16-30?

WE CAN HELP YOU TO STAY HEALTHY

MAKE NEW FRIENDS AND CONNECTIONS

FIND ACTIVITIES TO MAKE YOU HAPPY

FIND A JOB OR VOLUNTEERING ROLE

LEARN COOKING SKILLS

WEDNESDAY 25TH SEPTEMBER

11AM - 1PM

Birkenhead Salvation Army

Vincent Street

Birkenhead

CH41 2RH



REGISTER

REGISTER YOUR INTEREST BY EMAILING
LOUISE@RESILIENTNW.ORG
OR CALL 07878 907591 TO FIND OUT MORE

SCAN THE QR
CODE TO FIND
OUR WEBSITE



www.resilientnw.org



@resilient_nw



@resilientnw



@ResilientNWCIC

WIRRAL CARERS HEALTH & WELLBEING SERVICE

Carer Linkworkers Making Caring Visible, Valued & Supported



FREE NUMERACY COURSE FOR ADULTS 19+



Access Multiply

A FREE fully-funded programme to help adults improve their numeracy skills

- Support your children with homework
- Manage your money better
- Reveal new job opportunities or progress in work
- Take the next step to higher levels of training or qualification

Wirral Change

St Laurence's School St Laurence Drive Birkenhead CH41 3JD

0151 649 8177 admin@wirralchange.org.uk

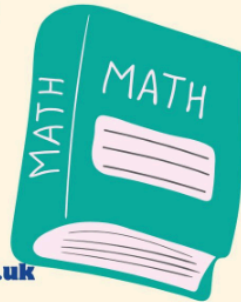
SKILLS FOR LIFE Multiply

EVERY TUESDAY

Morning Session 10:00 - 13:00

Afternoon Session 14:00 - 17:00

Starting 10/09/24



ALL THE FAMILY WELCOME



TOMORROW'S WOMEN

CHARITY FUNDRAISER

SUMMER Fair

31ST AUG 2024 @ 11-2 PM

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

ADULT: £2 | CHILDREN: FREE

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

FOR A STALL, EMAIL
KATECHADWICK@TOMORROWSWOMEN.ORG.UK

Wirral Hospice St John's

URGENT FURNITURE APPEAL



FREE collection service:
0151 334 2558 | van@wirralhospice.org
wirralhospice.org/charityshops

Wirral Hospice St John's Registered Charity No. 510643

Wirral Hospice St John's

URGENT FURNITURE APPEAL



FREE collection service:
0151 334 2558 | van@wirralhospice.org
wirralhospice.org/charityshops

Wirral Hospice St John's Registered Charity No. 510643

Wirral Hospice St John's

URGENT FURNITURE APPEAL



FREE collection service:
0151 334 2558 | van@wirralhospice.org
wirralhospice.org/charityshops

Wirral Hospice St John's Registered Charity No. 510643

Wirral Hospice St John's

URGENT FURNITURE APPEAL



FREE collection service:
0151 334 2558 | van@wirralhospice.org
wirralhospice.org/charityshops

Wirral Hospice St John's Registered Charity No. 510643



Looking for work? Boost your CV with our expert help!

Location: Flourish Wellbeing Hub - Wing A, 2nd floor Victoria Central Hospital, Mill Lane, Wallasey, CH44 5UF

Did you know the average employer spends just 8 seconds reviewing a CV? Make those seconds count! Stand out from the crowd and apply for jobs with confidence.

Fortnightly CV Writing Sessions at Flourish Wellbeing Hub by The Salvation Army



Dates:

- Thursday, 12th September
- Thursday, 26th September
- Thursday, 10th October
- Thursday, 24th October

Time: 10:30am - 2:30pm



Secure your spot today to update or create a winning CV!

Secure your spot today to update or create a winning CV!

Email: howard.leighton@salvationarmy.org.uk or

Phone: 07767 643 208

WIRRAL CARERS HEALTH & WELLBEING SERVICE

Carer Linkworkers Making Caring Visible, Valued & Supported

WALLASEY LIBRARY UKULELE BAND!




SUITABLE FOR AGES 8 TO 108

SATURDAY 14TH SEPTEMBER 2:30PM

BORROW A UKULELE FROM US* OR BRING YOUR OWN (*SUBJECT TO AVAILABILITY)

LEARN THE BASICS, PLAY SONGS & PRACTICE TOGETHER!
NO PRIOR KNOWLEDGE REQUIRED!

The Quirky Well Being Hub
124E Market Street Hoylake

Back to School Meet Up!

Come along meet up with friends, make worry boxes, calming jars and affirmation mirrors with Mandi and see our new library and see what other exciting things we have going on!. Find out about after school clubs and activities we have on offer! Rosie our SEND Specialist will also be on hand to offer advice and support and tell you about her upcoming workshops!




Drop in all day from 10-00am

Friday 30th August



Our Training dates for the rest of 2024

SafeTALK	ASIST	SafeTALK	ASIST
30th AUGUST	26-27th SEPTEMBER	25th OCTOBER	28th-29th NOVEMBER

To book onto a course visit our **Eventbrite** to secure your place!

@themartingallierproject
themartingallierproject.org



Walk And Talk

with Leigh & Gary

Every Tuesday, 10.30-12

Meet at Birkenhead Park Visitor's Centre



Please wear trainers or walking boots

Exercise classes for over 50's



Using a combination of aerobics, strength, flexibility and balance to keep you strong and independent. Only £6 a class, no need to book a place just come along and join in!
For more information call Christine - 07411 949 185



Exercise Classes for Over 50's

Tuesdays
Kylemore community centre
Pensby
1:30-2:30pm

Wednesdays
Harrison Hall (North Hall)
Wallasey
10 - 11 am

Thursdays
Prenon Rugby Club
Prenon
9:30 - 10:30 am

Call Christine 07411 949 185






PROJECT Curry Club

Thursday 10th October 2024

Three courses for £25

To book, email: Sid@Gallierhouse.co.uk



www.themartingallierproject.org

WIRRAL CARERS HEALTH & WELLBEING SERVICE

Carer Linkworkers Making Caring Visible, Valued & Supported



Men's Group

FREE

Every Wednesday between 14:30-16:00

Activities:

- Talk in confidence
- Health check
- Refreshments provided
- Games

Contact Isaac on 01516498177 or 07873952073



St Laurence's School, St Laurence Drive, Birkenhead CH41 3JD



NEW PEER SUPPORT GROUP !!

Are you a Parent or Carer of a child or young person who suffers with their Mental Health? Would you like some support, encouragement, tools and strategies to help you?

You are welcome to join us on Wednesday afternoons (term time) at our Hub for a cuppa and chat with other Parents, volunteers and staff with lived experience.

We will also be inviting in other organisations and professionals to add to the conversation and help support us.



Wednesdays 1pm - 2:30pm

ferriesfamilygroups.org.uk



Wirral Veterans' Breakfast Club



Lonely, bored, miss the Services comradeship?

Join us at our monthly meeting for breakfast or just a mug of tea!

The food is great; the company is friendly; and the banter is free!

Families welcome.

Wirral Joint Services Club
41 St George's Road
Wallasey CH45 3NF



NHS 111 offering crisis mental health support for the first time

LEMON CHEESECAKE (NO-BAKE!)

Serves 6

PREP & CHILL: 25 mins

Easy

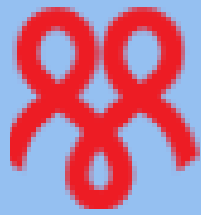


INGREDIENTS

- 110g digestive biscuits
- 50g butter
- 25g light brown soft sugar
- 350g mascarpone
- 75g caster sugar
- 1 lemon, zested
- 2-3 lemons, juiced (about 90ml)
- Lemon zest or a handful of berries for decoration

METHOD

- Crush the digestive biscuits in a food bag with a rolling pin or in the food processor.
- Melt the butter in a saucepan, take off heat and stir in the brown sugar and biscuit crumbs.
- Line the base of a 20cm loose bottomed cake tin with baking parchment.
- Press the biscuit into the bottom of the tin and chill in the fridge while making the topping.
- Beat together the mascarpone, caster sugar, lemon zest and juice, until smooth and creamy.
- Spread creamy mixture over the base and chill for a couple of hours before serving.
- Top with grated lemon zest or berries.



carersUK

NEWS



Everyday technology for carers

This video introduces a range of technologies to help with caring.

[Watch the video](#)

Press Release

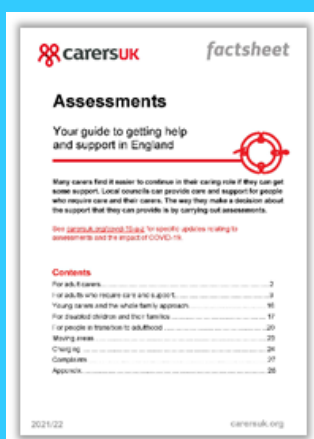


New report from Carers UK finds that introducing paid Carer's Leave could boost productivity, whilst improving millions of workers' lives

21 August 24

New report from Carers UK finds that introducing paid Carer's Leave could boost productivity, whilst improving millions of workers' lives

[Read more](#)



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