

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

SCAM ALERT



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/carers-support/our-events/



MERSEYSIDE
POLICE



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

CARER TRAINING SESSIONS!

SEND Preparation for Adulthood Festival

Join
Us!

*No booking required,
just turn up!*

Tuesday 8th October 2024

from 10am to 7pm
at the Floral Pavilion,
New Brighton

CAREERS + EDUCATION

HEALTH

SOCIAL CARE

A programme of talks and
a marketplace of services
offering support and advice
for SEND young people
aged 11 - 25



WIRED'S CHRISTMAS RAFFLE

**Our raffle this year is NOT TO BE MISSED!
We've already had some amazing prize
donations which include;**

Gift voucher for a Luxury Facial & Relaxing Back Massage
from ANNE ROBERTS HAIR & BEAUTY

————— ◆ —————
3 x 1 month memberships for the
UNDERGROUND TRAINING STATION
from D McDermott @TheUTS.co.uk

————— ◆ —————
£40 cut & blow dry voucher
from Nicola Molyneux of DARCY'S SALON in Bebington

————— ◆ —————
BROADWAY STEAKHOUSE voucher donated by D Grey

————— ◆ —————
£40 CASH PRIZE donated by Met-Arc Limited



**More prizes & details
revealed soon!**

WIRRAL CARERS HEALTH & WELLBEING SERVICE

Carer Linkworkers Making Caring Visible, Valued & Supported

SEPTEMBER

OCTOBER

ROLE ON

'supporting long term former carers
across Wirral'



free&easy JOHNNY PYE HESWALL THURSDAY 17th OCTOBER

Meet at Johnny Pye from 12 noon,
where you'll be met with
great pub food, at fantastic prices
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.

our new free&easy venue



WIRED, St James Centre,
344 Laird Street, Birkenhead,
CH41 7AL
0151 522 7990

A huge thank you to Lynn Griffiths from WIRED for taking the time to visit us at **LIBERTY BELL COFFEE** during the very busy time we had trying to organise the A.G.M. W.I.R.E.D. was created in 2003 by merging Wirral based organisations Living Options and Wirral Association for Disability. W.I.R.E.D. stands for Wirral Information Resource for Equality and Diversity. It is always a great opportunity to meet Lynn and show our appreciation of the work she and the organisation do supporting so many carers groups throughout Wirral. Happily we were able to continue our A.G.M. at the **JOHNNY PYE** in Heswall where we enjoyed a great lunch. We are looking forward to holding our regular 'free&easies' here which will give members a chance to meet at the later time of 12 noon.



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



**WE'VE HAD A
LOVELY
MENTION FROM
ROLE ON!**

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SCAN ME



Receive information and updates about the work on the QN23 Birkenhead FHSF Movement Projects

GRAHAM

PLEASE spare 5 minutes and CLICK below to nominate WIRED (Projectwireduk CIC)!

This year, we are giving over £1 million

Nominate today!



movementforgood.com

Ecclesiastical Insurance Office plc is the promoter



Next £1,000 draw coming soon...

Our fifth £1,000 draw of the year is fast approaching, so if you haven't already done so, please get your nominations in by midnight **Sunday 22nd September** to ensure your favourite charity is in the running.

The 50 winning charities will be announced on our website on **Friday 27th September**.

Don't forget...

- If you've already nominated a charity for £1,000 this year - thank you! Your nomination will automatically be carried forward to the remaining £1,000 draws this year.
- It's one nomination per charity, per person so if you have more than one favourite, get them in the running today!
- Once you've nominated, use our [tools](#) to share and get your network to support too – it only takes a minute and the more nominations your charity gets, the greater their chance of winning.
- Now you can even create your own poster with a handy QR code that takes your supporters directly to the nomination form - making it easier for people to nominate you. [Take a look](#) and put one up in your office, shop or at any event you have planned!

[Nominate a charity for £1,000](#)

[Terms and conditions apply](#)

WIRRAL CARERS HEALTH & WELLBEING SERVICE

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Join Wirral Mencap's Seaside Walk

The annual Seaside Walk returns on Saturday 21st September.

An annual tradition since lockdown, the Seaside Walk is back and we are looking for people to take on a little challenge this autumn and [sign up](#).



More Details

As always, the Seaside Walk begins at Seacombe Ferry Terminal and ends at the Green Lodge Hotel in Hoylake.

We ask everyone to arrive at the ferry terminal at 9:00am in time for a 9:30am start. The mayor and mayoress will be there to wish all of the walkers luck and wave them off.

Each walker will get a free Wirral Mencap t-shirt and an easy-read map. They will also get a certificate at the end of the walk to celebrate their success.

There are two route options: 2 miles and 10 miles. Walkers can choose which one they would rather do - just let us know.

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Do you or someone you know in Wirral use the Medequip service?

We'd love to hear what you think.

Survey link: <https://www.healthwatchwirral.co.uk/medequip-survey>

Healthwatch Wirral help to make health and social care work better for everyone based on what you tell us. Healthwatch is independent and the way we work is designed to give you a powerful voice to help you get the best out of your health and social care services, whether it's improving them today or helping to shape them for tomorrow.

Medequip run the Wirral Independence Service on behalf of Wirral Council and NHS Cheshire and Merseyside.

This includes the Community Equipment Service, Falls Prevention Service and a care technology installation, monitoring and responder service that supports in emergencies such as when people need picking up in the home, following a fall.

Medequip also provide aids & equipment you or a loved one may need when returning home from hospital or to help you maintain and improve your independence at home.

Get Involved

Share your experience with Medequip by completing this survey. You can tell us your experiences by calling Healthwatch Wirral on 0151 230 8957.

Survey link: <https://www.healthwatchwirral.co.uk/medequip-survey>

You can also visit Healthwatch Wirral's Feedback Centre and choose the Medequip Button to tell us about your experiences:

<https://speakout.healthwatchwirral.co.uk/service/medequip>

Your feedback is anonymous and will be used solely for improving the services provided in Wirral.

Medequip will use your feedback to improve the services that they offer.

Better Health Start for Life

Pregnancy, baby and parenting

Welcome to Better Health – Start for Life.

The place for trusted NHS advice and guidance to help you have a healthy and happy baby during pregnancy, birth and parenthood.



[How to take care of your baby or toddler's teeth](#)

Help your little one maintain a lifetime of healthy smiles by teaching them good dental habits, such as regular brushing and not eating or drinking too much sugar.



CARERS CARD UK

**LATEST
NEWS**



HOW DO I OVERCOME MY NERVES WHEN PROVIDING CARE?

Caring for a loved one can be a deeply rewarding but also nerve-wracking experience. It's natural to feel nervous, especially if you're new to caregiving or dealing with a challenging situation. Overcoming those nerves involves a combination of self...



HOW CAN I CONVINCING MY PARENT TO GO INTO A CARE HOME?

Persuading a parent to consider moving into a care home is a delicate and challenging task that requires empathy, understanding, and open communication. It's important to approach this conversation with sensitivity and a genuine concern for their wel...



THE IMPORTANCE OF LAUGHTER

Laughter, often described as the best medicine, holds a remarkable role in enhancing your overall well-being. It is a natural, universal human expression that has the power to uplift your spirit, strengthen your emotional resilience, and improve your...

Grief is hard.
Death can impact
all of life.

The Bereavement
Journey
a place to talk

7 Sessions of films
and discussion
for *anyone* bereaved *anytime*

Topics include:

- Attachment, separation and loss
- The pain and responses of grief
- Anger and guilt
- Coping with others' reactions
- Delayed and suppressed grief
- Adjusting to change
- Moving forward healthily
- Faith questions (optional)

To find out more visit:
thebereavementjourney.org

Running soon:

**Thursday afternoons
2 - 4 pm commencing
19th September 2024**

Christ Church Community Centre
Higher Bebington CH63 8LX

Please contact Eunice on 0151
608 4429 for more information.
We'd love you to join us!



independent LIVING



1. Workplace health checks

One of the main planks of the Labour party's manifesto was **boosting economic growth**, which has been in the doldrums for many years.

Improving our collective health is one way in which they are approaching this, now that they are in government.

The latest initiative is providing **access to health checks** in the workplace.

[Find out more here](#)



2. Music-Makers club

A new development from OHMI, the One-Handed Musical Instrument Trust. They have set up a **Music-Makers Club**, which is designed to bring together individuals who use adapted musical instruments or enabling equipment.

It will be a forum for **disabled musicians** to share their successes and challenges and become part of a much bigger and growing community.

[More details here](#)

Carefree



Give yourself a breather. Time and space to look after your own wellbeing.

How it works

There are hundreds of potential breaks away listed on Carefree's Breaks Hub. After registering with us, unpaid carers can browse available options and submit a request for a specific hotel on specific dates. If available, a confirmation email will be sent to you and you're all set to go!

If the break request is rejected, we'll give you access again to the Breaks Hub and you can select a different option.

New hotels and dates are added all the time, so if you can't quite find what you're looking, check back in in a few weeks.

[CLICK HERE FOR MORE INFORMATION](#)

Cruise Bereavement Support

Let your loved one's light shine bright

Dedicate a star in memory of someone you miss and love.



Grief can be overwhelming

You don't have to deal with it alone

[Get support](#)



Did you know

September is the most common month for birthdays in the UK.

Birthdays of loved ones who have died can cause powerful memories and heighten feelings of grief.

Also, marking your own birthday after a loss can be difficult.

Coping with anniversaries and reminders

Anniversaries and reminders can lead to powerful memories and cause you to grieve all over again.

[Click to read more](#)



Vulnerability Registration Service



The Vulnerability Registration Service (VRS) is a free not-for-profit organisation, designed to help people who have circumstances that need to be taken into consideration by the organisations that they have contact with.

Healthy Homes Solutions Limited (HHS) has launched the HHS & VRS Initiative, a support and triage service designed to assist vulnerable and fuel-poor individuals across several UK regions to access a variety of services they may not know they are eligible for.

For more information, click 'register' and complete the form. The HHS team can directly register you for certain services using your details, streamlining the process to save you time, and effort, and reduce anxiety. For services where direct registration is not possible, the team will provide helpful signposting information to guide you.

[Register](#)

WIRRAL CARERS HEALTH & WELLBEING SERVICE

Carer Linkworkers Making Caring Visible, Valued & Supported



Cheshire & Merseyside
Young People and Families
Provider Collaborative

Interested in joining our Parent and Carer forum?

The Level Up Parent and Carer Forum is open to all parents and carers whose young people are currently accessing or have previously accessed children and young people's specialised mental health services.

The forum is a safe space for parents and carers to meet people who have similar experiences and to share views, insights and feedback of the mental health services.

Joining the forum will enable you and other families to effect positive change and truly make a difference to services providing specialised mental health care to young people.



If you are interested in joining
please scan the QR code or visit:
www.levelupcm.nhs.uk/carers



If you are not sure, would like more information or need support filling in the form please contact our Carers Ambassador:
cwp.levelup.carers@nhs.net

WIRRAL CARERS HEALTH & WELLBEING SERVICE

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Scam Alerts service - sign up, it's free

Stay in the know and avoid falling victim to scammers by joining over 450k people already signed up to our free Which? Scam Alert service.



W?



30
THIRD
EDUCATIONAL
TRAINING
L3

In Partnership with Flourish Wellbeing Hub Managing your money Level 1

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

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

What you will learn:

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



What you will get?

Accredited Certification

NCFE Level 1
Award in Managing your money

Course Enrolment:

Wednesday 18th September
10am-2.30pm

Course Start Date:

Wednesday 25th September
9.30am-2.30pm

3 Sessions Every Wednesday

Support Session available from 2.30pm-4pm

Location:

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



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

info@3dtraining.uk.com

0151 294 4749

This programme has been funded by the Adult Education Budget

Take part in Counting the Costs 2024

Our flagship research into the costs of raising a disabled child.

TAKE PART NOW



WIRRAL CARERS HEALTH & WELLBEING SERVICE

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MAGGIE'S

Did you see Maggie's on ITV's 'Good Morning Britain' this month? They reported on **our recent research** showing that **42% of men don't ask for support** when they're diagnosed with cancer, often because they feel ashamed or too embarrassed to talk about their feelings.

"I had to stop myself apologising to my wife every five minutes because I felt I'd let her down." Nick, who felt guilty about being diagnosed with pancreatic cancer.

At Maggie's we're determined to end the stigma of shame many men feel when they need vital support. **Find out more**

JOIN US FOR AN

afternoon of...

MEMORIES, BUBBLES & SPARKLE

Saturday 5th October

2pm-5pm

Maggie's Wirral



An afternoon of memories, bubbles and sparkle

Our well loved event is back for another year!

Join us on **Saturday 5 October** for our annual afternoon of memories, bubbles and sparkle. Gather your friends and family and join us for live entertainment and an opportunity to come together to help to raise funds for people with cancer.

Tickets include drinks and nibbles.

[Buy your ticket](#)

WIRRAL CARERS HEALTH & WELLBEING SERVICE

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ARE YOU READY TO CONQUER YOUR FITNESS GOALS?

Weight Management

Do you want to lose weight or gain muscle mass? Body composition analysis performed (skinfold measurements) and relevant metrics captured in your 1-2-1. Nutrition guidance and advice given.

Performance Training

Do you want to improve strength, power or fitness? We will assess you in a specific area and help you to develop a training plan to support and improve your performance. Perfect for those who participate in sports, events or are in rehabilitation.

Health & Wellbeing

Do you use exercise to reduce stress, improve your mood and energy levels? Are you interested in longevity? Answer our lifestyle questions and have key measurements taken eg blood pressure.



UTS is more than just a gym. For the past 13 years we have built a loyal membership, which we are proud to call our TRIBE. Our priority is to help you enjoy your fitness journey whilst at the same time providing you with all the support and guidance you need to achieve your goals.



GET COACHED. GET EDUCATED. GET RESULTS.

CLAIM YOUR FREE
PASS TODAY



OPENING
TIMES

Mon - Thurs 06:00 - 21:00
Friday 06:00 - 20:00
Saturday 07:00 - 17:00
Sunday 08:00 - 16:00

0151 632 6409

@theutsgym @undergroundTS @utsgym

3 x 1 month memberships donated to our Christmas Raffle from TheUTS!

OPEN GYM
£32.99
per month

Over 90 hours of access to the gym
Consultation & Individual Goal Planning
Health and Nutrition Support
Support to Track Progress

HYBRID
£54.99
per month

Over 90 hours of access to the gym
Plus 30+ coached classes per week - targeting all aspects of fitness
Consultation & Individual Goal Planning
Health and Nutrition Support
Support to Track Progress

YOUNG ADULT
£27.50
per month

The perfect membership for the younger members of our Tribe to learn how to lift, to develop their knowledge and to train in a positive environment.

Available to 16 - 17 year olds
Access to all kit and equipment plus all UTS classes

Enjoy all the benefits of being part of the UTS Tribe

INDIVIDUAL GOAL PLANNING

CONSULTATION & CLASS PROGRAMME

HEALTH & NUTRITION SUPPORT

SUPPORT TO TRACK PROGRESS

ELITE DEVELOPMENT SQUAD

EDS is a specific training system created to inspire young sportsmen / women to maximise potential in their chosen sport(s).

FIND OUT MORE
www.theuts.co.uk/eds
0151 632 6409

Our youth athletes will learn a variety of bodyweight, medicine ball, dumbbell and barbell exercises as well as being educated on the key principles of getting stronger, more powerful and moving better for their sport.

WITH NEIL PARSLEY
ELITE PERFORMANCE COACH
WITH ENGLAND FA



"A welcoming environment to train with top quality coaches and wide variety of classes to suit all abilities."

- Matthew

WIRRAL CARERS HEALTH & WELLBEING SERVICE

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STOP TOBER **NHS**

Stop smoking for Stoptober and you're 5 times more likely to quit for good.

Search **Stoptober** for free support

Better Health Let's do this

SAFE SURGERIES

Improving access to primary care and GP registration



Doctors of the World's **Safe Surgeries** initiative...

- Breaks down barriers to health care for **migrants and people in vulnerable circumstances**
- Supports a growing **network of 2000+** GP practices
- Helps ensure **NHS policy** is being followed to ensure best practice

Member Benefits

- Free E-Learning module
- Free Online Training
- National Support Network
- Newsletters with best practice recommendations

What is a Safe Surgery?

Any GP practice that pledges to ...

- **Provide inclusive services** to everyone in their community
- Ensure that **lack of ID, proof of address, immigration status, or language barriers** do not hinder patient registration

Why Safe Surgeries?

High CQC Scores: Safe Surgeries do well in the Caring and Responsive Categories
Efficient Reception Management: Improve communication and proper registration
Alignment with NHS Guidelines: The NHS states anyone should be able to register without ID, proof of address, and that immigration status is not relevant

Sign up as a Safe Surgery

and work to ensure that nobody in your community is excluded

Find out more: <https://www.doctorsoftheworld.org.uk/safesurgeries/>
Contact us: safesurgeries@doctorsoftheworld.org.uk



 @DOTW_UK



SAFE SURGERIES

WIRRAL CARERS HEALTH & WELLBEING SERVICE

Carer Linkworkers Making Caring Visible, Valued & Supported

Take Control of Your Future, Today

actionCOACH FOUNDATION **YESS** FOUNDATION



Ready to join the YESS programme, a Smart Start to your entrepreneurial journey?

1

Are you between the ages of 12 and 22?



Yes!

2

Do you want to be your own boss?



Yes!

3

Do you have a business idea, but not sure how to make it a success?



Yes!

4

YESS! You should sign up TODAY

find out more...



Calling all budding entrepreneurs aged 12 - 22!

actionCOACH FOUNDATION

YESS You Can!

Students accepted into the programme, after completing a brief application, will receive access to the 12-week self-paced programme, plus all the YESS Programme content library and discussion forums.

Students who view all videos and complete all quizzes and assignments will receive a Business Basics Certificate and will have a basic business plan and pitch they can use to help generate sales and investor interest for their business ideas.

Graduates of the 12-week Business Basics programme will become part of the global YESS Club, where they can connect with fellow graduates and volunteer coaches to keep learning and growing their business skills.



Apply now:
tinyurl.com/dpe3ew87

actionCOACH FOUNDATION

WHAT YOU WILL LEARN

- Weeks 1 & 2: Getting in the right mindset.
- Week 3: Are you ready to be an entrepreneur?
- Week 4: Making your dreams come true.
- Week 5: Wealth Creation.
- Week 6: Mastering massive growth.
- Week 7: Creating raving fans.
- Week 8: 5 ways-strategies to sales and marketing success.
- Week 9: Leveraging leadership.
- Weeks 10-12: Extra time to catch up and submit the 3 assignments (Vision Board, Business Plan and Video Pitch)

WHY YOU SHOULD SIGN UP

<https://actioncoachfoundation-yess.thinkific.com/>



Apply now:
tinyurl.com/dpe3ew87

UPCOMING EVENTS!

Well Being Hub Timetable

Mon	Tue	Wed
10:00-11:00 am SENDtotsgroup	11:00-12:00 pm Quirky Craft with Mandie	11:00-12:00 pm Making with Mandie 🍪
11:00-12:00 pm Home Ed STEM 📖		1:00-2:00 pm Messy Play with Mandie
1:00-3:00 pm ADHD Support Group		7:00-9:00 pm Ambiguous Loss Group
Thu	Fri	
11:00-12:00 pm My Wellbeing Journey 🌱	11:00-12:00 pm Home ed Social 🍷	
1:00-3:00 pm Assertiveness Course *Starts Sept 19	1:30-3:00 pm Little Chef's Club 🍳	

Employability Open Day

Friday 13th September
10am - 1pm
Birkenheads Corps
Vincent Street,
Birkenhead, CH41 2RH



- Open To all
- Refreshments provided
- Employment advice and support. Training and volunteering information. Wellbeing Support Services
- Drop in for a brew and a chat about local support.

for more information

Contact :
Emma.Smerdonesalvationarmy.org.uk



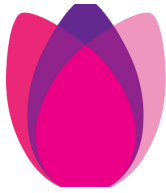
DELAMERE
STATION HOUSE
EAT, DRINK, RELAX



Click here to see WHAT'S ON!

WIRRAL CARERS HEALTH & WELLBEING SERVICE

Carer Linkworkers Making Caring Visible, Valued & Supported



Tomorrow's
Women

TOMORROW'S WOMEN WIRRAL EMPOWERING TIMETABLE SEPTEMBER 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>9.30 Legs, Bums & Tums </p> <p>With Nicky</p> <p>We need your help 9.30-2pm</p> <p>To support the continued growth of our beautiful garden with Sandra & Liz</p>	<p>Behaviours that challenge</p> <p>Enrolment: 17th September 10-2.30</p> <p>Start date: 24th September</p> <p>10-2.30 x 7 weeks</p> <p>-Understand how behaviour can be seen as challenging</p> <p>-Understand how to identify behavioural changes & triggers</p> <p>- How to adapt communication</p> <p>- Understand how underlying issues can affect behaviour & impact others</p> <p>Belly Dancing with Cecile</p> <p>10am -11am</p>	<p>We need your help 9.30-2pm</p> <p>Support the continued growth of our beautiful garden with Sandra & Liz</p> <p>Getting started with Maths</p> <p>Starts 11th September</p> <p>X 7 weeks</p> <p>9:30-11:30am</p> <p>Wirral Lifelong Learning Service</p>	<p>L3 Autism</p> <p>-Enrolment: 5th September- 9.30am – 3pm</p> <p>-Start date: 12th September</p> <p>x 9 weeks</p> <ul style="list-style-type: none"> Must have completed Level 2 Autism Develop further understanding of Autism Influence of positive communication methods How to support positive behaviour, how individuals with Autism can be supported to live healthy and fulfilled lives 	<p>We need your help 9.30-2pm</p> <p>To support the continued growth of our beautiful garden with Sandra & Liz</p> <p>Money & Me</p> <p>3-week budgeting course</p> <p>10am -11.30am</p> <p>Starting 20th September</p>
<p>Support with Employment & Training</p> <p>The Growth Company</p> <p>9.30am – 12pm</p> <p>With Sarah</p> <p>2nd, 16th & 30th September</p>	<p>17th September x 4-weeks</p> <p>Be a More Confident You</p> <p>10.30-12.30pm</p> <p>Working for women's economic development</p> <ul style="list-style-type: none"> *Positive thinking & self-talk *Building resilience *Positive money mindset, creating good habits. <p>Family Law</p> <p>10th & 24th September</p> <p>msb means something better.</p> <p>Substance Use Midwife Drop-in with Jill</p> <p>Support for pregnant women.</p> <p>10th September From 10am</p>	<p>Solicitor support in Family Law</p> <p>10am -11am</p> <p>BDW get results.</p> <p>10-12pm</p> <p>A Stitch in Time</p> <p>Sewing skills and crafts, With Mary</p> <p>Community Connectors</p> <p>11-12pm</p> <p>Needing some support/help in your community then come along and speak with a community connector</p> <p>Connect Us</p>	<p>Police Focus Group</p> <p>10am-12pm</p> <p>Come in and speak to the Police about your experiences</p> <p>Wirral POLICE</p> <p>10.00 Boxercise</p> <p>With Ellie</p> <p>#174 LAW SOLICITORS</p> <p>10am-11am</p> <p>Specialising in Family Law, Domestic & Care proceedings</p> <p>Facial Taster Sessions</p> <p>between 10-2 5th Sept</p> <p>Relax & be pampered.</p> <p>Booking essential!!</p> <p>10.30-12pm</p> <p>5th & 19th September</p> <p>Money advice & gambling support</p>	<p>Exploring Coercive Control</p> <p>13th September x 4 weeks</p> <p>10am-12pm</p> <p>-Explore what coercive control is</p> <p>-Learn about different types of control</p> <p>-Learn how to recognise coercive control</p> <p>Health & Social Care info hour</p> <p>With Cath & Donna- come along and gain information around working for the NHS.</p> <p>27th September at 10am</p> <p>NHS</p>

<p>Exploring Neurodiversity</p> <p>9th September 10am – 3pm</p> <p>Looking at: Individual differences</p> <p>Understanding ADHD, Autism, dyslexia, dyspraxia</p> <p>Wirral Met</p>	<p>Fitness Yoga by Julia Baxter</p> <p>HYBRID</p> <p>From 24th September- 8th October</p> <p>1-2pm</p> <p>Domestic Abuse Support Group.</p> <p>Every Tuesday, 1pm-2pm</p>	<p>Finding Me</p> <p>6-week</p> <p>Domestic Abuse Course</p> <p>Starting 4th September</p> <p>11am-1pm</p> <p>11.00-12.00pm</p> <p>Support with Care Proceedings</p> <p>Morecrofts SOLICITORS</p>	<p>5th September From 11am</p> <p>Offering support & help with claiming PIP previously known as DLA.</p> <p>BOOKING FOR THIS SERVICE IS ESSENTIAL</p> <p>Money Management & Debt support</p> <p>19th September, 11am – 1pm</p> <p>TWW Forum Meeting</p> <p>Come along & have your say.</p> <p>Community Room- 12th September 12pm</p> <p>12.30-4.30pm</p> <p>Drop-in with Sofia</p> <p>Feel like you might benefit from talking therapies. Free NHS assessments for anxiety and depression- 26th September</p> <p>NHS Wirral Talking Therapies</p>	<p>12pm-1pm</p> <p>POLICE DROP-IN</p> <p>27th September</p> <p>Wirral POLICE</p> <p>LUNCH CLUB</p> <p>12PM</p> <p>*£3 donation</p> <p>Tomorrow's Women Creative Group</p> <p>All Welcome 1.30pm</p> <p>Singing, drama & creativity</p>
<p>L1 Mental Health Awareness</p> <p>16th September</p> <p>10-4pm x 4 weeks</p> <p>Covering: Mental health awareness. Dispel myths & Break stigma</p> <p>Wirral Met</p>	<p>LBT Peer Support Group</p> <p>5.30 -7pm,</p> <p>10th September</p> <p>With SAHIR HOUSE & Tomorrow's Women</p>	<p>Do you want to know what JCP have to offer?</p> <p>Book to speak to Lesley, 11-1pm</p> <p>job centre plus</p>	<p>12.30-4.30pm</p> <p>Drop-in with Sofia</p> <p>Feel like you might benefit from talking therapies. Free NHS assessments for anxiety and depression- 26th September</p> <p>NHS Wirral Talking Therapies</p>	<p>Tomorrow's Women Recovery support group</p> <p>@ 2pm</p>
<p>Flexible practical support for families</p> <p>11am – 1pm</p> <p>2nd, 16th & 30th September @ 11-12pm</p> <p>Covering: Family law, Divorce, Financial issues</p> <p>burdward.</p>	<p>Better Solutions</p> <p>5.30-6.30pm</p> <p>Session 1- Thinking & behaviour.</p> <p>Session 2- Consequences</p> <p>Session 3- Problem solving.</p> <p>Rolling group. You can attend any of these sessions as & when.</p>	<p>12.30-1.30pm</p> <p>Domestic Abuse Specialist</p> <p>Morecrofts SOLICITORS</p> <p>Reading Group</p> <p>Weekly from 4th September</p> <p>1-2pm</p>	<p>Getting started with English</p> <p>12th September x7 weeks 1-3pm</p> <p>Wirral Lifelong Learning Service</p> <p>Jam Session</p> <p>Bring along your instruments & come have some fun</p> <p>1.30-2.30pm</p> <p>Jam Session</p>	<p>Guided Meditation</p> <p>3pm-3.30pm</p> <p>Blissful deep relaxation</p> <p>Family law & Care proceedings</p> <p>13th & 27th September</p> <p>2-4pm</p> <p>mmj solicitors</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

Carer Linkworkers Making Caring Visible, Valued & Supported

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
PHOTOGRAPHY 10:00AM-12:00PM (Main room)	BREAKFAST CLUB 09:30 - 11:00 Enjoy a free breakfast with friends	FIBRE ARTS 10:00AM-12:00PM (Top Room)	CITIZENS ADVICE DROP-IN MORNING First Thurs of the month	FRIDAY ARE OPEN TO ALL MEMBERS WHO HAVE COMPLETED THEIR MEMBERSHIP	SOCIAL SATURDAY 10:00AM- 12:00AM SATURDAY QUIZ 12:00PM- 2:00PM
INTRO TO MUSIC TECHNOLOGY 10:30 - 12:30 (Music Room)	LINO PRINTING 10:00AM-12:00PM (Main room)	EMPLOYMENT SUPPORT 11:00AM - 1:00PM (Main room)	SALVATION ARMY EMPLOYMENT SUPPORT Last Thurs of the month 9:00AM - 12PM	LEARN TO PAINT 10:00AM - 12:00PM (Main Room)	NEWS FOR SEPTEMBER We have new educational sessions on Tuesday. This month will look at ADHD AND AI scams
JAM TIME 1PM - 4:30PM (Music studio)	INVOLVE NW - DROP IN THE CONNECTORS 1st Tuesday of the month 10:00AM-12:00PM	PASTELS WITH ANITA 10:00AM-12:00PM	FILM & VIDEO 10:00AM-12:00PM (Top room)	HEALTH WALK 10:00AM-11:00AM meet at spider	Wirral Met College are back delivering two 4 week courses in True crime and behaviours and self awareness
PEER SUPPORT CHECK-IN 1:00 - 2:00	JAM TIME 10AM - 12PM (Music studio)	1-1 SINGING LESSONS 9X20 MINUTES SLOTS 10:00AM-1:30PM	GUITAR LESSONS-- ANY ABILITY 1:00PM/1:30PM/ 2:00PM/2:30PM	RELAXATION 11:00AM-12:00PM (Group Room)	Wirral Met College are back delivering two 4 week courses in True crime and behaviours and self awareness
IT SUPPORT 1-1'S 1:30PM - 3PM (Downstairs IT Suite)	POTTERY 6 WEEK COURSE 1:30PM - 3:30PM	PICNIC IN THE PARK WITH ROUNDERS 10TH SEPT 11AM	CREATIVE WRITING 2:00PM-4:00PM (Group room)	TAI CHI 12:00 PM - 1:00PM (Group Room)	We have an extra peer support session on Fridays
DESIGN ON COPPER 1:00PM - 3:00PM (Main room)	HOUSING SUPPORT 1:00PM-4:00PM	LEARN TO DRAW 12:30PM - 2:30PM (Main room)	BATIK 2:00PM-4:00PM (Main room)	ART COLLECTIVE 1:00pm - 3:00pm	On the 10th Sept to celebrate World Mental Health Day we will be heading to the park for a picnic and game of rounders
RELAXATION 3:30 - 4:30PM (Group Room)	BRAIN BITES 1:30 - 3:30 STARTS 17TH SEPT educational and immersive talks on various topics. This month we have: Understanding ADHD AI and Misinformation Understanding Calories	DRUMMING FOR BEGINNERS 1:30 - 3:30 4 x 30 min slots	WIRRAL MET WEDNESDAYS Speak to staff about booking on to - True Crime Behaviour and self awareness Overcoming trauma	PEER SUPPORT CHECK-IN 1:00 - 2:00	Pastels is moving to a Wednesday and Film and Video to a Thursday
ON SUNDAY 8TH SEPT WE HAVE OUR ANNUAL SUICIDE PREVENTION BIKE RIDE AROUND WIRRAL. PLEASE LET US KNOW IF YOU PLAN TO RIDE WITH US				CREATIVE SOUND PRODUCTION 1PM-3PM (Music room)	
				BI - WEEKLY OPEN MIC TIME 3:00 - 4:30PM (Main room) 6th and 20th Sept	
				7-ASIDE FOOTBALL AT TRANMERE ROVERS 3PM-4PM	

SPIDER PROJECT

Just a reminder:
Any activities in PINK need to be booked 6 days in advance
0151 647 7723



ACTIVITY TIMETABLE - SEPTEMBER 2024



CHANGING THE NARRATIVE ON SUICIDE
World Suicide Prevention Day
10 September
Start the conversation

MON	TUE	WED	THU	FRI	SAT	SUN
30 1.00 - 2.00 PM STRUM & SING-ALONG (ALL ABILITIES) 7.30 - 9.00 PM MONDAY WIND DOWN			Drop-ins Mon 2.00 - 3.00 pm: Involve North West Tue 1.00 - 4.00 pm: Citizen's Advice Wed 2.00 - 4.00 pm - IPS Employment Advice			1 12.00 - 1.30PM THERAPEUTIC THREADS 2.30 - 3.30PM MINDFUL DRAWING
2 1.00 - 2.00 PM STRUM & SING-ALONG (ALL ABILITIES) 7.30 - 9.00 PM MONDAY WIND DOWN	3 2.30 - 3.30 PM WELLBEING: ASSERTIVENESS & COMMUNICATION	4 12.00 - 3.00 PM WELLBEING CHECK-IN (BOOKED BY TEAM) 3.30 - 5.00 PM LINO PRINTING	5 10.30 - 11.30 AM MY MUSIC & ME	6 7.30 - 9.00 PM MEMBER BOARD GAMES	7 3.30 - 5.00 PM CERY'S CALM CRAFTS: CANVAS ART 7.30 - 9.00 PM SATURDAY SOCIAL	8 9.30 AM SPIDER'S ANNUAL SUICIDE PREVENTION CYCLE RIDE (WOODSIDE FERRY TERMINAL) 2.00 - 2.45 PM GUIDED IMAGERY
9 1.00 - 2.00 PM STRUM & SING-ALONG (ALL ABILITIES) 2.00 - 5.00 PM WELLBEING CHECK-IN (BOOKED BY TEAM) 7.30 - 9.00 PM MONDAY WIND DOWN	10 12.30 NOON - 1.30 PM SINGING WORKSHOP 1	11 2.00 - 3.30 PM KATE'S CRAFTS IN THE CAFE	12 2.00 - 3.00 PM WELLBEING: PERSONAL BOUNDARIES 7.30 - 9.00 PM COMPANEROS QUIZ	13 1.30 - 2.30 PM INTRO TO ORIGAMI 7.30 - 9.00 PM MEMBER BOARD GAMES	14 3.30 - 5.00 PM CERY'S CALM CRAFTS: BOOKMARKS 7.30 - 9.00 PM SATURDAY SOCIAL	15 3.00 - 4.30 PM THERAPEUTIC THREADS 7.30 - 9.00 PM MEMBER BOARD GAMES
16 1.00 - 2.00 PM STRUM & SING-ALONG (ALL ABILITIES) 7.30 - 9.00 PM MONDAY WIND DOWN	17 10.30 AM - 12.00 NOON 1-1 GUITAR LESSONS (BOOK WITH TEAM) 12.30 NOON - 1.30 PM SINGING WORKSHOP 2 2.00 - 5.00 PM WELLBEING CHECK-IN (BOOKED BY TEAM)	18 2.00 - 2.45 PM GUIDED IMAGERY	19 9.30 AM DAY TRIP TO ABER FALLS 10.30 - 11.30 AM MY MUSIC & ME 1.30 - 3.00 PM WELCOME SESSION FOR PROFESSIONALS	20 3.00 - 4.00 PM CREATIVE WRITING 7.30 - 9.00 PM MEMBER BOARD GAMES	21 3.30 - 5.00 PM CERY'S CALM CRAFTS: COASTER DECORATION 7.30 - 9.00 PM SATURDAY SOCIAL	22 2.00 - 2.45 PM GUIDED IMAGERY 4.00 - 5.00 PM CREATIVE WRITING
23 1.00 - 2.00 PM STRUM & SING-ALONG (ALL ABILITIES) 2.00 - 3.00 PM WELLBEING: CONFIDENCE & SELF-ESTEEM 7.30 - 9.00 PM MONDAY WIND DOWN	24 10.30 AM - 12.00 NOON 1-1 GUITAR LESSONS (BOOK WITH TEAM) 12.30 NOON - 1.30 PM SINGING WORKSHOP 3 2.00 - 5.00 PM WELLBEING CHECK-IN (BOOKED BY TEAM)	25 11.30 AM - 12.30 PM CONFIDENCE THROUGH DRAMA 3.30 - 5.00 PM LINO PRINTING	26 2.00 - 2.45 PM GUIDED IMAGERY 3.30 - 4.40 CREATIVE WRITING 7.30 - 9.00 PM COMPANEROS QUIZ	27 11.00 AM - 1.00 PM STAFF TEAM MEETING 1.30 - 2.30 PM INTRO TO ORIGAMI 7.30 - 9.00 PM MEMBER BOARD GAMES	28 2.00 - 3.00 PM NERO'S NATTER 7.30 - 9.00 PM SATURDAY SOCIAL	29 3.00 - 4.30 PM THERAPEUTIC THREADS 7.30 - 9.00 PM MEMBER BOARD GAMES

COMPANEROS

WIRRAL CARERS HEALTH & WELLBEING SERVICE

Carer Linkworkers Making Caring Visible, Valued & Supported

ACTION FOR HAPPINESS

Self-Care September

Self-care isn't selfish. It's essential.

Self-Care September 2024

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

- | | | | | | | |
|---|--|---|--|---|---|---|
| 1 Find time for self-care. It's not selfish, it's essential | 2 Notice the things you do well, however small | 3 Let go of self-criticism and speak to yourself kindly | 4 Plan a fun or relaxing activity and make time for it | 5 Forgive yourself when things go wrong. Everyone makes mistakes | 6 Focus on the basics: eat well, exercise and go to bed on time | 7 Give yourself permission to say 'no' |
| 8 Be willing to share how you feel and ask for help when needed | 9 Aim to be good enough, rather than perfect | 10 When you find things hard, remember it's ok not to be ok | 11 Make time to do something you really enjoy | 12 Get active outside and give your mind and body a natural boost | 13 Be as kind to yourself as you would to a loved one | 14 If you're busy, allow yourself to pause and take a break |
| 15 Find a caring, calming phrase to use when you feel low | 16 Leave positive messages for yourself to see regularly | 17 No plans day. Make time to slow down and be kind to yourself | 18 Ask a trusted friend to tell you what strengths they see in you | 19 Notice what you are feeling, without any judgement | 20 Enjoy photos from a time with happy memories | 21 Don't compare how you feel inside to how others appear outside |
| 22 Take your time. Make space to just breathe and be still | 23 Let go of other people's expectations of you | 24 Accept yourself and remember that you are worthy of love | 25 Avoid saying 'I should' and make time to do nothing | 26 Find a new way to use one of your strengths or talents | 27 Free up time by cancelling any unnecessary plans | 28 Choose to see your mistakes as steps to help you learn |
| 29 Write down three things you appreciate about yourself | 30 Remind yourself that you are enough, just as you are | | | | | |

ACTION FOR HAPPINESS

Happier · Kinder · Together

RBL PRESENTS

Show night

5th Oct 2024

Live at the Royal British Legion Little Sutton Club



DOLLY PARTON TRIBUTE

DOORS OPEN 7PM, START 8PM

TICKETS £5 EACH (18+ ONLY)

DURING THE EVENT THERE IS ALSO:

BINGO - RAFFLE - DISCO

0151 339 3543

<https://www.ticketsource.co.uk/rblittlesutton>

Royal British Legion, Chester Road, Ellesmere Port, CH66 3RJ



THE MESS FOR PERCH ROCK PRESENTS

Cool Jazz

GET READY FOR SOME JAZZY BLUES

Friday 13 Sept | 7 pm onwards

FREE ENTRY

RESERVE A TABLE: WWW.THEMESS.CLUB

WIRRAL CARERS HEALTH & WELLBEING SERVICE

Carer Linkworkers Making Caring Visible, Valued & Supported

STORYHOUSE

This house is your house.

Announcing: Storyhouse Elders 2024!

Monday 14 - Friday 18 October

STORYHOUSE

ELDERS

14-18 October

A FREE festival of
community,
connection and
creativity.



Storyhouse Elders returns this October – a FREE festival of community, connection, and creativity, created specifically for and with older members of Chester's community.

Are you, or do you know someone who is, looking for connection, opportunities to engage in the arts, or simply a reason to get out and have a good time?

Join us (or tell someone you know to join us!) this October for five days of crafts, film, singing, photography, comedy, live performances, and much more!

Storyhouse Elders is for anyone who considers themselves an older person... We won't be checking your ID!

All events are FREE – but please book so we know to expect you.

KOREAN PORK & RED PEPPER STEW

Serves 6

PREP & COOK: 2hrs 17 mins

Easy



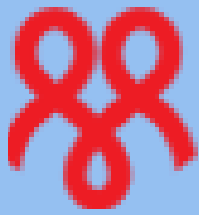
- 4cm piece ginger, finely grated
- 2 garlic cloves, chopped
- 300ml chicken stock

INGREDIENTS

- 2 tbsp oil
- 1.25kg boned pork shoulder, skin and fat trimmed, cut into 4cm cubes (or 2 x 500g pack diced pork topside)
- 2 red peppers, seeded and thickly sliced
- bunch spring onions, trimmed and roughly chopped (2 set aside)
- 1 red chilli, seeded and finely chopped
- 1 tsp Ingredients crushed chilli paste
- 2 tbsp light soy sauce
- 1 tsp soft light brown sugar
- 2 tbsp oyster sauce

METHOD

- Preheat the oven to gas 5, 190°C, fan 170°C. Heat the oil in a large ovenproof pan or casserole dish. Add the pork and sear over a medium-high heat for 6-8 mins, turning until browned on all sides. (If the pan is on the small side, do this in two batches.) Remove the pork from the pan, and set aside on a plate, until needed.
- Using the same pan, cook the peppers for 5 mins, stirring, until just starting to brown at the edges.
- Add the pork, spring onion, chilli, ½ tsp of the chilli paste, soy sauce, sugar, oyster sauce, ginger, garlic and stock. Bring to the boil, then cover and transfer to the oven for 1.5-2 hrs, or until the pork is tender, but still holds its shape. Season to taste, adding the remaining chilli paste, if needed.
- Shred the reserved spring onions and scatter over the stew, to serve.
- Tip: If you prefer a less runny stew, once cooked, mix 2 tbsp of the broth with a heaped tsp cornflour. Stir it into the stew over a medium heat for 1 min, or until thickened.



Working to end carer poverty



Unpaid carers have greater risks of ending up in poverty.

[Working to end carer poverty](#) →

Making caring the 10th protected characteristic



Carers often feel invisible, overlooked, and discriminated against, which is why we think it's important caring is made a protected characteristic.

[Find out more](#) →

Carer Passport Scheme



A Carer Passport is a record which identifies a carer in some way and sets out an offer of support, services or other benefits in response.

[Carer Passport Scheme](#) →

Carers Active



Carers UK is looking at ways to support carers in England over the age of 55 to get more physically active.

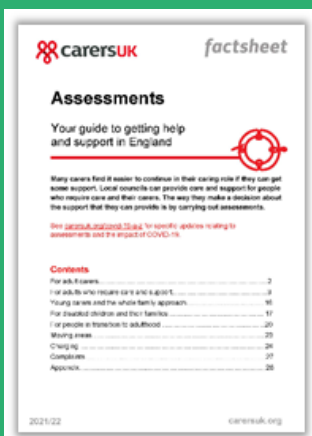
[Find out more](#) →

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



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