

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



We had 2 lovely visitors today. Heather brought her gorgeous 16 week old golden retriever Rosie to see us! We were all very much smitten! ❤️

WIRRAL CARERS HEALTH & WELLBEING SERVICE

Carer Linkworkers Making Caring Visible, Valued & Supported



**Stress Management
Training for Unpaid Carers**

Delivered by Psychotherapist Sue
carers with some easy to use
strategies to manage and reduce stress

CANCELLED

 Monday 30th September

 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




Wired health Junction

Caring With Confidence Course



Do you provide care for someone who cannot manage without your support?

At WIRED we run a 4 week training programme every Thursday with Health Junction designed to help carers manage your health and wellbeing and to care with confidence.

 Thursday 3rd/10th/17th/24th

 1pm - 3pm

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

To book your FREE place or for more information, please contact us on our Carers Helpline

 cws@wired.me.uk

 0151 670 0777



You're invited to the

BEBINGTON Advice & Information Fair

FRIDAY 4 OCTOBER 2024 • 10AM - 2PM

ST ANDREW'S CHURCH HALL

HIGHCROFT AVENUE, BEBINGTON

with free coffee, tea + cake

Meet our experts and find out more from...

**Citizens Advice Wirral • Involve Northwest • Age UK
United Utilities • Community Police • Energy Projects
Wirral Carers Health & Wellbeing Service
Healthier South Wirral NHS • Fire Safety in the Home**

Learn...

- **how to save money**
- **how to keep safe online**
- **energy saving tips**

Get...

- **a health check**
- **advice on energy bills**

OR... just come for the
free coffee, tea & cake!



Wirral
COUNCIL FOR
VOLUNTARY SERVICE



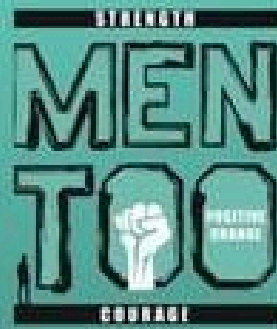
Stop Loan Sharks have resources in 20 different languages to support non-native speakers who are targeted by loan sharks

Stop Loan Sharks investigates and prosecutes illegal money lenders and provides support for borrowers in the UK. If someone you work with has borrowed from a loan shark or are worried about someone else, SLS are here to help and keep them safe. Their specially trained staff will provide them with emotional and practical support that is tailored to their needs.

Over the last 12 months, Stop Loan Sharks have been particularly concerned about illegal money lenders/loan sharks targeting individuals whose first language is not English. Loan sharks target anyone they perceive as vulnerable. For someone who is new to the country who may not speak much English, the process of accessing credit here may seem complicated and protracted. Challenges providing identification, having no/little income, or no credit score, can all result in people being targeted by what may appear to be a concerned local, possibly speaking the same language, offering to 'help' with a loan. Unfortunately this can lead to being charged extortionate interest and subjected to a range of threats, intimidation and harassment. Presently, there is a real risk that people are not aware that the situation they are in, is illegal lending and they may not know where to access help and support.

SLS have worked with ClearVoice translation company and now have resources translated into 20 languages, including: Bengali, Dari, Lithuanian, Latvian, Pashto, Urdu, Arabic, Chinese, Chinese (simplified), Czech, Farsi, Hindi, Hungarian, Kurdish Sorani, Polish, Portuguese, Punjabi, Romanian, Russian, Tigrinya.

Please visit <https://www.stoploansharks.co.uk/resources> to access these materials, including social media templates and printed materials to keep in your community space.



Care Maintenance

A brand new group offering befriending support to Wirral parents and carers of children and young people under 18 (up to 25 with SEND)

Every Thursday 10am - 1pm

Starting Date: 3rd October 2024



To find out more information or to book in a welcome session call or text 07415094194

Pregnant or new parent?

Are you worried about work or money?

Contact Maternity Action for completely **FREE** and **confidential** legal advice on work and benefits for pregnant women and new parents in Cheshire and Merseyside.

Fill in the online form





Scan the QR code and fill out our online form


Or visit:

maternityaction.org.uk/cheshire-merseyside-maternity-rights

 Wondering which benefits you're entitled to?

 Unsure if you're being treated unfairly at work?

 Want to know what your rights are at work?

 Not sure if you can get any maternity pay?

Call **FREE**

0808 802 0062

10am - 1pm Mon-Fri

Or leave a message for a call back.



WIRRAL CARERS HEALTH & WELLBEING SERVICE

Carer Linkworkers Making Caring Visible, Valued & Supported

ENERGY PROJECTS PLUS

towards a sustainable future

Free and impartial advice to help you save money on your energy bills.

Call 0800 043 0151

Or request a call



WIRRAL LOCAL PLAN

[CLICK FOR FURTHER INFORMATION](#)

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

GRAHAM 



SCAN ME



CAMPAIGN AGAINST LIVING MISERABLY

TOGETHER, WE CAN END YOUTH SUICIDE

In the last decade, **6,929** young people in the UK have taken their own lives.

We all have a role to play in keeping young people safe. CALM's C.A.R.E. Kit gives you everything you need to be there for them.

WHAT CAN YOU DO? C.A.R.E.

The CALM C.A.R.E. Kit helps you take action to protect the young people in your life from suicide. It's full of practical advice to equip you with everything you need to be there for a young person - from introducing the topic to keeping them safe in a crisis.

Learn how to speak about mental health and suicide, what to do if you're worried, and where you can find more information and advice.

C. CHECK IN

A. ASK HOW THEY ARE

R. REMAIN CLOSE

E. EXPERT HELP

SAMARITANS

Staying hopeful during difficult times can be really challenging. Hope doesn't mean everything has to be amazing right away, and it can look different for everyone.

We've pulled together some practical tips that may help, if you're finding things tough: <https://bit.ly/3BUGivN>

You don't have to face it alone. It's OK to ask for help and take things one day at a time ❤️

Staying hopeful during a difficult time



WE ARE

#TakingAction

**TO END VIOLENCE
AGAINST WOMEN
AND GIRLS**

Report it
and we will
take action



EMILY SPURRELL
MERSEYSIDE POLICE
& CRIME COMMISSIONER

**#TakingAction
to end
Violence
Against
Women and
Girls**

The campaign builds on the work over the last three years to prevent and reduce the violence and abuse women face every day in our communities by acknowledging the scale of the ongoing issue in Merseyside. It follows on from a survey carried out with approximately 4,000 women and girls to better understand how safe they feel in the places they live, work, and socialise.

71%*

* Results of a survey carried out on behalf of Merseyside Police

**OF WOMEN ON MERSEYSIDE
LIVE IN FEAR OF A SEXUAL
ASSAULT**

We know that figure is too high. We are working with partners to create safer streets and to make reporting quicker and easier. **Report it and we will take action.**

To find out more about what we're doing to tackle Violence Against Women and Girls scan the QR code or visit www.merseyside.police.uk/VAWG

Always call 999 in an emergency



#TakingAction

**WE ARE 100%
COMMITTED TO ENDING
VIOLENCE AGAINST
WOMEN AND GIRLS**



EMILY SPURRELL
MERSEYSIDE POLICE
& CRIME COMMISSIONER

WIRRAL CARERS HEALTH & WELLBEING SERVICE

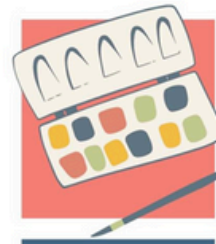
Carer Linkworkers Making Caring Visible, Valued & Supported

WIRRAL REPAIR CAFE

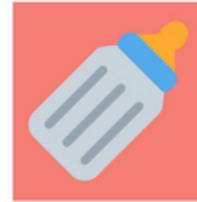
More electrical appliance repairers wanted!



For more details, please email
wirralrepaircafe@gmail.com



DO YOU NEED A FREE SPACE FOR YOUR GROUP?



WE WELCOME GROUPS

Our Cafe is the perfect place to meet.
Knit & Knatter - Book Group - New
Parents - Craft Club - Cyclists -
Community Group - Friends



Peninsula Travel Wirral

4d · 

If anyone has any friends or family stuck in a nursing home, or are at home in a wheelchair and unable to get about this Xmas day please get in touch. We will get your loved ones to your dinner table, and our drivers will stay out and make sure everyone gets back where they need to be. We will have limited availability on this but we will do our best to fit everyone in   

wirralview

Rare opportunity to see behind the scenes at Wirral's busiest cemetery

20 September 2024



Ahead of celebrating its 90th anniversary this year, Landican Cemetery and Crematorium is inviting residents to a special Open Day where they can informally meet some of the people involved in the funeral industry locally and get a rare glimpse behind the scenes at Wirral's busiest cemetery.



Important changes affecting public car parking in Wirral are on the horizon

Review of Wirral Council Ward Boundaries Underway



RN
I:D

SIGN UP TO OUR IT DOESN'T MATTER CAMPAIGN TODAY



Imagine being told '*...it doesn't matter*' whenever you try to join in.

Over the last year, two thirds of deaf people and people with hearing loss have experienced negative attitudes from others. More than a quarter say they are ignored in public by most people, and if they miss the conversation first time, millions are being dismissed and told 'it doesn't matter'.

You can show that 'It **does** matter' by signing up to receive our top tips on how to include deaf people and people with hearing loss in the conversation.



RNLI New Brighton Lifeboat ...

6h · ⚙️

On October 6th 2024 12pm to 3pm Wirral Community First Responders will be joining us at the boathouse offering FREE CPR & AED awareness training in honour of Restart A Heart Day ❤️

This is a community event welcoming those of all ages and abilities to come along and learn a life saving skill! 🚑



The Pan Cheshire Child Death Overview Panel

You are invited to join us!

Lunch & Learn Session - MS Teams Virtual
2nd of October 2024, 12.30 to 1.30pm

Bereavement

For Frontline Professionals in Health, General Practice, Children's Services, Police, Education & Other Partner Agencies to explain the services that Claire House Hospice provide following the death of a child



Claire
CHILDREN

Presented by Clare Doig – Specialist Bereavement Nurse at Claire House Hospice

To Register, please email
cheshire.westsafeguardingadmin@cheshireandmerseyside.nhs.uk

Please book early as places are limited, further details regarding event will be emailed to successful applicants

WIRRAL CARERS HEALTH & WELLBEING SERVICE

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**GET VACCINATED.
GET WINTER STRONG.**

If you are vaccinated and catch flu or COVID-19 this winter, you are likely to have milder symptoms and recover faster.

Get your flu and COVID-19 vaccinations.

For more information visit www.nhs.uk/wintervaccinations



Cancer Care Map

UPCOMING EVENTS!

Barn Dance

in memory of David Taylor

📍 St Stephen's Church Hall, 11 Prenton Lane, Prenton, CH42 8LA

📅 Saturday 12th October 2024

🕒 Doors open at 7pm

£10 Entry



Bring your own drinks!



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

PJ AND ONESIE NIGHT



Sunday 6th October at 5pm - 7pm

Bring your own skates. Adults are £4 and Kids are a £1. Feel free to wear Pj's or Onesie. All ages and abilities are welcome.

Birkenhead Market Craft & Gift Fair 28th Sept FREE ADMISSION 10am to 4pm

Cloughton Rd
CH41 2YH

Cloughton Rd CH41 2YH



Wheelchair Accessible

marissa@memorylanefairs.com



Port Sunlight
VILLAGE TRUST

Suds the Squirrel's Autumn Adventure Trail



Saturday 5 October
11am-1.45pm
Port Sunlight

It's time for a Macmillan Coffee Morning

and you're invited

Let's do whatever it takes
to support people living with cancer.

Place: St Annes Parish Centre

Date: Friday 27th September 2024

Time: 10 AM

Contact:

UCM

£3- entrance fee

includes 1x tea or coffee

MACMILLAN
CANCER SUPPORT

+ a piece of cake!



Registered with
FUNDRAISING
REGULATOR

WIRRAL CARERS HEALTH & WELLBEING SERVICE

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TICKETS



CLUB NIGHT 😊 CHARITY 😊 FUNDRAISER

TACKLING VIOLENCE AGAINST WOMEN AND GIRLS

CREATING A SAFE SPACE FOR WOMEN

WOMEN IN DANCE MUSIC

DANCE CLASSICS | DJ EMMA LUNDY

INCLUDING A NUMBER OF LOCAL STALL HOLDERS PROVIDING
ADVICE AND SUPPORT AROUND WOMEN AND GIRLS SAFETY.



EMILY SPURRELL
MERSEYSIDE POLICE
& CRIME COMMISSIONER

TUESDAY 3RD
DEC 6PM-10PM
FUTUREYARD
BIRKENHEAD
WOMEN ONLY



£10 EARLY BIRD TICKETS AVAILABLE TILL OCTOBER | £12 AFTER
GET TICKETS VIA QR CODE ABOVE | ALSO AVAILABLE FROM TOMORROW'S WOMEN

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PIPS

Irby Primary School Christmas Market
Calling local businesses and crafters!

Would you like to host a table at our Christmas Market.
Wednesday 27th November
6.30-8.30pm

Please email
parentsirbyprimaryschoolmarket@gmail.com

£20 / Table

Please share



SANDBACH LIBRARY

BRING ME SUNSHINE

Activities for people living with dementia & their families/carers

Come along to Sandbach Library and enjoy a variety of gentle, fun pastimes

This is a FREE, drop-in event
Donations for refreshments

11th September
9th October
13th November
11th December
at 2pm to 3.15pm

For further details contact us on:
01270 375355



MINDFUL MAKERS

Every Thursday 10-12 AM
Guided craft workshops to help improve wellbeing and connection

PENSBY LIBRARY & HOPE CENTRE
1 MARKSWAY CH60 9PB

£5 per Session
All Resources Included



WIRRAL CARERS HEALTH & WELLBEING SERVICE

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EMAILS HAVE BEEN SENT TO EVERYONE BOOKED ON WITH FURTHER DETAILS.



**THE STORY TENT
WIRRAL**

SPOOKY SPECIAL VENUE UPDATE!
SATURDAY 26TH OCTOBER AT 9:15 & 10:45
WILL NOW BE AT HESWALL URC!



THIS IS A SOLD OUT EVENT. SWIPE FOR AVAILABILITY ON THE WEDNESDAY SPECIALS!



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
MOVE IT OR LOSE IT!
COMING SOON
New class in Birkenhead
Beginning Friday 4th October 10-11 am
Wirral Multicultural Organisation
111 Conway St
Birkenhead
CH41 4AF



RAVEROBICS
RAVEROBICS WITH LINDY

£5 EACH

MONDAYS 6:30 - 7:30PM
LOUD, DARK, UV AND NEON GALORE WITH SUPER EASY STEPS

- * 90'S CLUB CLASSICS *
- * HAPPY HARDCORE *
- * CREAM & GARLANDS ANTHEMS *

Free pair of reusable glow sticks at your first class
Replacements £1.00 each

Advance booking and payment via Paypal or bank transfer only - message for details

FACEBOOK / INSTAGRAM?
SEARCH FOR RAVEROBICSWITHLINDY

ST STEPHENS
PARISH HALL
11 PRENTON LANE
PRENTON CH42 8LA



Vicky - 07706011084
Angel-Belief2019@hotmail.com
ANGEL BELIEF MBS EVENTS

Mind, Body & Spirit Event

11AM - 4PM **29TH SEPT** £2 ENTRY UNDER 16'S FREE

FOOD & DRINKS AVAILABLE TO PURCHASE
Hulme Hall, Port Sunlight, Wirral CH62 5DH

Embrace the changing season at our Autumn MBS Event. Hulme Hall will be filled with holistic therapists, psychic mediums, and local craft stalls to nourish your soul. Discover stunning jewellery, art, and crystals while enjoying free well-being workshops and talks that will help your troubles fall away!



YOU DESERVE
TO FEEL WORTHWHILE,
YOU DESERVE TO SMILE;
YOU DESERVE TO
TAKE A REST,
YOU DESERVE ALL THE BEST.
YOU DESERVE
A STANDING OVATION,
YOU DESERVE APPRECIATION;
YOU DESERVE TO
GET BACK WHAT YOU GIVE,
HOWEVER YOU'RE FEELING
RIGHT NOW, YOU DESERVE
TO FEEL LOVED AND TO LIVE.

@allontheboard

QUICK CRUMBLE RECIPE

Serves 4

PREP & COOK: 20 mins & 50 mins

Easy

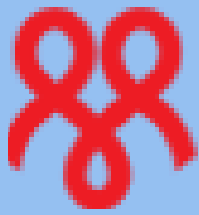


INGREDIENTS

- 450g fruit, chopped into 1cm chunks (apple and blackberries used in this image)
- 75g [granulated sugar](#)
- 50g [butter](#), cold and cubed
- 100g [plain flour](#)
- 50g [demerara sugar](#)

METHOD

- Heat the oven to 180C/160C fan/gas 4.
- Mix together the fruit and granulated sugar (you will need less sugar for canned fruit) so it's evenly coated. Tip into a pie dish where it fits snugly.
- Rub the butter into the flour to make a light breadcrumb texture. Do not overwork it or the crumble will become heavy.
- Add in the demerara sugar until combined and spread over the fruit until completely covered.
- Bake for 35-50 mins until golden brown and bubbling, and the fruit is tender.
- Leave to cool for 5 mins before serving.



carersUK

NEWS



Employers for Carers

Find out how we ensure that employers have the support to retain and manage employees with caring responsibilities.

[More about EfC](#) →



Carer Confident

Find out about the Carer Confident benchmarking scheme and what it can mean for your organisation.

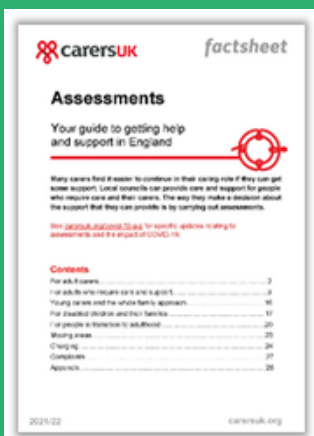
[Carer Confident](#) →

CARER'S ASSESSMENTS

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

Contact the Carers Helpline for further information

0151 670 0777





LATEST
NEWS

Did you know?

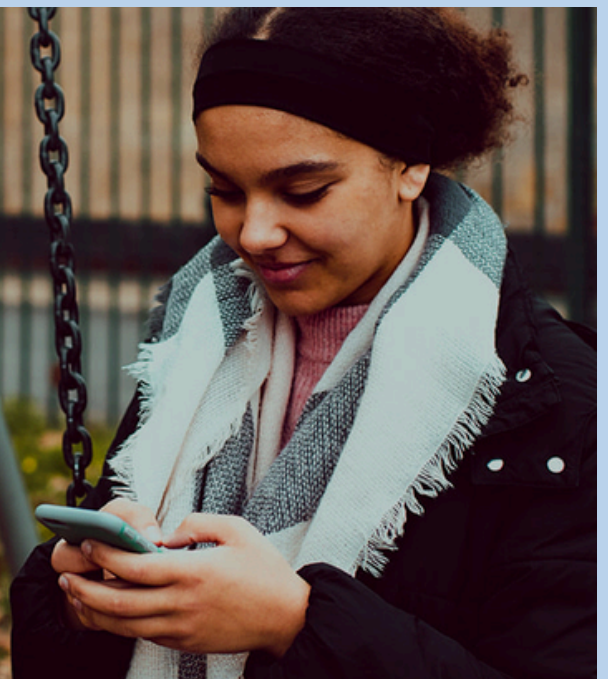
"Carers Trust are massively important to me as a carer and they make a real difference."

Carers Trust transforms the lives of unpaid carers with support, resources, and a voice for a fulfilled life.

[Find out more >](#)



Getting support if
you are a young
carer or young
adult carer



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