Wired
Putting You First

WIRRAL CARERS E-NEWS

Issue: 22

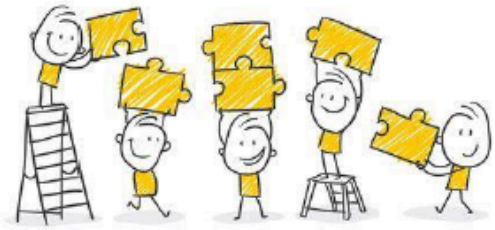
7th November 2024

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

Wirral Carers Alliance

'We Care that You Care'

Be a part of ensuring the voices of Unpaid Carers are heard and their support needs are recognised in future developments of local services and resources





We are **Wirral Carers Alliance**, a group of Unpaid Carers working in collaboration with Wirral Council, the NHS, Healthwatch Wirral and multiple Carer Support Organisations to ensure Carers Voices are included in the changes to services and improving the support available to Unpaid Carers on Wirral

November Carers Forum

FLOURISH WELLBEING HUB

Wing A on the second floor of Victoria Central Health Centre, Wallasey, CH44 5UE

MONDAY 11th NOVEMBER – 10am to 11.30am

Email info@wirralcarersalliance.org.uk for further information and to confirm you wish to attend

healthwatch wirral Supported by **Healthwatch Wirral - Telephone 0151 230 8957**

CARERS HEALTH & WELLBEING CHECK

CARERS HOW DID WE DO?

PRACTITIONERS HOW DID WE DO?

WIRRAL CARERS HEALTH & WELLBEING SERVICE

Carer Linkworkers Making Caring Visible, Valued & Supported

carers RIGHTS DAY

Wired
Putting You First

LASTING POWER OF ATTORNEY SESSION

We will be running a 2 hour information session on lasting power of attorney and a guide on how to do so this Carers Rights Day.



- Thursday 21st November
- 2pm-4pm
- St James Centre, 344 Laird Street, Birkenhead, CH41 7AL

Contact us to book your FREE space, booking is essential

cws@wired.me.uk | 0151 670 0777



MHFA England

Wired

Stress Management

Training for Unpaid Carers

A short session delivered by Psychotherapist Sue Stinchcomb to provide carers with some easy to use strategies and techniques to manage and reduce stress levels.

- Monday 11th November
- 10am-12pm
- St James Centre, 344 Laird Street, Birkenhead, CH41 7AL



Contact us to book your FREE space, booking is essential

Free refreshments will be provided

cws@wired.me.uk | 0151 670 0777



DON'T MISS OUT!

FREE training for carers registered with WIRED

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 13TH NOVEMBER, 12PM-3PM
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

Wired Putting You First | 0151 670 0777 | cws@wired.me.uk | MERSEYSIDE POLICE | wired.me.uk/carer-support/our-events/

FIRST AID TRAINING

FRIDAY 22ND NOVEMBER 11AM-1PM

ST JAMES CENTRE, 344 LAIRD STREET, BIRKENHEAD, CH41 7AL

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

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

REFRESHMENTS PROVIDED FOR AFTER THE SESSION

BOOKING IS ESSENTIAL FOR THIS SESSION

First Aid | BritishRedCross | 0151 670 0777 | cws@wired.me.uk | wired.me.uk/carer-support/our-events/

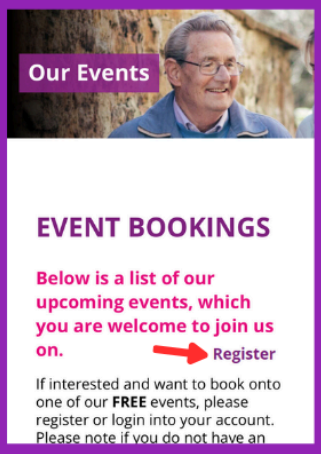
Wired Putting You First

WIRRAL CARERS HEALTH & WELLBEING SERVICE

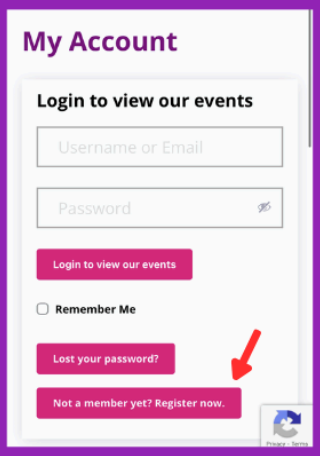
Carer Linkworkers Making Caring Visible, Valued & Supported

If you have not **REGISTERED ONLINE** to use our online services, just follow the instructions below.

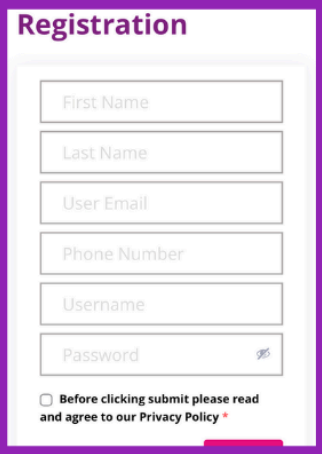
STEP BY STEP - HOW TO BOOK ONTO OUR EVENTS



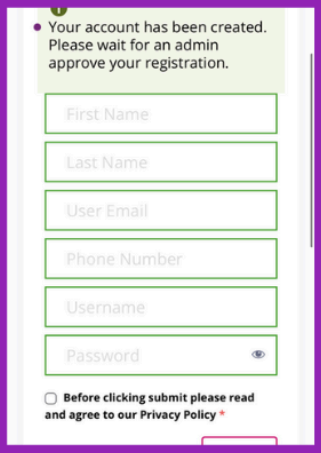
Step 1 - Head over to the 'EVENTS BOOKING' section on our website and click where it says 'Register'



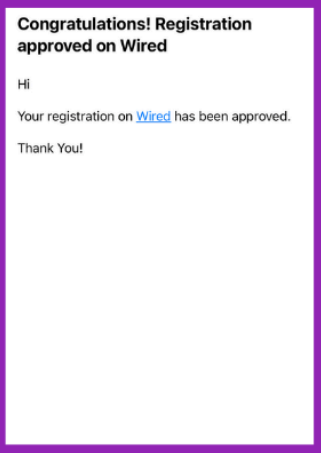
Step 2 - If you are not already a member, click 'Not a member yet? Register now'



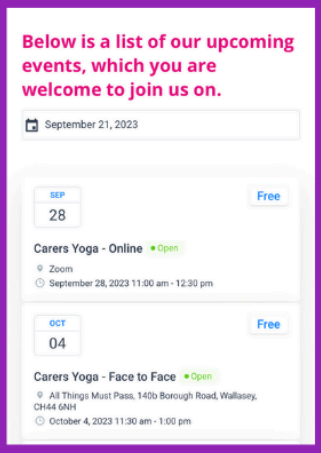
Step 3 - Fill in the registration with your details. Your Username can be your email address



Step 4 - Once you have created your account a notification will be sent to our team to approve your request, this could take up to 24/48 hours



Step 5 - You will receive an email once your membership has been approved, you will then have access to book onto any of our events!



Step 6 - Browse through our events on our website and book onto any that you wish, enjoy!

If you would like any assistance or have any questions, please call us on **0151 670 0777** or email **cws@wired.me.uk**

Wired

WIRRAL CARERS HEALTH & WELLBEING SERVICE

Carer Linkworkers Making Caring Visible, Valued & Supported

STALLHOLDERS WANTED

WIRED CHRISTMAS FAYRE

11AM-3PM

SATURDAY 30 NOVEMBER

ST JOSEPHS SOCIAL CLUB,
GREENBANK ROAD, BIRKENHEAD,
CH42 7JY

Wired
Putting You First

Tables only £15 or FREE to carers registered with WIRED.
Ring 0151 670 0777 to book!





CHRISTMAS Prize Draw

We have some fantastic prizes up for grabs for this years Christmas Raffle...

Gift Voucher for Luxury Facial and Back Massage from **Anne Roberts**
3 x 1 Month FREE Gym Memberships for **UTS Gym**
£40 Cut and Blow Dry Voucher for **Darcys Salon**
£40 Voucher for **Broadway Steak and Wine**
£40 Cash Prize Donation from **Metarc Limited**
4 Person Family Pass for Mini Golf at **Activity For All**
Everton Flag signed by Sean Dyche

£3 PER ENTRY

How to enter...

You can enter via online payment link (linked below) or if you would prefer to pay cash you can enter at one of our carers groups or Birkenhead Shopmobility Office.

THE WINNERS WILL BE DRAWN ON FRIDAY 13TH DECEMBER - BEST OF LUCK!

Wired
Putting You First

CLICK HERE TO ENTER ONLINE

WIRRAL CARERS HEALTH & WELLBEING SERVICE

Carer Linkworkers Making Caring Visible, Valued & Supported

Remembrance Sunday Services and Parades in Wirral



Wirral will fall silent this Remembrance Sunday as residents gather to honour the fallen at services taking place across the borough on 10 November.

CLICK FOR FURTHER INFORMATION





WINTER WELLNESS MARKET

Saturday
16th November
10am - 3pm

Education Centre
Arrowe Park Hospital

KEEP WELL THIS WINTER

When: Saturday, 16 November 2024 10am - 3pm
Where: Education Centre, Arrowe Park Hospital
Admission: Free event. You are welcome to bring someone with you too!

Join us for a day dedicated to health and well-being!

The Winter Wellness Market brings together a variety of organisations and people committed to helping you keep well in Winter.

Whether you are looking to improve your physical health, mental well-being, or simply want to learn more about the resources available in our community, this event has something for everyone.

There will be information on the day about:

- mental wellbeing
- entertainment
- special guests
- keeping warm
- preventing infection
- keeping active
- preventing falls
- nutrition advice
- housing & benefits

Come to

- **Learn:** Gain valuable insights and practical tips for a healthier lifestyle.
- **Connect:** Meet like-minded individuals and build a supportive community.
- **Enjoy:** Have fun with interactive activities and live demonstrations.

Let's make Wirral a healthier, happier place to live this winter!

NHS Wirral Community Health and Care NHS Foundation Trust
Wirral Improvement Team
WIRRAL
healthwatch Wirral
NHS Wirral University Teaching Hospital NHS Foundation Trust

WIRRAL CARERS HEALTH & WELLBEING SERVICE

Carer Linkworkers Making Caring Visible, Valued & Supported

The Social Prescription

NOVEMBER 2024

National Academy for Social Prescribing

Social prescribing and long-term conditions



How can social prescribing support people living with long-term conditions? In the first of a series of articles and case studies, NASP's Gráinne Nolan writes about innovative projects supporting people living with conditions like diabetes, cardiovascular problems, dementia and cancer.

READ THE BLOG

The Pink Box Campaign

in partnership with

+medicash



Whilst many of us are starting to prepare for Christmas, there are lots of parents and carers worrying about the expense. So if you can afford it, please donate some period products to our Pink Box Campaign. Let's help local families stretch their money a bit further this Christmas.

We have donation points at the following stores:

💗Tesco Bidston Moss
💗Tesco Rock Ferry
💗Co-op Upton Road, Noctorum

All donations of period products go to local community organisations and groups so people can access them for free, no questions asked. The Pink Box Campaign is part of Feeding Britain, now running in 116 areas of the UK.

WIRRAL CARERS HEALTH & WELLBEING SERVICE

Carer Linkworkers Making Caring Visible, Valued & Supported

2024 **November**

A Place of Contribution

For more info & to book a Health Check call:
Claire: 07458 302051 Shop: 0151 306 4840

34 Argyle Street I CH41 6AE

MON	TUES	WED	THURS	FRI	Sat
				1st Brunch club 10:30- 1pm	2nd Saturday social 11-2:30pm
4th Creative writing 10 - 12pm Christmas Wreath Making 2-4pm	5th trip to lady lever art gallery 11-3pm Sewing club 3-6pm	6th Health Checks 10:30-12:30pm	7th Community cookery 12-3pm	8th Brunch club 10:30 - 1pm	9th Saturday social 11- 2:30pm
11th Creative writing 10-12pm Tea light jars 2-4pm	12th Pebble Christmas Art session 11-3pm Sewing club 3-6pm	13th CLOSED	14th Community cookery 12-3pm	15th Brunch club 10:30- 1pm	16th Saturday Social 11-2:30pm
18th Creative writing 10-12pm Christmas tree decorations 2-4pm	19th 11 - 3pm Pickling Veg Sewing Club 3-6pm	20th Health Checks 10:30-12:30pm VR head sets supporting your mental health 2-4pm	21st 10:30-11:30am Chair based exercises Community cookery 12-3pm	22nd Brunch club 10:30-1pm	23rd Saturday Social 11-2:30pm
25th Creative writing 10-12pm Christmas cards 2-4pm	26th Photography Session in and around Birkenhead 11-3pm **Please meet at POC at 11am** Sewing club 3-6pm	27th Health Checks 10:30-12:30pm VR head sets supporting your mental health 2-4pm	28th Community cookery 12-3pm	29th Brunch club 10:30-1pm	30th Saturday Social 11-2:30pm





Liverpool City Region Mayor Steve Rotheram has announced that he is extending the region's £2 bus fare cap until September 2025, ensuring that passengers continue to benefit from affordable travel across the City Region.

WIRRAL CARERS HEALTH & WELLBEING SERVICE

Carer Linkworkers Making Caring Visible, Valued & Supported

role On review NOVEMBER 2024

YOUR MEMBERSHIP MATTERS

ROLE ON registered charity number 1131089 CHARITY COMMISSION

'uniquely supporting long term former carers across Wirral'

THURSDAY 7th NOVEMBER and on the FIRST THURSDAY of THE MONTH

BREAKFAST CLUB FROM 10.00am

at

LIBERTY BELL COFFEE

2 Hamilton Street
(facing Hamilton Square Station)
from 10.00am to 11 noon
includes free
single tea/coffee (latte extra) &
single slice of toast
ADMISSION £3.00

THURSDAY 21st NOVEMBER

BIG NEWS

JOHNNY PYE HESWALL LUNCH-BUNCH

from 12 noon

Meet at Johnny Pye,
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.

Role On invites you to a
3 course Christmas Lunch
at The Cristal Suite
Thornton Hall Hotel, Thornton Hough
Thursday 12th December from 11.30am
Tickets £20.00
there are some tickets available at
November & December meetings in
LIBERTY BELL COFFEE or JOHNNY PYE
Coach transport available from Conway Park Station.
For menus and more details
and if you have any dietary issues***
please contact John 077 666 48941

Have you any suitable items
we could use as Raffle prizes
for our Christmas lunch.???
Contact John



WEAR IT PINK BREAST CANCER NOW

Thanks from
'WEAR IT PINK'
BREAST CANCER NOW
Charity Team
Kinie, Ainan, Zoe & Juliet
To Role On
for raising £101.00
at September Lunch Bunch

NOVEMBER
DECEMBER

ROLE ON
'supporting long term former carers across Wirral'

THANK YOU! FOR SUPPORTING US

NOVEMBER

THURSDAY 7th 'BREAKFAST CLUB' at **LIBERTY BELL COFFEE**, Hamilton Street, facing Hamilton Square Station from 10.00am-12 noon. Coffee&toast (latte extra) (Buses 409-410-411-413-414) **£3.00 admission.**

THURSDAY 21st 'Lunch-Bunch' at JOHNNY PYE, HESWALL
Next to Heswall Bus Station from 12 noon. Make your own way or take Mersey Travel Bus 471 & 472 from Birkenhead Bus Station.

THURSDAY 28th The return of Craft Group at Rita's.

DECEMBER

THURSDAY 5th 'BREAKFAST CLUB' at **LIBERTY BELL COFFEE**, Hamilton Street facing Hamilton Square Station from 10.00am to 12 noon.
Includes single coffee &toast (latte extra)

THURSDAY 12th 3 course CHRISTMAS LUNCH at THORNTON HALL, HESWALL.
Meet in lounge from 11.30am.
Make your own way or book free seat on R&J Travel Coach transport from Conway Park Station at 11.15am
Tickets **£20.00** selling fast...

Good Morning
LUNCH BUNCH
enjoy

RITA'S CRAFT GROUP IS BACK !!!!
On Thursday 28th November from 11.00am
at 71 Parkside Road, Bebington. (buses 410 and 464)
Please contribute **£1.50** towards refreshments.
For more details please contact Rita
at **LIBERTY BELL COFFEE** or **JOHNNY PYE...**
or John 077 666 48941

bumf

We send our best wishes to Alwyn Tilston who sadly is in Worthing Hospital, awaiting an op. I am sure we all wish her a speedy recovery and look forward to seeing her smiling face back in the group.
It's time to recall our lovely honorary members who we remember fondly:
Pauline Jones, Carol Jordan, Val Roberts, and Linda Brown.
New members are always welcome, if you know o anyone who might qualify as a 'long-term former carer in Wirral' and would benefit from joining Role On.
You can phone (077 666 48941) email (office@roleon.org) or drop in at **LIBERTY BELL COFFEE** in Hamilton Street, Birkenhead on the first Thursday of the month from 10.00am to 12 noon or join us at the **JOHNNY PYE 'lunch bunch'** in Heswall from 12 noon on third Thursday in month. (***subject to alteration)

EQUALITY DIVERSITY INCLUSION

ROLE ON SUPPORTING LONG-TERM FORMER CARERS ACROSS WIRRAL

keepintouch
role on charity for wirral former carers
office@roleon.org
077 666 48941

MAGENTA LIVING
involve northwest involving communities & inspiring change Connect Us
Dementia Together Wirral Social support and friendship
Wired Putting You First
BETTER LIVES BETTER COMMUNITIES One Wirral CIC
Tomorrow's Women
Wirral InfoBank
Wirral age UK
LIBERTY BELL COFFEE
AG TO ASSOCIATION OF GROUP TRAVEL ORGANISERS
Home Instead To us, it's personal
NCVO
Wirral Health & Care Commissioning
British Blue Tours
Cruse Bereavement Support
R&J TRAVEL THE TRAVEL SPECIALISTS
talking together wirral NHS
citizens advice Wirral

ROLE ON


WALKING HOME ALONE?
Call Strut Safe
0333 335 0026
Find us online
strutsafe.org
strut safe
FRI & SAT: 7PM – 3AM
SUN: 7PM – 1AM

WIRRAL CARERS HEALTH & WELLBEING SERVICE

Carer Linkworkers Making Caring Visible, Valued & Supported

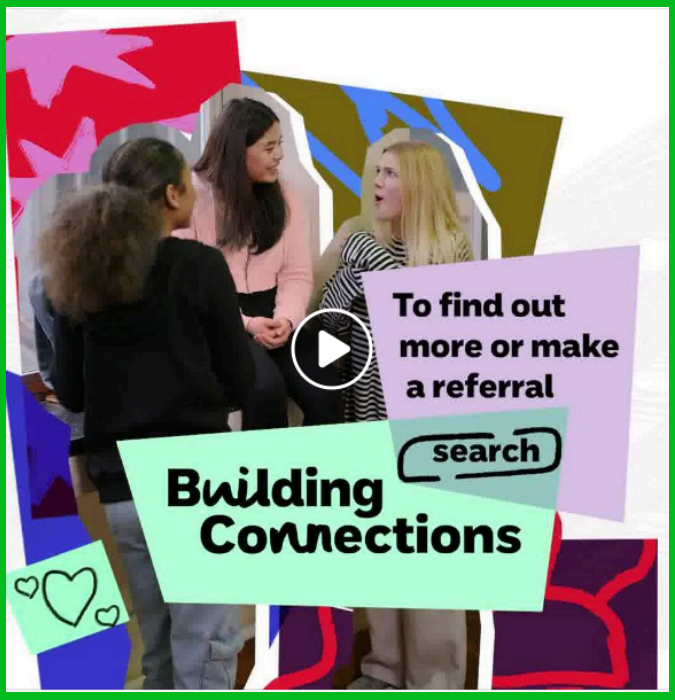
Being a good listener

When you are listening to someone who is grieving, your role is not to fix their problem.

Just being with someone through their experience can be an enormous help.

Cruse Bereavement Support

NSPCC



The below website shows an overview of the crime in your area, along with recent news stories and important information.

www.merseyside.police.uk/area/your-area

Stay safe.

MERSEYSIDE POLICE

WIRRAL CARERS HEALTH & WELLBEING SERVICE

Carer Linkworkers Making Caring Visible, Valued & Supported

What's on @ Wirral Libraries

4th - 9th November

For families...

Baby Bounce & Rhyme!
Monday - Greasby Library **10 - 10:30am**
Monday - Wallasey Central 11 - 11:30am
Tuesday - West Kirby Library **10 - 10:30am**
Tuesday - Rock Ferry Library **11 - 11:30am**
Wednesday - Bebington Central **10 - 10:30am**
Wednesday - Upton Library **9:30 - 10am**
Thursday - Birkenhead Central **10 - 10:30am**
Thursday - Heswall Library **10 - 10:30am**
Friday - Eastham Library **10 - 10:30am**
Friday - Moreton Library **2:15 - 2:45pm**

Storytimes!
Tuesday - Bebington **4 - 4:30pm**
Thursday - Wallasey Central **4 - 4:30pm**
Friday- Heswall Library **4- 4:30pm**

Toddler Time!
Monday - Upton Library **9:30am**
Tuesday - Wallasey Central **11 - 11:30am**
Tuesday - Bebington Central **9:30 - 10am**
Wednesday - West Kirby **9:30 - 10am**
Wednesday - Moreton Library **9:30am**
Saturday - Birkenhead Central **11 - 11:30am**

Lego Club!
Saturday -
Moreton Library **10am (plus colouring club!)**
Greasby Library **10am**
Heswall Library **10am**
Rock Ferry Library **11am**
Wallasey Central **11am**
Birkenhead Central **2pm**
Bebington Central **2pm**
West Kirby Library **2pm**

After School Club!
Tuesday - Rock Ferry Library **3:30-4:30pm**
Tuesday - Birkenhead Central **3:30-5pm**
Thursday - Bebington Central **3:30-5pm**
Thursday - West Kirby Library **3:30-5pm**

For adults...

ADULT LEGO & COLOURING CLUB!
Monday - Wallasey Central 2pm

Shared Reading Group with The Reader - DROP IN!
Monday - Bebington Central **10:30-12:30**
Monday - Birkenhead Central **2:25-3:45pm**
Wednesday - Wallasey Central **11am - 12:30pm**
Thursday - Moreton Library **10-11-30am**
Thursday - West Kirby Central **3:30 - 5pm**

Family History Group
Fridays - Wallasey Central Reference Library
DROP IN between **10am - 1pm**

Craft Groups - DROP IN!
Monday - Wallasey Central **10am Crafty Chatter**
Tuesday - Heswall Library **10:30am Knit & Natter**
Wednesday - Bebington Central **2pm Quilting Group**
Wednesday - Bebington Central **10:30am Sewing Group**
Wednesday - Eastham Library **10:30am Knit & Natter**
Thursday - Greasby Library **10:30am Knit & Natter**
Friday - West Kirby Library **10:30am Knit & Natter**
Friday - Bebington Central **10am Knit and Natter**
Friday - Heswall Library **2pm Crochet Group**
Friday - Wallasey Central **10am Slow Stitching**

Singing Cafe
Wednesday - West Kirby Library
DROP IN between **10:30am - 12pm**

Singing in the Round
Thursday - Wallasey Central **10-11am**

Book your tickets & sign up for FREE where applicable at: wirrallibraries.eventbrite.co.uk

Rock Tots

WALLASEY CENTRAL LIBRARY

Hands-on musical instruments class for little ones
Ages 6 months to 4 years

Saturday 9th November
10 am to 11am

SONGWRITING CLUB

ALL AGES AND ABILITIES WELCOME

ACOUSTIC INSTRUMENTS

9TH NOVEMBER
2.30PM-3.30PM

WALLASEY CENTRAL LIBRARY
17 EARLSTON RD, NEW BRIGHTON, WALLASEY CH45 5DX

£7 PER PERSON



WARM HUB

Donations Welcome

Fridays 10am - 3pm
Hot Drinks & Toast before 12noon
Hot Drinks & Soup till 3pm

Salvation Army, Vincent Street

THE SALVATION ARMY

WIRRAL CARERS HEALTH & WELLBEING SERVICE

Carer Linkworkers Making Caring Visible, Valued & Supported

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

NOVEMBER 2024

Monday	Tuesday	Wednesday	Thursday	Friday
				01 10:00-12:00 Polish Group - Fire safety session with Wallasey Community Fire Station 10:00-12:00 Job Club drop-ins
04 10:00-11:00 Belly Dance £2 11:00-12:00 Chair Yoga Exercise 13:00-14:30 Spanish Class 14:00-16:00 NHS Health Checks	05 10:00-13:00 Multiply-Morning session 12:00-14:00 Wirral Chinese Association luncheon 14:00-17:00 Multiply- Afternoon session 14:00-15:00 Walking Group	06 10:00-11:00 Women's Zumba 13:00-15:00 Second Stitch Sewing class 12:00-13:00 Dynamic Exercise 13:00-15:00 Ukrainian Group 14:30-16:00 Men's Group	07 10:00-12:00 Carers Group 10:30-11:45 Tabletop Games Group 12:00-14:00 Lunch Club 13:30-15:30 Dances Class 14:00-16:00 Football Group 09:00-13:00 Stop Smoking clinic with ABL Health	08 10:00-11:00 Women's Boxercise 10:00-12:00 Polish Group 10:00-12:00 Job Club drop-ins 13:30-15:30 Learn to bake with Anne
11 10:00-11:00 Belly Dance £2 11:00-12:00 Chair Yoga Exercise 12:00-15:00 Free asylum seekers haircut 13:00-14:30 Spanish Class 14:00-16:00 NHS Health Checks	12 10:00-13:00 Multiply-Morning session 11:00-12:00 WCA Chair Yoga 12:00-14:00 Wirral Chinese Association luncheon 14:00-17:00Multiply-Afternoon session 14:00-15:00 Walking Group	13 10:00-11:00 Women's Zumba 12:00-13:00 Dynamic Exercise 13:00-15:00 Second Stitch Sewing class 13:00-15:00 Ukrainian Group	14 10:00-12:00 Carers Group 10:30-11:45 Tabletop Games Group 12:00-14:00 Lunch Club 13:30-15:30 Dances Class 09:00-13:00 Stop Smoking clinic with ABL Health	15 10:00-11:00 Women's Boxercise 10:00-12:00 Polish Group 10:00-12:00 Job Club drop-ins 13:30-15:30 Learn to bake with Ann

Address: St Laurence's School, St Laurence Dr, Birkenhead CH41 3JD
0151 649 8177

NOVEMBER 2024

Monday	Tuesday	Wednesday	Thursday	Friday
18 10:00-11:00 Belly Dance £2 11:00-12:00 Chair Yoga Exercise 13:00-14:30 Spanish Class	19 10:00-13:00 Multiply morning session 12:00-14:00 Wirral Chinese Association luncheon 14:00-17:00Multiply Afternoon session 14:00-15:00 Walking Group	20 10:00-11:00 Women's Zumba 12:00-13:00 Dynamic Exercise 13:00-15:00 Second Stitch Sewing class 13:00-15:00 Ukrainian Group 14:30-16:00 Men's Group	21 10:00-12:00 Carers Group 10:30-11:45 Tabletop Games Group 12:00-14:00 Lunch Club 13:30-15:30 Dances Class 14:00-16:00 Football Group 09:00-13:00 Stop Smoking clinic with ABL Health	22 10:00-11:00 Women's Boxercise 10:00-12:00 Polish Group 10:00-12:00 Job Club drop-ins 13:30-15:30 Learn to bake with Ann
25 09:00-12:00 Drop in with Everyturn NHS Talking Therapies 10:00-11:00 Belly Dance £2 11:00-12:00 Chair Yoga Exercise 13:00-14:30 Spanish Class 13:30-14:30 Women's Yoga Class	26 10:00-13:00 Multiply morning session 12:00-14:00 Wirral Chinese Association luncheon 14:00-17:00Multiply Afternoon session 14:00-15:00 Walking Group	27 10:00-11:00 Women's Zumba 12:00-13:00 Dynamic Exercise 13:00-15:00 Second Stitch Sewing class 13:00-15:00 Ukrainian Group 14:30-16:00 Men's Group	28 10:00-12:00 Carers Group 10:30-11:45 Tabletop Games Group 12:00-14:00 Lunch Club 13:30-15:30 Dances Class 14:00-16:00 Football Group 09:00-13:00 Stop Smoking clinic with ABL Health	29 10:00-11:00 Women's Boxercise 10:00-12:00 Polish Group 10:00-12:00 Job Club drop-ins 13:30-15:30 Learn to bake with Ann

Address: St Laurence's School, St Laurence Dr, Birkenhead CH41 3JD
0151 649 8177

FERRIES FAMILY GROUPS

Family Hub

We're part of your FAMILY TOOLBOX

ADHD Parent Support Programme

Alan Roberts, ADHD Specialist Consultant is coming to Ferries to offer support for parents who have children with ADHD or who are on the waiting list for assessment.

The programme will provide parents with knowledge and understanding of ADHD to help make positive and lasting changes to their child's behaviour.
Many parents feel a sense of relief as they share their thoughts without being judged in a peer support setting.
The programme runs across 2 sessions and parents must commit to attending both.

Sessions:

13/11/2024 12:30-2:30pm
20/11/2024 12:30-2:30pm

Venue:

Ferries Family Groups Hub
Community Village
Rock Ferry, CH42 1LE
0151 345 6920

Contact us for more details or to book a place

Families First for Children Pathfinder in Wirral

Would you and your family like some support with the Child Protection process?

We have fully trained Parent Advocates with real life Child Protection experience within their own families, ready to help yours!

Whether that be through information and expectation, support at Child Protection Conferences or just understanding.



They are here to guide you through the process.

If you would like a Parent Advocate by your side you can self refer by ringing 0151 608 8288 or by emailing: pathfinder@koalanw.co.uk or ask your social worker to contact us on your behalf. A Parent Advocate will be matched to you.

FAMILY TOOLBOX
Because life doesn't come with a manual

We work together We keep things simple for families
We give tools, not answers We make sure families stay in control

WIRRAL CARERS HEALTH & WELLBEING SERVICE

Carer Linkworkers Making Caring Visible, Valued & Supported

Do you have a family that would benefit from Peer Advocacy within Child Protection?

Family Toolbox have been funded through Families First for Children Pathfinder Wirral to employ Parent Advocates with lived experience of the Child Protection process.

These fully trained advocates will

- Support families to understand what to expect when their child has been put on a Child Protection Plan.
- Visit families in their own homes, because this way the dignity of each individual can be respected.
- Support families to attend Child Protection Conferences.
- Develop a relationship with the family in which time can be shared and an understanding developed.

If you know of a family who would like this support, email pathfinder@koalanw.co.uk and an advocate will be allocated to you.

FAMILY TOOLBOX
Because life doesn't come with a manual

Families First for Children Pathfinder in Wirral

Parkinsons Wirral Events

In a packed schedule of events we have:-

Christmas Meal

11th December 2024 at Thornton Hall Hotel – cost £30 for a superb 3-course meal at a great location – gets you in the mood for Christmas – your confirmation of going/ meal choices and money need to be in by 6/11/24 – see a committee member for details.

Llandudno Trip

13th May 2025 – 2-course lunch and stop-off at The Tweed Mill - full details to follow

Carer's Meeting – NEW NEW NEW

For people who care for people with Parkinson's.
Meet at the Claremont Farm Café with Ann and Janice for coffee and a chat. This is going to be a monthly get together, meeting on the first Monday of each month @ 10.30am it's a lovely café and also has a great farm shop
Address :- Old Clatterbridge Rd, Bebington CH63 4JB

Table Tennis

Upton Cricket Club every Monday 1.30 pm to 3.00 pm This is now in place as a weekly event – we have 2 tables, 10 bats and plenty of balls. Its good fun, good exercise, great for your co-ordination, balance and I am sure your bone strength! – with time for a coffee, biscuits

PARKINSON'S UK
CHANGE ATTITUDES.
FIND A CURE.
JOIN US.

WIRRAL CARERS HEALTH & WELLBEING SERVICE

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GRAHAM

CLICK HERE

Birkenhead Future High Streets Fund UPDATES

citizens advice Wirral



Need advice? 📧 Try our email service!

We're currently experiencing high call volumes on our advice line, but you can skip the wait by reaching out via email! Our email advice service has more capacity now, and it's a great option if:

✔️ You're busy during our phone hours (9:30 am - 4 pm)
✔️ You'd prefer not to wait on hold.

Simply fill out our quick online form, and you'll receive a reply within 5 working days! 🗓️

Get started here 👉 Email Advice Form: https://citizensadvicewirral.org.uk/email-advice-form/

Please share to spread the word! 💬

WIRRAL CARERS HEALTH & WELLBEING SERVICE

Carer Linkworkers Making Caring Visible, Valued & Supported

Tomorrow's Women Wirral Empowering Timetable
NOVEMBER 2024

Monday	Tuesday	Wednesday	Thursday	Friday
9.30 Legs, Bums & Tums **With Nicky** **We need your help 9.30-2pm** To support the continued growth of our beautiful garden with Sandra & Liz 9.45- 11.45am **ESOL** Developing your confidence & language to have conversations. English for Speakers of Other Languages **Positive Parenting Course** 25th November 10-3pm *Explore parenting styles *Discuss how parenting styles can impact children's relationships ® **Peer Mentoring for DWP** 11th & 25th November 10-2pm Gain employment for those with Drug & Alcohol issues ® **Tomorrow's Women** Recovery support group Every Monday @10.30am **Flexible practical support for families** 11am – 1pm	**Belly Dancing with Cecile** 10am -11am **Level 2 Mental Health First Aid** Until 26th November 10-2pm Gain skills to support others with mental health problems. ® 10am -12pm Family Law 5th & 19th November Substance Use Midwife Drop-in with Jill ® Support for pregnant women. 12th November from 10am **Wellness, Recovery Action Plan with Kath** ® 5th & 19th November 1-3pm - Discover simple, safe & effective tools to create 7 maintain wellness - Develop a daily plan to stay on track with your life & wellness goals -Gain support & stay in control even in a crisis	**We need your help 9.30-2pm** Support the continued growth of our beautiful garden with Sandra & Liz Solicitor support in Family Law 10am -11am ® 10-12pm A Stitch in Time Sewing skills and crafts, With Mary 5-week YOGA Course With Grace-11am *Starting 6th November* ® ***Finding Me*** 6-week Domestic Abuse Course Starting 27th 11am-1pm *Community Connectors* *11-12pm* Needing some support/help in your community then come along and speak with a community connector	**L2 Autism** Enrolment 14th November Starts 21st November x9 weeks 9.30-3pm *Develop 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 ® **Health & Social care info hour,** With Cath & Donna- gain information about working for the NHS 28th November 10am **10.00 Boxercise** With Ellie 10am -11am ® Specialising in Family Law, Domestic & Care proceedings **Reiki with Katy** Booking IS essential. Aims to relax you, ease stress, tension and help with wellbeing. Fortnightly Sessions between 10.15-12.30 Money advice & gambling support ® 10.30-12pm 14th & 28th November	**We need your help 9.30-2pm** To support the continued growth of our beautiful garden with Sandra & Liz ® **Level 1 Substance Misuse Awareness** 29th November x 3 weeks 9.30-3pm Gain knowledge & understanding: *What substances are commonly misused & why *The personal & social effects of misuse *Perceptions & responses to substance misuse *Ways to promote healthy choices & build resilience ® 8th November 4-week course RED to PINK An Anger Management Course 10-12pm. **Lunch Club** 12pm *£3 donation

Tomorrow's Women

Women supporting women

Wirral: 0151 647 7907 Chester: 01244 906 494

® 11th & 25th November @ 11-12pm Covering: Family law, Divorce & Financial issues burdward.	**Domestic Abuse Support Group.** Every Tuesday, 1pm-2pm	Do you want to know what JCP have to offer? ® Book to speak to Lesley, 11-1pm	7th November From 11am Offering support & help with claiming PIP previously known as DLA. BOOKING FOR THIS SERVICE IS ESSENTIAL	**Police Drop-In** 12pm-1pm 29th November
Our Annual VAWG Event 25th November 12pm – 2pm With guest speakers, stalls, interactive activities, have your say, plus food	Interested in working with young children? Unemployed/ wanting to change careers-Come & speak to Hope- Early years Employment Officer ® 5th November 1-2pm	11.00-12.00pm Support with Care Proceedings ® **Introduction to Criminology** Starts 20th November x 4-weeks 12.30-3pm ® Understand the difference between crime & deviance. Look at different explanations of crime. Explore the reliability of evidence & also review the relationship between drugs, alcohol & crime	® **Money Management & Debt support** 14th November, 11am – 1pm **TWW Forum Meeting** Come along & have your say. Community Room- 14th November 12pm **DIY Course** Come along and learn skills such as: - Rewiring a plug - Painting & Decorating - Tiling etc Starts 7th November x 6 weeks 12.30-2.30pm	**Tomorrow's Women Creative Group** All Welcome 1.30pm Singing, drama & creativity ® **Tomorrow's Women** Recovery support group @ 2pm
Creative Craft Skills Weekly 12.30-2.30pm	**LBT Peer Support Group** 3pm-5pm, 26th November With SAHIR HOUSE & Tomorrow's Women			**Guided Meditation** 3pm-3.30pm Blissful deep relaxation
® 4th & 18th November, 2pm-4pm Supports Family law, care proceedings, divorce, non-molestation orders Berkson Family Law Solicitors	® *Better Solutions* 5.30-6.30pm Session 1- Thinking & behaviour. Session 2- Consequences Session 3- Problem solving. Rolling group. You can attend any of these sessions as & when.	® 12.30-1.30pm Domestic Abuse Specialist Morecrofts *Reading Group* Weekly 1-2pm A great way to meet new people, share a story with a cuppa.	28th November 1.30-4pm Drop-in with Sofia Feel like you might benefit from talking therapies. Free NHS assessments for anxiety and depression *Jam Session* Bring along your instruments & come have some fun 1.30-2.30pm	® Family law & Care proceedings 2-4pm

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

CARING FOR SOMEONE WITH A MENTAL ILLNESS



Caring for someone with a mental health condition can be a delicate balance. We want to protect their dignity, but bringing in outside help might feel daunting. We talk about the emotional toll caring for someone with a mental health condition can have on us. Click above to find out more...



At The National College, our WakeUpWednesday guides empower and equip parents, carers and educators with the confidence and practical skills to be able to have informed and age-appropriate conversations with children about online safety, mental health and wellbeing, and climate change. Formerly delivered by National Online Safety, these guides now address wider topics and themes. For further guides, hints and tips, please visit nationalcollege.com.

10 Top Tips for Parents and Educators

ENCOURAGING CHILDREN TO CHOOSE RESPECT

Sometimes, differences between children can escalate into bullying, potentially impacting their mental health in a way that can persist into adulthood. While it's natural to disagree sometimes, teaching children the importance of respect is essential – especially in difficult situations. This guide provides strategies for encouraging considerate behaviour, even during a dispute, to foster a kinder, more inclusive environment for everyone.

1 LEAD BY EXAMPLE

As adults, we play a crucial role in modelling respectful behaviour for children: they observe and learn from our actions every day. Be mindful of the way you interact with others in front of children. Keep in mind that you should always approach others with an attitude of mutual respect, even if you disagree with them. Demonstrating this behaviour can influence young people and help them to handle their own conflicts in a healthy way.

2 AGREE TO DISAGREE

Make sure children know that it's fine to have differing opinions – and that disagreeing with someone doesn't mean you can't get along or respect each other's point of view. Help them understand that sometimes we can 'agree to disagree'. Using active listening skills when doing this can also help to build empathy and understanding of others.

3 PROMOTE ACTIVE LISTENING

Teach children about the importance of active listening: that is, making a genuine effort to listen to the other person's perspective without interrupting, before responding in a way that shows you understand their viewpoint, even (or perhaps especially) if you disagree with it. This makes people feel respected and allows for a better comprehension of their point of view, which in turn can make it easier for you to communicate your own opinions to them.

4 ENCOURAGE THE USE OF "I" STATEMENTS

If a child finds themselves in a disagreement with someone, it can be useful to encourage them to use "I" statements during the discussion. Framing their thoughts and feelings using statements like "I feel ..." or "I think ..." can help them avoid an accusatory tone and encourages them to take responsibility for their own emotions.

5 FOCUS ON BEHAVIOUR, NOT CHARACTER

When disagreements happen, encourage children to focus on critiquing and addressing the specific actions or behaviours that caused this upset, rather than attacking the person's character. For example, "I didn't like how you interrupted me" is better than "You're so rude". This can help children avoid hurting someone's feelings, which is likely to inflame the situation.

6 STAY CALM AND TAKE BREAKS

It's perfectly normal to feel upset during a disagreement – especially if it's getting heated. Remind children that if they feel overwhelmed, they should try to take deep breaths or even go for a short break to help them stay composed. If a conversation becomes too intense, remind them it's OK to suggest continuing it later or in a different setting. This can prevent things getting out of hand, allowing cooler heads to prevail.

7 START CONVERSATIONS ABOUT RESPECT

Talk openly to children about what respect means – to you and to them. Discuss how they might show respect to each other, to friends, to strangers and even to people we might disagree with. You could use examples of considerate or inconsiderate behaviour in books, films or TV to open discussions about the importance of giving others due regard.

8 SEEK COMMON GROUND

When a disagreement has occurred between children, they may find it hard to move past it. You can support them in finding a more positive way forward by helping identify areas of agreement or common ground with the other party. This can help to build bridges between differing opinions and foster a more cooperative atmosphere, as well as preventing those involved from demonising each another.

9 AVOID MAKING THINGS PERSONAL

It's important that we make it clear to children they must avoid name-calling, swearing or derogatory remarks in a disagreement with others. Respectful language sets a positive tone and helps keep the conversation productive. Reminding children to stay calm and take breaks – as mentioned previously – can help them avoid getting too emotional and saying or doing something hurtful.

10 REFLECT AND LEARN

After a child has had a disagreement, encourage them to reflect on the experience and think about what they can learn from it. What did they handle well? How might they improve their communication skills to handle conflicts more effectively in the future? You could use role play, writing and drawing pictures, or hypothetical examples to further develop their skills in showing respect during a disagreement.

Meet Our Expert

The Anti-Bullying Alliance (ABA) co-ordinate Anti-Bullying Week each year. ABA is a unique coalition of organisations and individuals, working together to achieve their vision to stop bullying and create safer environments in which children and young people can live, grow, play and learn. They welcome membership from any organisation or individual that supports this vision and support a free network of thousands of schools and colleges.

#WakeUpWednesday

The National College

Source: See full reference list on guide page at

@wake_up_weds /www.thenationalcollege @wake.up.wednesday @wake.up.weds

Users of this guide do so at their own discretion. No liability is entered into. Current as of the date of release: 06.11.2024

UK Government

Could you, or someone you know, be missing out on Pension Credit?

Check your eligibility at
gov.uk/pension-credit
or by calling **0800 99 1234**

SCAN TO FIND OUT MORE

WIRRAL CARERS HEALTH & WELLBEING SERVICE

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If you are a BSL user, deaf, have hearing loss or communication difficulties you can text 999 by registering your phone in advance.
Visit **www.emergencysms.co.uk**



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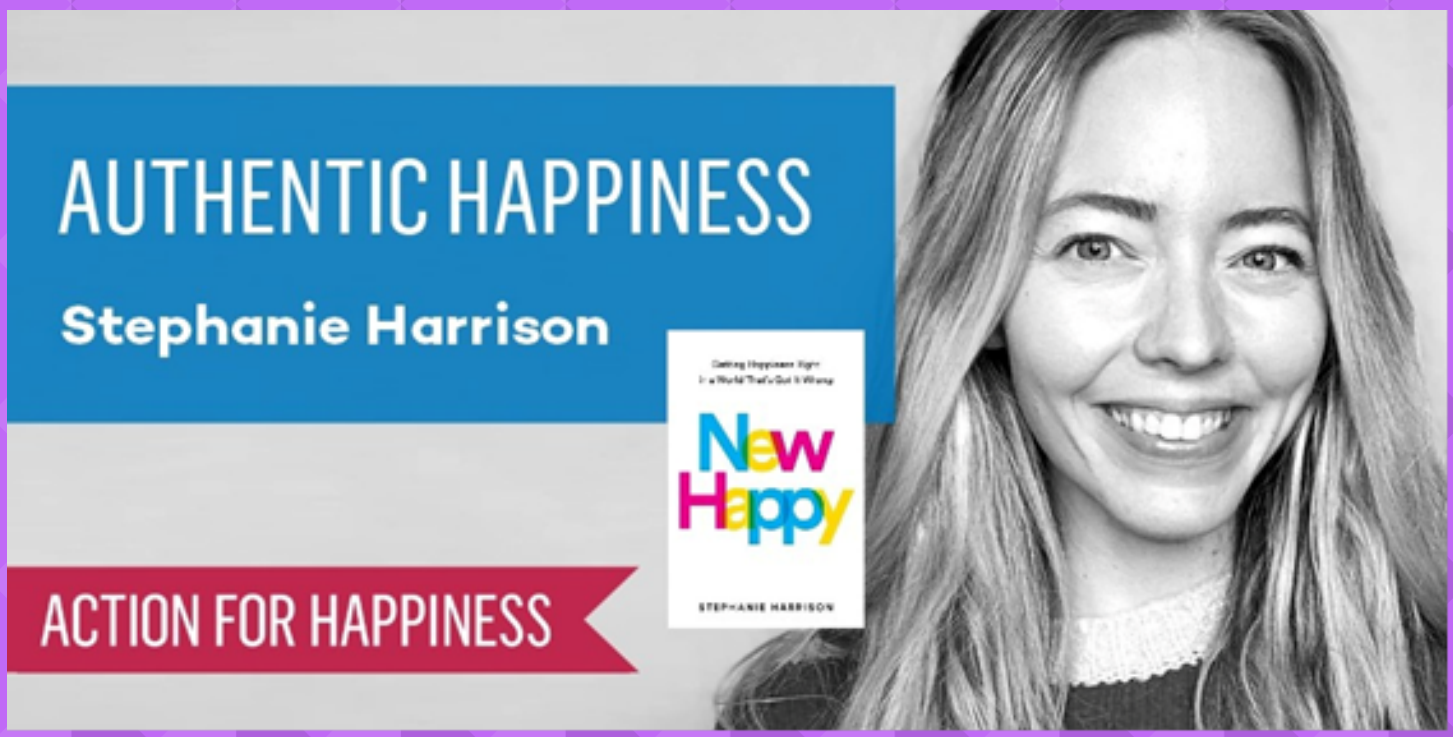



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UPCOMING EVENTS!

NOVEMBER 2024

REK41

What's On

MONDAY - KARAOKE
WEDNESDAY - OPEN MIC
THURSDAY - QUIZ NIGHT
FRIDAY - LIVE MUSIC
SUNDAY - MEDITATION (2-3PM)
CHOIR 6.30PM

MON - FRIDAY 5PM -9PM

SAT & SUN 1PM - 9PM

38 HAMILTON STREET
BIRKENHEAD, CH41 5AD

WIRRAL CHANGE

SPORT ENGLAND

Diverse Dynamics
Free
CHAIR YOGA

Funded by
Sport England and The National Lottery

JOIN US EVERY MONDAY AT 11AM



Call 0151 6498177 for more details

12 - 14 St Laurence Drive, Birkenhead, CH41 3JD

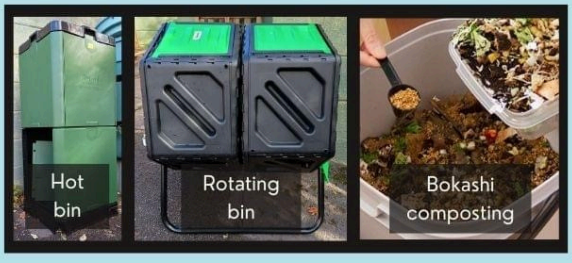
COMPOSTING WORKSHOP

Friday 8th November, 12 - 2.30pm

WEN, Sandon Building, Falkland Road, Wallasey, CH44 8ER

Come to WEN for this *free workshop* showing the difference between hot composting bins, rotating bins, bokashi composting and much more.

Refreshments included.



To book a place, please text Carol on 07932 355742 or send us a message via Facebook with your email address and phone number

WIRRAL CHANGE

SPORT ENGLAND

Diverse Dynamics
Free
LADIES ZUMBA CLASS

Funded by
Sport England and The National Lotery

JOIN US EVERY WEDNESDAY AT 10AM



Call 0151 6498177 for more details

12 - 14 St Laurence Drive, Birkenhead, CH41 3JD

WIRRAL CARERS HEALTH & WELLBEING SERVICE

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Please join us at the Delamere Centre for

Christmas Day 2024

From 12.30pm-3pm

Would you like to spend Christmas Day with other local residents?

Well why not join us this year for a delicious Christmas lunch with great company. We would love if you could join us!

Spaces are limited and you must book by the 15th of December by calling the Delamere Centre on

0151 327 8767

DELAMERE COMMUNITY CENTRE
making the pieces fit

BYRNE AVENUE BATHS

Happy & Healthy Men

Connection | Conversation | Creation



The Man Cave

Thursdays 1pm to 3pm

(Part of the UK Men's Sheds Project)
with Coffee & a Bacon Buttie!

WIRRAL WISE GUYS WALK & TALK

WIRRAL WISE GUYS

SUNDAY 17TH NOVEMBER 11AM



WE WILL BE MEETING OUTSIDE THE FLORAL PAVILION, NEW BRIGHTON

WIRRAL WISE GUYS

KIDS CHRISTMAS PARTY

Santa • DJ • Food •

SUNDAY 15TH DECEMBER
1PM TO 5PM

ST JOSEPH'S SOCIAL CLUB
GREENBANK RD, BIRKENHEAD
CH42 7JY

Visit our website to register
wirralwiseguys.co.uk

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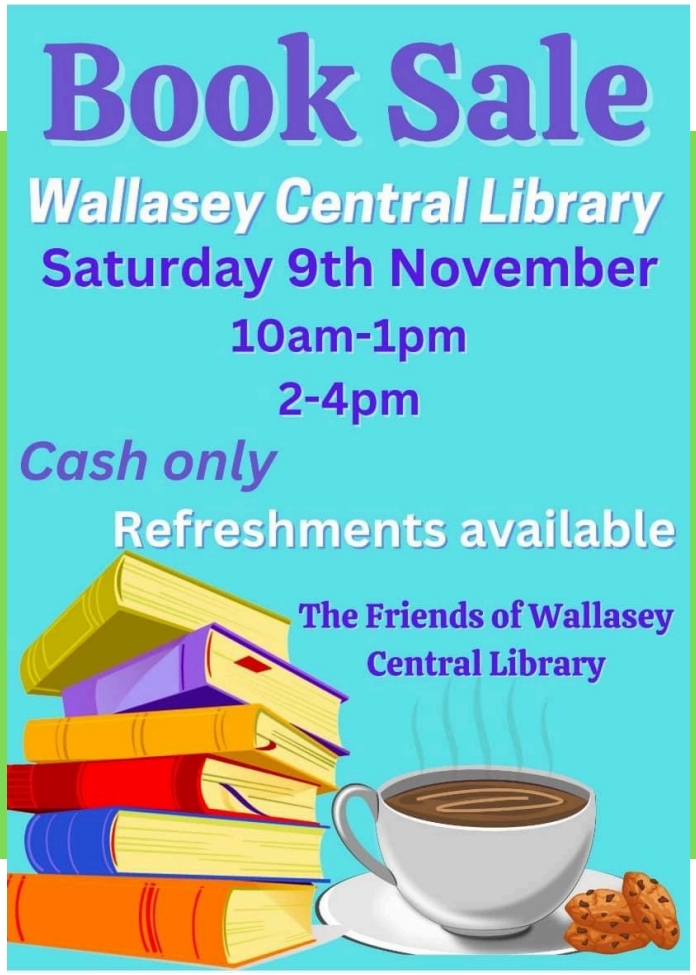







WIRRAL CARERS HEALTH & WELLBEING SERVICE

Carer Linkworkers Making Caring Visible, Valued & Supported

Neo Community

Family Club



ACTIVITIES:

- Food
- Games
- Party Days
- Arts & Crafts
- Messy Play
- Movie Nights

EVERY MONDAY 4-5.30PM

Under 8s only - Must be accompanied by a adult.

£1 Per Family

CONTACT US

- 0151 647 5981
- info@neocommunity.org.uk

ADDRESS
BEACONSFIELD COMMUNITY HOUSE
ROCK FERRY
CH42 3YN

www.neocommunity.org.uk



Mental health, Neurodiversity, sensory, social and communication needs for 7-10 year olds.

GROUP THERAPY 10 WEEK COURSE

Fridays 5.45- 7pm
Commences 03/01/2025
@Climbing Hut, Ellesmere Port

Email :NotjustacupOT@Outlook.com for more details/book a space

What's On at Christ Church & Community Centre

Sunday 3rd	Monday 4th	Tuesday 5th	Wednesday 6th	Thursday 7th	Friday 8th	Saturday 9th	Sunday 10th
8.30am Holy Communion	9.00am Morning Prayer via Zoom	10.30am Singing Café	9.30am Bumps & Babies	10.30am Line Dancing	10.30am Tai Chi	8.00am Weight Watchers	8.30am Holy Communion
10.00am Parish Communion		10.30am The Sewing Group	10.00am Connect Café - a drop in event for all ages to enjoy	12.30pm Prayers for Peace	7.00pm Ladies' Night: Fish & Chip Supper		10.00am Remembrance Sunday Parade Service
11.15am Tea/Coffee following the 10.00am service	1.30pm Sit Fit Chair based exercises	**Beb. Shed meets every Tuesday, Wednesday & Friday from 10am - 1pm. All are welcome.**	10.30am Holy Communion	12.30pm Befriender's Lunch			11.30am Act of Remembrance at Bebington Royal British Legion followed by refreshments in the Royal British Legion Club
4.00pm	5.00pm Band Rehearsal		1.30pm Knit & Natter	1.30pm Women's Institute			
	7.00pm Bridge Club		6.30pm Alpha Course	2.00pm Bereavement Journey			6.30pm Sung Evensong
				2.00pm Choir Practice			

All are very welcome! For more information please contact the Parish Office between 9am and 12 noon Monday to Friday
0151 608 4429 or email:
parishoffice@christchurchhigherbebington.org.uk

WIRRAL CARERS HEALTH & WELLBEING SERVICE

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CHEAT'S CHICKEN & BROCCOLI PIE

Serves 4 **PREP & COOK: 45 mins** **Easy**



INGREDIENTS

- 1 onion, sliced
- 1 tbsp vegetable oil
- head of broccoli (about 375g), cut into florets, stalk finely diced
- 1 tbsp wholegrain mustard
- 400g tin cream of chicken soup
- 375g pack reduced-fat ready-rolled puff pastry
- 1 tbsp milk
- mashed potato, to serve (optional)

METHOD

- Put the onion, oil and diced broccoli stalks in a microwave-safe bowl and microwave on high for 5-6 mins*, stirring every 2 mins, until softened. Tip into a 1-1.2ltr pie dish or baking dish.
- Preheat the oven to gas 6, 200°C, fan 180°C. Put the florets in the microwave-safe bowl and loosely cover with baking paper or a plate; microwave for 3-4 mins until just tender. Add to the pie dish and stir in the mustard and soup; season.
- Cover the dish with the puff pastry and trim the excess, sealing the edges with a fork. Pierce the centre with a sharp knife to make a steam hole.
- Brush the pastry with milk, then bake for 30 mins.
- Serve with mash, or veg.

WIRRAL CARERS HEALTH & WELLBEING SERVICE

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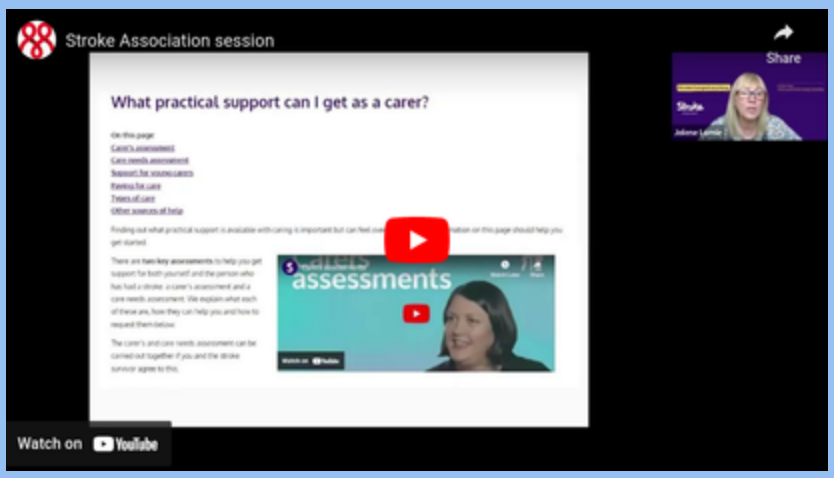
carersUK

NEWS

STROKE ASSOCIATION SESSION





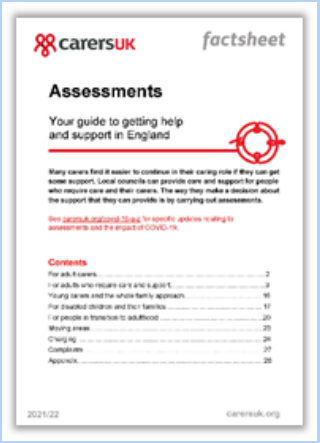
Carers UK response to the ADASS Autumn report



Carers UK welcomes Carers Allowance earnings threshold increase in Autumn Budget

THIS COUNTS AS CARE...




carersUK factsheet

Assessments

Your guide to getting help and support in England

Contents

2021/22 carersuk.org

CARER'S ASSESSMENTS

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

Contact the Carers Helpline for further information

0151 670 0777

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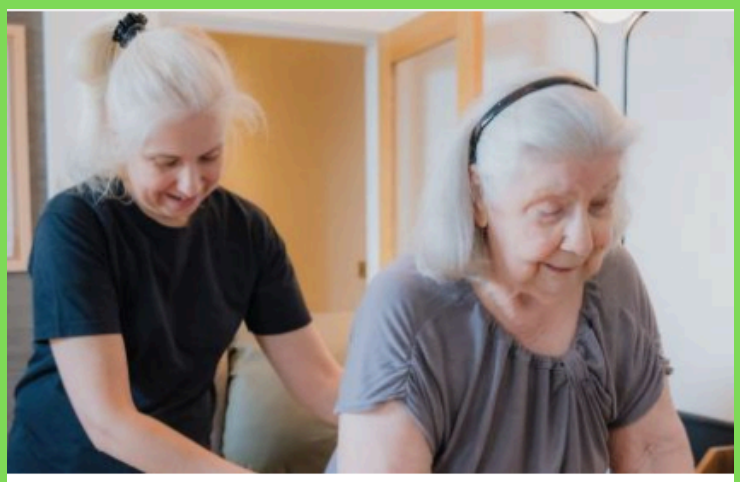
CARERS TRUST

LATEST NEWS



22nd October 2024

Rediscovering hope – Denise's story as a carer

Denise gave up her career to care for her mum, but now she's redi
Read her inspi
renewal!





31st October 2024

Black History Month: Mentorship and my journey from young carer to leadership role

Kiesha is a 19-year-old young carer from Harrow in London. For Black History Month she describes how walking through the doors of her local carer centre gave her the right support at the right time. It set her on a new path, and she wants to share her experience so other young carers can do the same.

25th October 2024

CQC State of Care report shows pressure on parent carers will only increase, Carers Trust warns

Carers Trust has warned that the CQC's State of Care report shows the pressure on parent carers will only increase without Government action.

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Regional Carer Support

THE LANCASHIRE carers SERVICE

carersUK

CARERS TRUST
St Helens Carers Centre

CARERS TRUST
Cheshire and Warrington

NHS
Mersey Care
NHS Foundation Trust



WIRRAL
Support for carers

Crossroads Together

Cheshire East

Cheshire West & Chester

Liverpool, Sefton, Warrington & Knowsley

WIRRAL CARERS HEALTH & WELLBEING SERVICE

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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 commerical 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 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 & WELLBEING SERVICE

Carer Linkworkers Making Caring Visible, Valued & Supported

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: **wsco@wired.me.uk** or visit our website: **www.wired.me.uk**