

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



**CHRISTMAS
Prize Draw**

**BE IN IT
TO WIN
IT**

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 Mini Golf Family Pass** for Activity For All
- **Everton Flag signed by Sean Dyche** donated by Everton Football Club
- **Signed autobiography's** from Joan Collins, Brian Cox, Michael McIntyre, Ricky Ross (Deacon Blue) and John Nichol
- **Free Carpet Clean** from Wirral Carpet Care
- **Voucher for SWAT Paintballing**
- **Flowers** donated by Festival Flowers in Oxton
- **3 bottles of wine** donated kindly from one of our registered carers Pat
- **Doggy treat box** donated by The Pet Patch
- **Doggy treat box** donated by Natural Pet Shop
- **Bayliss and Harding Gift Set** donated kindly by our volunteer Michelle
- **Sweetbox** donated by Tilly Mints Treats

£3 PER ENTRY

Click here to pay online

How to enter...

Online - Please follow the **payment link or scan the QR code** attached to the post and enter your details before submitting the form. You will then be taken to a page to enter in your payment details. Once your payment has been made we will receive notification and you will be automatically entered into our prize draw. If you do not complete payment on the next page then you will not be entered.

In person - You can enter by visiting our Birkenhead Shopmobility office or our carers groups where you can pay via cash.



Wired
Putting You First

**you
gotta be
in it to
win it.**

WIRRAL CARERS HEALTH & WELLBEING SERVICE

Carer Linkworkers Making Caring Visible, Valued & Supported



Stress Management Training for Unpaid Carers

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

Monday 9th December
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



Carers Christmas Lunch

We are inviting all unpaid carers to come along to our Christmas Lunch! Hot and cold lunch, prizes and singers, followed by a raffle.



FULLY BOOKED

BEECHWOOD SOCIAL CLUB, 22 BEECHWOOD DRIVE, BEECHWOOD, BIRKENHEAD, CH43 7ZU
11am-3pm

Book your place today! cws@wired.me.uk 0151 670 0777



Please join us for our

WIRED CHRISTMAS FAYRE

11AM-3PM
SATURDAY 30 NOVEMBER

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

STALLS | FOOD | ENTERTAINMENT | MUSIC | CHILDRENS CRAFTS | & MORE

Wired
Putting You First

Wired Carer Support Groups

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

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



West Kirby Carers Support Group

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

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

www.wired.me.uk

If you would like more information or are interested in signing up, please contact:
0151 670 0777
cws@wired.me.uk



WIRRAL CARERS HEALTH & WELLBEING SERVICE

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We've been out and about all over The Wirral today! Sharing our knowledge to help you become more informed about your rights as a CARER!

LPA TRAINING @ ST JAMES CENTRE

ARROWE PARK HOSPITAL



THE ATRIUM @ MILL LANE

MARINE LAKE POP UP

THE PYRAMIDS SHOPPING CENTRE

Less than half of us know how to identify an unpaid carer as millions miss out on support



Not even half (41%) of UK adults can recognise an unpaid carer
Over half (55%) of unpaid carers looking after a family member or friend take a year or more to realise they are caring
Over a third (38%) take over three years or more to recognise their caring role

New 'This Counts As Care' campaign aims to reduce by half, the time it takes for people to identify themselves as an unpaid carer and access support

With not even half of UK adults able to recognise an unpaid carer, low public awareness is causing millions of people looking after a family member or friend to miss out on vital information, advice and support.

There are currently 5.7 million unpaid carers in the UK caring for an ill, elderly or disabled relative or friend long-term, with 4.7% of the population in England and Wales providing 20 hours or more of care a week.

Despite this, over a third (35%) of UK adults don't consider caring for a loved one or relative as care and many people who struggle to identify as carers – because they continue to see themselves, primarily, as a loved one or friend – are continuing to care alone



Who are Catch22?

Catch22 is a national organisation with over 10 years of experience delivering specialist support for young people affected by county lines, child criminal exploitation and child sexual exploitation. We currently deliver the National County Lines Support and Rescue service- providing 1-2-1 support and a rescue service for young people and their families who are criminally exploited through county lines.

Catch22 is delivering a session for all parents/carers who wish to understand more about County Lines and Child Criminal Exploitation (CCE).

Session overview

This session is aimed at parent/carers(including foster carers/grandparents) to gain a understanding on the important issues surrounding county lines, as well as the impact that it can have on young people and their families, and the support that is available to young people who are impacted/suffering from County Lines and Criminal Exploitation.

Topics will include:

- County Lines, child criminal exploitation (CCE) and financial exploitation,
- Stages of recruitment,
- Push and pull factors,
- The National Referral mechanism,
- The psychological impacts,
- Social media, and
- Debt bondage.


**Thurs 21st Nov
6pm - 7pm
[CLICK HERE](#)**

A promotional graphic for a free webinar. On the left, there is a photograph of a woman and a man in a professional setting, with the woman looking towards the man. The background of the graphic is a solid orange color. The text 'Free webinar' is written in a large, white, sans-serif font. Below it, in a smaller white font, is 'County Lines awareness for parents and carers'. At the bottom center, there is a dark blue button with the text 'REGISTER NOW' in white. In the bottom right corner, the 'catch 22' logo is displayed in white.

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£1,300 per year per employee - that's the cost of not supporting the mental health of your workforce.



YOUR GUIDE TO A MORE SUPPORTIVE WORKPLACE

DOWNLOAD ↓



Understanding unpaid carers and their access to support

Click here to read the article in full



FREE COURSE

WRITING STORIES FOR CHILDREN

with Wirral Met College

Can you write the best next selling children's story book?! In this workshop you will explore popular children's stories such as 'The Gruffalo', 'The Tiger who Came to Tea' and 'The Very Hungry Caterpillar' and explore how they are written and have a go at writing your own!

At the end of these sessions you will have your very own story to read to your children/ grandchildren/ nieces or nephews!

COURSE DETAILS:

DATE: Friday 22nd November - Friday 6th December (3 Weeks)
TIME: 10am - 12pm
PLACE: Birkenhead Library, Borough Rd, Birkenhead, CH41 2XB

This course is free to complete.

To book a place on this course please email CommunityEducation@wmc.ac.uk with your name and the name of the course you would like to book



FREE COURSE

INTRODUCTION TO SOCIOLOGY

with Wirral Met College

Explore the different factors that affect how society works such as culture, identity and family types. This is a good taster if you are interested in Sociology and you will leave having a good insight into what the subject Sociology is all about.

COURSE DETAILS:

DATE: Friday 29th November - Friday 13th December (3 Weeks)
TIME: 12:30pm - 2:30pm
PLACE: Birkenhead Library, Borough Rd, Birkenhead, CH41 2XB

This course is free to complete.

To book a place on this course please email CommunityEducation@wmc.ac.uk with your name and the name of the course you would like to book

Learning Disability England

Stronger, Louder, Together!

FRIENDSHIP: MAKING IT WORK

A webinar about forming lasting friendships beyond day centres and groups



Interested in forming lasting friendships beyond day centres and groups? Come along to a free webinar led by members of [Stay Up Late](#), [Supported Loving \(Choice Support\)](#), [SeeAbility](#), [Gigbuddies](#), [Achieve Together](#) and [Our members](#) [#toloveandbeloved](#) [#ActionTowardsGoodLives](#)

Presented by: [Supported Loving](#), [SeeAbility](#), [Gig Buddies](#), [Stay Up Late](#), [Achieve Together](#), [U-Night](#) and [Our Way](#)

LDE Webinar

Healthier Incomes

Calling all Wirral residents. Have you faced barriers accessing disability benefits?

Citizens Advice Wirral and the Foundation Years Trust want to hear from you!



Applied for PIP, Child DLA, or Attendance Allowance?



Struggled or felt unsure about applying?



Share your experience to help us create change!

Complete our survey for a chance to win a £50 Amazon voucher. Take the survey - Link in post

 citizens advice Wirral

 **FAMILY TOOLBOX**
Because life doesn't come with a manual

 *parents make the difference*
Foundation Years Trust

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If you are staying with a patient to provide carer support whilst they are in hospital we will arrange for you to have a Carers Passport. This will give you additional support to care for your relative, partner, friend and enable you to access a variety of concessions.....**READ MORE**



Charles Thompson's Mission Christmas Rucksack Appeal



We are organising a Christmas rucksack appeal for our local homeless and other people in need. Our aim is to ensure those experiencing homelessness in our area receives a gift this Christmas. Items are to be packed into a rucksack or if you don't have a rucksack, a shoebox can be used.

Men & Women:

Suggested items:

- | | | | | | |
|--------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <ul style="list-style-type: none">• New underwear• New socks• Hats, scarves & gloves | <ul style="list-style-type: none">• Waterproofs• Sleeping bag• Shower gel• Soap• Toothbrush• Toothpaste | <ul style="list-style-type: none">• Deodorant• Razor• Shaving foam• Hairbrush• Comb• Sanitary items | <ul style="list-style-type: none">• Lip balm• Tissues• Washcloth• Shampoo• Conditioner | <ul style="list-style-type: none">• Chocolates• Sweets• Crisps• Cereal bars• Packet soups• Drinks | <ul style="list-style-type: none">• Other snacks• Small gifts• Two man pop up tent• Torch / flask• Take away food voucher |
|--------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------|

Drop off points:

- **Charles Thompson's Mission.** 2 Hemingford Street, Birkenhead. Tues – Thurs 11am – 1pm
- **One Stop Shop, Upton.** 49a Arrowe Park Road, CH49 0UB. Mon – Sun 7am – 10pm



Christmas bags should be completed and dropped off before 9th December. We will then collect and distribute to those in need over the Christmas period. Thank you for your support.



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Birkenhead Future High Streets Fund UPDATES

[CLICK HERE](#)



**Used a Wirral pharmacy recently? Tell us about your experience
Wirral Council wants to hear your views on local pharmacy services for the
next Pharmaceutical Needs Assessment, or PNA for short.**

The Pharmaceutical Needs Assessment is a detailed review of existing pharmacy provision in Wirral.

As part of the PNA, a questionnaire is seeking residents' views on the services and location of pharmacies, and the frequency with which local people make use of them.

The survey also asks Wirral residents how they normally get to their chosen pharmacy and what is their most important consideration when choosing one.

The questionnaire is anonymous and should only take 10-15 minutes to complete.
It is open for comments until 5 December 2024 for all Wirral residents.

Results from the survey will be used to inform a review of the needs of the local population and the ease of access to local pharmacy services - contributing to the final PNA which will be published by October 2025.

The survey is being hosted by Liverpool City Council. Wirral residents will need to select Wirral from the list in question one and the survey is available at
<https://www.smartsurvey.co.uk/s/PharmacyServices/>

[CLICK HERE](#)



Paper copies of the survey and alternate formats can be requested by emailing pnawirral@wirral.gov.uk or by phoning 0151 606 2005.

WIRRAL CARERS HEALTH & WELLBEING SERVICE

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CHARITY NUMBER: 1176745

WHAT MEN TOO OFFERS...

WELCOME SESSIONS

This is your first step to access our services. This gives you the opportunity to explore any areas of concern you may have, any support you may require and an opportunity to get our voice heard in a confidential 1-1 appointment. We will give you more details about what we can offer and if we can not give you the support you need we can help signpost you or deal with any safeguarding issue. To book in a welcome session please fill out a referral form on our website www.mentoomerseyside.org and a member of the team will be in touch with you.

COUNSELLING SERVICE

In conjunction with our partner charity - WEB Merseyside, we offer counselling to men over the age of 18 who are not receiving counselling elsewhere. If you are interested in this service you will complete an assessment at induction and be placed on a waiting list to be matched with a counsellor.

LISTENING SERVICES

Men Too also offer a listening service for men, where they can take the opportunity to speak to a volunteer or member of staff about any concerns or in need of extra support. This comes in handy if you are on our waiting list for counselling but need to speak with someone sooner.

COST OF LIVING SUPPORT

Men Too often get funding to support our service users with food hampers, hygiene hampers, electrical appliances, and other essentials to help keep you warm in winter and support you with the cost of living.

WEEKLY GROUP SESSIONS:

Mind Maintenance Tuesday 10am - 2pm (For men over the age of 18)

Care Maintenance Thursday 10am - 1pm (For dads, grandads or carers)

Men Too are currently running two groups to support Men's mental health, wellbeing, personal development, social belonging and self esteem. You will need to book in for the group sessions each week once you have had your welcome session. The group is built on ground rules to hold a safe space and also provides food, drinks and snacks. For more information on the groups please visit our website and keep up to date with our event planning on our social media. For all links please scan the QR code at the top of the page.

Volunteer placements available and networking with other charities welcome.

Programmes and training also available throughout the year.

Support with parenting, confidence & self esteem, bereavement, loss & trauma, counselling tools and techniques.

Contact Us ☎ 0151 653 3771 (option 5) 🌐 www.mentoomerseyside.org



www.mentoomerseyside.org

Registered charity number: 1176745

Men Too is a charity set up following work undertaken by WEB Merseyside who identified that Men were not getting the support they needed within their local community.

Men Too was founded to help Men with their well-being and mental health, making sure Men know they are not alone and provides a safe environment where Men can access support and personal development.

Unfortunately, Suicide is the largest cause of death for men under 50. If you're in distress and need immediate help or are feeling like ending your life, please call 999, go to A&E or call Samaritans Helpline on 116-123.

Remember Suicide is a permanent solution to a temporary problem, you may feel in a dark place but there is always help and people who want to listen and support you in any way possible. The comeback is always greater than the setback and here at Men Too we pride ourselves in helping you see light again.

Men Too are proud to be a part of the warm hubs across the Wirral and will be happy to welcome you in from the cold and offer you support, food and a hot drink when open.

We operate on one-on-one appointments to listen to you and register you for our services if interested.

This means that due to groups and appointments we are restricted to offer walk in services.

To access our support, please complete a referral form online at www.mentoomerseyside.org or call 0151 653 3771.

32 Argyle Street, Birkenhead, Merseyside, CH41 6AE

Contact Us ☎ 0151 653 3771 (option 5) 🌐 www.mentoomerseyside.org

Whatever their worries.



Branch helps children and young people on the Wirral find mental wellbeing support.



Branch is a website that helps find mental wellbeing support for children and young people in Wirral.

Backed by brilliant local services (with more and more being added) Branch helps find the best tools and support for children and young people.

It can be used for any child or young person, no matter how big or small their worries feel. It's packed with instant-access self-help tools and ideas and can connect into local services when needed too.

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Having debt issues?

CAP can help you.

Come and talk to us on Mondays from 12pm at The Jubilee Centre, Hose Side Road, Wallasey CH45 0LA



The Nurture Programme

for Parents, Carers and Grandparents.

This 10 week course held at our Family Hub equips you with tools & skills to help support your family. Facilitated by accredited staff this popular course is always in high demand!

"I have learned all different ways of being a positive role model for my child" - Dad

If you would like a place on our next course or would like more details please call us on: 0151 345 6920 or take a look at our website: www.ferriesfamilygroups.org.uk or social media.



Free creche spaces available for pre school aged children.



BEHIND CLOSED DOORS

Understanding and Addressing

CHILD ON PARENT VIOLENCE

With Carrie and David Grant

Carrie and David Grant, BAFTA award-winning broadcasters, coaches and advocates, are parents to 4 children, all with special needs.

Join them both in this raw and honest talk, as they share their lived experience through an often silent struggle: child-on parent violence. Carrie and David will offer insights, support and strategies for others who might be facing similar challenges.

**Thursday 28th
November 2024**

7- 8:30pm

Online via Zoom



Scan the QR to book your place



ADDRESSING HOMELESSNESS



HSBC UK's No Fixed Address programme is a specialist service available in selected branches to help people without a fixed home address open a bank account in a safe place.

If you or someone you know is facing housing issues, you can get support from the housing and homelessness charities in your area.



Wirral Ark

Leading the Fight Against Homelessness

Rough Sleeper Initiative

Email: rsiteam@birkenheadymca.co.uk

Call: 07821 125119

Wirral Housing Options

Monday to Friday, 9am to 5pm

Call: 0151 666 5511

Outside of these hours, including weekends and Bank Holidays

Call: 0151 677 6557

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contact *For families with disabled children*



In the recent budget, the Chancellor set out a number of changes to the benefits system.

The biggest news story for carers was the announcement that the Carer's Allowance earnings limit will increase to £196 per week from April 2025. This is equivalent to working 16 hours at National Living Wage.

Alongside this, the budget also included a number of announcements about Universal Credit and other benefits.

CLICK FOR MORE

Come along to our Open House! 🎄

Are you homeless, rough-sleeping, living in a hostels or just finding times a bit tough?

We are running a FREE Open House Event on Wednesday 18th December, 10.00am-3.00pm.

We are offering:

- 👷 FREE haircuts
- 👱 FREE Wash and Blow dries
- 👕 FREE clothing
- ☕ FREE coffee, tea and other refreshments
- 🧴 FREE toiletries

Or feel free to come to just come along and socialise!

All ages and backgrounds are welcome and there will be no judgements or checks.

L20
THE SALON
ACADEMY

 **Hugh Baird
College**

Open House

**Wednesday 18 December 2024
from 10am to 3pm**

 **The
Whitechapel
Centre**

 **emmaus**

**Bosco
HOUSE**



Wirral Community
Health and Care
NHS Foundation Trust

School Nurse Drop-in Clinic

We offer confidential support and advice for your child around:

- bullying and keeping safe
- dental health
- emotional and mental wellbeing
- friendships
- healthy eating and exercise
- immunisations
- neurodiversity
- puberty
- social media safety



Every Thursday, 3.00pm - 5.00pm
(including school holidays)

Health Visiting Hub

1st floor, St Catherine's Health Centre,
Derby Road, Birkenhead CH42 0LG

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UPCOMING EVENTS!

SPONSORED BY



St Josephs PTA Winter WACKY Bingo!

FRIDAY 22nd
NOVEMBER
7PM - MIDNIGHT
JOEYS CLUB, GREENBANK ROAD, PRENTON

ADULTS ONLY
TICKETS PRICE £12.50
TICKET INCLUDES, BINGO, BUFFET &
LIVE MUSIC FROM BRIAN HARDMAN
RAFFLE £1 PER TICKET
CASH EVENT!



[f](#) St Josephs Oxton PTA [i](#) st_josephs_pta
[t](#) stjosephsbh charity no 1020024



Ladies Group

Every Thursday
6pm-8pm

Wellbeing

Where are we?
We are based upstairs at
New Brighton Rugby Club,
Reeds Lane CH46 3RH



Do it Yourself

Rebel Badge Club

Badges to collect

Cookery

Beauty

Cocktail Master Class



KIDS CHRISTMAS PARTY

Santa • DJ • Food •

SUNDAY 15TH DECEMBER
1PM TO 5PM

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

Visit our website to register
wirralwiseguys.co.uk



MEN'S CLUB

STARTING 5TH DECEMBER
10.30AM-12.30PM

WHERE:
RISE COMMUNITY HUB - UPSTAIRS AT NEW
BRIGHTON RUGBY CLUB, REEDS LANE,
CH46 3RH

WIRRAL CARERS HEALTH & WELLBEING SERVICE

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**27th November
10am - 2pm**

**A&K community hub
park road north
Birkenhead**

**Tea Coffee
Food**

**Advice and Support
Fuel Poverty**



DISABILITY ICE SKATING SESSIONS

ENJOY ICE SKATING AS A FAMILY IN
A DISABILITY FRIENDLY SESSION.
SUITABLE FOR ALL AGES AND
ABILITIES

Skating aids are available
alongside our amazing volunteers

£7 per skater -
including skate hire

First Sunday of
the month
12.30-1.15pm

email: deesideiceskatingclub1974@gmail.com



CHRISTMAS RIDEOUT TO ALDER HEY HOSPITAL

SUN 8TH
DEC
2024

DEPARTS 12 NOON
Meet at McDonald's, Edge Lane,
Liverpool L13 1AD at 11am
Bring selection boxes or cash donations

Two Wheeled Support

Contact Geoff
07840 266769



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Santa's sleigh routes 2024



Tuesday 3rd December - Hoylake
Wednesday 4th December - TBC
Thursday 5th December - Woodchurch
Saturday 7th December - Greasby North
Sunday 8th December - Newton & Ennisdale
Tuesday 10th December - Greasby Thorns Drive
Wednesday 11th December - Wallasey Withens Lane
Thursday 12th December - Wallasey Mill Lane
Saturday 14th December - Greasby South
Sunday 15th December - Meols
Tuesday 17th December - West Kirby Avenues
Wednesday 18th December - Hoylake
Thursday 19th December - Millhouse Lane
Friday 20th December - Wallasey Rappart Rd
Sunday 22nd December - West Kirby Flat

Thank you and Merry Christmas!



**Please join us at
the Delamere
Centre for**

**Christmas
Day - 2023**
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



WIRRAL CARERS HEALTH & WELLBEING SERVICE

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SANTA FLOAT

ELLESMERE PORT ROUND TABLE

MON 2ND DEC
THE HOLIDAY INN, ELLESMERE PORT
WESTMINSTER & SURROUNDING AREAS

WED 4TH DEC
THE TRAVELLERS REST, LITTLE SUTTON
WETHERBY WAY & SURROUNDING AREAS

FRIDAY 6TH DEC
THE STRAW HAT, GREAT SUTTON
KENDALL DRIVE & SURROUNDING AREAS

MON 9TH DEC
THE ROYAL BRITISH LEGION, LITTLE SUTTON
PARKLANDS & SURROUNDING AREAS

WED 11TH DEC
THE WHEATHSHEAF PUB, OVERPOOL
PRINCES ROAD & SURROUNDING AREAS

FRI 13TH DEC
GREEN OAK FARM, ROSSMORE
JACKSWOOD ESTATE & ROSSMORE

MON 16TH DEC
THE WOODLAND PUB, WHITBY
UNDERWOOD DRIVE & SURROUNDING

WED 18TH DEC
THE CAT PUB, WOLVERHAM
WOLVERHAM ROAD & SURROUNDING

FRI 20TH DEC
THE RED LION, LITTLE SUTTON
HEATH/RED LION LANE & SURROUNDING

MON 23RD DEC
THE WHITE LION, CHILDER THORNTON
LITTLE SUTTON & SURROUNDING AREAS

SANTA FLOAT 2024



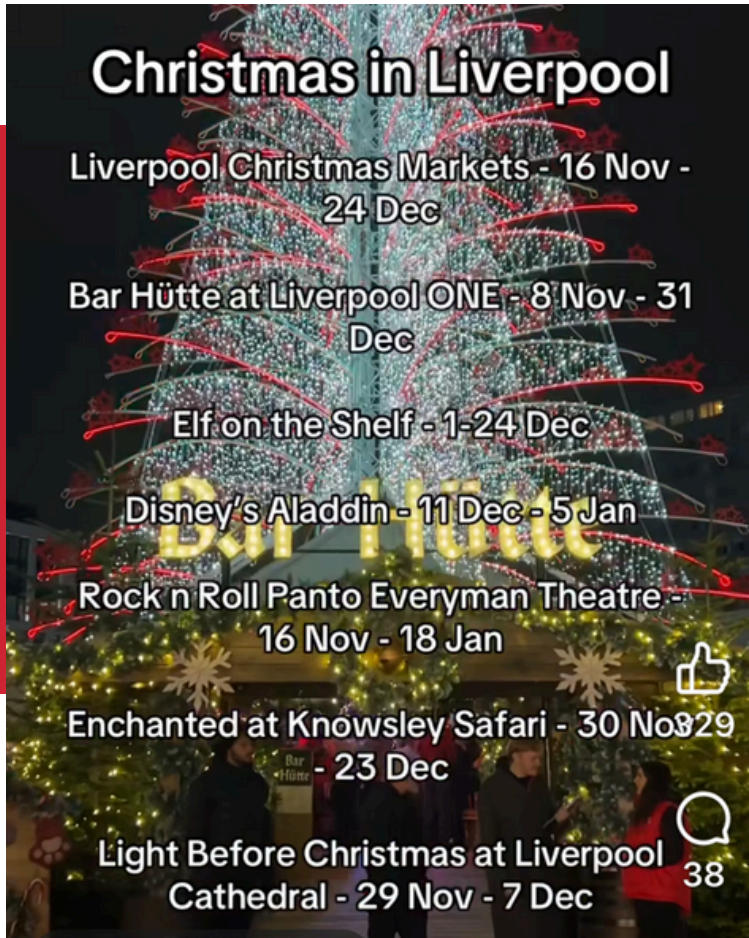
CHRISTMAS AT MAGGIE'S

MAGGIE'S WIRRAL
WEDNESDAY 11TH DECEMBER
6:30PM-8:30PM



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Christmas in Liverpool

Liverpool Christmas Markets - 16 Nov - 24 Dec

Bar Hütte at Liverpool ONE - 8 Nov - 31 Dec



Elf on the Shelf - 1-24 Dec

Disney's Aladdin - 11 Dec - 5 Jan

Rock n Roll Panto Everyman Theatre - 16 Nov - 18 Jan

Enchanted at Knowsley Safari - 30 Nov - 23 Dec

Light Before Christmas at Liverpool Cathedral - 29 Nov - 7 Dec

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Wirral Environmental Network
Falkland Rd, Wallasey CH44 8ER

Christmas Fair

Saturday 23rd November 2024
11am—2pm

Christmas Wreaths & Birkenhop Beer
Delicious Homemade Cakes
Fairtrade Food
Games & Gifts
Handmade Crafts
Jams & Chutneys
Minerals and Crystals
Preloved Treasures & Bric a Brac
Plants
Raffle & Tombola
Upcycled Furniture & Homeware
Unplugged Activity Boxes
...and much more

Please bring your own mug for tea/ coffee and box for cakes to take home—this will help us to reduce waste

Bus 409, 411, 413, 433
Please consider our neighbours if coming by car
DONATIONS ARE WELCOMED AND APPRECIATED
 WHEELCHAIR ACCESS FRIENDLY
Reg Charity No: 1068306







POP UP CHARITY SHOP

MONDAY 18TH NOVEMBER | 1:30-2:30PM

**BRING, TAKE OR SWAP
BABY & KIDS CLOTHES AND
TOYS**

BEECHWOOD CHAPEL, FIFTH AVENUE,
BEECHWOOD, CH43 9LB



FREE CHRISTMAS DINNER FOR PENSIONERS

-Delicious Christmas Dinner
-Live performance by the wonderful Louise Granton
-Bingo

DEC **16** 2024
12.00PM - 3.00PM
Rose and Crown Pub

If you know a neighbor, family member, or anyone who'd enjoy a bit of Christmas cheer, please let them know about this event!

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the
LAKE
gallery

OPEN EXHIBITION 2024
28 Nov - 25 Jan
Thurs - Sat 10-4

52 Grange Road
West Kirby
Wirral
CH48 4EF

MAGENTA LIVING

White Ribbon Hub Event

TUESDAY 3RD DECEMBER

Pop down to our information and engagement event:
Advice & Support
Arts & Crafts
Light refreshments

11am till 2pm
Magenta Living,
Partnership Building, CH41 5AA

Book a free ticket

In support of 16 days of activism against gender-based violence towards women and girls

Who will be here: Magenta Staff, Tomorrow's Women, Wirral Ways, Paul Lavelle Foundation, WEB, RASA Merseyside, The Lighthouse Centre.

ENERGISE CYCLES CHRISTMAS RIDE OUT

Join us!

Sunday 15 December 2024
Meet at 10:45am

Meet at Energise Cycles Workshop, Unit 16 Tower Quays, Tower Road CH41 1BP

Ride will be along the prom toward New Brighton
Dress yourself or your bike in Christmas fancy dress

CAULIFLOWER SOUP WITH BACON

SERVES: 4

PREP & COOK: 45 mins

SKILL: Easy

CUISINE: Vegetarian



INGREDIENTS

- 1 tbsp oil
- 3 spring onions, sliced
- 1 large cauliflower, trimmed and chopped
- 3 sprigs thyme, plus extra to serve
- 1 white potato, chopped
- 1 veg stock cube, made up to 1L
- 2 slices stale bread, cut into cubes
- 155g diced bacon

METHOD

- Preheat the oven to 200C/180C Fan/Gas 6.
- Heat 2 tsp of the oil in a large pan. Set aside $\frac{1}{4}$ of the spring onion and cook the rest for 2-3 mins until starting to brown. Add the cauliflower and thyme and cook for 6-8 mins until starting to colour.
- Add the potato and stock, bring to a simmer then cover and cook for 18-20 mins until the potatoes are breaking down.
- Meanwhile, put the rest of the oil, the bread and bacon in a roasting tin and toss together. Season with black pepper and bake for 12-15 mins, stirring regularly, until crisp and browned.
- Take the soup off the heat, remove the thyme and whizz with a handheld blender until smooth.
- Divide between 4 bowls.
- Top with the bacon, croutons, reserved spring onion and extra thyme to serve.



Carers Rights Day 2024

Carers Rights Day is about raising awareness of the rights the UK's 5.7 million unpaid carers are entitled to, and to help them get the support they need and the recognition they deserve.

Are you getting enough sleep?



CARER'S ASSESSMENTS

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

Contact the Carers Helpline for further information

0151 670 0777

CARERS TRUST

LATEST NEWS



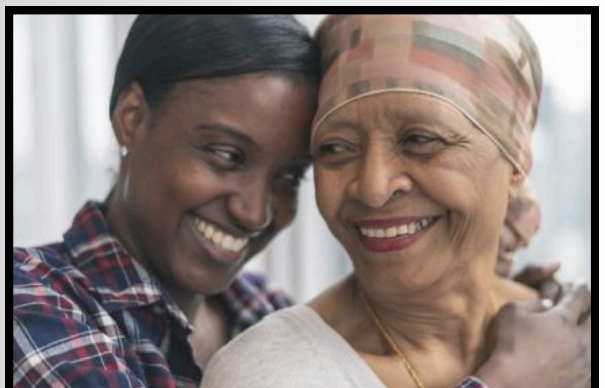
4th November 2024

Carers Trust calls on Government to exempt local carer services from increased National Insurance contributions

Carers Trust calls on the UK Government to protect vital carer services by exempting them from costly National Insurance increases threatening their existence. Find out more.

NEW REPORT: Four in five carers with health conditions contemplate leaving jobs amid lack of employer support

Find the shocking new findings here.



For all carers, everywhere: How to deliver inclusive carer services

We've launched our final evaluation report and shared insights from the transformative Making Carers Count programme.

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 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: wsc@wired.me.uk or visit our website: www.wired.me.uk