

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



**OUR AMAZING CARERS TEAM
DROPPING OFF THEIR REVERSE
ADVENT CALENDAR
DONATIONS TO BIRKENHEAD
FOODBANK ❤️**



WIRRAL CARERS HEALTH & WELLBEING SERVICE

Carer Linkworkers Making Caring Visible, Valued & Supported

BE IN IT
TO WIN
IT



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 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

WIRRAL CARERS HEALTH & WELLBEING SERVICE

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*Former Mayor Jerry Williams would like to make a
donation to Wired Shop Mobility
for the amount of £229*

Please note: funds will be deposited to the nominated bank details supplied to us



**COUNCILLOR JERRY WILLIAMS
INVITED WIRED'S SHOPMOBILITY ALONG TO A
CHARITY CHEQUE PRESENTATION EVENT ON THE 21ST
NOVEMBER.**

**SHOPMOBILITY RECEIVED AN AMAZING DONATION
OF £229.00 WHICH WAS RECEIVED BY
MANAGER LYNN GRIFFITHS.**

WIRRAL SHOPMOBILITY

Keeping Wirral Mobile!

MOBILITY SCOOTER HIRE ● SERVICES

REPAIRS ● LONG TERM HIRES

WHEELCHAIR HIRE ● SMALL AIDS



0151 647 6162

contact@wired.me.uk

Wired

WIRRAL CARERS HEALTH & WELLBEING SERVICE

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We had a great turn out for our Carer's Christmas Fayre @ St Joseph's Club, Birkenhead last Saturday!

Thank you for everyone who attended to show their support!

CHRISTMAS CRAFT FAYRE!



CARER FEEDBACK



ALL QUOTES are ACTUAL comments made from carers registered with WIRED over the last few months...

And thank you again for appearing all those months ago when I needed the support..The service you provide is invaluable

Thank you x

Thank you for all you do to support us xx

Glad to know you're there....keep up the great work you do.

I won't forget all the help and support and friendship you gave us at the beginning of this journey. Keep up your good work. Take care and much love

Thank you so much from the bottom of my heart. It made my day feel so special.

Thank you for all your kindness and support over the last year xxx

Many thanks to one and all, for all the hard work you put into helping us carers
It is very much appreciated

Thank you so much - so appreciate knowing people care

Thank you !!!!
Xxxx

A thank you letter for WIRED's support at the Winter Wellness Event held on the 16th on November!

WINTER
WELLNESS
MARKET



THANK YOU

On behalf of the Winter Wellness Planning Team, we would like to pass our thanks and gratitude for your participation in the Winter Wellness Market event held on the 16th November 2024. Your involvement and support that was provided will have had made a great positive impact to the member's of the public who attended. We also hope you enjoyed the useful networking opportunities this provided.

Thank you again.

Winter Wellness Planning Team

WIRRAL CARERS HEALTH & WELLBEING SERVICE

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role On review **DECEMBER 2024** **YOUR MEMBERSHIP MATTERS**

uniquely supporting long term former carers across Wirral

ROLE ON registered charity number 11310899 **CHARITY COMMISSION**

THURSDAY 5th DECEMBER
'pre CHRISTMAS'
BREAKFAST CLUB
FROM 10.00am
free MINCE PIE

LIBERTY BELL COFFEE

2 Hamilton Street (facing Hamilton Square Station) from 10.00am to 12 noon includes free single tea/coffee (latte extra) & single slice of toast & mince pie
ADMISSION £3.00

THURSDAY 19th DECEMBER
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.

Every one at **ROLE ON** Wishes you a very happy Christmas 2024

Our **CHRISTMAS LUNCH** at Thornton Hall Hotel is a special occasion for everyone to meet friends old and new and join in the festivities.

So why not get out the glad-rags put on a smile, be happy and join us on **Thursday 12th December 2024** for the best of times

HAPPY CHRISTMAS

Please remember there will be **NO NEWSLETTER** in January 2025 as Christmas/New Year holiday restrictions will cause delivery issues with probable postal delays. February sees the return of Role On newsletter with the latest updates on what we get up to.

Have you any suitable items we could use as Raffle prizes for our Christmas

STROLL ON

supporting long term former carers across Wirral

JACK McMORRAN

Sadly we were told by his daughter Allyson of the death of Jack McMORRAN at the grand age of 104. Jack, pictured above with Allyson and Beatrice Chadderton, at our Christmas lunch in 2010 in the 'Sky Bar' part of the Grange Country Club, Thornton Hough. Jack was a stalwart of the group participating in many events particularly coach trips. He was the complete gentleman, admired and respected by us all.

ROLE ON

Next year we are hoping to draw on member's views as to the future of our group. With this in mind we have called a group 'extraordinary meeting' giving you the opportunity to voice your opinions as to where we should progress. Please join us on Thursday 16th January at the **JOHNNY PYE** in Heswall from 12noon. This will follow a 'short' committee meeting pointing out the options available to us. Members, including committee, are the driving force behind our group and any other registered charity. Our group is subject to Charity Commission rules which can both benefit and restrict, meaning ideas and possible adjustments having to be put in place. Your thoughts and responses are key to the prospects for **ROLE ON**.

Stronger Starts **TESCO** Every little helps

TESCO Community Grants.

Following on from Laura's involvement with Breda from **TESCO** we are delighted to let you know that our application to Tesco Stronger Starts has been successful. Voting will begin in store from the first week in October 2024 until Mid January 2025. The project with the highest number of votes across our region will receive £1,500, the second placed project £1,000 and the third placed project £500. Feel free to share this list of stores amongst our members, supporters, family and friends. So please support us by spending and donating your tokens in store at:

TESCO Birkenhead Express CH41 2UF
TESCO Birkenhead Bebington Road CH42 4QF
TESCO Tranmere Exp CH42 9JG

To check the location of any of the above stores, please go to the Tesco website here: <http://www.tesco.com/store-locator/uk>

On November 18, four operators from across the UK were given a tour of key Wirral locations as part of a Liverpool City Region funded project to increase tourism in areas outside Liverpool. The event was organised by Marketing Liverpool with travel colleagues Steve Reed Tourism Ltd. Levelling Up funding from Wirral Council, which this year consulted on a Masterplan to breathe new life into the area at the heart of which sits the £20m plus Woodside infrastructure and active travel project to connect the Woodside Waterfront with Birkenhead town centre. The Masterplan proposals include 1,700 homes, two new hotels, major leisure facilities and an outside event space. More people from across the country could soon be visiting 'overlooked' attractions across Merseyside including filming locations of hit series like Peaky Blinders as part of a push to increase tourism. It's hoped other areas like Wirral could build on the success of Liverpool's tourism industry.

DECEMBER	ROLE ON	THANK YOU FOR SUPPORTING US	
JANUARY	'supporting long term former carers across Wirral'		

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 Chester Street (bus stop at side of LIBERTY BELL COFFEE) at 11.15am directly to Thornton Hall return at 4.00pm approx... Tickets **£20.00** if available???

THURSDAY 19th JOHNNY PYE CHRISTMAS LUNCH CLUB from 12 noon. Optional final meet of 2024, your chance for a seasonal get together with friends and catch up. Make your own way or catch Merseytravel buses 471 & 472 from Birkenhead Bus Station.

THURSDAY 2nd JANUARY
First meeting of 2025 is at **LIBERTY BELL COFFEE** - from 10.00am for a 'Happy New Year Birthday' celebration. Come and join us!!!!

Good Morning
enjoy
Happy New Year 2025

RITA'S CRAFT GROUP IS CANCELLED IN DECEMBER !!!!

On Thursday 26th December due to Christmas-Boxing Day celebrations. The group will return in January on Thursday 29th 2025. More information at **LIBERTY BELL COFFEE** or **JOHNNY PYE**... or John 077 666 48941

bumf

It's time to recall our lovely honorary members who we remember fondly: Pauline Jones, Carol Jordan, Val Roberts, and Linda Brown. A huge welcome to Caron along with Ron who visited us at recent **LIBERTY BELL** and **JOHNNY PYE** meetings.

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) new email (roleon@live.co.uk) 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).

SPREAD SOME SPARKLE THIS CHRISTMAS

Our thanks go out to the lovely Pauline Haggatt and Angie Smith, Community Engagement Officers, from 'Home Instead Wirral, have kindly announced that they have arranged a donation of gifts to all Role On group members who attend this year's Christmas lunch in the Cristal Suite, Thornton Hall Hotel, Thornton Hough on Thursday 12th December 2024. Home Instead are an award winning company providing quality care for older people. Once again, Home Instead's annual Christmas gift giving campaign, #BEASANTA, is making a difference to our local community.

Home Instead *It's all personal*

Dementia Together Wirral provides a social community for anyone affected by memory issues or dementia, with or without a diagnosis. We host interesting and varied activities and events across the Wirral, where anyone living with dementia, and their carers or ex-carers, can get together with committed volunteers. Many of our volunteers have personal experience of dementia and can provide a supportive community, with the aim of relieving social isolation experienced by many of those affected by dementia. Why not come along and join in the fun? At Dementia Together Wirral, we understand the social isolation felt by those living with dementia and their carers. Since our formation, in 2017, it's been our mission to bring people affected by dementia together, to enjoy friendship and community. Our dedicated volunteers host a variety of dementia-friendly events: memory cafes, music groups, walking groups, crafts and games groups, day trips and more. For a printable copy of our calendar phone: 07935 797445 / 07894 466822 or email: admin@dementiatogetherwirral.org

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** **Dementia Together Wirral** **Wired** **Wired** **Wired**

BETTER LIVES BETTER COMMUNITIES **Tomorrow's Women** **Wirral InfoBank** **Wirral ageUK**

LIBERTY BELL COFFEE **AG TO** **ASSOCIATION OF GROUP TRAVEL ORGANISERS** **Home Instead** **NCHO**

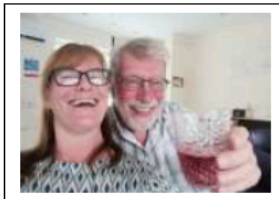
Wirral Health & Care Commissioning **British Blue Tours** **Cruse Bereavement Support** **R&J TRAVEL** **WIRRAL** **WIRRAL** **WIRRAL**

WIRRAL CARERS HEALTH & WELLBEING SERVICE

Carer Linkworkers Making Caring Visible, Valued & Supported

Welc♥Me

This group is for people living with **mild to moderate memory difficulties** and those who care about them. Our mission is to ensure that for at least one session per week, both members can have fun in a relaxed group environment, share joys, worries, laughter and concerns with people who understand.



We run on Tuesday and Wednesday mornings 10am-1pm and Tuesday & Thursday afternoon 1-3pm following a very loose timetable as follows.

On Arrival, Tues/Wed/Thurs	Hellos, drink and chat	All
1 st half hour	Movement to music	All
Last hour	Activity/craft/games	Members who want to.
	Chat, education, peer support	
11.50-12.50	Communal lunch (Tu&Wed)	All
1.30-3.30pm (Tues only)	Gardening Club/Games/Quiet time	All

Please note the above is extremely fluid depending on who is attending, the group's favoured activities and abilities.



The group's costs are covered by monthly donations made by Members and other fundraising activities.

The donation amounts depend upon each person's situation, but we suggest that the cost of 4 cups of coffee in a café per pair per week, preferably paid monthly by standing order is appropriate. Feel free to donate more if you can! We will put it to good use!

We love involving people with all types of memory difficulties for as long as possible. Unfortunately, we do not have the capacity to help with personal care and once a member no longer enjoys interacting with the group, we will help with discussions around "what next?".



RETAINWELLBEING

Email: Info@retainwellbeing.co.uk

Phone: 07407620043

Look at our facebook page for a taste of what we get up to:


<https://www.facebook.com/Welcme.Me.Hooton>

WIRRAL CARERS HEALTH & WELLBEING SERVICE

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Spider Project

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>PHOTOGRAPHY 10:00AM-12:00PM (Main room)</p> <p>INTRO TO MUSIC TECHNOLOGY 10:30 - 12:30 (Music Room)</p> <p>HOLISTIC THERAPIES 10:00 - 12:00 Enjoy a head, shoulder or back massage these are bookable</p> <p>JAM TIME 1PM - 4:30PM (Music studio)</p> <p>PEER SUPPORT CHECK-IN 1:00 - 2:00</p> <p>IT SUPPORT 1-TS 1:30PM - 3PM (Downstairs IT Suite)</p> <p>AROMA-SENSE 1:00 - 3:00 A new course teaching how to make and use essential oils</p> <p>RELAXATION 3:30 - 4:30PM (Group Room)</p>	<p>THE COBWEB CAFE OPEN FOR FOOD 11AM - 1PM</p> <p>LINO PRINTING 10:00AM-12:00PM (Main room)</p> <p>INVOLVE NW - DROP IN THE CONNECTORS 1st Tuesday of the month 10:00AM-12:00PM</p> <p>JAM TIME 10AM - 12PM (Music studio)</p> <p>POTTERY 6 WEEK COURSE 1:30PM - 3:30PM</p> <p>BRAIN BITES 1:30 - 3:30 Educational and immersive talks on various topics. This month we have 3rd Dec - Understanding Anger</p>	<p>FIBRE ARTS 10:00AM-12:00PM (Top Room)</p> <p>PASTELS WITH ANITA 10:00AM-12:00PM</p> <p>1-1 SINGING LESSONS 4X30 MINUTES SLOTS 11:00AM-1:00PM</p> <p>LEARN TO DRAW 12:30PM - 2:30PM (Main room)</p> <p>DRUMMING FOR BEGINNERS 1:30 - 3:30 4 x 30 min slots</p> <p>DRAMA 2:30PM - 4:30 (Group room) no drama on 11th</p> <p>SOUND BATH TASTER SESSION 11TH DECEMBER 2.00-3.00PM COMPANEROS</p> <p>WIRRAL.MET WEDNESDAYS Speak to staff about booking on to - Exploring Sociology 4th Dec Building confidence and resilience 11th Dec</p>	<p>CITIZENS ADVICE DROP-IN MORNING First Thurs of the month</p> <p>SALVATION ARMY EMPLOYMENT SUPPORT Last Thurs of the month 9:00AM - 12PM</p> <p>BATIK 10:00AM-12:00PM (Main room)</p> <p>FILM & VIDEO 10:00AM-12:00PM (Top room)</p> <p>CREATIVE WRITING 2:00PM-4:00PM (Group room)</p> <p>HOUSING SUPPORT 1:00PM-4:00PM</p> <p>SPIDER-MIND Spider's own Mastermind event! 5th December 1:30PM</p> <p>SPIDER CHRISTMAS PARTY 19th December 1PM - 4PM</p>	<p>FRIDAY IS OPEN TO ALL MEMBERS WHO HAVE COMPLETED THEIR MEMBERSHIP</p> <p>LEARN TO PAINT 10:00AM - 12:00PM (Main Room)</p> <p>RELAXATION 11:00AM-12:00PM (Group Room)</p> <p>TAI CHI 12:00 PM - 1:00PM (Group Room)</p> <p>CHRISTMAS CARD MAKING 1:00 - 3:00 (Main room)</p> <p>PEER SUPPORT CHECK-IN 1:00 - 2:00</p> <p>CREATIVE SOUND PRODUCTION 1PM-3PM (Music room)</p> <p>OPEN MIC TIME 3:00 - 4:30PM (Main room)</p> <p>7-ASIDE FOOTBALL AT TRANMERE ROVERS 3PM-4PM</p>	<p>SOCIAL SATURDAY 10:00AM- 12:00AM SATURDAY QUIZ 12:00PM- 2:00PM</p> <p>THIS MONTH:</p> <p>CHRISTMAS PARTY 19TH DECEMBER 1-4 PLEASE LET US KNOW IF YOU PLAN ON COMING</p> <p>BOXING DAY EVENT IN TRANMERE ROVERS PLEASE ASK STAFF TO BOOK YOU A SPACE</p> <p>THE LAST BRAIN BITES SESSION UNTIL THE NEW YEAR IS 3RD DECEMBER.</p> <p>DO YOU ENJOY MASTERMIND? WE HAVE OUR VERY OWN SPIDER MIND EVENT ON 5TH DECEMBER AT 1:30PM</p> <p>COBWEB CAFE WILL BE CLOSED ON 3RD DECEMBER</p> <p></p> <p>Just a reminder: Any activities in PINK need to be booked 6 days in advance 0151 667 7732</p>

WELCOME SESSION
The Welcome session will introduce you to Spider, to our values and how we work. The session will also look at why it is important to engage with the timetable and how this will improve your confidence, wellbeing and resilience.

PHOTOGRAPHY
Learn with other members how to take a photo like a pro. Photography has been part of Spiders timetable for many years and lots of members have achieved an Open Award qualification in photography

GUITAR LESSONS
Music is a big part of Spider and we have our very own music studio. We run lots of musical sessions including bass lessons and guitar lessons. You can take part even if you are a beginner. If you don't have a guitar, we can lend you one for the lesson.

TAI CHI
Tai Chi combines focused breathing with slow, flowing movements. Sometimes described as meditation in motion, it is a low-impact, mind-body exercise which can alleviate stress and anxiety.

LINO PRINTING
Lino printing or lino cutting, is a traditional printmaking method. Were you out a design into a block of linoleum, then ink the remaining surface with a brayer and print onto either paper you can see examples around the building.

CREATIVE SOUNDS
Have you ever wondered how sound works? Creative Sounds gives learners the opportunity to understand how sound happens

FILM AND VIDEO PRODUCTION
Learn your way around a camera but also how to edit short films on Final Cut

QUIZ
Spiders Saturday quiz is hosted by our volunteers. Its on every Saturday and everyone is welcome. Pop along and join in, you might even learn a new fact

JAM TIME
This is an opportunity for members to hire out the studio for an hour and practice your musical skills

DIFFERENT SUPPORT SESSIONS
Throughout the week Spider welcomes Staff from the Citizens Advice, the Connectors, Housing workers and digital support workers from Age UK. These services are here to offer you a helping hand and to sort out any social problems you may have.

SPIDER HEALTH WALKS
Spider runs a couple of different walks some are slightly longer than others. Walking in the fresh air is always a great way to evaluate what's going on and seek solutions.

DESIGN ON COPPER
If you enjoy being creative, making a mess and a noise then this is the session for you. Print and tap out on sheets of copper to form your art work.

FIBRE ARTS
Express Yourself creative side in this sessions specifically for anything fabric. The class works on knitting, sewing, needle felting and many other materials

TRIPS
Spider is more than just the timetable, the project offers many trip often on a monthly basis. These trips can be to the theatres, galleries and other places of interest. Keep a look out for posters advertising these trips.

CREATIVE WRITING
Creative writing has been part of the Spider timetable since Spider began. The sessions offer an opportunity to develop literacy skills, confidence and imagination

BATIK
The art of decorating fabric with ink and wax. Starting on paper and progressing to cloth. A session loved by all spider members

OPEN AWARDS
Spider runs a number of Open Award courses. Previously members have achieved a certificate in Photography, art, mental health, nutrition, interpersonal skills and mentoring. Speak to staff for more information

WELLBEING REVIEWS
Every Spider member makes a recovery plan when they start at Spider. This plan gives direction on getting members to where they want to be within their recovery. These plans are reviewed with staff every three months to ensure members are on track within their recovery.

DRAMA
Spider runs two drama sessions both help to develop confidence and self esteem; more importantly both allow members to enjoy themselves and have fun

MUSIC TECHNOLOGY
For any aspiring artists this session teaches how to create, record and edit your own tunes

WIRRAL CARERS HEALTH & WELLBEING SERVICE

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WUTH
improvement

We want to work with you, so
it is right for you!

NHS
Wirral University
Teaching Hospital
NHS Foundation Trust

together
we will



Join Our Patient and Carer Panel to Help Improve Wirral University Teaching Hospital (WUTH)!

At Wirral University Teaching Hospital, we want to make our hospital better for our patients, carers and staff. To do this, we need your help! We want to work with you to make sure our services are right for you.

How We Want to Work With You

We want to hear from patients and carers from the very start of our projects. We think working together is important to make sure our work makes the hospital better for everyone. Here's how it would work:

Why Join Our Panel?

Help Your Hospital: Your ideas could help improve the services and care at WUTH.

Be Heard: Share your experiences to help make the hospital improvements for you and others.

Make a Difference: Together, we can help people in our community get the care they need.

Ready to Get Involved?

If you're ready to help us make improvements with patients and carers voices, please fill out the form below. Your voice is important, and we want to hear from you!

<https://forms.office.com/e/8TRdkzwaEv>

Thank you for thinking about joining us. Together, we can make improvements at Wirral University Teaching Hospitals through coproduction to help the needs of our community.

If you have any questions you can email wuth.improvementteam@nhs.net.

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TOMORROW'S WOMEN WIRRAL EMPOWERING TIMETABLE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>9.30 Legs, Bums & Tums With Nicky</p> <p>We need your help 9.30-2pm To support the continued growth of our beautiful garden with Sandra & Liz</p> <p>Hate Crime Course 2nd December 10-3pm *Explore the definition of hate crime *Review the impact of hate crime on individuals</p> <p>Becoming a Happier You 9th December 10-3 Do you want to be happier every day and live a more meaningful life? This course will teach you key skills to do this!</p> <p>Peer Mentoring for DWP 9th & 23rd December 10-2pm Gain employment for those with Drug & Alcohol issues</p>	<p>Belly Dancing with Cecile 10am -11am</p> <p>Digital Skills Level 3 Enrolment 3rd December 10-4pm Starts 10th December 10am-4pm x4 weeks *Develop your digital literacy. *Perfect for improving your confidence online! *Learn key skills like staying safe online plus more...</p> <p>Family Law 3rd & 17th December</p> <p>Substance Use Midwife Drop-in with Jill Support for pregnant women. 10th December from 10am</p> <p>Wellbeing & Me 4-week course on managing stress and anxiety Starting 3rd December 11-1pm</p>	<p>We need your help 9.30-2pm Support the continued growth of our beautiful garden with Sandra & Liz</p> <p>Solicitor support in Family Law 10am -11am</p> <p>10-12pm A Stitch in Time Sewing skills and crafts, With Mary</p> <p>YOGA With Grace 11am Ends 4th December</p> <p>Community Connectors 11-12pm Needing some support/help in your community then come along and speak with a community connector</p> <p>Do you want to know what JCP have to offer? Book to speak to Lesley, 11-1pm</p>	<p>1 day Neurodiversity Course 12th December 9.30am-2.30pm Learn how to: -Understand Neurodiversity -Helpful Strategies -Examples of good and bad practices -The importance of words</p> <p>174 LAW SOLICITORS Specialising in Family Law, Domestic & Care proceedings.</p> <p>Reiki with Katy Booking IS essential. Aims to relax you, ease stress, tension and help with wellbeing. Fortnightly Sessions between 10.15-12.30</p> <p>Money advice & gambling support 10.30-12pm 12th December</p> <p>5th December From 11am Offering support & help with claiming PIP previously known as DLA. BOOKING FOR THIS SERVICE IS ESSENTIAL</p>	<p>We need your help 9.30-2pm To support the continued growth of our beautiful garden with Sandra & Liz</p> <p>13th December Christmas Games & Crafts From 10am</p> <p>Christmas Card Making 11am 6th December</p> <p>20th December Christmas Dinner 1pm Booking IS ESSENTIAL</p> <p>LUNCH CLUB 12PM *£3 donation</p>



<p>Tomorrow's Women Recovery support group Every Monday @ 10.30am</p> <p>Flexible practical support for families 11am - 1pm</p> <p>9th & 23rd December @ 11-12pm Covering: Family law, Divorce & Financial issues</p> <p>Creative Craft Skills Weekly 12.30-2.30pm</p> <p>2nd, 16th, & 30th December, 2pm-4pm Supports Family law, care proceedings, divorce, non-molestation orders</p>	<p>Domestic Abuse Support Group Every Tuesday, 1pm-2pm</p> <p>17th December 1-2pm Christmas Crafts Come along and make your own Christmas Gank</p> <p>LBT Peer Support Group 3pm-5pm, Returning January With SAHIR HOUSE & Tomorrow's Women</p> <p>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.</p>	<p>11.00-12.00pm Support with Care Proceedings</p> <p>PLACE TO BE! A day retreat with Grace. 18th December 11am -2pm Blending ancient yoga, modern upbeat music feeling calm, embodied & empowered! BOOKING IS ESSENTIAL</p> <p>CHRISTMAS PARTY 11th December Games, fun, karaoke & food Plus meet the Board of Trustees 12pm - 2.30pm</p> <p>12.30-1.30pm Domestic Abuse Specialist</p> <p>Reading Group 4th December 1-2pm A great way to meet new people, share a story with a cuppa.</p>	<p>International day dedicated to raising awareness of the AIDS pandemic caused by the spread of HIV infection. We are holding HIV testing on 5th 11am-2pm, supported by SAHIR HOUSE</p> <p>Money Management & Debt support 19th December, 11:30am - 1pm</p> <p>TWW Forum Meeting Come along & have your say. Community Room - 12th December 12pm</p> <p>19th December 1.30-4pm Drop-in with Sofia Feel like you might benefit from talking therapies. Free NHS assessments for anxiety and depression</p> <p>Jam Session Bring along your instruments & come have some fun 1.30-2.30pm</p>	<p>POLICE DROP-IN 12pm-1pm 27th December</p> <p>Christmas sing-a-long 1.30pm 13th December</p> <p>Tomorrow's Women Creative Group All Welcome 1.30pm Singing, drama & creativity</p> <p>Tomorrow's Women Recovery support group @ 2pm</p> <p>Guided Meditation 3pm-3.30pm Blissful deep relaxation</p>
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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



THE BIG GIVE

The Big Give is a match funding campaign. This means that all money raised up to our target of £2,000 will be doubled to give us a grand total of £4,000.

But we need your help.

So far, members of the local community have promised to donate approximately 50% of our target. But we still have more that we need to raise. To donate to our campaign, click the following link and donate via the campaign page:

<https://donate.biggive.org/campaign/a056900002TPUb4AAH>

ACTIVE WIRRAL

STRONGER HEALTHIER HAPPIER

BLACK
FRIDAY
DECEMBER
DEALS

Invigor8

Black Friday deals for days!

Use the gym, pool, do exercise classes or play golf? It's time to find your perfect membership for less.

WIRRAL CARERS HEALTH & WELLBEING SERVICE

Carer Linkworkers Making Caring Visible, Valued & Supported

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.

What Parents & Educators Need to Know about MENTAL HEALTH & WELLBEING APPS

When looking at options for supporting a child's mental health, the sheer volume can be overwhelming. There are many wellbeing apps available, but unfortunately not all are trustworthy. It's important to evaluate which resources are suitable, reliable and effective. This guide lets you know what to consider before installing such an app, to determine just how useful it's going to be.

WHAT ARE THE RISKS?

QUALITY & RELIABILITY

Mental health apps can be a useful starting point when looking for wellbeing advice and strategies and can be a useful extension to the in-person services available. However, they aren't a substitute. Information on the quality of some of these apps is scarce. They may look cute and child-friendly, but have they been designed by a mental health professional? Furthermore, do they have research to back up their content?

PLACE RESPONSIBILITY ON CHILDREN

Some apps add the words 'kids' or 'children' to their title or use cartoon icons to make them more appealing to young people. When signing up for some of these apps, some will speak to the parent directly, saying something along the lines of "Your child is good to go. Let them take it from here". It's important to remain involved in the child's mental health journey, so regular check-ins are recommended.

DISREGARDING APPROPRIATE SUPPORT

Young people who feel anxious and have trouble sleeping may download a mindfulness app to help. While this is a good strategy initially, it's not addressing the root of the problem. A child could simply try managing these symptoms themselves (as opposed to speaking out and seeking professional help), which could potentially worsen their anxiety in the long run.

LACK OF PERSONALISATION

Mental health or wellbeing apps are useful tools for the short term, teaching users several helpful habits to manage their condition – such as keeping an illness diary, improving nutrition and practising mindfulness exercises. As every person is unique – and children especially will grow and develop in different ways – these apps struggle to tailor themselves to users' individual needs. For example, many apps don't distinguish between the ages of users and can offer extremely generic advice.

DATA SECURITY

As with any other app – not just those for mental health and wellbeing – it's wise to check out the privacy policy before downloading it. Some of these applications may share data with third parties for numerous reasons (such as targeted advertisements), and if a user is sharing personal and sensitive information with the app, they probably don't want it ending up elsewhere without their consent.

IN-APP PURCHASES

Many apps will provide their most basic features for free but will require you to pay for other aspects – such as a more tailored experience or access to additional resources. This could be a one-off fee or a regular subscription. Consider whether this is actually required. Is it benefiting the child, or could they receive the same support from a medical professional?

Advice for Parents & Educators

CHECK THE CREDIBILITY OF THE APP

Before you download a mental health and wellbeing app, investigate the developers. Have they consulted with qualified mental health professionals to create their resource? Also check whether the app is affiliated with any government or mental health organisations, as these are solid indicators of legitimacy. Reviews can also be a useful signpost to the app's quality. There are many good apps out there, but there are just as many that miss the mark.

SEEK PROFESSIONAL SUPPORT

Trusted mental health and wellbeing apps designed by qualified, reputable organisations can be used alongside the personalised advice and support of fully trained professionals. These apps should never be considered a substitute for counselling or other tailored medical help. If you have real concerns about a child's mental wellbeing, you should seek appropriate advice from a suitable source, such as their GP – or CHATline, who can be contacted by calling 0800 1111.

READ THE PRIVACY POLICY

Look into the app's terms of service – especially its privacy policy. Do so by yourself first, then go over it with the child who is considering using the app, to ensure they know what data will be collected and how exactly it will be used. Use all of this information to make an educated decision on whether or not to download that particular app.

ENCOURAGE OPEN COMMUNICATION

Mental health and wellbeing apps can be useful for writing down feelings, tracking your own health and other such activities. These can help if the problem is short-term and temporary – such as a child getting stressed about approaching exams – or if you're currently waiting for professional support. Nonetheless, it is important that children aren't solely reliant on the app and have a safe space to talk about their feelings and experiences in the real world.

Meet Our Expert

Dr Claire Sutherland is an online safety consultant, educator and researcher who has developed and implemented anti-bullying and cyber safety policies for schools. She has written various academic papers and carried out research for the Australian government comparing internet use and sexting behaviour of young people in the UK, USA and Australia.



#WakeUpWednesday

The National College

Source: See full reference list on guide page at <https://nationalcollege.com/guides/mental-health-apps>

@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: 04.12.2024

WIRRAL CARERS HEALTH & WELLBEING SERVICE

Carer Linkworkers Making Caring Visible, Valued & Supported

What is the Community Ophthalmology Service?

This Community Ophthalmology service was one of the first of its kind in the UK. It has proved very successful and continues to evolve.

Primary Eye Care (Wirral) Ltd are Wirral Community Optometrists working together to provide Wirral residents **prompt** access to the very best eye care in the communities they live in. Providing you are registered with a Wirral GP anyone can access this

NHS funded service.

Find out more about keeping your eyes healthy by visiting the NHS Choices website

www.nhs.uk/LiveWell/eyehealth/Pages/Eyehealthhome.aspx

What eye problems can be treated?

If your usual practice participates, please contact them directly

OR

Please ring our appointment co-ordinator on [07922 424 502](tel:07922424502)

You or your GP can ring to pre-book an appointment that will usually be provided within 24 to 48 hours depending on the condition.

The service is for most common eye problems including :-

- **Red or sticky eye**
- **Watery eye** (excessive tears)
- **Flashes and/or floaters** (recent lights or objects in your vision)
- **Any recent visual disturbance**

Please Note:

This is not for urgent medical help .
Under 16's, may be considered.
Please discuss with co-ordinator.

PECW Ltd

Wirral Community Optometrists
- Working Together

Wirral Community Ophthalmology Service



**Prompt Access to
Local Eye Care**

Call 07922 424 502



WINTER
WELLNESS
MARKET



Stay well this winter !



For scan this QR code with your phone camera or visit
https://issuu.com/heywp/docs/winter_warmer_event_booklet

WIRRAL CARERS HEALTH & WELLBEING SERVICE

Carer Linkworkers Making Caring Visible, Valued & Supported



Silversurfers®
LIFE POSITIVE

Christmas Decorations Masterclass: Make your own Festive Wreath, Garland and Flower Centrepieces

[CLICK HERE](#)

December Kindness 2024

SUNDAY

1 Spread kindness and share the December calendar with others

MONDAY

2 Contact someone you can't be with to see how they are

TUESDAY

3 Offer to help someone who is facing difficulties at the moment

WEDNESDAY

4 Support a charity, cause or campaign you really care about

THURSDAY

5 Give a gift to someone who is homeless or feeling lonely

FRIDAY

6 Leave a positive message for someone else to find

SATURDAY

7 Give kind comments to as many people as possible today

8 Do something helpful for a friend or family member

9 Notice when you're hard on yourself or others and be kind instead

10 Listen wholeheartedly to others without judging them

11 Buy an extra item and donate it to a local food bank

12 Be generous. Feed someone with food, love or kindness today

13 See how many different people you can smile at today

14 Share a happy memory or inspiring thought with a loved one

15 Say hello to your neighbour and brighten up their day

16 Look for something positive to say to everyone you speak to

17 Give thanks. List the kind things others have done for you

18 Ask for help and let someone else discover the joy of giving

19 Contact someone who may be alone or feeling isolated

20 Help others by giving away something that you don't need

21 Appreciate kindness and thank people who do things for you

22 Congratulate someone for an achievement that may go unnoticed

23 Choose to give or receive the gift of forgiveness

24 Bring joy to others. Share something which made you laugh

25 Treat everyone with kindness today, including yourself!

26 Get outside. Pick up litter or do something kind for nature

27 Call a relative who is far away to say hello and have a chat

28 Be kind to the planet. Eat less meat and use less energy

29 Turn off digital devices and really listen to people

30 Let someone know how much you appreciate them and why

31 Plan some new acts of kindness to do in 2025



ACTION FOR HAPPINESS

Happier · Kinder · Together

WIRRAL CARERS HEALTH & WELLBEING SERVICE

Carer Linkworkers Making Caring Visible, Valued & Supported

NOV 24.....
WHAT'S ON
NEXT WEEK

Volunteers Needed
Dementia Together
Wirral

16th Sat	HOYLAKE MEMORY CAFÉ (with activities) at Popsy's Third Saturday of each month at 2.00 to 4.00pm Popsy's, Hoylake Community Centre, The Parade, Hoyle Road, Hoylake, CH47 3AG
19th Tues	NEW BRIGHTON MEMORY CAFÉ at Floral Pavilion Third Tuesday of each month at 11.00am to 1.00pm Mezzanine, Floral Pavilion, Marine Promenade, New Brighton CH45 2JS
19th Tues	Musical Minds at Windsor Close Community Centre With Simon Worthingtoat 2.00 to 3.30pm Windsor Close Community Centre, Windsor Close, New Ferry CH62 5BZ For information contact dtwoanjanvier@gmail.com

For More Information visit:
www.dementiatogetherwirral.org

For More Information Tel: 07935797445
Or email admin@dementiatogetherwirral.org

MUSIC IN WIRRAL LIBRARIES

COMING UP IN NOVEMBER/DECEMBER:

90'S MOVEMBER COFFEE MORNING
THURSDAY 21ST NOVEMBER @ BIRKENHEAD CENTRAL 10-12

SOUNDS AS YOU BROWSE
SATURDAY 30TH NOVEMBER @ BIRKENHEAD CENTRAL 2:30-3:30
WITH DAWN WILLIAMS
&
SATURDAY 14TH DECEMBER WITH D'UKES OF HAZZARD

SINGING CAFE
TUESDAY 10TH DECEMBER @ BIRKENHEAD CENTRAL 10:30-12
WEDNESDAY 11TH DECEMBER @ WEST KIRBY LIBRARY 10:30-12

SINGING IN THE ROUND
EVERY THURSDAY @ WALLASEY CENTRAL LIBRARY 10-11AM

VINYL LISTENING CLUB
THURSDAY 12TH DEC @ BEBINGTON CENTRAL LIBRARY 5:30-6:30

UKULELE CLUB
SATURDAY 7TH DECEMBER @ WALLASEY CENTRAL 2:30-3:30

ROCK TOTS
SATURDAY 7TH DECEMBER @ WALLASEY CENTRAL 10:30-11:30

TESTING ON THE WIRRAL

Sahir
WIRRAL

APPOINTMENT ONLY

FIRST WEDNESDAY
MORNING OF EACH MONTH:

10AM - 10:45AM
11AM - 11:45AM
12PM - 12:45PM

EMAIL HIVTESTING@SAHIR.ORG.UK TO BOOK

FIND US

Flourish Wellbeing Hub,
Wing A,
Second floor of Victoria
Central Health Centre,
Mill Ln, Wallasey
CH44 5UF

CONTACT US

Sahir.org.uk
info@sahir.org.uk
0151 673 1972

Sahir
WIRRAL
PIC•COLLAGE

WIRRAL CARERS HEALTH & WELLBEING SERVICE

Carer Linkworkers Making Caring Visible, Valued & Supported

FRIENDSHIP: MAKING IT WORK

A webinar about forming lasting friendships beyond day centres and groups



SEE **ABILITY**



**GIG
BUDDIES**



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

LDE Webinar

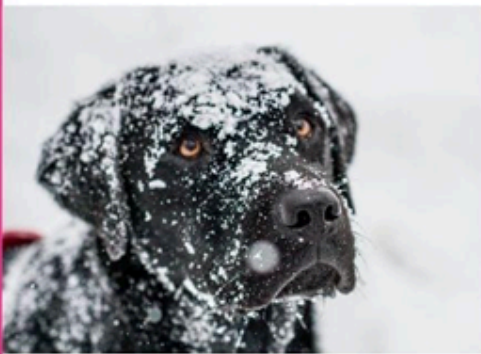
Friendship: Making it Work - A Webinar about forming lasting friendships beyond day centres and groups

Select tickets

SHARE THIS EVENT

HYPOTHERMIA IN PETS

Your pet can develop hypothermia if they get really cold and can't warm up. If it's not treated quickly, it can cause their body to shut down. This can happen if they're out in the cold for too long without protection or shelter from the weather, or if they suddenly become very, very cold.



SIGNS AND SYMPTOMS

- Shivering (this is a natural response to help the body warm up. However, once your pet becomes severely cold, they might stop shivering completely)
- Drowsiness, confusion and clumsiness
- Pale gums
- Loss of consciousness/collapse and coma (when they fall asleep and you can't wake them up)

WHAT TO DO

- Call your vet straight away and follow their advice.
- Get your pet out of the cold. Take them somewhere warm (not hot) and sheltered.
- If your pet is awake, try to get them to drink some lukewarm (not hot) water.
- If your pet is wet, use towels to dry them by rubbing them over. Change the towels when they become damp.
- Be careful not to heat your pet up too quickly, this can be dangerous. Use blankets and towels under and over them to keep them warm. Using hot water bottles and heat pads will heat them too quickly and may cause burns.

For more information, search 'PDSA hypothermia in pets'



WIRRAL CARERS HEALTH & WELLBEING SERVICE

Carer Linkworkers Making Caring Visible, Valued & Supported



We are in need of the following winter clothing urgently please

- Girl 8-9 years
- Girl 9-10 years
- Boys 5-6 years
- Boys 8-9 years
- Boys 13-14 years

As always, we are very grateful for your donation offers. However, due to storage capacity, we only as for what we are low of.



YOUNG PEOPLE'S VOICES PROGRAMME

Get ready to be heard, be inspired and be part of something BIG!

At Youth Fed, we aim to increase opportunities for young people where their voices can be heard.

Are you a young person aged 14 to 25 years old from Cheshire, Halton, St Helens, Warrington and Wirral?

All FREE using Microsoft Teams!

We will have guest speakers every month. This is also a chance to discuss unique opportunities for young people so that their voices can be heard by some of the country's most influential figures.

Upcoming Sessions:

Date: Wednesday, 27th November 2024, 5:30-6:30 PM

Guest Speaker: The Wirral Food Bank
Learn about the skills needed for volunteering at food banks, which play a crucial role in providing emergency food to those in crisis.

Date: Thursday, 12th December 2024, 5:30-6:30 PM

Guest Speaker: Vin Stokes
Meet the award-winning teenager from St Helens who leads the FeedTheNeed movement addressing food poverty. Discover his initiatives, including a zero-waste campaign to support local food banks.

If you would like to take part, please email:

lorna.williams@youthfed.org

Limitless YOU

Powered by youth fed



Scouts' Santa Sleigh Events 2024



Weekday routes : 6:00 pm - 8:00 pm
Weekend events : See times below

Date	Location	Roads we travel down
Wednesday 04/12/2024	Eastham	Sutherland Dr, Redcar Dr, Chesterfield Rd, Harrogate Rd, Gorsefield Ave, Woodlea Cl, White Lodge Cl, Gramplan Way, Athol Dr, Renfrew Ave, Lyndale Ave
Thursday 05/12/2024	Bromborough - Brookhurst	Brookhurst Rd, Birkdale Ave, Brookhurst Ave, Sunningdale Dr, Wentworth Dr, Keswick Ave, Coniston Ave, Bowness Ave, Alistair Dr, Malcolm Cres, Angus Rd
Friday 06/12/2024	Bromborough - Merebrook	Greenfields Ave, Dawpool Dr, Westminster Dr, Manor Rd, Raeburn Ave, Princes Ave, Kilburn Ave, Wingate Rd, Dearnford Ave, Bronington Ave, Bettisfield Ave, Springhill Ave, Plymyard Ave
Saturday 07/12/2024	ASDA Bromborough	ASDA Bromborough 9:00 am - 6:00 pm
Monday 09/12/2024	Bromborough - Meadowcroft	Stanhope Dr, Croft Ln, Croft Ave, Central Ave, Uplands Rd, Broseley Ave, Eccleston Ave, Ashfield Rd, Hadley Ave, Mark Rake
Tuesday 10/12/2024	Bromborough - Marfords	Marfords Ave, Cunningham Dr, Doe's Meadow Rd, Blyth Rd, Barrymore Way, Mere Ave, Raby Dr
Wednesday 11/12/2024	Bebington - Mill Road	Mill Rd, Linkside, Arnot Way, Carey Ave, Malpas Dr, Shawbury Ave, Bramley Ave, Rosefield Ave, Queenswood Ave, Kingswood Blvd, Woodhey Rd
Thursday 12/12/2024	Bebington - Broadway	Regents Way, Thornton Ave, Heswall Ave, Harley Ave, Brimstage Ave, Witherth Ave, Bickerton Ave, Princes Blvd, Conville Blvd, Garth Blvd, Berwyn Blvd
Friday 13/12/2024	Bebington - Higher Bebbington	Heyville Rd, Gorseville Rd, Kingsville Rd, Holmville Rd, Melville Rd, Higher Bebbington Rd, Acreville Rd, Tudorville Rd
Sunday 15/12/2024	ASDA Bromborough	ASDA Bromborough 10:00 am - 4:00 pm
Monday 16/12/2024	Bebington - Beechway	Holly Ave, Firs Ave, Patterdale Rd, Wirral Gardens, Langdale Rd, Teesdale Rd, Borrowdale Rd, Corrie Dr, Fairacres Rd, Feilden Rd, St Andrews Rd
Tuesday 17/12/2024	Spital - Dibbins Hey	Parnell Rd, Thornfield Hey, Dibbins Hey, Gotham Rd, Orston Cres, Venables Dr, Woodkind Hey
Wednesday 18/12/2024	Spital - Poulton Royd Drive	Moseley Rd, Colmore Ave, Harborne Dr, Dutton Dr, Poulton Royd Dr



Men Too will be closing for Christmas on Thursday 19th December. Our last group will be running on the 17th of December for our service users Christmas party and meal.

Men Too will re-open fully for all services on Tuesday 14th January 2025.



WIRRAL CARERS HEALTH & WELLBEING SERVICE

Carer Linkworkers Making Caring Visible, Valued & Supported

Helplines open Christmas day

SAMARITANS

116 123
Always open

**CAMPAIGN
AGAINST
LIVING
MISERABLY**

0800 58 58 58
Open 5pm - midnight

**NATIONAL SUICIDE
PREVENTION HELPLINE UK**

0800 689 5652
Always open

If you're in Wales:

CALL

0800 132 737
Always open

If you're under 25:

THE MIX

0808 808 4994
Open 3pm - midnight



Make It Happen.

Place of Contribution Christmas Opening Hours

Monday 23rd December	12-3 pm
Tuesday 24th December	Closed
Wednesday 25th December	Closed
Thursday 26th December	12-4 pm
Friday 27th December	12-3 pm
Saturday 28th December	12-3 pm
Monday 30th December	12-3 pm
Tuesday 31st December	12-3 pm
Wednesday 1st January	Closed

Return to normal opening hours
2nd January 2025



JUBILEE 121 LIGHT LUNCH

FREE

Term-time Mondays. 12.30pm – 2.30pm
Jubilee Church Wirral, Hose Side Road, Wallasey CH45 0LA



KIT LINK
DONATE . RE-USE . BE ACTIVE



Are you an organisation that needs sports kit?

Do you have sports kit to donate?

Do you know anyone in need of sports kit?



If you answered YES to any of these questions then please contact for more information of how we can help

Kirsten Hicks - Kit Link Coordinator
kirstenhicks@wirral.gov.uk

ACTIVE WIRRAL
LITERACY . HEALTH . SERVICES

KIT LINK

0151 394 3040 **DTS** dts.org.uk
ABILITY TRANSPORTATION SERVICES

Don't Let Your Wheelchair Prohibit You From Visiting Family This Christmas

UPCOMING EVENTS!



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



ALL WELCOME

Pre Christmas Clothes Swap Café at WEN

Friday 6th December, 1 - 4pm

A fun event where you can swap your good quality, pre-loved clothes for fabulous new-to-you garments.

Bring winter clothing and accessories, Christmas jumpers and party outfits you no longer wear.

Find something you like that will keep you cosy in the colder months and stylish through the festive season.

Drop off donated clothes at WEN before the event, or bring up to 5 items of clothing on the day. Clothes should be clean, of good quality, and in a wearable condition.

Come for hot drinks, homemade cakes and a natter. If you don't have any clothes to swap, pop in for a chat and to see what's going on.

Wirral Environmental Network,
Sandon Building, Falkland Road, Wallasey, CH44 8ER



BEDFORD DRIVE PRIMARY SCHOOL
CHRISTMAS FAIR

STALLHOLDERS WANTED!
FRIDAY 6TH DECEMBER 3:20PM - 5PM

ARE YOU A LOCAL SMALL BUSINESS OR TRADER INTERESTED IN SHOWCASING YOUR BUSINESS IN A CHRISTMAS FAIR STALL?

PLEASE CONTACT CHARLOTTE OR KATIE FOR MORE DETAILS AT - BEDFORDDRIVEPTA@GMAIL.COM



WE'RE NOW OPEN AT THE WEEKEND!

SATURDAYS & SUNDAYS
10AM - 2PM
NIGHTINGALES CAFE,
BIRKENHEAD

- NEEDLE EXCHANGE
- ASSESSMENTS
- WELLBEING ACTIVITIES
- PEER SUPPORT
- SAFE SPACE

AND OF COURSE THE CAFE WILL BE OPEN!

NIGHTINGALES
recovery

IN PARTNERSHIP WITH
WIRRAL WAYS | Change Your Life

WIRRAL CARERS HEALTH & WELLBEING SERVICE

Carer Linkworkers Making Caring Visible, Valued & Supported



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



SEN DISCO'S & THE BELVIDERE

CHRISTMAS DISCO

5TH DEC	£2 PP ENTRY	7-9 PM
---------	-------------	--------

CHRISTMAS JUMPER DISCO
SEN NEEDS AGE 12+

The Bronze Sports and Social Club Wallasey Road
CH44 2AG



GIFT
Giving Inspired Finding Tables

CHRISTMAS AT CROCHET CLUB

BEGINNERS CLASS FROM 6-8 MONDAY EVENINGS



Christmas KIDS CLUB

FREE
for children in receipt of benefits related free school meals.

23, 23, 30 & 31 DECEMBER 10AM - 2PM

Text to enquire 0772 710 2956

ALEXANDER HALL 24A CLIFTON ROAD BIRKENHEAD CH41 2SG

HOLIDAY ARTS AND CRAFTS, INDOOR AND OUTDOOR GAMES, FUN WITH FOOD, DISCO AND MOVIES.

Edsential
Community Interest Company

Another Buttons
Community CIC

WIRRAL CARERS HEALTH & WELLBEING SERVICE

Carer Linkworkers Making Caring Visible, Valued & Supported



WIRRAL WISEGUYS

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



Karaoke NIGHT

EVERY FRIDAY 8PM

LITTLE SUTTON ROYAL
BRITISH LEGION CLUB,
LITTLE SUTTON, CHESTER ROAD,
CH66 3RJ
0151 339 3543



WIRRAL CHANGE

Wirral Change Multicultural Christmas Meal

JOIN US FOR A FUN AFTERNOON FULL OF GAMES, ACTIVITIES AND TREATS!
RAFFLE, FOOD, ENTERTAINMENT, AND MORE—DON'T MISS OUT!

12TH DECEMBER

12 PM TO 4 PM

TICKETS AT THE RECEPTION DESK

LAST DAY OF SALE 6TH DEC

ADULT £3 CHILD £2

12 - 14 St Laurence Drive, Birkenhead, CH41 3JD
0151 649 8177



Clatterbridge Cancer Charity

Christmas Concert

Friday 6th December
Liverpool Metropolitan Cathedral
7.30pm



TURKEY AND CRANBERRY SAUSAGE ROLLS

SERVES: 4

PREP & COOK: 45 mins

SKILL: Easy

CUISINE: Vegetarian



INGREDIENTS

- 500g turkey mince
- 1 tsp mixed dried herbs
- ¼ tsp ground allspice
- ¼ tsp freshly grated nutmeg, plus extra to garnish
- ½ tsp sea salt
- 50g dried cranberries
- 320g sheet puff pastry
- 1 medium egg, beaten with a pinch of salt (see Before You Start)

METHOD

- Heat the oven to 200°C/180°C fan/gas 6 and line a baking sheet. Put the turkey mince in a bowl with the herbs, spices, salt and dried cranberries, then mix with your hands until evenly distributed. Unroll the pastry sheet, then cut in half lengthways. Halve the turkey mixture, then roll into 2 even logs the same length as the pastry and lay them along the middle of each pastry half.
- Brush the egg down one side of the pastry, then fold it over the filling so the egg-washed surface meets the pastry on the other side. Crimp the pastry with a fork to seal. Trim the pastry edge, then brush with more egg and sprinkle with grated nutmeg. Repeat with the second sheet of pastry, then slice each into 12 mini rolls. You can now either freeze them or bake them.
- Put the rolls on the lined sheet, then cook for 16-18 minutes (or 25-30 minutes if frozen). Eat hot or cold.

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

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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