


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



MERRY
Christmas

FROM THE
CARER'S TEAM AT WIRED



We are closed over the Christmas period from 1pm on Tuesday 24th December, and reopen at 9am on Thursday 2nd January

[For details of other available support click here...](#)

WIRRAL CARERS HEALTH & WELLBEING SERVICE

Carer Linkworkers Making Caring Visible, Valued & Supported

CARER'S CHRISTMAS LUNCH

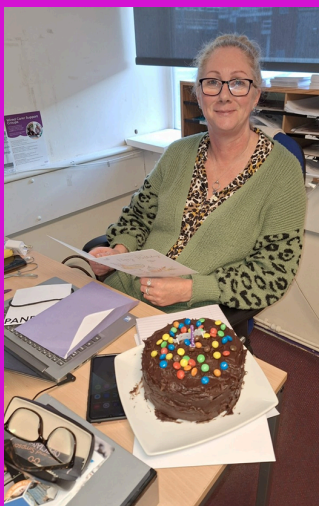
The turnout for our Carer's Christmas lunch was amazing. We all enjoyed food, refreshments, bingo, a raffle, live music and dancing!



RAFFLE WINNERS



CARER'S CHRISTMAS CRAFT DAY



**HAPPY
BIRTHDAY**

Happy birthday to our lovely Barb for the 30th December and also our brilliant Kelly on the 23rd December! Lets have cake!

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UPCOMING SESSIONS



Stress Management Training

Mon
9
Dec

10am-12pm

Wills, Trusts and Inheritance Session

Wed
15
Jan

1pm-3pm

FULLY BOOKED

First Aid Training

Fri
17
Jan

11am-1pm

Stress Management Training

Mon
27
Jan

10am-12pm

Wills, Trusts and Inheritance Session

Wed
19
Feb

1pm-3pm

Dementia Awareness Training

Mon
25
Feb

10am-1pm



0151 670 0777



cws@wired.me.uk

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SUPPORT FOR OVER THE CHRISTMAS PERIOD...

Organisation name	Services offered for unpaid carers	Contact information
Wirral Council Adult Social Care Emergency Duty Team	Report abuse, neglect or an adult at risk, this would also include if a carer is unable to continue their caring role and the cared for person can't manage without additional care and support	Monday to Friday 9am to 5pm: 0151 606 2006 Outside of these hours: 0151 677 6557
Carers UK information and support helpline	<ul style="list-style-type: none"> - Benefits and financial support - Your rights as a carer in the workplace - Carers' assessments and how to get support in your caring role - Services available to carers and the people you care for - How to complain effectively and challenge decisions. 	Monday to Friday, 9am – 6pm (including Christmas Day, Boxing Day and New Year's Day). The number is 0808 808 7777 and is free to call from landlines and mobiles.
Condition Specific Organisations	The adjacent link provides a list of some charities and organisations that can help with information about the condition of the person you care for and an opportunity to share experiences with others in a similar position.	https://www.mobiliseonline.co.uk/condition-specific-support
Macmillan – Cancer support helpline	The Macmillan Support Line is a free and confidential phone service for people living and affected by cancer.	Call 0808 080000 8am-8pm or visit https://www.macmillan.org.uk/cancer-information-and-support/get-help/macmillan-nurses for help via email or the opportunity to join 24/7 chat forums
Samaritans	If you're struggling to cope, having suicidal thoughts or are worried about someone else, a Samaritan is willing to help	Telephone: 116 123, 24 hours, seven days a week For online chat and email support visit https://www.samaritans.org/how-we-can-help/contact-samaritan/
Silver Line	Offers information, friendship and enriching conversations to older people to help reduce feelings of isolation	Telephone: 0800 470 8090, 24 hours a day, seven days a week.
Shout 85258	A free, confidential and anonymous text support for those of us struggling to cope or who need to talk	Text SHOUT to 85258, 24 hours, seven days a week
Wirral Carers Alliance	The Wirral Carer's Alliance (WCA) is working to amplify carer's voices and improve services for this population in Wirral have their voice heard and shape the delivery of local services.	Telephone: 0151 649 1859 Email: carersalliance@healthwatchwirral.co.uk
Involve North West Urgent Mental Health Crisis Helpline	Mental Health Support for all ages from Wirral based organisation Involve North West	0800 145 6485 lines are open 24/7 for all
CONTACT	Family support organisation CONTACT provide helpline, email support service and online chat function for parents and carers in any part of the UK with a disabled child aged from birth to 25. (Child can have any kind of disability or additional need, and does not need to have a diagnosis)	https://contact.org.uk/help-for-families/information-advice-services/our-helpline/

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25
DECEMBER

WHAT'S ON CHRISTMAS DAY

Wirral
Social Prescribing Scheme

CHRISTMAS DINNER AT THE OAK PROJECT, CHRIST THE KING
St Anne Street, Birkenhead

Call 07809421366 to book by 12th December
Places limited

CHRISTMAS DAY LUNCH AT DELAMERE COMMUNITY CENTRE
Delamere Avenue, Eastham CH62 9ED

Call 0151 327 8767 to book by 15th December
Places limited

CHRISTMAS DINNER AT CHARLES THOMPSON MISSION
2 Hemingford St, Birkenhead CH41 4AP

Call 0151 647 7303 to book
Places limited

CHRISTMAS DAY LUNCH AT CHRIST CHURCH COMMUNITY CENTRE
Higher Bebington, CH63 8LX

Transport can be arranged, and vegetarian options available.

Call 0151 609 0943 / 0151 608 4429 or email
mgloach@gmail.com to book
Places limited

CHRISTMAS DAY LUNCH AT QUIRKY CAFE

124 E Market Street, Hoylake, CH47 3BH

Three-course meal with drinks and presents provided. Festive fun with Christmas games. For those unable to attend, the Christmas lunch can be delivered.

Contact thequirky.hoylake@gmail.com
Places limited

FOOD AND COMPANY AT REK 41

38 Hamilton Street, Birkenhead,
CH41 5AD

11am - 6pm
Contact enquiries@rek41.com



citizens
advice

Wirral

Please note: these activities are not run by or affiliated with Wirral Social Prescribing Scheme or Citizens Advice Wirral

Family Hub



FERRIES
FAMILY
GROUPS

We're
part of
your



Healthy Holiday Boundaries

Looking after your Mental Health and taking into account the expectations of others can be a difficult balance at times but more so over the Christmas season. We hope these tips help:

- Say yes to the things that matter most to you and your children
- Stick to your budget for presents and food
- Focus on meaningful connection rather than perfection
- Celebrate the small wins each day
- Practice gratitude for what you have and who you have around you
- Do something that brings you joy; dance, bake, sing, create
- Take rest days in-between the busy ones
- Politely decline invitations that might overwhelm or over commit you



We hope you have a lovely Christmas!

www.ferriesfamilygroups.org

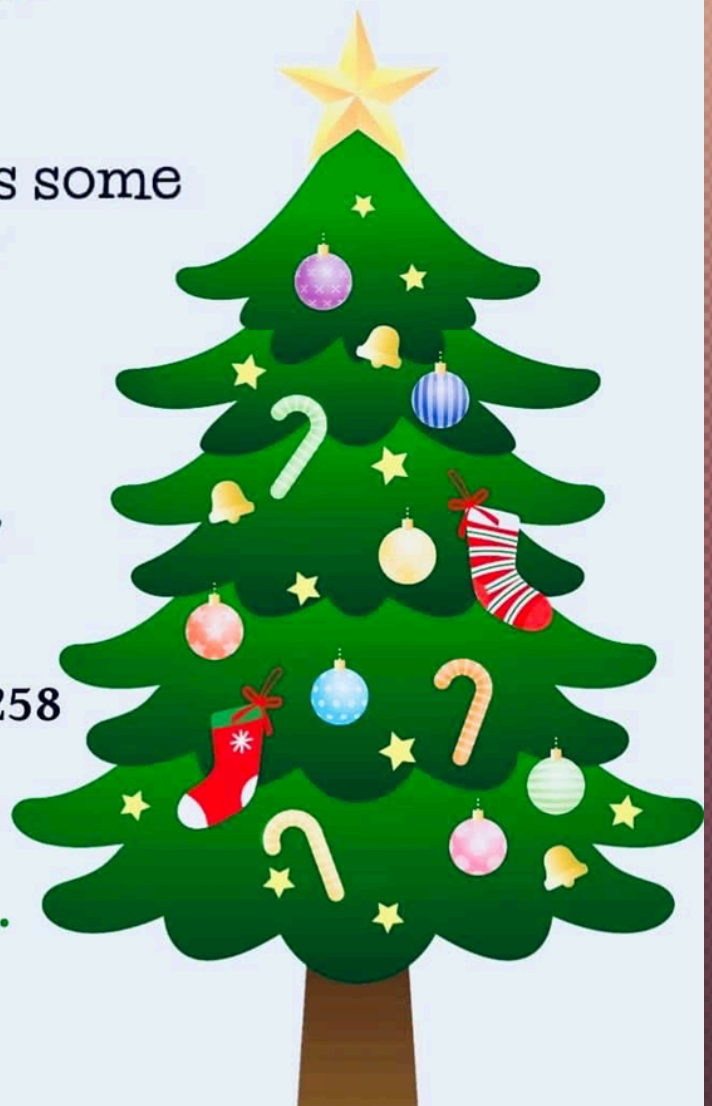


Let's keep this
going for all the people
who are going through
a tough time.

For anyone who needs some
support right now. ❤️

CALM - 0800585858
Mind - 03001233393
No Panic - 08449674848
Bereavement - 08088081677
PAPYRUS - 08000684141
Samaritans - 116 123
SHOUT - Text SHOUT to 85258
Abuse - 0808 2000 247
Refuge - 020 7395 7700

Stay safe this Christmas.



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The Cheshire and Merseyside's Suicide Prevention Partnership website is now live

Visit: sppcm.co.uk



paths to prosperity

Ready to stress less and live more?

With 1-1 or small group sessions, we can help you with:

- **Wellbeing:** How to be a healthier and happier you.
- **Positive Mindset:** Being optimistic & resilient, even when life throws a curveball your way.
- **Self-Care:** Prioritising personal time for relaxation.
- **Dealing with Setbacks:** Tips for overcoming challenges and bouncing back stronger.



07432 486365

liam@transform-lives.org

Eligibility requirements apply



Community Support on The Wirral



Liam Hayward,
Wirral Community
Engagement
Coordinator



Supporting individuals on The Wirral to move closer to employment, voluntary work, training, or education.

HOW WE CAN HELP

To support those who find themselves – for whatever reason – some distance away from the workplace

OUR APPROACH

- Compassionate and understanding
- Informal one-to-one or small group settings
- Building trust and providing guidance



Do you have anybody in your current group you think might benefit from working with us?

I would be more than happy to arrange a meeting and to tell you more about what we do and how our organisations might work together.

Contact Liam

E: liam@transform-lives.org

M: 07342 486365

NHS

WHAT TO DO IF AN ADULT HAS A SEIZURE (FIT)

Swipe →

NHS

If you see an adult having a seizure or fit, there are 6 simple things you can do to help:



Note the time the seizure starts and finishes



Only move them if they're in danger, such as near a busy road or hot cooker

NHS

If you see an adult having a seizure or fit, there are 6 simple things you can do to help:



Cushion their head if they're on the ground



Loosen any tight clothing around their neck, such as a collar or tie, to aid breathing

NHS

If you see an adult having a seizure or fit, there are 6 simple things you can do to help:



Turn them on to their side in the recovery position after their convulsions stop



Stay with them and talk to them calmly until they recover

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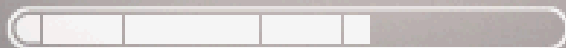
Better
Health

Start
for Life

NHS



LOAD THEM UP...



90% of brain growth happens before the age of five. What you do together can make a huge difference.

Search Start for Life for tips and advice.

CHOCOLATE ORANGE MICROWAVE PUDDING

SERVES: 4

PREP & COOK: 30 & 10 mins

CUISINE: NUT FREE & Vegetarian

INGREDIENTS

- vegetable oil, for greasing
- ½ x 400g pack chocolate sponge mix
- 1 medium egg
- ½ orange, finely grated zest only
- custard, cream or **ice cream**, to serve (see tip below)

For the topping:

- 100g/3½oz orange flavoured **milk chocolate**, from a ball or bar, broken into pieces
- fresh **orange** zest, to decorate (optional)



METHOD

- Generously oil a 1 litre microwaveable pudding basin (it should have a diameter of around 17cm/6½in at the rim – see recipe tips below). Cut a small circle of baking paper and place in the bottom of the basin – this will make it easier to remove the sponge.
- Put 200g/7oz of the cake mixture in a bowl and add an egg and 4 tablespoons cold water (or follow the packet instructions for when using half a packet of the mixture). Whisk with electric beaters for 2 minutes, or by hand until well combined and creamy. Stir in the orange zest.
- Spoon the batter into the prepared basin, ensuring the mixture doesn't rise more than half of the way up the dish or it could rise and bubble over the sides.
- Cook, uncovered, on HIGH for 3 minutes 30 seconds in an 800W microwave oven or 2 minutes 50 seconds in a 1000W microwave oven. The sponge should be well risen, just firm to the touch and a little gooey around the edges. (Microwave ovens vary so the timings above are a guide. Be prepared to adjust if yours is more or less powerful than the ones in the timings above.)
- Take the pudding out of the microwave, using an oven cloth as it will be hot, and leave to stand while the sauce is made.
- To make the sauce, put the chocolate in a microwaveable bowl and cook on HIGH for 1 minute. Stir and then cook on HIGH for a further 20–30 seconds, or until the chocolate is very soft but not completely melted. Don't allow to overheat or it burn. Stir until smooth.
- Turn the pudding out onto a plate. Peel off the baking paper and pour the warm chocolate over the top. Decorate with extra orange zest if you like. Serve with custard, cream or ice cream.

Regional Carer Support



Support for carers

Cheshire East

Cheshire West & Chester

Liverpool, Sefton, Warrington & Knowsley



WIRRAL CARERS HEALTH & WELLBEING SERVICE

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About us...

WIRED is a Wirral based charitable organisation that was established in 2003. WIRED delivers a range of early intervention, prevention, well-being and financial related services through a blend of local authority grant funding and 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