

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



2025 welcomes the Year of the Wood Snake. Also known as the Year of the Green Snake because according to the Chinese Five Elements theory, wood is associated with green.



# WIRRAL CARERS HEALTH & WELLBEING SERVICE

Carer Linkworkers Making Caring Visible, Valued & Supported

## What's on!

Monday	Tuesday	Wednesday	Thursday	Friday
3	4 Carers Yoga: Online and F2F: 11-12:30	5	6 West Kirby Soup & Support: 12-2	7 Carer Support Group @ St James Centre: 12-2
10 Dementia Awareness Training: 10-1	11 Carers Yoga: Online and F2F: 11-12:30  Carer Support Group @ West Kirby: 1-3	12	13  Carer Support Group @ Beechwood: 10-12  Carer Support Group @ Inspire Cafe Wallasey: 1-3	14
17	18 Carers Yoga: Online and F2F: 11-12:30	19 Crafty Carers Club: 10:30am-12:30pm Carer Support Group @ Crea8ting Careers Nocturnum : 1-3 Wills and Trusts Session: 1-3	20 Carer Support Group @ West Kirby: 10-12	21 Carer Support Group @ St James Centre: 12-2
24 Stress Management Training: 10-12	25 Carers Yoga: Online and F2F: 11-12:30  Carer Support Group @ West Kirby: 1-3	26	27  Carer Support Group @ Beechwood: 10-12  Carer Support Group @ Inspire Cafe Wallasey: 1-3	28

### Dementia Awareness Training

WIRED run quarterly **Dementia Awareness Sessions** for carers who are looking after somebody with Dementia.

Monday 10th February

10am - 1pm

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

0151 670 0777

cws@wired.me.uk

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



Wired

### Wills, Trusts and Inheritance Advice Session

In partnership with Silvertime Legal, we are running sessions providing advice and information on the importance of...

- Wills and Trusts
- Lasting Power of Attorney (LPA)
- Estate Planning
- Inheritance Tax
- Long-Term Care Considerations
- Sideways Inheritance

Wednesday 19th February, 1pm-3pm

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

#### HOW TO BOOK...

wired.me.uk/carers-support/our-events/

0151 670 0777

cws@wired.me.uk

SILVERTIME Legal



### CARERS YOGA Online

Elevate your wellbeing with our transformative online yoga classes **FREE** to unpaid carers registered with WIRED.

Every Tuesday, 11am-12:30pm

Zoom: Meeting ID: 771 767 3139  
Passcode: 1008

#### How to book...

wired.me.uk/carers-support/our-events/

0151 670 0777 cws@wired.me.uk

Wired  
Putting You First



### CARERS YOGA Face-to-face

Elevate your wellbeing with our transformative yoga classes **FREE** to unpaid carers registered with WIRED.

There is also the opportunity to stay for a hot drink and chat after the session is finished with one of our Carer Connectors.

Every Tuesday, 11am-12:30pm

All Things Must Pass Centre for Wellness, 140b Borough Road, Wallasey, Wirral, CH44 6NH

#### How to book...

wired.me.uk/carers-support/our-events/

0151 670 0777

cws@wired.me.uk

Wired  
Putting You First



### 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 24th February

10am-12pm

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

Contact us to book your **FREE** space, booking is essential

cws@wired.me.uk

0151 670 0777



Free refreshments will be provided

# WIRRAL CARERS HEALTH & WELLBEING SERVICE

Carer Linkworkers Making Caring Visible, Valued & Supported



Monday, 10 February



## Cheshire West Apprenticeship and Jobs Fair - PUBLIC SIGN UP

Free

Get tickets



You can attend for **FREE** if you are either unemployed, earning a low income and/or receiving benefits

### Resilience and Wellbeing

26th February 2025 - 9:30 am - 3 pm

Wirral-based and will be confirmed upon booking



support@bewelllearning.com  
07594 862 719  
@bewelllearning

# WIRRAL CARERS HEALTH & WELLBEING SERVICE

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**Social Support and Friendship**

## February 2025

### MONTHLY CALENDAR

DEMMENTIA FRIENDLY ACTIVITIES & EVENTS

Our calendar is also available on our website

[www.dementiatogetherwirral.org](http://www.dementiatogetherwirral.org)

More information about our events can be found on:



To contact Dementia Together Wirral:

07565 916966 Mon- Fri or [operationsmanager@dementiatogetherwirral.org](mailto:operationsmanager@dementiatogetherwirral.org)

07935 797445 Mon – Thu or [admin@dementiatogetherwirral.org](mailto:admin@dementiatogetherwirral.org)

07894 466822 Tue – Fri or [admin2@dementiatogetherwirral.org](mailto:admin2@dementiatogetherwirral.org)

**NHS** Cheshire & Wirral Partnership NHS Trust  
24-hour crisis helpline 0800 145 6485

Useful emergency contacts for Adult Social Care support		
AREA	OFFICE	OUT OF HOURS
Wirral Borough Council	0151 606 2006	0151 677 6557
CW&C (E Port & Neston)	0300 123 7034	01244 977277

### LATEST NEWS FROM DEMENTIA TOGETHER WIRRAL

#### WELCOME TO BEN!!

a very warm welcome to our new Operations Manager, Ben Duggan, who joins us with a wealth of experience of charity work. Ben is looking forward to meeting you at the cafes and events over the coming months.

#### DEMMENTIA INTEREST EVENTS OFFERED BY OTHERS

**NESDEM** – Community service for people living with dementia in the Neston area. Drop in sessions, choirs, social groups trips and much more. For more information contact Sarah Crockett Community Coordinator on 07521 625005.

**WELCOME ME** – Brain stimulating activities and good company. Every Tuesday and Wednesday 10am to 12pm (you can stay until 1pm by bringing a packed lunch) OR every Thursday 1pm to 3pm. **Direct booking is essential due to space.** Contact Caroline on 07407 620043 at Dementia Centre, Waterworks Lane, Hooton CH66 7NL

**DEMMENTIA FRIENDLY AFTERNOON** – Every Thursday 2 to 4pm, free entry at TRIC, Prenton Park Recreation Centre, entrance off Borough Road, Birkenhead CH42 9PY. For more information contact Shirley on 0151 608 2354 or [community@tranmererovers.co.uk](mailto:community@tranmererovers.co.uk)

**THE LIGHT CINEMA** – Thursday 6<sup>th</sup> February 2025. Dementia friendly showing of 'Mary Poppins' 60<sup>th</sup> Anniversary. A Lunch buffet provided by Iceland from noon, show starts at 1.15pm with interval. The Light Marine Point, King's Parade, New Brighton CH45 2HZ

**DEMMENTIA WORKSHOP** – Last Friday of each month, (28<sup>th</sup> February) free workshop for families, friends, informal carers and community volunteers. **Direct booking is essential.** Full details on [liverpoolmuseums.org.uk/house-of-memories/dementia-awareness-workshops](http://liverpoolmuseums.org.uk/house-of-memories/dementia-awareness-workshops). House of Memories, Museum of Liverpool Pier Head Liverpool L3 1DG

**DEMMENTIA AWARENESS SESSION** – quarterly 10am to 1pm, for carers and volunteers. **Direct booking is essential.** Full details WIREd phone: 0151 670 0777 email: [cws@wired.me.uk](mailto:cws@wired.me.uk) WIREd St James Centre, Laird Street, Birkenhead CH41 7AL

#### FLOURISH WELLBEING HUB

Dementia Carer Support Drop In. Every Thursday 10.00am – 2.30pm Drop in for carers supporting a loved one with dementia. Information about local services and space to chat about their caring role. [www.flourishwellbeinghub.org](http://www.flourishwellbeinghub.org) Victoria Central Hospital, 2nd Floor, Wing A, Mill Lane, Wallasey CH44 5UF

**SINGING CAFÉ AT WEST KIRBY & BIRKENHEAD CENTRAL LIBRARY**  
Second and fourth Wednesday of the month at 10.30am-12pm at West Kirby and Second Tuesday 10.30am – 12pm at Birkenhead. No booking required. Musician led singing not specifically for those living with dementia everyone welcome.  
West Kirby Library, The Concourse, Grange Road, WEST KIRBY, Wirral CH48 4HX  
Birkenhead Central Library, Borough Road, BIRKENHEAD CH41 2XB

### WHAT'S ON THIS MONTH?




























#### FEBRUARY 2025

- 1st Sat** MEMORY CAFÉ (with activities) at **Popsy's HOYLAKÉ**  
First Saturday of each month at 2.00 to 4.00pm  
Popsy's, Hoylake Community Centre, The Parade, Hoyle Road, Hoylake CH47 3AG
- 3rd Mon** 'SINGING TOGETHER' at **Holy Trinity Church Spital** **\*\*NEW SINGING GROUP\*\***  
First Monday of each month 10.30am to 12.00pm.  
Join us for a chance to catch up over a cuppa and enjoy a wonderful sing a long with Marie and Robin who delighted us with their beautiful singing and music at our Christmas lunches,  
Holy Trinity Church, Chorley Way, Spital CH63 9LS
- 3rd Mon** MEMORY CAFÉ at **Coffee Aroma BIRKENHEAD** – **NEW LOCATION NOW OPEN**  
First Monday of each month at 10.00am to 11.30am (excluding public holidays)  
Coffee Aroma, Unit 17, Birkenhead Business Park, Shore Road BIRKENHEAD CH41 1EP  
Parking is free. Permit issued by Clare at Coffee Aroma
- 4th Tues** MEMORY CAFÉ at **Beechwood Community Shop**  
First Tuesday of each month at 2 to 3pm  
Community Trust, Manor House, Beechwood Road, BEECHWOOD CH43 7ZU
- 6th Thur** MEMORY CAFÉ at **CJ's Coffee Shop HESWALL**  
First Thursday of each month at 2.00 to 3.30pm  
CJ's Coffee Shop, Downham Road South, Heswall CH60 0DB
- 6th Thur** WEST KIRBY MEMORY CAFÉ – **Marine Place \*\*\*\* NEW CAFÉ \*\*\*\***  
First Thursday of each month. Join us at Marine Lake Medical Centre's café – Marine Place for friendship, chat and a cuppa at the wonderful new café and facilities at Marine Lake Medical Centre.  
**MEMORY CAFÉ at Bamcroft Sheltered Housing**  
*In partnership with Magenta Living*  
First Friday of each month 10.30am to 12.00pm  
Magenta, Bamcroft, Larchwood Close, PENSBY CH61 6YH
- 11th Tues** Lunch and activities (Autumn Crafts)  
*In partnership with MHA EP&N Community Dementia Memory Cafe*  
Second Tuesday in every month  
Little Sutton Methodist Church, **TO BE RELAUNCHED MARCH 2025**
- 12th Wed** MEMORY CAFÉ at **Flissy's Coffee Shop THURSTASTON**  
Second Wednesday of each month at 10.30 to 12.00pm  
Flissy's Coffee Shop, Station Road, Thurstaston CH61 0HN
- 13th Thur** MEMORY CAFÉ (with activities) at **Parkgate & Neston URC Community Hall**  
**Featuring 'Boogie Woogie Music'**  
Second Thursday of each month at 2.00 to 4.00pm  
P&N URC Church, Moorside Lane (off Parkgate Road), Neston CH64 6UZ
- 14th Fri** MEMORY CAFÉ (with activities) at **The Gladstone Theatre PORT SUNLIGHT**  
Second Friday of each month at 1.30 to 3.00pm  
Greendale Road, Port Sunlight CH62 4XB
- 18th Tue** MEMORY CAFÉ at **Floral Pavilion**  
NEW BRIGHTON Third Tuesday of each month at 11.00am to 1.00pm  
Mezzanine, Floral Pavilion, Marine Promenade, New Brighton CH45 2JS
- 18th Tue** **Musical Minds at Windsor Close Community Centre**  
**With 'Rhythm Reaction'**  
Third Tuesday of each month at 2.00 to 3.30pm  
Windsor Close Community Centre, Windsor Close, New Ferry CH62 5BZ
- 22nd Sat** MEMORY CAFÉ (with activities) at **Popsy's HOYLAKÉ**  
**\*\*\*\* Please note Popsy's is on the fourth Saturday for February only \*\*\*\***  
at 2.00 to 4.00pm  
Popsy's, Hoylake Community Centre, The Parade, Hoyle Road, Hoylake, CH47 3AG
- 25th Tue** MEMORY CAFÉ (with activities) at **The Atrium Restaurant MEOLS**  
Last Tuesday of each month at 10.00am to 12.00pm  
Carr Farm Garden Centre, Birkenhead Road, Meols CH47 9RE
- 25th Tues** MEMORY CAFÉ at **Trinity Methodist Church ELLESMERE PORT**  
Last Tuesday of each month at 12.00 to 2.00pm  
Trinity Methodist Church, Whitby Road, Ellesmere Port CH65 0AB
- 25th Tues** **New Memories' Music & Singing at Serpentine Road Family Church, Liscard**  
Fourth Tuesday of each month at 2.00pm to 3.45pm  
Serpentine Road Family Church, Liscard Road, Wallasey CH44 0AA
- 27th Thur** COACH TRIP to **Weaver Hall Museum and Workhouse Northwich**  
Fourth Thursday of each month. Trip includes lunch.  
Meet at 9.30 for 10.00am departure from outside Merseyrail Conway Park Station, Europa Boulevard Birkenhead CH41 4PP  
**Booking is essential** Contact Nikky on [admin2@dementiatogetherwirral.org](mailto:admin2@dementiatogetherwirral.org)
- 27th Thur** MEMORY CAFÉ (with activities) at **Parkgate & Neston URC Community Hall NESTON**  
**"fun activities and chair exercises"**  
Fourth Thursday of each month at 2.00 to 4.00pm  
P&N URC Church, Moorside Lane (off Parkgate Road, Neston CH64 6UZ

# WIRRAL CARERS HEALTH & WELLBEING SERVICE

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## TOMORROW'S WOMEN WIRRAL EMPOWERING TIMETABLE FEBRUARY 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>Guided Meditation</b> 9:30am -10am Blissful deep relaxation</p> 	<p>Belly Dancing with Cecile 10am -11am.</p> 	<p><b>We need your help 9.30-2pm</b> Support the continued growth of our beautiful garden with Sandra &amp; Liz</p> 	<p><b>Walk and Talk</b> Weekly from 10am (Please wear appropriate footwear and clothing)</p> 	<p><b>We need your help 9.30-2pm</b> To support the continued growth of our beautiful garden with Sandra &amp; Liz</p> 
<p><b>We need your help 9.30-2pm</b> To support the continued growth of our beautiful garden with Sandra &amp; Liz</p> 	<p><b>Counselling Skills Level 2</b> Enrolment-4<sup>th</sup> February, 10am-1pm Starting-11<sup>th</sup> February x 7 weeks 9.30am- 2.30pm Would you like to develop your use of counselling skills either in a personal capacity or for work?</p> 	<p>Solicitor support in Family Law 10am -11am</p> 	<p>10am -11am Specialising in Family Law, Domestic &amp; Care proceedings.</p> 	<p><b>Wellbeing and Me</b> 4 Week course Starting 14<sup>th</sup> February 10am – 11:30pm</p> <p>*Looking at the impact of stress, anxiety, depression and emotional wellbeing has on our bodies physically and emotionally.</p> 
<p>9.45- 11.45am – Finishing 24<sup>th</sup> March ESOL Developing your confidence &amp; language to have conversations. English for Speakers of Other Languages</p> 	<p>10am -12pm Family Law 11th &amp; 25th February</p> 	<p>10-12pm A Stitch in Time Sewing skills and crafts, With Mary</p> 	<p>Sound Bath with Grace Booking IS essential. Meditation promoting balance and calm in the body. 27th February 1pm – 2pm</p> 	<p>Introduction To The Youth Justice System 14<sup>th</sup> February 10am – 2:30pm Explore the criminal justice system for young people and how it works.</p> 
<p>Bread for Beginners Starting 3<sup>rd</sup> February x 4 weeks 10:30am – 12pm Have a go at different bread making techniques.</p> 	<p>Substance Use Midwife Drop-in with Jill Support for pregnant women. 11<sup>th</sup> February from 10am</p> 	<p>Fostering Information Drop In – 19<sup>th</sup> February 10am – 11:30am Interested in fostering? Come in and speak to Claire for more information.</p> 	<p>Money advice &amp; gambling support 10.30-12pm 6<sup>th</sup> &amp; 20<sup>th</sup> February</p> 	<p>Understanding Disability 28<sup>th</sup> February 10am – 2:30pm Learn about various disabilities and the impacts that they can have on individuals.</p> 
<p><b>Finding Me</b> 6 Week Domestic Abuse Course Starting 17<sup>th</sup> February 10am – 12pm *Explore healthy and unhealthy characteristics, traits and behaviours within relationships.</p> 	<p>Money and Me – 3 week Budgeting course Starting 18<sup>th</sup> February 11 – 12pm Offering practical support on how to budget better, learn money saving tips and about price comparisons.</p> 	<p>Community Connectors 11-12pm Needing some support/help in your community then come along and speak with a community connector</p> 	<p>6<sup>th</sup> February From 11am Offering support &amp; help with claiming PIP previously known as DLA. BOOKING FOR THIS SERVICE IS ESSENTIAL</p> 	<p><b>LUNCH CLUB</b> 12PM *£3 donation</p> 
<p><b>Do you want to know what JCP have to offer?</b> Book to speak to Lesley, 11-1pm.</p> 	<p><b>Money Management &amp; Debt support</b> 20<sup>th</sup> February, 11am – 1pm</p> 			



Tomorrow's Women

<p><b>Tomorrow's Women</b> Recovery support group Every Monday @10.30am</p> <p>Let's SUPPORT EACH OTHER</p> 	<p>Additional Needs Support Group Every Tuesday 11am – 12pm</p> 	<p>11.00-12.00pm Support with Care Proceedings</p> 	<p>TW Forum Meeting Come along &amp; have your say. Community Room- 6<sup>th</sup> February 12pm</p> <p>HAVE YOUR SAY</p> 	<p><b>POLICE DROP-IN</b> 12pm-1pm 28<sup>th</sup> February</p> 
<p>Flexible practical support for families 11am – 1pm</p> 	<p>Chair Based Movement Classes with Kate Weekly throughout February 1pm – 2pm</p> 	<p>Skills To Social Care 5<sup>th</sup> February 10am – 12pm x 4 Weeks *Explore different careers in the social care industry</p> 	<p><b>Eco Chic</b> 6 Week Repurposing Course Starting 6<sup>th</sup> February 12:30pm – 2:30pm</p> <p>Learn about reusing and repurposing materials to breath new life in to every day items.</p> 	<p><b>Tomorrow's Women Creative Group</b> All Welcome 1.30pm Every Friday! Singing, drama &amp; creativity</p> 
<p>3<sup>rd</sup> &amp; 17<sup>th</sup> February @ 11-12pm Covering: Family law, Divorce &amp; Financial issues</p> 	<p>Stalking &amp; Harassment Session 11<sup>th</sup> February 1pm – 2pm Learn about the dangers of stalking and harassment and how to keep yourself safe</p> 	<p>Introduction to Safeguarding Starting 12<sup>th</sup> February x 3 Weeks 1pm – 3pm</p> <p>Gain an understanding of what safeguarding is and why it is important.</p> 	<p>27<sup>th</sup> February 1.30-4pm Talking Therapies</p> 	<p>Let's SUPPORT EACH OTHER Tomorrow's Women Recovery support group @ 2pm</p> 
<p><b>Domestic Abuse Support &amp; Information drop-in with Sue &amp; Fiona.</b> Every Monday 11am – 2pm</p> 	<p><b>Better Solutions</b> 5.30-6.30pm Session 1- Thinking &amp; behaviour. Session 2- Consequences Session 3- Problem solving. Rolling group. You can attend any of these sessions as &amp; when.</p> 	<p>12.30-1.30pm Domestic Abuse Specialist</p> 	<p>Drop-in with Sofia Feel like you might benefit from talking therapies. Free NHS assessments for anxiety and depression</p> 	<p>7<sup>th</sup>, 21<sup>st</sup> and 28<sup>th</sup> February Offering Support with: Family Matters, Child Arrangements, Financial Orders</p> 
<p>10<sup>th</sup> and 24<sup>th</sup> February 2pm-4pm Supports Family law, care proceedings, divorce, non-molestation orders</p> 		<p>Reading Group Weekly 1-2pm A great way to meet new people, share a story with a cuppa.</p> 	<p><b>Jam Session</b> Bring along your instruments &amp; come have some fun 1.30-2.30pm</p> 	<p><b>Guided Meditation</b> 2:15pm-2.45pm Blissful deep relaxation</p> 

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

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## SEND Coffee Mornings

Do you live in the Wallasey area or around  
birkenhead and have a child with Special  
Educational Needs?



SMALL  
CONVERSATIONS  
CAN SPARK BIG  
CHANGES



February Tuesday 11th

9:30 am till 11:30 am

CHARLOTTE'S BRIGHTSIDE

1A HOPE ST, NEW BRIGHTON, WALLASEY CH45 2LN



IF YOU WOULD LIKE TO FIND OUT MORE PLEASE  
EMAIL [ADMIN@KOALANW.CO.UK](mailto:ADMIN@KOALANW.CO.UK)  
OR CALL 0151 608 8288

## Six NatWest branches in Merseyside and Cheshire closing this summer

NatWest has announced the permanent  
closure of 53 branches



These include NatWest Widnes on Widnes Road, which will close on May 8, NatWest Aintree Black Bull on the corner of Longmoor Lane and Cedar Road, which will close on May 14, the **NatWest Wallasey Precinct in Wallasey, which will close on May 21**, and NatWest Ellesmere Port Town Centre on Whitby Road, which will close on June 4.

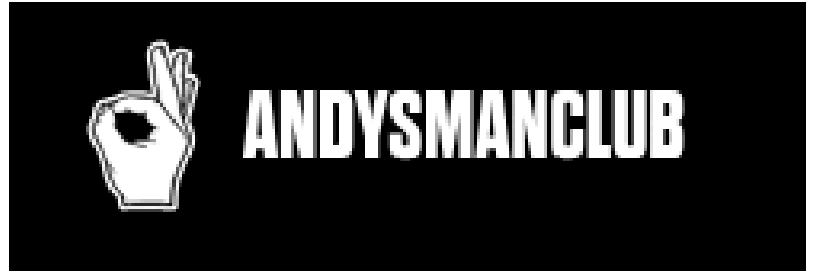
*Click to read the Liverpool Echo article*

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## WirralGlobe

### New Men's Support Group to Open in Leasowe



ANDYSMANCLUB takes its name from Andrew Roberts, a man who sadly took his own life aged 23 in early 2016. Andy's family had no inkling that he was suffering or struggling to the extent that he would do this, and as a result looked deeper into male suicide and men's mental health. They soon discovered that male suicide is the biggest killer of men under 54, with male mental health surrounded by well-ingrained cultural stigma in the UK. Elaine Roberts and Luke Ambler are Andy's Mum and Brother-in-Law, together they came up with the idea of ANDYSMANCLUB, a group where men aged 18 and above can speak openly about their mental health in a judgment-free, non-clinical environment.

**OPENS Monday 17th February @ Clare Mount  
Specialist Sports College, Birket Avenue, Leasowe**

## Wirral hospital staff share benefits of dog walking



**A DOCTOR says walking his dog helped him recover after losing his father.**

A specialist nurse said walking her Bichon Frise/Shih Tzu mix, Bella, at Port Sunlight River Park improves her cardiovascular fitness, strengthens her bones, and helps her maintain a healthy weight...

### What's Coming Up February - April 2025?



The Dresser



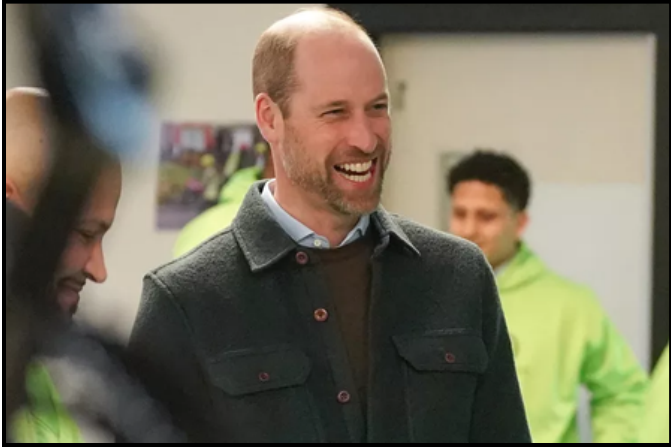
This is Merseybeat



Mania: The ABBA



## Prince William's Visit to Liverpool to Meet with Young People Looking to Better Their Community

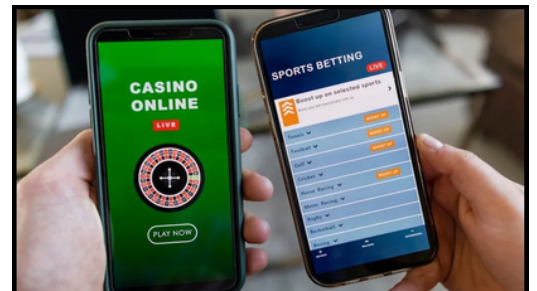


Prince William visited Liverpool to spotlight community groups in the area working to support young people. The Prince of Wales, 42, visited the Toxteth area of Liverpool on Thursday 23rd Jan.



## GPs asked to identify potential gambling addicts

GPs and other healthcare professionals in England should help identify potential problem gambling, in the same way they look for alcohol and smoking addiction, new guidance says.



## Mental Health Bill debated in the Lords

The Mental Health Bill seeks to amend the Mental Health Act 1983. Changes proposed in the bill include:

- Tightening the detention criteria in the 1983 Act and providing for more frequent reviews.
- Limiting the period that people with autism or a learning disability can be detained.
- Removing prisons and police stations as 'places of safety' in the Act.



## wirralview



**“Right people, right skills, right support” with AbleMe service**

A service which provides care to residents who need help to rehabilitate from injuries or health condition has been described as 'the best thing that happened to us' by a local family.

AbleMe offers short term support through home visits from trained practitioners and social care staff. Alongside advice and guidance they support the person needing care and the people around them too.

Launched in July 2024, AbleMe is run in-house by Wirral Council.

Six months since launching the service, which has 18 care staff, has supported more than 100 residents with personal care, household tasks, taking medication, avoiding falls and more.

## **Young entrepreneurs to showcase their skills at Wirral Youth Market**

Wirral's Youth Market is coming to Birkenhead this March, and is now open to applications from the next generation of young traders who want to launch or build their businesses at the event.

Open to those 29 and under, Youth Market gives young people a free platform to showcase their products or services within the local community.



The next event, which takes place in the run up to Mother's Day on Saturday 15th March, offers an ideal free opportunity for makers and young founders to test their ideas with the public.

## Wirral section of 'King Charles III England Coast Path' opens



**A new section of the King Charles III England Coast Path has been opened, giving the public a legal right to the iconic coastline of the North West and North Wales.**

The 8.8 miles (14.1km) stretch completes the Birkenhead to Welsh border section connecting existing KCIIIIEP sections northwards to the ferry across the Mersey and southwards beyond to the Welsh border, from where a link path allows you to continue south along the Wales Coast Path. The iconic scenery changes as the path is followed from Birkenhead towards Wales; passing through urban and suburban promenades to beaches, low clifftop grassy paths, isolated patches of scrub and woodland and boulder clay cliffs, with spectacular views across North Wales and the mountains of Snowdonia, on a clear day.

READ MORE



## Rock Ferry - Community Survey

### Rock Ferry - Community Survey

#### Rock Ferry - tell us what matters to you

The Rock Ferry Labour team want to hear from you about your concerns and how we can make Rock Ferry a better and safer place to live.

Take our short survey and let us know what matters most to you.

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## ADHD/AUTISM/ANXIETY Support Group

Last Thursday of the month  
7pm-8pm



The Quirky Community Hub,  
124e Market Street, Hoylake



**ALL WELCOME**

### Clothes Swap Café at The Quirky Community Hub

**Saturday 15th February, 11am - 2pm**



Swap your good quality, pre-loved clothes for fabulous new-to-you garments.

Drop off your donated clothes before the event, or bring items on the day.

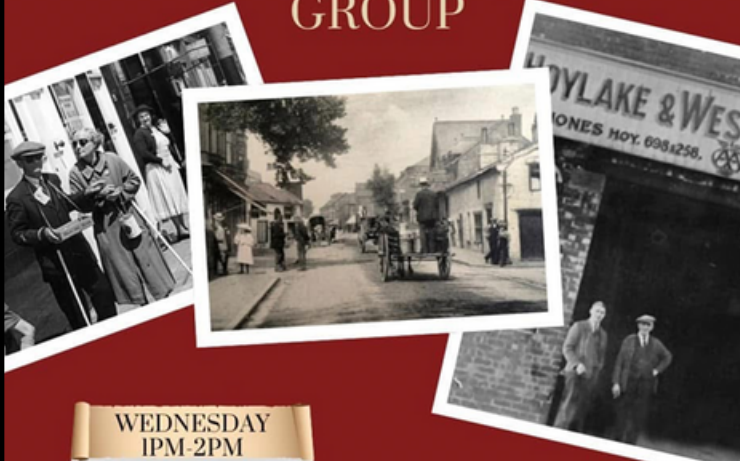
Clothes should be clean, of good quality, and in a wearable condition.

Enjoy free refreshments when you take part in the Clothes Swap or treat yourself to lunch in the Quirky Community Hub café.

**The Quirky Community Hub,  
124e Market Street, Hoylake, CH47 3BH**



## THE QUIRKY COMMUNITY HUB, HOYLAKÉ LOCAL HISTORY GROUP



**WEDNESDAY  
1PM-2PM**

# WIRRAL CARERS HEALTH & WELLBEING SERVICE

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## Now Recruiting Pregnant Mothers-to-Be

We are interested in the outcomes for mothers and infants that are associated with different sleeping arrangements, for example, whether there are differences between mothers and infants who bed-share versus those who sleep separately, and how this relates to touch. We will ask you to fill in online questionnaires at three time points - now, and again after your baby is born - in your own time, wherever you're comfortable.

Each questionnaire will take about 25 minutes to complete. There is no obligation to take part.

If you are:

- A UK resident;
  - In your third trimester;
  - Between the ages of 18 and 45;
  - Not carrying multiples (e.g., twins);
  - Willing to provide an email address that you'll be checking for the next year or so; and
  - Willing to be contacted on that email address;
- then

Please contact the Study Team:

[NighttimeCaregiving@LJMU.ac.uk](mailto:NighttimeCaregiving@LJMU.ac.uk)

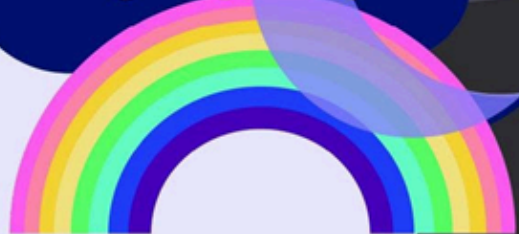
Visit our website:

[NighttimeCaregiving.Study](https://www.nighttimecaregiving.study)

Or scan the QR code below for more information .



Liverpool  
Night-time  
Caregiving Study



IRAS ID: 328029  
Social Media Advert v.1 24/01/2024

# WIRRAL CARERS HEALTH & WELLBEING SERVICE

Carer Linkworkers Making Caring Visible, Valued & Supported



Survivors of  
Bereavement  
by Suicide

## DO YOU NEED SUPPORT WITH SUICIDE BEREAVEMENT?

Help and support is available from  
Survivors of Bereavement by Suicide  
Your closest group is:

**SOBS WIRRAL**  
**MEETING LAST WEDNESDAY OF THE MONTH**  
**7-9PM MORETON**  
**0793 1432732**  
**WIRRAL@UKSOBS.ORG**

Our friendly, safe and confidential  
peer led support groups are open  
to all those over the age of 18  
impacted by suicide loss.

[www.uksobs.org](http://www.uksobs.org)



SCAN HERE



PIC•COLLAGE



**PAPYRUS**  
PREVENTION OF YOUNG SUICIDE

**SUICIDE BEREAVEMENT  
SUPPORT**




PAPYRUS is the national charity dedicated to the prevention of young suicide. PAPYRUS Prevention of Young Suicide is the UK charity dedicated to the prevention of suicide and the promotion of positive mental health and emotional wellbeing in young people.

Suicide is the biggest killer of people aged 35 and under in the UK. We believe that many suicides are preventable.

PAPYRUS was founded in 1997 by a group of bereaved parents, who had each lost children to suicide. Our founding parents shared core beliefs that suicide is preventable, and that those of us with lived experience of suicide have a valuable and unique contribution to make to the wider conversation around suicide.

# WIRRAL CARERS HEALTH & WELLBEING SERVICE

Carer Linkworkers Making Caring Visible, Valued & Supported



## MoneySavingExpert

Cutting your costs, fighting your corner  
Founder, Martin Lewis · Editor-in-Chief, Marcus Herbert

a fresh  
year,  
a fresh  
you

## 20+ FREE ways to learn something new Including languages, AI, piano, Open University courses, first aid, mock driving theory & more

If you're looking to learn a new skill or broaden your knowledge, the team at MSE have rounded up some free ways to learn something new. There are tons of free online and app-based resources that can help you learn and develop new skills in a fun way, from free courses, to tutorials and quizzes – and all can be done from the comfort of home.

**MORE INFO**



MSE

**Struggling to pay for your energy?  
Check if your provider is offering  
extra support this winter**

### Cheap and free wills

Low-cost ways to write your will

 Kit Sproson | Edited by Ben Slater  
Updated 1 January 2025

Die without having made a will and you could be leaving behind significant financial problems for your loved ones. Yet worryingly, we've found that more than half of adults don't have a will, or have one that's out of date. Fortunately, there are low-cost will-writing options out there. Read our full guide to find out exactly what's available.

C D E F



### How to claim the 'severely mentally impaired' Council Tax discount

Who's eligible and what you need to know



# ACTIVE ALLSPORTS

## Disability Holiday Programme

Call **0151 606 2010** to book

### ACTIVE ALLSPORTS DISABILITY HOLIDAY PROGRAMME FEBRUARY HALF TERM 2025

Our February disability activity programme offers opportunities for children and young people with a disability or additional need to stay healthy and active through the holidays.

Parents, carers and siblings are welcome to all sessions.

The February half term programme runs between

**Monday 17th February – Thursday 20th February**

View the full timetable and the activity information below before calling to confirm and pay for your booking.

**Pre booking and payment is required for most activities, bookings can be made via the central Leisure telephone team on**

**0151 606 2010**

If you have any further questions please contact the programme co-ordinator by email [catherinedunn@wirral.gov.uk](mailto:catherinedunn@wirral.gov.uk) or mobile **07554778378**

We look forward to seeing you this half term.



With half-term fast approaching,  
free activities are a must!  
Here's a few ideas that won't break  
the bank...



## 50 FREE THINGS TO DO WITH KIDS

- Teddy Bears Picnic
- Visit a Splash Pad
- Local Parks
- BBQ
- Pool Party
- Home Pamper / Spa Day
- Home Cinema
- Visit your local Museum
- Gruffalo Trails
- Nature Walks
- Scavenger Hunt
- Geocaching
- Stay in a Bothy
- Blackberry Picking
- Free Council Swim Sessions
- Charity Run Farms
- Visit Heritage Houses
- Visit a Waterfall
- National Trust Sites
- Plane Spotting
- Train Spotting
- The Big Butterfly Hunt
- Bike Rides
- Stargazing
- Group Sports Day
- Volunteer at a Charity
- Kids Come Dine With Me
- Junior Bake Off
- Pet Workshops
- Rock Painting
- Water Fights
- Beach Days
- Sand Dunes
- Bug Hunt
- Feed the Ducks
- Crabbing / Tadpole
- Collecting
- Free Community Events
- Grow Some Vegetables
- Science Experiments
- Puddle Jumping
- Garden Crazy Golf
- Garden Obstacle Course
- Make playdoh
- Raise Money for Charity
- Free Printable Activities
- Craft Day
- Play Dates
- Build a Den or Fort
- Photography Challenges
- Garden Camping
- Junior Parkrun



# WIRRAL CARERS HEALTH & WELLBEING SERVICE

Carer Linkworkers Making Caring Visible, Valued & Supported

**citizens advice Wirral** **Wirral Social Prescribing Scheme**

## Community Cafes

<b>SVP</b> 🕒 10:30am - 3pm, Monday - Friday 📍 15 Grange Road West, Birkenhead CH41 4BY 📱 St Vincent's Wirral	<b>Involve Northwest Community Hub</b> 🕒 9am - 5pm, Monday - Friday 📍 The Community Village 330 - 334 New Chester Road Rock Ferry CH42 1LE 🌐 <a href="http://involvenorthwest.org.uk">involvenorthwest.org.uk</a>	<b>Marine Place Cafe</b> 🕒 9am - 4pm, Monday - Friday 📍 Marine Lake Health Centre Orrysdale Road West Kirby CH48 5AA 📱 Marine Place
<b>St James Centre</b> 🕒 9.30am - 2.30pm, Monday - Friday 📍 344 Laird Street Birkenhead CH41 7AL 🌐 <a href="http://nbd.co.uk">nbd.co.uk</a>	<b>Nightingales</b> 🕒 9am - 5pm, Monday - Friday 📍 88-90 Argyle Street Birkenhead CH41 6AG 📱 Nightingales Café	<b>Nightingales @ Flourish</b> 🕒 8am - 3pm, Monday - Friday 📍 Victoria Central Health Centre Wallasey CH44 5UF 🌐 <a href="http://flourishwellbeinghub.org">flourishwellbeinghub.org</a>
<b>Neo Community</b> 🕒 Monday, Tuesday, Wednesday and Friday, 12pm - 2pm 📍 Beaconsfield House Rock Ferry CH42 3YN 🌐 <a href="http://neocommunity.org.uk">neocommunity.org.uk</a>	<b>The Quirky Cafe</b> 🕒 Monday 9am - 4pm Tuesday - Friday, 9:30am - 4pm Saturday, 10am - 2pm 📍 124e Market Street Hoylake CH47 3BW 🌐 <a href="http://thequirky.uk">thequirky.uk</a>	<b>Indigo Cafe</b> 🕒 Wednesday, 8am - 4pm Thursday, 8am - 6pm Friday, 8am - Late Saturday, Sunday, 9am - 4pm 📍 136 Bedford Road Rock Ferry CH42 2AS 🌐 <a href="http://indigorockferry.com">indigorockferry.com</a>

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

**#BrewMonday**



**SPECIAL OFFERS**  
See in store for details  
Offer changes weekly.

**THE SHOP**  
Social Supermarket

**BYRNE AVENUE BATHS**

Tuesdays, Thursdays  
3:30pm to 6pm



**Caring Connections social**

Free of charge

**20th February 2025**  
1pm Till 3pm

Caring connections are hosting a social event for the community to come and enjoy some live music from the fabulous Ray Taylor. This is free of charge to bring the community together for a fun afternoon we can't wait to see you all there!

Tea and coffee  
Buffet food

Bar will also be open for purchase alcohol

A&K Community Hub  
formally known as  
Our lady's club  
Park Road North  
Birkenhead  
CH41 8AE

Call Annie for any enquiries 0151 245 2979

# WIRRAL CARERS HEALTH & WELLBEING SERVICE

Carer Linkworkers Making Caring Visible, Valued & Supported

## Discover support at our social prescribing drop-ins

📅🕒 **10am - 2pm** walk up advice and support at the Cafe, Marine Lake Medical Practice.

**Looking for help, advice, or support? Unsure where to turn?**

**Our Healthier West Wirral Social Prescribing Link Workers are here to help you find a way forward. From housing and mental health to caring for loved ones or overcoming loneliness, we're here for you!**

### Upcoming 2025 dates:

- Monday, 17th Feb
- Monday, 17th March
- Monday, 28th April
- Monday, 19th May
- Monday, 23rd June
- Monday, 21st July
- Monday, 18th Aug
- Monday, 22nd Sept
- Monday, 20th Oct
- Monday, 17th Nov
- Monday, 15th Dec



Who can access? Open to everyone over 18, you don't need to be a patient here.



**NHS**  
Wirral and Chester  
Breast Screening  
Programme

## NHS Breast Screening 71 or over?



**1 in 3 women who get breast cancer are over the age of 70.**

If you are 71 or over and want to continue routine breast screening you have the right to free screening every 3 years.

All you need to do is phone the breast screening team on **0151 482 7661**

When making an appointment please inform staff if you require support, so we can provide you with a suitable appointment.

## WIRRAL CHANGE WORK CLUB

Every Friday at Wirral Change, 10:00-12:00

### What We Offer:

**CV Support**  
Get help creating or refining your CV to stand out to employers.

**Job Applications**  
Assistance with completing job applications and understanding job descriptions.

**? Any Other Employment-Related Questions**  
Ask us anything about job searching, training courses, career advice, and more.

ADDRESS:  
WIRRAL CHANGE  
St. Laurence's School, St. Laurence Dr., Birkenhead CH41 3JD

➔ **Open to all Wirral residents out of work or at Risk of Redundancy needing pre-employment support.**

If you have any questions please contact us on [employment@wirralchange.org.uk](mailto:employment@wirralchange.org.uk) for more information!



## Everyturn - NHS Wirral Talking Therapies DROP-IN



LAST MONDAY OF THE MONTH

9.00 AM-12.00 PM

ST LAURENCE'S SCHOOL, ST LAURENCE DR,

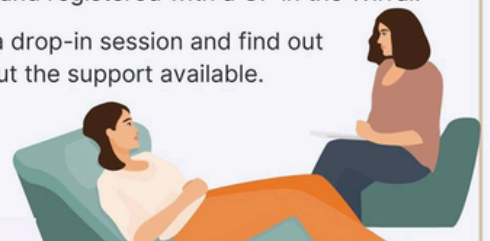
BIRKENHEAD CH41 3JD

0151 649 8177

Are you feeling low, anxious, stressed?

NHS Wirral Talking Therapies is a free and confidential service, available to anyone who is aged 16+ and registered with a GP in the Wirral.

Come to a drop-in session and find out more about the support available.



# WIRRAL CARERS HEALTH & WELLBEING SERVICE

Carer Linkworkers Making Caring Visible, Valued & Supported



## MEDITATION *for everyday life*

WITH DR HANNAH

FIRST THURSDAY OF EACH MONTH  
AT 7PM

### Online via Zoom

for February  
so you can stay cosy!

## Wirral Veterans' Breakfast Club



**Lonely, bored, miss the Services comradeship?**

**Join us at our monthly meeting for breakfast or just a mug of tea!**

**The food is great; the company is friendly; and the banter is free!**

**Families welcome.**

**Wirral Joint Services Club**

**41 St George's Road**

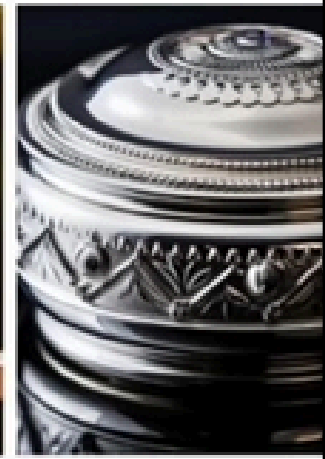
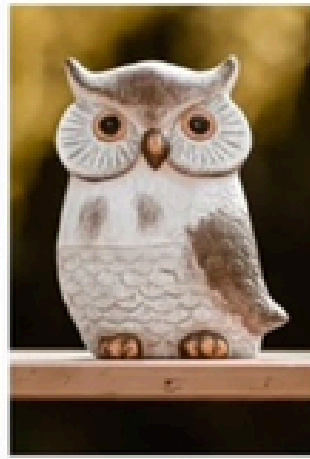
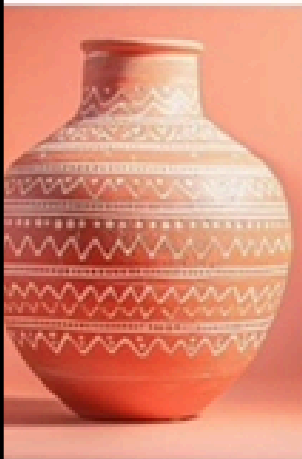
**Wallasey CH45 3NF**



## Saturday 1st February

### 2 - 4 pm

### Free repairs of ornaments



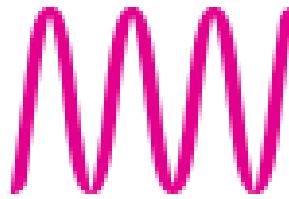
### Mending of ceramic, wood, metal and plastic items

**Birkenhead Central Library, Borough Road, Birkenhead, CH41 2XB**

# WIRRAL CARERS HEALTH & WELLBEING SERVICE

Carer Linkworkers Making Caring Visible, Valued & Supported

National  
Museums  
Liverpool



## Coming very soon: Fresh Perspectives

Come along to Lady Lever Art Gallery from 15 February to see an impressive range of painting, drawing, mixed media and photography by local Wirral students, as Fresh Perspectives returns for a sixth time.

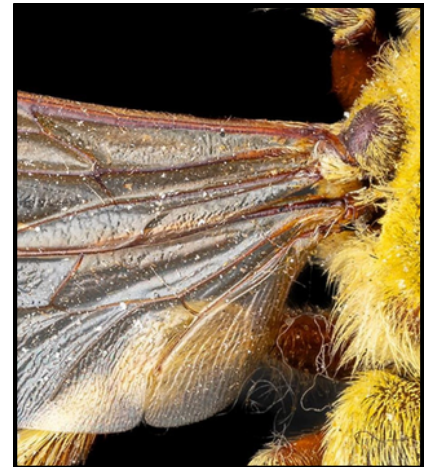
The popular exhibition aims to celebrate, nurture and encourage the artistic talents of local students and their engagement with art and culture outside of the classroom, showcasing their creative responses to a variety of themes.



## Bee Amazed at our Family Festival!

We're still buzzing about all things bees at World Museum and we'd love to welcome you to our special Family Festival. Come along and chat to the team from the University of Liverpool and the communities working in our green spaces. Discover more about pollination, flowers and bee facts, as you take a hands-on look at bee hives and flower seeds.

**Book your place to create your own paper wildflowers or plant seeds to grow a mini meadow in our family workshops.**



## Lunar New Year

Join in with Lady Lever Art Gallery's annual celebration of our astonishing Chinese collections and links to Wirral's Chinese community. Our fun day of festivities is perfect for the whole family, as we ssslither into the Year of the Sssnake!

Find out all about the lunar new year and the legend of the Zodiac Race with Billy Hui, presenter of BBC Merseyside's Orient Express.



Watch beautiful dances in traditional dress from the Wirral Chinese Cultural Association dance group and make a Chinese New Year card to wish happiness and prosperity to your friends and family.



## **Loss without Closure**

How do you cope with the feeling of loss, disbelief, and denial  
When a person you love changes and so does your relationship

**Weekly Support Group at  
The Quirky Community Hub  
Every Wednesday  
7pm till 8pm**

**AT : 124E Market Street, Hoylake**

**with people who understand  
family estrangement, carers of those  
suffering from dementia, mental health issues,  
or families of those with drug and alcohol  
problems.. the person you love is still there  
but emotionally or mentally absent**



**EMAIL : Sue at:**

**[Thequirkycommunityhub24@gmail.com](mailto:Thequirkycommunityhub24@gmail.com)**



**Everyone aged 50 to 74 will  
be sent an NHS bowel cancer  
screening kit every 2 years**

The kit can detect  
signs of cancer  
before you notice  
anything is wrong.



**READ MORE**

# WIRRAL CARERS HEALTH & WELLBEING SERVICE

Carer Linkworkers Making Caring Visible, Valued & Supported



## Benefits

If you are disabled and working age

April 2024 – April 2025



## Benefits

For people over State Pension age

April 2024 – April 2025



### Contributory Benefits

Dependent on National Insurance contributions

**New-style Employment and Support Allowance** - you have limited capability for work.

**New-style Jobseeker's Allowance** - you are available for and looking for work.

**State Pension** - available to those who are State Pension age.

**Bereavement Support Payment** - a tax free lump sum payment and 18 monthly payments for bereaved spouses, civil partners or surviving cohabiting partners with dependent children.

### Non-Contributory Benefits

Determined by your circumstances, not dependent on income/savings or National Insurance contributions

**Attendance Allowance** - disability benefit if you are State Pension age or over and have care or supervision needs.

**Personal Independence Payment** - disability benefit claimed when you are working age. Two components: daily living and mobility.

**Disability Living Allowance** - disability benefit if you are under 16. Two components: care and mobility.

**Carer's Allowance** - you spend at least 35 hours a week caring for someone who gets a disability benefit. Earnings limit applies.

**Child Benefit** - you are responsible for a child or young person.

**Guardian's Allowance** - you are responsible for a child or young person who is effectively an orphan.

**Maternity Allowance** - you are pregnant or have recently given birth and are not entitled to Statutory Maternity Pay. Based on past earnings.

**Industrial Injuries Benefits** - you are disabled due to an accident or disease from your occupation.

**Armed Forces Schemes** - payments and compensation schemes available to ex service personnel who suffer injuries, illness or death due to service after April 2005.

### Statutory Payments

**Statutory Adoption/Maternity/Paternity/Shared Parental/Sick/Parental Bereavement Pay** - provide a legal minimum of pay to employees in prescribed situations.



### Benefits Checklist

#### Means-tested Benefits

Determined by your circumstances and your income/savings

**Pension Credit** - you have reached State Pension age and are on a low income.

**Universal Credit** - you are working-age and on a low income. You can claim it in or out of work. Includes extra amounts for housing costs, children, disabled children, childcare, carers and those unable to work due to a health condition.

**Universal Credit is replacing legacy benefits\*** and is the only means-tested benefit for working-age people making a new claim. New claims for Housing Benefit can still be made by people over State Pension age or by those in specified or temporary accommodation.

**Housing Benefit\*** - help to pay your rent.

**Income Support\*** - you are not expected to look for work (eg. Carers).

**Income-related Employment and Support Allowance\*** - you have limited capability for work.

**Income-based Jobseeker's Allowance\*** - you are available for and looking for work.

**Child Tax Credit\*** - income not too high and you are responsible for a child.

**Working Tax Credit\*** - income not too high and you are in full-time work.

#### Social Fund Payments

Determined by your circumstances, usually linked to means-tested benefit entitlement

**Sure Start Maternity Grant** - £500 payment towards the cost of having a child.

**Funeral Expenses Payment** - helps cover basic funeral costs, specified fees and travel costs.

**Children's Funeral Fund** - non-means-tested help towards the cost of a funeral for a child under age 18.

**Cold Weather Payment** - paid automatically for each week between November and March when certain conditions apply.

**Winter Fuel Payment** - annual payment made to households where someone is at least State Pension age. Amount depends on circumstances.

### Consider which benefits may apply:

check statutory and contributory first, then non-contributory, then means-tested benefits. Specific rules apply and not all will be appropriate.

#### Working or unemployed

##### Working

Universal Credit  
Working Tax Credit\*  
Housing Benefit\*

Employment and Support Allowance (if within permitted work limits)  
Jobseeker's Allowance (if under 16 hours per week)

##### Unemployed

New-style Jobseeker's Allowance  
Universal Credit  
Income-based Jobseeker's Allowance\*  
Housing Benefit\*

##### Injured at work

Industrial Injuries Benefits  
Armed Forces Schemes

#### Sickness and disability

Statutory Sick Pay  
New-style Employment and Support Allowance  
Personal Independence Payment (age 16+)  
Attendance Allowance (State Pension age or over)  
Universal Credit  
Income-related Employment and Support Allowance\*  
Housing Benefit\*

#### Carers

Carer's Allowance  
Universal Credit  
Income Support\*  
Housing Benefit\*

#### Help with health costs

Free prescriptions  
Dental treatment  
Eye tests and vouchers for glasses  
Fares to hospital for treatment  
Wigs and fabric supports

#### State Pension Age

State Pension  
Attendance Allowance  
Pension Credit  
Housing Benefit

#### Pregnancy and children

##### Pregnancy/new baby

Statutory Maternity Pay  
Maternity Allowance  
Statutory Paternity Pay  
Statutory Shared Parental Pay  
Statutory Adoption Pay  
New-Style Employment and Support Allowance (if sick in pregnancy)  
Universal Credit  
Income Support\*  
Housing Benefit\*  
Sure Start Maternity Grant  
Healthy Start vouchers

##### Responsible for a child

Child Benefit  
Guardian's Allowance  
Disability Living Allowance  
Universal Credit  
Child Tax Credit\*  
Free School Meals  
Healthy Start vouchers

#### Bereavement Benefits

Statutory Parental Bereavement Pay  
Bereavement Support Payment  
Universal Credit  
Housing Benefit\*  
Funeral Expenses Payment  
Children's Funeral Fund

#### Other Help

Budgeting Advances  
Budgeting Loans  
Social Fund Payments  
Council Tax Reduction  
Council Tax Discounts  
Local welfare assistance schemes  
Foodbank vouchers  
Help with health costs: low income scheme

\*legacy benefits, see Means-tested Benefits

This checklist applies to England and Wales only. It is not a full statement of all eligibility criteria and is not a guarantee of entitlement.

[www.welfare-benefits-unit.org.uk](http://www.welfare-benefits-unit.org.uk)

© August 2023

# WIRRAL CARERS HEALTH & WELLBEING SERVICE

Carer Linkworkers Making Caring Visible, Valued & Supported

## UPCOMING EVENTS!

### Explore & Play

Thursdays

9.30am - 10.30am

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



A friendly, free group for parents & carers with their 0-5 year olds. No need to book, just come along to join the fun!



### TODDLER GROUP

£1 PER FAMILY

ALL PRESCHOOL BABIES AND TODDLERS ARE WELCOME  
NO NEED TO BOOK

ST LUKE'S METHODIST CHURCH, HOYLAKÉ  
WEDNESDAYS AT 1.30PM-3PM (DURING TERM TIME)



ST LUKE'S HOYLAKÉ  
A Family Of Faith



**JUST PLAY!**  
Free turn up and play for women

ACCREDITED CLUB  
PART OF ENGLAND FOOTBALL

The advertisement features a blue background with a white and black soccer ball in the center. Three women are shown in action, kicking the ball. The text is in white and yellow. A red arrow points from the text box to the advertisement.

### 🏆 JUST PLAY! 🏆

Looking to get fit, have fun, or get back into football? 🎉

- 🌟 FREE turn-up-and-play sessions for women aged 16+
- 💪 No contracts, no commitments – just bring yourself and your trainers!
- 🏆 Perfect for all abilities – whether you're a beginner or returning to the game.

📍 Where? Vauxhall Motors Football Club, Ellesmere Port

🕒 When? Every Tuesday, 6 PM – 7 PM

Take the first step towards a healthier, happier you! 🏆

# WIRRAL CARERS HEALTH & WELLBEING SERVICE

Carer Linkworkers Making Caring Visible, Valued & Supported



Scouts  
**BIRKENHEAD  
GANG SHOW**  
2025

...at the Gladstone Theatre  
Port Sunlight Village  
Wednesday 19th - Saturday 22nd February 2025

Booking Office : 0151 652 3737

Ticket Hotline open NOW!

[www.birkenheadgangshow.org.uk](http://www.birkenheadgangshow.org.uk)

## Birkenhead Central Library

# Baby Bounce and Rhyme



**Saturdays  
10:00am**

New sessions  
starting from  
Saturday 6th January

Book: [wirrallibraries.eventbrite.co.uk](http://wirrallibraries.eventbrite.co.uk)  
Tickets available one week before  
Term Time only



## peep Groups

For families with children from 0 to 2yrs

**Tuesdays**  
1.30pm-2.30pm

Serpentine Rd  
Family Church,  
100 Liscard Road,  
CH44 0AA

**wednesdays**  
9.30am-10.30am  
St Chad's Church,  
Twickenham Drive,  
CH46 1RJ

1.30pm-2.30pm  
Gautby Road Play,  
Youth and  
Community Centre,  
69 Gautby Rd,  
CH41 7DS

## Explore & Play

For families with children  
from 0 to 5yrs

**Thursdays**  
9.30am-10.30am  
St James Centre,  
344 Laird Street,  
CH41 7AL

Explore & Play is free  
and no booking required

Peep Groups are free.  
To book a space message us on  
Facebook or Instagram  
@foundationyearstrust or email us  
[info@foundationyearstrust.org.uk](mailto:info@foundationyearstrust.org.uk)



# WIRRAL CARERS HEALTH & WELLBEING SERVICE

Carer Linkworkers Making Caring Visible, Valued & Supported



**RED LIGHT GREEN LIGHT 2**

OVER THE TOP RUMBLE MATCH FOR A CHAMPIONSHIP SHOT OF CHOICE

SUNDAY FEB 9TH - ST ANNES PARISH CENTER  
ROCK FERRY, BIRKENHEAD, CH42 2BY - 1PM VIP ENTRY  
1.45 GENERAL, 2PM START - VIP £20 / ADULT £10 / CHILD £7  
FAMILY £25 / TEXT/CALL 07748 15 1989 FOR TICKETS & INFO  
SEARCH "WRESTLE ISLAND" ON EVENTBRITE OR SCAN QR

## Young Mums Stay and Play



Join other Mums, Carers and our Children's Worker for a time of play & chat. Free snack & drinks and lots of great play & learning opportunities.



Wednesday's 1pm-2:30  
The Community Village  
Ferries Family Group, Family Hub.

Mums aged 25 years and under



Come and join us for some fun & chat with a cuppa!



## NEO NETBALL IS BACK!



Join us every Tuesday from 7-8pm for an hour of fun, fitness, and team spirit! Perfect for all abilities – whether you're a seasoned player or just looking to try something new.

- 📍 Where: South Wirral High School
- 👟 What to bring: Trainers and a smile!

Come along, bring a friend, and let's hit the court together! 💪



# WIRRAL CARERS HEALTH & WELLBEING SERVICE

Carer Linkworkers Making Caring Visible, Valued & Supported

**EQUILIBRIUM NORTH WEST FAMILY HUB**  
**MONDAY'S 11AM – 12 NOON £4**

## The SMILEY Group

Speech - Milestones - Interaction - Language in Early Years

This Playgroup is especially designed with SEN professionals to support all aspects of Global Delay in Early Years.

Designed to support development including:  
 Fine and gross motor skills  
 Development and Communication  
 Cognitive development  
 Social Development and  
 Developmental Milestones

Whether your little one has confirmed global delay or if you are worried about any aspect of development, this may be the perfect group for you.



**EQUILIBRIUM NORTH WEST FAMILY HUB**  
 LIVINGSTONE STREET PLAY & COMMUNITY CENTER  
 130 ST ANNE ST BIRKENHEAD CH41 3HX

**Family Hub**

**Equilibrium**  
 NORTH WEST  
 A Community Matters Company  
 Creating Pathways to Understanding

**Parent and Toddlers**

## STORIES & CRAFTS

### HALF-TERM FUN!

WEEK COMMENCING 17TH FEBRUARY

Wallasey Central Library	Monday 17th	2:30pm
Eastham Library	Tuesday 18th	10:30am
Greasby Library	Tuesday 18th	10:30am
Moreton Library	Tuesday 18th	2:30pm
West Kirby Library	Wednesday 19th	2:30pm
Bebington Central Library	Thursday 20th	10:30am
Birkenhead Central library	Thursday 20th	2:30pm
Heswall Library	Friday 21st	10:30pm

Age 4+  
 Tickets: £1.50 per child  
 Book: [wirrallibraries.eventbrite.co.uk](http://wirrallibraries.eventbrite.co.uk)  
 Tickets will be available from 17th January  
 All ticket costs will go to the Library Friends groups in each area

Rock Ferry Library Holiday Club  
 Tuesday 18th February 2:30pm  
 Contact the library

Upton Library- Wednesday 19th 10:30am  
 Upton Village Community Group- Book via Eventbrite




## HOYLAKE FILM CLUB

### DATES FOR 2025

- FRIDAY 31<sup>ST</sup> JANUARY
- FRIDAY 28<sup>TH</sup> FEBRUARY
- FRIDAY 28<sup>TH</sup> MARCH
- FRIDAY 25<sup>TH</sup> APRIL
- FRIDAY 30<sup>TH</sup> MAY
- FRIDAY 27<sup>TH</sup> JUNE
- FRIDAY 25<sup>TH</sup> JULY
- FRIDAY 29<sup>TH</sup> AUGUST
- FRIDAY 26<sup>TH</sup> SEPTEMBER
- FRIDAY 31<sup>ST</sup> OCTOBER
- FRIDAY 21<sup>ST</sup> NOVEMBER
- FRIDAY 19<sup>TH</sup> DECEMBER

In the main hall at Hoylake Parade Community Centre.  
 £5 cash on the door. Doors open 6:30pm and the film starts at 7:30pm. Fun quiz after each film.  
 Please bring your own drinks and snacks/picnic.

# January's Film

## OSCAR WINNER

2021  
 BEST PICTURE BEST DIRECTOR BEST ACTRESS

FRANCES McDORMAND

# NOMADLAND

A FILM BY CHLOÉ ZHAO

★★★★★ TOTAL FILM  
 ★★★★★ THE GUARDIAN  
 ★★★★★ EMPIRE

# WIRRAL CARERS HEALTH & WELLBEING SERVICE

Carer Linkworkers Making Caring Visible, Valued & Supported



**HELLO**  
**Spring**

**ROYAL BRITISH LEGION CLUB  
LITTLE SUTTON  
CRAFT FAIR**

---

**SUNDAY 23RD MARCH**

DOORS OPEN AT 10AM  
BAR OPENS AT 12PM  
**MUSIC | CRAFTS | FOOD**

TABLES FOR STALL OWNERS £10  
CONTACT JOAN ON 07790 408255



**Nature events at WEN in February**

**Gardening for Wildlife and Food**  
**Thursday 6th February, 2 - 4pm**  
Do you enjoy gardening? Worried about rising food costs or wildlife loss? Learn about what to plant in your garden that can provide you with food whilst also helping wildlife at the same time. Some of the more expensive produce in the fruit and vegetables section of the supermarket are also the easiest to grow and are attractive to wildlife.

**Planting for Pollinators**  
**Thursday 13th February, 2 - 4pm**  
Wanting to learn more about pollinators, why they're important and how to help them? During this talk you'll learn what to plant in your garden to encourage pollinators to thrive. We'll cover the main groups of pollinators and what plants they like best and why. There'll be an opportunity to take away a small packet of pollinator seed mix for a small donation.

**Willow Bird Feeder Workshop**  
**Thursday 13th February, arrive 3.30pm for 3.45pm start**  
Weave a willow bird feeder for your garden. These will hold fat balls. Children are encouraged to take part and we will also have activities for them to do, such as colouring in or making a fat ball to take away.

**Wild Wellbeing**  
**Friday 14th February, 12 - 2pm**  
Learn about the benefits of time spent outdoors and in nature and how you can add this into your everyday life. Join us in the classroom for an information session, followed by some time spent relaxing outdoors in the WEN gardens.

**Homes for Wildlife**  
**Thursday 27th February, 2 - 4pm**  
Are you interested in giving wildlife a home in your garden? Learn about several different ways to provide shelters for creatures in your own garden, such as frogs, insects and hedgehogs.

**To book a place on a session, please text or call Raya on 07761 475886 or email [raya@la21.net](mailto:raya@la21.net)**

**Wirral Environmental Network**  
Sandon Building, Falkland Road, Seacombe, CH44 8ER



**SEA CADETS  
BEBINGTON**

**LOOKING FOR A NEW ADVENTURE?**

**AGED 10 - 17?**

**SEA CADETS COULD BE THE ANSWER**

Make new friends! Broaden your Horizons.  
All while gaining new skills and qualifications.

Sailing, D of E, first aid, Paddlesport, shooting.  
BteC, Engineering, Powerboating, Camping

What are you waiting for?  
Don't miss out get in touch now!  
Sea Cadets Bebington  
Cornwell close, New Ferry, CH62 1BG

We meet at the unit every Monday and Thursday at 7pm  
0151 645 1528, [seahawkunit27@gmail.com](mailto:seahawkunit27@gmail.com)

# WIRRAL CARERS HEALTH & WELLBEING SERVICE

Carer Linkworkers Making Caring Visible, Valued & Supported

## 80's, 90's & 00's Silent Disco

IN LIVERPOOL CATHEDRAL

### 80'S

WHITNEY HOUSTON  
MADONNA  
BON JOVI  
WHAM!  
PRINCE  
QUEEN

### 90'S

OASIS  
BRITNEY  
TAKE THAT  
SPICE GIRLS  
SHANIA TWAIN  
BACKSTREET BOYS

### 00'S

ARCTIC MONKEYS  
AMY WINEHOUSE  
LADY GAGA  
BEYONCÉ  
RHIANNA  
USHER

## REGISTRATION OPEN!

An 80s, 90s & 00s Silent Disco like no other is coming to the spectacular Liverpool Cathedral, Saturday 15th March 2025 🎧 After 2 sold out shows in Liverpool, you don't want to miss this! Expect some of the UK's best DJs playing all your favourite tunes in the stunning, illuminated surroundings of Liverpool Cathedral 🌟

### 🔊 What to expect 🔊

- 1: 🎧 SOME OF THE UK'S BEST DJs PLAYING YOUR ALL TIME FAVOURITE 80S, 90S & 00S HITS FOR A FEEL GOOD EXPERIENCE
- 2: 🔥 LIVERPOOL CATHEDRAL ILLUMINATED LIKE YOU'VE NEVER SEEN IT BEFORE
- 3: ❤️ 100'S OF LIKE MINDED MUSIC FANS SINGING THEIR HEARTS OUT WHILST WEARING STATE OF THE ART LED HEADPHONES
- 4: 🎧 SELECT BETWEEN 3 DIFFERENT CHANNELS OF MUSIC

REGISTER  
NOW

# WIRRAL CARERS HEALTH & WELLBEING SERVICE

Carer Linkworkers Making Caring Visible, Valued & Supported





Protecting our green belt, legacy architecture, trees and open spaces, challenging detrimental developments and enhancing public spaces

Join us in helping to keep our Wirral home special

[www.heswallsociety.org](http://www.heswallsociety.org)


*Together We Can!*



**THE HISTORY OF NESS BOTANIC GARDENS**

*Open Meeting*

Guest speaker  
**DR STEPHEN LYUS**



Heswall Hall

**FEB | 19th | 2025**

8pm

**Plans to Demolish Glegg Arms Receive Strong Opposition**




**Martial Fitness Club**

Community Fitness Classes for all abilities  
Every Wednesday 6pm.

**\*Age 8+**



**Shaftesbury Youth Club**



**WHAT'S ON?**

60 MENDIP ROAD, PRENTON, CH42 8NU      9:30AM - 8:45PM

Instagram: @shaftescommunity      @shaftesyouthclub  
Facebook: /shaftesburyyouthclub

CLUBS	
<b>KIDS CLUB 6 - 12 YRS</b> Hot Food Provided - £1 Entry	Monday - Thursday 3:30pm - 6pm
<b>YOUTH CLUB 11 - 17 YRS</b> Hot Food Provided - £1 Entry	Monday, Tuesday, Thursday 6pm - 8:45pm
<b>FUTURE IS BRIGHT CLUB</b> £1 Entry	All inclusion session Friday 4pm - 7:30pm
COMMUNITY HUB	
Monday - Thursday 9:30am - 3pm Friday 9:30am - 1pm	
Community workers on site for any support, advice or guidance (food parcels, benefits and wellbeing)	

<p>CONTACTS US (Community)</p> <p>Brian Voice bvoice@shaftes.org.uk 0151-608-7165</p>	<p>CONTACT US (Clubs)</p> <p>Nicole Monty nmonty@shaftes.org.uk</p>
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# WIRRAL CARERS HEALTH & WELLBEING SERVICE

Carer Linkworkers Making Caring Visible, Valued & Supported

## PLAGUE AND FIRE



Saturday February 8<sup>th</sup>, 2025  
10am – 12.30pm at WEN £15  
Contact Julie 07540073731  
Email Juliemarshall48@aol.com

A workshop looking at the causes and consequences of the Bubonic Plague which broke out in the Middle Ages and recurred until the last outbreak in 1665; and The Great Fire of London which struck London the following year in 1666.

We will examine what people at the time believed caused the plague and some of the strange remedies used to try to prevent or cure it, many of which did more harm than good. We will also look at the role played by the plague doctor and the church.

The fire section will focus on why fire was a risk in 17<sup>th</sup> Century London and the causes and consequences of the fire.

Both topics will be illustrated with numerous artefacts including a reconstruction of the plague doctor's outfit.



## RAVEROBICS

RAVEROBICS WITH LINDY

£5 EACH

TUESDAYS 6:30-7:30PM

FREE REUSABLE GLOW STICKS\*

\* FREE AT YOUR FIRST CLASS ONLY – REPLACEMENTS £1.00 EACH

90'S CLUB CLASSICS  
HAPPY HARDCORE  
CREAM & GARLANDS ANTHEMS

No booking required - just turn up. Cash payments only.  
LOUD, DARK, UV AND NEON GALORE WITH SUPER EASY STEPS

ALL AGES AND ABILITIES WELCOME \*\*

\*\* Adults only class – no children

TEXT: 07570312370  
EMAIL: LINDY\_PRESCOTT@YAHOO.CO.UK  
FACEBOOK: RAVEROBICSWITHLINDY  
INSTAGRAM: RAVEROBICSWITHLINDY

ST ANNES PARISH CENTRE  
HIGHFIELD ROAD  
BIRKENHEAD  
CH42 2BY

THE  
MARTIN GALLIER  
PROJECT

## CURRY CLUB

Join us at our bi-monthly curry club evenings to eat fantastic food, enjoy great company and raise funds for The Martin Gallier Project.

Thursday 6th March 2025

Three courses for £25

To book your space email: sid@gallierhouse.co.uk

 Khans

JOIN US FOR



THURSDAY AFTERNOONS STARTING 6TH  
FEB £10 INCLUDES FREE RAFFLE TICKET



DOORS OPEN 12.30 TILL 3 COME JOIN US  
FOR A GAME OF BINGO. EVERYONE  
WELCOME

A&K COMMUNITY HUB

310 PARK ROAD NORTH, BIRKENHEAD

## BLACKSTOCK MARKET

🎉 Comedy for Kids – Just £2 This Sunday at [Blackstock Market Liverpool!](#)  
🎭

Use code Kid2 (usually £8) for an afternoon of laughs at [Hot Water Comedy Club's](#) Comedy for Kids, 2–3:30 pm! 😂 ✨ Perfect for kids aged 6+, each week features a unique mix of stand-up comedy, interactive fun, and more.

Start your day with a FREE Family Funday from 11am–2pm! 🎢 🎨 Enjoy activities, delicious street food 🌮 🍔, and live music 🎵 for all ages.

[BOOK NOW](#)



# WIRRAL CARERS HEALTH & WELLBEING SERVICE

Carer Linkworkers Making Caring Visible, Valued & Supported

**SyC**

# FUTURE IS BRIGHT

Friday 4pm-7.30pm

Providing a Variety of Activities For Young People With An Additional Need (SEND):

TABLE TENNIS, POOL & AIR HOCKEY	DODGEBALL
PLAYSTATION/XBOX	NERF GAMES
MOVIE NIGHTS	NINTENDO SWITCH GAMES
ROCK CLIMBING	KARAOKE, SINGING & DANCING
BOUNCY CASTLES	ARTS & CRAFTS

**SyC** Find us on Contact us

**TRANMERE ROVERS IN THE COMMUNITY**

## TURN UP AND PLAY FOOTBALL


AT THE SHAFTESBURY YOUTH CLUB  
7-A-SIDE CAGE  
NEXT TO PRENTON PARK

**AGES 11 - 16**  
**OPEN TO ALL ABILITIES**  
**FA QUALIFIED COACHES**  
**TUESDAYS 5PM - 6PM**  
**FREE ENTRY**



**FOR MORE INFORMATION**  
**CONTACT TOMR@TRANMEREROVERS.CO.UK**

# FEEL ALIVE IN 25



**NORTH WIRRAL ROUND TABLE 311**

## JOIN YOUR LOCAL ROUND TABLE!

Forget the gym memberships you'll quit by February. This year, join your local Round Table instead. It's all about fun, friends, and making a real difference.

Seriously, it's the best decision you'll make this year. Join a group of likeminded, similar aged men, and improve your social life while helping the local community.

### UPCOMING SOCIAL EVENTS

- ARCAINS ARCADE - 6TH FEB
- POOL TOURNAMENT - 20TH FEB
- COMEDY CLUB - 6TH MARCH

# EASTER PARTY

**BUY TICKETS NOW!**

## MONDAY 21ST APRIL

# 12-3PM

The Whitby Sports and social Club Ellesmere Port, CH65 6QF

# SWIFT & STYLES

THE TRIBUTE SHOW

SOME STALL AVAILABILITY

[WWW.CHARACTERWAREHOUSE.CO.UK](http://WWW.CHARACTERWAREHOUSE.CO.UK)





## CARERS CARD UK



### Radiator tricks to make your home feel hotter

- Utilise simple hacks such as lining the wall behind the radiator with foil or adding a radiator booster to enhance heat.
- Create a homemade reflective panel out of cardboard and aluminium foil to maximise heat emission.
- Keep your radiator area clear for optimum heat circulation; avoid blocking it with furniture or clutter.
- Maintain your radiator regularly by bleeding it and keeping it clean, ensuring it runs efficiently all the time.

(Articles taken from Carers Card News)



With these useful tips, you can ensure that your loving care extends to every corner of the home, creating a warm and cosy environment for those you care about. Not only will your home feel hotter, but you will also save money that can go towards enhancing care for your loved ones.



### What would happen if unpaid carers suddenly vanished?

**Ok, this may be a far-fetched, totally out there, and massively unthinkable question but nevertheless it's one we'll try to answer as simplistically as we can. What we know, right off the bat, is that should all unpaid carers suddenly vanish then the consequences would be hugely significant and far-reaching.**

Of that there is no doubt! Firstly, there would be a significant increase in demand for formal care services, such as home health aides, nursing homes, and assisted living facilities. This sudden surge in demand could overwhelm the existing healthcare system, leading to long wait times, inadequate care, and even a shortage of caregivers. Secondly, family members and loved ones who relied on unpaid carers would face significant challenges in their daily lives. They may struggle to manage their daily activities, including personal hygiene, meal preparation, and household chores, which could lead to a decline in their physical and mental health. Thirdly, the economic impact of losing unpaid carers would be significant. Unpaid carers contribute substantial economic value to society as a whole. In fact, Carers UK estimates that carers save the economy £132 billion per year. Finally, the emotional toll on individuals who rely on unpaid carers would be significant. Many people who receive informal care from loved ones may have strong emotional bonds with their caregivers. Losing these connections could lead to feelings of loneliness, isolation, and depression. In summary, the sudden disappearance of all unpaid carers would have significant consequences for both individuals and society as a whole. It underscores the critical role that unpaid caregivers play in supporting vulnerable individuals and highlights the need for increased support and resources for both caregivers and care recipients. This is why we refer to our card holders, carers, care givers and anyone that supports someone as - Superheroes!



## CARERS CARD UK

**LATEST  
NEWS**



(Article taken from Carers Card News)

### **At what point does a person call themselves a carer?**

**This can be due to a number of reasons, such as:**

- They may feel that they are just doing what any family member or friend would do in the same situation, and don't see their actions as distinct from normal family or social responsibilities.
- They may not be aware of the term "carer" and what it entails, or may associate the term with formal paid care work rather than informal caregiving provided by family and friends.
- They may not want to label themselves as a carer due to stigma or negative connotations associated with the term, or because they feel it would make their relationship with the person they are caring for more formal or distant.
- However, as the level of care needed increases and the carer takes on more responsibilities, they may come to recognise that they are providing a significant amount of support and that their role is different from that of a typical family member or friend. This recognition may be prompted by a range of factors, such as:
- The amount of time and effort required to provide care, which can impact the carer's ability to work, study, or engage in social activities.
- The emotional and physical toll of caregiving, which can lead to stress, burnout, or other health issues.
- The need to navigate complex healthcare, social service, or legal systems in order to provide care and access support.
- The lack of recognition or support for informal caregivers in their community or country.

**Once a person recognises that they are providing care to someone with care needs, they may choose to label themselves as a carer. This can have a number of benefits, such as:**

- Access to information, resources, and support specifically designed for carers, such as respite care, counselling, or financial assistance.
- Recognition of the value and importance of their caregiving role, both by the person they are caring for and by society at large.
- The ability to connect with other carers and share experiences, advice, and support.

It's important to note that the decision to label oneself as a carer is a personal one and may depend on a range of individual, cultural, and contextual factors. Some people may choose to use other terms to describe their role, such as "supporter," "helper," or "caregiver." Ultimately, what matters most is that carers are recognised, supported, and valued for the essential role they play in providing care and support to those in need. Whether you support someone, help someone or provide care for someone then we're here to support you!



## CARERS CARD UK

**LATEST  
NEWS**



(Article taken from Carers Card News)

### **Savvy ways to cut your washing bills** **Understanding Your Washing Expenses**

Start by getting a clear picture of what you're currently spending. Your washing-related bills typically include water, electricity (or gas if you have a gas dryer), detergent, and attire wear and tear. For instance, many households spend significant sums, up to £400, annually on laundry alone. So, understanding these costs and actively finding ways to reduce them is crucial.

#### **Practising Energy Efficient Washing Habits:**

The next step to saving money involves tweaking your washing habits to become more energy-efficient. Here are a few tips:

- Always wash full loads which should utilise water and energy more efficiently than several smaller loads. For example, washing three small loads can use up to 150% more energy than one large load.
- Consider dropping the washing temperature to 30 degrees Celsius. This single trick can cut energy usage by up to 40%!
- Try air-drying clothes where possible. Dryers are some of the most energy-guzzling appliances in a home, and avoiding them can save you a bundle over the long run.
- Contrary to popular belief, hand washing certain clothes can, in fact, be more economical than throwing everything in the washer. This method especially suits delicate garments like silk blouses or lace dresses that would otherwise require dry cleaning – another expense you'll happily dodge. Ultimately, learning the art of hand washing saves money and prolongs the lifespan of your precious pieces.
- Being smart about your wash cycles can also lead to significant savings. Many modern washing machines come with various settings that can reduce both water and energy usage while still ensuring your clothes come out sparkly clean.
- Wash dark clothes inside out. This helps maintain their colour and reduces fading.
- Avoid over-drying. This not only saves energy but also prevents clothes from shrinking and fabric wear.
- Use mild, quality detergents to maintain the integrity of the fabrics.

**By understanding your costs, practising energy-efficient habits, mastering the art of hand washing, using your washing machine intelligently and preserving your clothing lifespan, you'll see meaningful savings. So no matter your budget or caregiving circumstance, remember with these savvy tips at the helm, every wash cycle can be a step towards more savings.**



## 60 years of Carers UK Equality: today and tomorrow

Since being founded by Reverend Mary Webster in 1965, Carers UK has been at the forefront of raising awareness of unpaid carers and campaigning to make their lives better. In 1954, at the age of 31, she left her position as a congregational minister to care for her elderly parents, experiencing firsthand the financial and social challenges faced by unpaid carers.

Reverend Mary Webster passed away in 1969, but her legacy continued. The organisation she founded evolved, eventually merging with other carers' groups to become Carers UK.

Her pioneering work laid the foundation for the carers' movement in the UK, leading to greater recognition and support for carers nationwide.






Are you caring for someone but unsure of your rights and what support you're entitled to? Our guide explains the different benefits and support available to carers step by step. Looking after someone also offers many practical ideas to help make life easier for you when taking on your caring responsibilities.

[LEARN MORE](#) 

**Press Release**




**Carers hope for a better future beyond the breaking point**

22 January 25  
The role that Northern Ireland's carers play in propping up a struggling health service and their hopes for a brighter...

[Read more](#)

**Press Release**



**Carer's Leave Act prompts more employers to introduce paid Carer's Leave for the first time, new survey shows**

16 January 25  
Over 160 employers responded to a survey from Employers for Carers (EfC) who found that 44% of these workplaces offer...

[Read more](#)

# WIRRAL CARERS HEALTH & WELLBEING SERVICE

Carer Linkworkers Making Caring Visible, Valued & Supported



## Getting a break | Respite for carers

### Respite care - subsidised or self-funded short breaks

How you pay for carer's respite depends on the type of respite you need and your personal circumstances. You may be able to get help, or you may need to pay for care yourself.

→ [Learn more about respite care](#)

### Sitting and befriending services

Some local carer services and charities offer a sitting or befriending service where a trained person stays with the person you care for while you go out.

→ [Find out about sitting and befriending services](#)

## CARERS TRUST



### Vulnerable adults being 'evicted' from homes as charities struggle with funding cuts

Charities forced to 'evict' adults in their care to stay solvent, survey finds

### GOVERNMENT MUST PUT CARERS AT HEART OF SOCIAL CARE REFORM

[FIND OUT MORE](#)



### Carer's Allowance overpayment debt rocketing to £250m

The system urgently needs an overhaul to prevent further hardship. [Find out more.](#)



### Know Your Rights: A brand new guide for young carers

Empowering young carers with essential information on their rights, benefits, carer assessments, and tailored support.

### Programme providing employment opportunities for young carers

The Young Carers Futures Programme provides tailored support and employer partnerships to help young carers overcome barriers and achieve their career aspirations.

[FIND OUT MORE](#)



## GOCHUJANG CHICKEN BURGERS

**SERVES: 2**

**PREP & COOK: 30 mins**

**DIFFICULTY: Not too tricky**

Courtesy of Jamie Oliver

<https://www.jamieoliver.com/recipes/chicken/air-fryer-gochujang-chicken-burgers>



### INGREDIENTS

- 2 large skinless boneless chicken thighs
- 2 tbsp plain flour
- 1 free-range egg
- 2 tbsp gochujang paste
- 75g stale white bread
- olive oil
- 2 burger buns
- 320g crunchy veg, such as red cabbage, carrots, onions, radishes
- 1 fresh green chilli
- 1 tbsp toasted sesame seeds
- red wine vinegar
- extra virgin olive oil
- 2 tbsp Greek yoghurt

### METHOD

- One at a time, bash and flatten the chicken thighs between two sheets of greaseproof paper to 1cm thick, then dust all over with the flour.
- Beat the egg with 1 tablespoon of gochujang in a shallow bowl, then season with sea salt and black pepper. In a food processor, blitz the bread with 1 tablespoon of olive oil into fine crumbs, then spread across a plate.
- Preheat the air fryer for 2 minutes to 200°C. Dip the floured chicken into the egg mixture, letting any excess drip off, then coat in the breadcrumbs, spending a bit of time really patting them on.
- Evenly space the chicken in the air-fryer drawer and cook for 16 minutes, or until golden and cooked through, turning halfway and adding the buns cut side up for the last 2 minutes.
- Prep your veg, then finely shred or grate them to make a quick slaw – I use a speed-peeler to create a super-fine, crunchy texture. Finely slice and add the chilli, along with the sesame seeds, 2 tablespoons of red wine vinegar and 1 tablespoon of extra virgin olive oil, mix well, and season to perfection.
- Mix the remaining gochujang into the yoghurt and divide between the buns.
- Halve the chicken pieces and pile up with the slaw, put the bun lids on, squash together, and enjoy! Serve any extra slaw on the side.

# 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



# Mobility Aids for Hire

Pop along and check out all of our mobility aids currently available for short and long term hire.

Whether you're looking for assistance to get around Birkenhead town centre or need support for a trip away, we're here to help. Come and enquire now!



**@ 5 St John Street,  
Birkenhead  
CH41 6HY**





# 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



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