

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



# Happy Valentine's Day!

**Friday 14th February**

# WIRRAL CARERS HEALTH & WELLBEING SERVICE

Carer Linkworkers Making Caring Visible, Valued & Supported



# What's on!



## 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/carer-support/our-events/](http://wired.me.uk/carer-support/our-events/)  
0151 670 0777  
[cws@wired.me.uk](mailto:cws@wired.me.uk)





## SP ENERGY NETWORK NATTER SESSION

Come and join WIRED and SP Energy Network for a session on the range of additional support services they have to offer!

**TUESDAY 18TH MARCH**  
**10AM-12PM**  
**ST JAMES CENTRE, 344 LAIRD STREET, BIRKENHEAD, CH41 7AL**

### HOW TO BOOK...

0151 670 0777 [cws@wired.me.uk](mailto:cws@wired.me.uk)  
[wired.me.uk/carer-support/our-events/](http://wired.me.uk/carer-support/our-events/)



## FIRST AID TRAINING

**FRIDAY 28TH MARCH 11AM-12:15PM**  
**ST JAMES CENTRE, 344 LAIRD STREET, BIRKENHEAD, CH41 7AL**

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

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

REFRESHMENTS PROVIDED FOR AFTER THE SESSION

### BOOKING IS ESSENTIAL FOR THIS SESSION

 0151 670 0777 [cws@wired.me.uk](mailto:cws@wired.me.uk)  
 [wired.me.uk/carer-support/our-events/](http://wired.me.uk/carer-support/our-events/) 



## 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

Free refreshments will be provided

[cws@wired.me.uk](mailto:cws@wired.me.uk) 0151 670 0777



# IS YOUR MOBILITY SCOOTER NOT WORKING AS GOOD AS IT SHOULD?

Here at Wired Shopmobility we can help. Our scooter experts, **Peter & Brian** are on hand to help fix your scooter problems.

## FULL Scooter Service? ✓

A FULL service involves the scooter being broken down and thoroughly cleaned. All parts are checked and oiled before being reassembled.



## Tyre issues? ✓

We can fix/replace your flat tyre & recommend the tread type for specific terrain.

## Slow battery or not charging? ✓

We can replace your old battery to bring a new lease of life to your scooter.

If you are unsure of the issue then just pop down for a chat or give us a ring on **0151 647 6162**.

Peter and Brian will be happy to help!

## Women encouraged to download new NHS health app

Women across Cheshire and Merseyside are being encouraged to download a new free NHS app to help them find trusted health information.

The Cheshire and Merseyside Women's Health and Maternity App, launched by NHS Cheshire and Merseyside, provides a convenient one-stop shop for trusted sources of women's health information.

Data from the 2021 national Women's Health Strategy for England found that 71% of people who were surveyed used Google as their main source of health information.

The Cheshire and Merseyside Women's Health Strategy, launched in March 2024, is committed to improving access to health information and healthcare care services, helping young women and girls to make informed decisions about their health.

**The app provides information to women, all those born female and all those who may need to access Women's Health services across their life course.**

**Improving me**  
Supporting  
health and maternity experience

**NHS**  
Cheshire and Merseyside

.....

# Download Our App

Download our free App for information on women's, maternity and baby's health

Download Now on Apple and Android

SCAN ME  
ANDROID

SCAN ME  
APPLE



## Friends and Family Dementia Information Session



Thursday 20th February from 1pm - 3pm

**Talk starts at 1pm. 1:1 conversations from 1:30pm**



Kings Lane Medical Practice, Brackenwood  
Road, Bebington, CH63 2LR



♥ Discover how social prescribing can support you

💬 Find out about help for carers and loved ones of those with dementia

🗣️ Speak with professionals from Alzheimer's Society and Dementia Together Wirral





Here are some ideas:

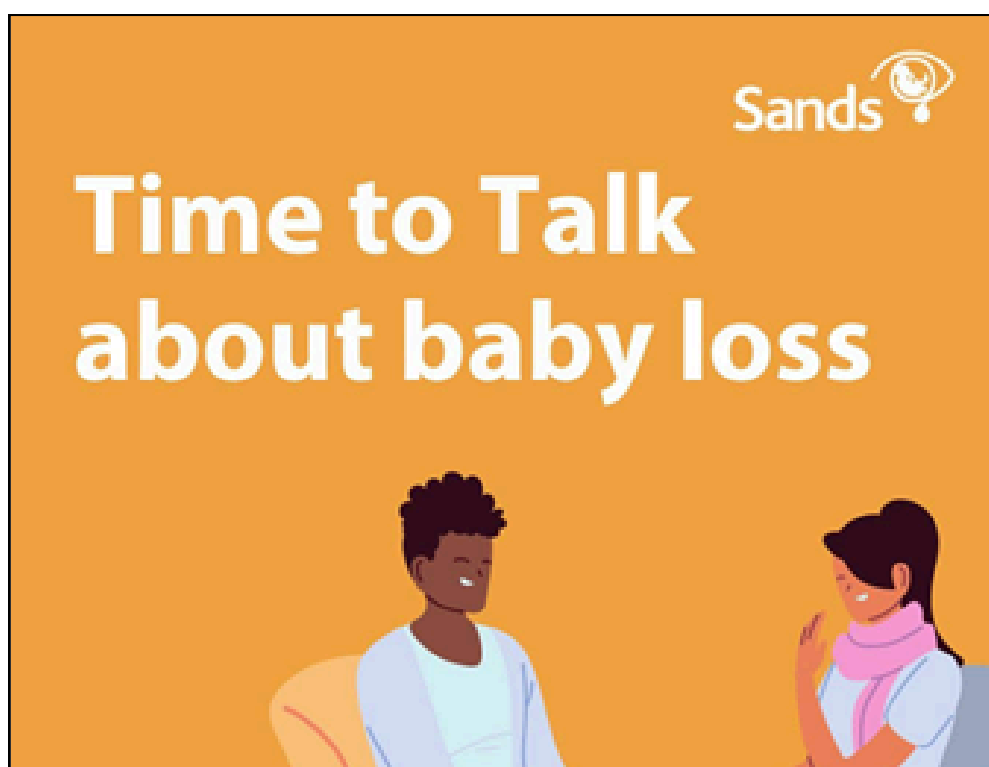
- Send a text
- Call for a chat
- Offer to go for a coffee
- Offer to do something in memory of their baby
- Leave a sticky note on a work colleague's desk
- Invite them to an activity or event
- Ask them how they are and then ask how they 'really' are
- Send a 'thinking of you' card or message
- Give a small gift for their wellbeing. For example, a plant, chocolate, a scented candle

Every day is different for someone affected by pregnancy or baby loss. Often, they can feel okay one day and overwhelmed by grief the next. Knowing that there is someone there to listen can make a huge difference.

- Offer to go for a walk together: it's good for physical and mental health, and conversation is often easier when you are side by side
- Ask a bereaved colleague if they want to eat lunch together
- Remember to check-in on bereaved partners too as they can be forgotten

It's also OK if someone doesn't want to talk. Just let them know that you are there for them 💙💛

And please know, we are here for you if you need advice on how to support a bereaved parent or family member.



# WIRRAL CARERS HEALTH & WELLBEING SERVICE

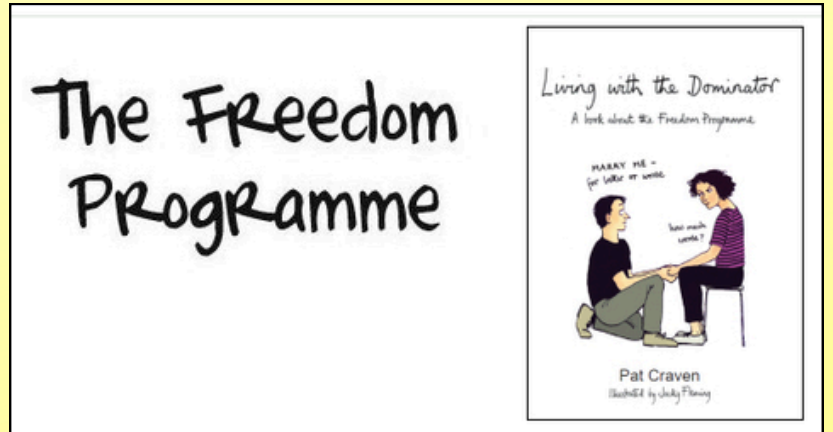
Carer Linkworkers Making Caring Visible, Valued & Supported



**MILLION WOMEN'S MARCH**  
**Liverpool**  
**NO MORE SILENCE!**  
**17TH FEB**  
11.30am  
St. Georges Hall  
**WE MUST Protect Our Children!**  
**MAKE YOUR OWN BANNERS!**



**victim care**  
Merseyside  
making a real difference to victims of crime



**The Freedom Programme**  
*Living with the Dominator*  
A book about the Freedom Programme  
MARRY ME - for better or worse  
I've never wanted to  
Pat Craven  
Illustrated by Judy Fleming

# SAVERA UK



**HBA & HARMFUL PRACTICES HAPPEN HERE**  
**END THEM WITH US**



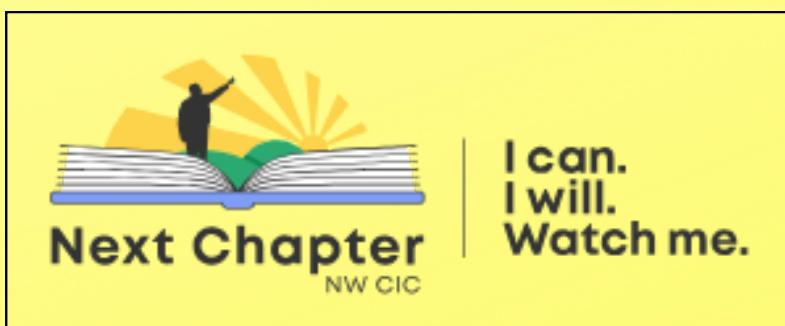
**KARMA NIRVANA**



**RASA**  
Merseyside  
Sexual Violence Services



**24-hour domestic abuse helpline 0151 643 9766**



**Next Chapter**  
NW CIC  
I can. I will. Watch me.



**Tomorrow's Women**

# WIRRAL CARERS HEALTH & WELLBEING SERVICE

Carer Linkworkers Making Caring Visible, Valued & Supported

## Wirral InfoBank

The Wirral InfoBank (WIB) is a free online directory which lists thousands of local organisations, services, groups and events, along with some select national offers.

This includes where to get assistance with cost of living, physical and mental health support, improving your fitness, staying safe, religious worship and support, hobbies, clubs and employment support.

You can use the directory 24/7 and works easily to help you find what you need. Search for 'Wirral InfoBank' or type [www.wirralinfobank.co.uk](http://www.wirralinfobank.co.uk). Alternatively, scan the QR code below:



At Connect Us, we have a dedicated team of staff responsible for the upkeep of information in this directory.

If you wish to add or amend information on the directory please email us at [wirralinfobank@involveinvolvement.org.uk](mailto:wirralinfobank@involveinvolvement.org.uk) or call 0151 644 4500 option 8



[facebook.com/involve](https://www.facebook.com/involve)



@InvolveNW



[facebook.com/involve](https://www.facebook.com/involve)

## Connect Us

The Community Village,  
330-334 New Chester Road,  
Rock Ferry, CH42 1LE.

T: 0151 644 4516

E: [connectus@involveinvolvement.org.uk](mailto:connectus@involveinvolvement.org.uk)

W: [www.involveinvolvement.org.uk/get-in-touch](http://www.involveinvolvement.org.uk/get-in-touch)

Connector Name:

Mobile No.:

Delivered by

**involve**  
northwest  
involving communities & inspiring change

CALL US ON: 0151 644 4516

## Connect Us

### What is Connect Us?

Connect Us is a project delivered by Involve Northwest focused on improving the wellbeing of people's lives in the Wirral Borough. We support anybody aged 18+ and our service is completely FREE.

A Connector will work with you and be a part of your journey to assist and empower you to overcome barriers in your life. If you feel 'stuck' and not quite sure how to move on, whether it be that you're struggling with feelings of isolation, unable to overcome debt, struggling with physical or mental health, or anything else and you're not quite sure where to turn - we can help you!

74% of people have shared that they are now feeling much better and can feel an improvement in their overall health and wellbeing.



### Spark Fund

Connect Us can help with the setting up and sustaining of community groups in the Wirral Borough. We have an application form for funding and can offer grants of up to £250 for successful applicants to help with the costs of setting up a group or project.

As well as access to funding, you will be assigned one of our Community Connectors to guide you in the right direction to sustaining your group and a Connector will work with you throughout.

### Good Neighbour Scheme

Our 'Good Neighbour' scheme promotes and fosters a sense of community within your local neighbourhood. Being a good neighbour can be as simple as putting the bin out for your neighbours, or sparing 5 minutes to chat with them, to learn more about them, their interests and if there's any way you can potentially support them through anything that they're currently experiencing.

### Anna's Story:

"I first heard about Connect Us when they knocked on my door for a conversation about their project and the support that they can offer the Wirral community. I was amazed to learn about how they can support people like me as I was struggling with a lot of things at that time. I was very isolated following bereavement and not knowing many people or what goes on locally; I was also struggling to keep my head above water with debt and had recently lost my job due to a physical condition which also took a toll on my mental health and I wasn't quite sure how to move forward or where to turn.

They took my contact number and said they'd be in touch, somebody called me the following day and arranged to visit me at my home to have a proper conversation. The Connector was very friendly and easy to talk to and I found myself opening up about a lot of things. They were incredibly reassuring.

I wanted to attend some groups locally but felt anxious about attending alone, so they offered to come along with me and introduce me to the group, they even sat with me through the session. This has since empowered me to attend groups on my own and I have grown so much in confidence. They also referred me into a service which helped me sort out my debts which has been a huge relief for me and we spoke about volunteering and I now volunteer an hour of my time each week.

I feel like I have a place in the world again and I'm no longer isolated or struggling with my mental health - I couldn't recommend this team of amazing & caring people more!"

### Feedback

They supported me through the Spark Fund application process which was successful and my group is going really well. They regularly check in for feedback and to see if there's any further support they can offer, as well as attending some sessions to offer support to the people that attend.

My Connector has been working with me for a long time, and has helped me so much with my recovery from addiction to helping me with my everyday needs. If it wasn't for them, I wouldn't be where I am today as the help and advice they have given me and all the phone calls etc. they have helped me to make has turned my everyday life around. They have given me the inspiration to be able to sort things out and hopefully stay sorted out for the future, and knowing they are at the end of the phone for guidance and advice is a real reassurance. Thanks again for all your help!

Fantastic service for people who don't know what services are out there. I've worked all my life and had to stop due to medical reasons and they have been fantastic with me. They meet with me regularly and helped me to get connected to local projects. I no longer feel isolated and am much happier within myself.



# INTRODUCING SOLIDS AND COMPLEMENTARY FEEDING

Suitable for all methods of feeding

Monday 24th February

10:00AM-12:00PM

Seacombe Family Hub, CH44 7AN

Call to book - 0151 608 8288



**A Modern Take On Sober Living**  
Arclett is redefining sobriety, making it visible, appealing, and stigma-free, offering a modern space for the sober curious to explore life without alcohol.



# WIRRAL CARERS HEALTH & WELLBEING SERVICE

Carer Linkworkers Making Caring Visible, Valued & Supported



## I TEST.

HIV testing is quick,  
confidential and free.

ORDER A FREE HIV TEST



## PROTECTION

Most new infections come from unprotected sex with someone who doesn't know they have HIV – so aren't on medication and aren't undetectable.

Choose your way to protect yourself and prevent HIV, from options including condoms and PrEP.



## HIV TREATMENT

If you have HIV, treatment will protect your health. Early diagnosis and treatment means people living with HIV can expect to live as long as the general population.

Additionally, someone living with HIV, on treatment, with extremely low levels of the virus in their blood, **cannot** transmit the virus to someone else sexually, even when condoms are not used during sex.



# WIRRAL CARERS HEALTH & WELLBEING SERVICE

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**get in touch**

Are you at risk of homelessness and a Liverpool resident?

MONDAY - FRIDAY | 12PM - 4PM

**CALL OR CHAT ONLINE WITH ONE OF OUR HOUSING ADVISORS**

0151 207 7617  
www.whitechapelcentre.co.uk

The Whitechapel Centre  
Real solutions to housing & homelessness

**we're here to help**

Concerned about your housing situation?  
Are you a Wirral resident?  
Visit one of our drop-in sessions:

THE WHITECHAPEL CENTRE OFFICE,  
THE LAURIES, 142 CLAUGHTON RD,  
BIRKENHEAD CH41 6EY  
EVERY MON TUES THURS & FRI | 10AM TO 1PM

**FREE, CONFIDENTIAL ADVICE**

Call: 0151 272 5508  
Text only: 07389 888923  
www.whitechapelcentre.co.uk

The Whitechapel Centre  
Real solutions to housing & homelessness

**Welcome to the winter edition of our Cost-of-Living Newsletter!**

**Stay warm, spend smart:  
winter tips to ease the cost  
of living**

**citizens advice** Wirral

# WIRRAL CARERS HEALTH & WELLBEING SERVICE

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## Pathfinder Befriending Lunch



Have you recently had, or are you awaiting an  
EHAT (Early Help) Referral?

Join us for a **free** delicious lunch,  
followed by a relaxing facial workshop



Spend time with fellow Parent-Carers you  
can relate to,  
& gain support from each other without  
judgement.

Wednesday 26th Feb  
12pm-2pm  
Vale House, Vale Park  
New Brighton, CH45 1LZ

For more information contact [admin@thepositivitree.com](mailto:admin@thepositivitree.com)



## GETTING DRESSED JUST GOT EASIER!

***Our adaptive clothing for injury and post surgery recovery make dressing a breeze!***

Our hook and loop t-shirts enable you to continue your usual daily activities, leaving you feeling confident and comfortable during your recovery.



# WIRRAL CARERS HEALTH & WELLBEING SERVICE

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## NEW COURSE OFFER!

Wirral Lifelong Learning Service

### Level 2 Introduction to Attention Deficit Hyperactivity Disorder - ADHD

You will learn:

- The history of ADHD
- The 3 types of ADHD, and their characteristics
- Diagnosis, treatment and management of ADHD, plus co morbid conditions
- Methods and strategies to support children with ADHD
- Local support groups and the EHCP process

This Open Awards qualification is aimed at Wirral residents, 19+, who are able to learn at Level 2. The course will enhance your knowledge, and skills when working with or supporting children with ADHD

#### Course Details

Start Date:  
Friday 28th February

Time:  
10am-12pm

Venue:  
Lauries, Birkenhead

Length:  
10 weeks



METROMAYOR  
LIVERPOOL CITY REGION

BE MORE  
SKILLED



Ofsted  
Good Provider



REGISTER NOW



Contact Us

0151 666 3330

[lifelonglearning@wirral.gov.uk](mailto:lifelonglearning@wirral.gov.uk)



Visit Our Course Website ↓ ↓

<https://courses.wirralglobal.net/AvailableCoursesList.asp>

SCAN HERE



### Intro to Environmental Floristry



Starting: Monday  
24/02/2025  
Time: 10:00  
Duration: 5 weeks

Location: The Lauries

Enrol Now

### Intro to Psychology



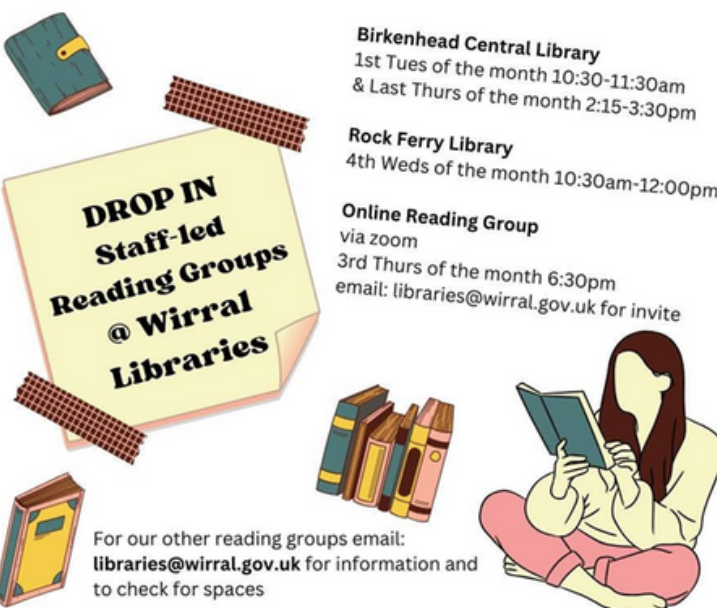
Starting: Tuesday  
25/02/2025  
Time: 09:30  
Duration: 5 weeks

Location: Next Chapter

Enrol Now

# WIRRAL CARERS HEALTH & WELLBEING SERVICE

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**DROP IN Staff-led Reading Groups @ Wirral Libraries**

**Birkenhead Central Library**  
1st Tues of the month 10:30-11:30am  
& Last Thurs of the month 2:15-3:30pm

**Rock Ferry Library**  
4th Weds of the month 10:30am-12:00pm

**Online Reading Group**  
via zoom  
3rd Thurs of the month 6:30pm  
email: [libraries@wirral.gov.uk](mailto:libraries@wirral.gov.uk) for invite

For our other reading groups email: [libraries@wirral.gov.uk](mailto:libraries@wirral.gov.uk) for information and to check for spaces



**FREE**

## WOMEN'S ONLY FITNESS SESSION

-Free Women's only Sessions  
-For Refugees Asylum Seekers & Ethnic Minorities

Thursdays 12:30pm - 1:30PM, at Prenton Park Gym CH42 9PY



**Premier League Fans Fund**



**Heart4Refugees**

To express interest:  
Call 0151608-2354 or  
Email [MaryF@TranmereRovers.co.uk](mailto:MaryF@TranmereRovers.co.uk)



## Friends of Flaybrick



# 2025 Guided Walks at Flaybrick

12 April  
10 May  
14 June  
12 July  
9 August  
27 Sept

Discover the fascinating stories of the past residents of Birkenhead.

Tree walks  
3 May  
1 Nov

Meet at the Chapel 10.45.  
Please wear appropriate clothing and footwear.  
Walks last 90 mins.  
£2 per person.



**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**



# WIRRAL CARERS HEALTH & WELLBEING SERVICE

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## GIRLS INDOOR FOOTBALL



## TRANMERE ROVERS RECREATION CENTRE

THURSDAYS: 4:15pm-5:15pm

Ages: 12-18

**FREE**

To book a place  
Email: [Louisee@Tranmererovers.co.uk](mailto:Louisee@Tranmererovers.co.uk) or  
Call: 01516082354



## LADIES!

INDOOR TRAINING BEGINS MARCH 7TH!



FOR MORE INFORMATION CONTACT

[INFO@IRBYCRICKETCLUB.COM](mailto:INFO@IRBYCRICKETCLUB.COM)

OR CONTACT CATHERINE MILES ON

**07548391950**

[www.irbycricketclub.com](http://www.irbycricketclub.com)



## Hoylake Parade Community Centre

[hoylakeparade31@gmail.com](mailto:hoylakeparade31@gmail.com) 0151 632 2889

## Popsy's Bistro

Open daily 10am-4pm

### Mon

U3A History  
Phonics with Robot Reg  
Keen to be Serene  
Ofittraining  
HAWK  
Pilates with Carrie  
Practical Spanish  
Louise Brown Zumba  
SOSA Dance Fitness  
WTN Language Classes  
Hoylake Art Group  
Wirral 11+ Ballet  
Nifty Ladies  
Mindful Monday Meditation

### Tue

U3A Creative Writing  
Caritas Bereavement Support  
Popcats  
Kickboxing  
SOSA Dance  
Practical Spanish  
Wirral 11+  
WTN Language Classes  
Upholstery  
French Conversation  
Love Pilates  
Community Pilates  
Swans Adult Ballet

### Wed

Kallish Meditation  
WTN Language Classes  
Community Pilates  
Dance Fit  
Practical Spanish  
U3A Ukulele  
Wirral 11+  
Pilates with Clara  
Yoga with Kate  
Dressmaking  
HAWK

### Thu

U3A Playreading  
Love Pilates  
Create Dance Wirral  
Wirral 11+  
WTN Language Classes  
Yoga with Kate  
Yoga for Everyone  
Yogasmths  
Silver Swans Ballet

### Fri

U3A History  
Popcats  
Yogasmths  
Rebecca Hunt Pilates  
Tiny Talk  
**Sat**  
Little Ninjas  
Little Lambs First Aid  
Dementia Together (fortnightly)

### Sun

Hoylake Evangelical Church

Check our Facebook and reception for details of all times, as well as non-weekly classes and events.

# WIRRAL CARERS HEALTH & WELLBEING SERVICE

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Merseyside Society for Deaf People

## Online Safety Advice

MSPC MP BS1 online safety video introduction  
**How to manage the risks**

Communicate See Share

There are lots of different ways to chat online.

Watch on YouTube

## New @ WEB

# Sunshine Parent & Carer Group

Are you a female parent or carer?  
Do you have a child under 18 or a child under 25 with SEND?\*

Would you like to access a free, safe, supportive, and non-judgemental space?

### What we offer:

- Activities designed for your wellbeing
- A chance to connect with other parents/carers
- Time to relax, recharge, and feel supported
- Free lunch included



\*Please note booking is required.  
See details below.

WEB Merseyside  
10-12 Bentinck Street,  
Birkenhead, CH41 4DY



Funded by Pathfinders

PRENTON PARK RECREATION CENTRE



## DEMENTIA FRIENDLY SOCIAL AFTERNOON

THURSDAY 1:30PM-3PM

FREE

- Quizzes and Bingo
- Low level exercise
- Cuppa and a chat

For people with Dementia and their carers



For more information:  
Call 0151608-2354 or  
Email [Community@tranmererovers.co.uk](mailto:Community@tranmererovers.co.uk)

Empowering brighter futures

Calling all menopausal women

Do you ever feel alone on your menopause journey if so, then join empowering minds for craft and conversations

from 4th March 25

10-12 until

8th April 25

At Carrbridge centre

Woodchurch

16 places available

to book on the Eventbrite link in description




Craft and conversations  
Building connections  
Making time for you



# WIRRAL CARERS HEALTH & WELLBEING SERVICE

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**FREE COURSE**



## ANXIETY IN CHILDREN

with Wirral Met College

This four week course will explore anxiety in children, the causes of childhood anxiety and ways to support your child experiencing anxiety.

You will receive a college certificate upon completion of the course.

**COURSE DETAILS:**

DATE: Friday 28th February - Friday 21st March (4 Week Course)  
TIME: 9:15am - 11:15am  
PLACE: Our Lady & St. Edwards Catholic Primary School, Price St, Birkenhead, CH41 8DU

This course is free to complete and won't affect your benefits. Book your place with the school.



**STRONGER TOGETHER**




Our groups provide a friendly, confidential space where, if you would like to, you can talk about any problems or worries you may have.

Pop in and join us for a cuppa 

- \* Monday mornings, 9.30am - 12pm, St. Joseph's Centre, Birkenhead, CH42 7JY
- \* Tuesday mornings, 9.30am - 12pm, The Quiet Space, Hoylake Community Centre, CH47 3AG
- \* Tuesday mornings, 9.30am - 12pm, St. Barnabas Centre, Bromborough, CH62 7AA

CALL LISA 07394 568 254  
OR LINDA 07824 329 340







## CREATIVE WRITING WORKSHOPS FOR CHILDREN

AGED 7-12

AT WALLASEY CENTRAL LIBRARY

STARTING SATURDAY 1ST MARCH 11AM TO 12.30PM FOR 5 WEEKS




## Diverse Dynamics

Free

# LADIES ZUMBA CLASS

Funded by  
Sport England and The National Lottery

**JOIN US EVERY WEDNESDAY AT 10AM**



Call 0151 6498177 for more details  
12 - 14 St Laurence Drive, Birkenhead, CH41 3JD

# WIRRAL CARERS HEALTH & WELLBEING SERVICE

Carer Linkworkers Making Caring Visible, Valued & Supported



## The Great Friendship Course

Do you want to learn the best and safest way to make great friends?

**Starting on Wednesday 5th March**  
10:30am - 12:00pm  
for 6 weeks

Call 0151 666 1829 to book your place!

*friends*

Course Fee is £5



## THE HISTORY OF NESS BOTANIC GARDENS

Open Meeting

Guest speaker  
**DR STEPHEN LYUS**



Heswall Hall

**FEB | 19<sup>th</sup> | 2025**

8pm



### NATIONAL APPRENTICESHIP WEEK 2025

#### Apprenticeships we offer:

<b>Level 2</b> <ul style="list-style-type: none"><li>- Accounts / Finance Assistant Apprenticeship</li><li>- Adult Care Worker</li><li>- Beauty Therapy</li><li>- Bricklayer</li><li>- Carpentry and Joinery</li><li>- Customer Service Practitioner</li><li>- Early Years Practitioner</li><li>- Hairdressing Professional</li><li>- Healthcare Support Worker</li><li>- Painter and Decorator</li><li>- Property Maintenance Operative</li></ul>	<b>Level 3</b> <ul style="list-style-type: none"><li>- Advanced and Creative Hair Professional</li><li>- Assistant Accountant Apprenticeship</li><li>- Business Administrator</li><li>- Craft Bricklayer</li><li>- Craft Carpentry and Joinery</li><li>- Customer Service Specialist</li><li>- Early Years Educator</li><li>- Installation and Maintenance Electrician</li><li>- Lead Adult Care Worker</li><li>- Plumbing and Domestic Heating Technician</li><li>- Senior Healthcare Support Worker</li><li>- Team Leader</li></ul>
<b>Level 4</b> <ul style="list-style-type: none"><li>- Lead Practitioner in Adult Care</li><li>- Learning and Skills Mentor</li></ul>	<b>Level 5</b> <ul style="list-style-type: none"><li>- Assistant Practitioner (Health)</li><li>- Leader in Adult Care</li></ul>

**SKILLS FOR LIFE**



## You're invited to our Financial Wellbeing Drop-In

Join us at **Unit 25A (Opposite Heron Foods), Cherry Tree Shopping Centre, 6-8 Cherry Square, Liscard CH44 5XU, , All Welcome - No Need to Book**

**Tuesday 18 February**  
10am to 3pm

For details and to book your space, please talk to us today email [nicholas.lynch@barclays.com](mailto:nicholas.lynch@barclays.com)

**Make money work for you**



# WIRRAL CARERS HEALTH & WELLBEING SERVICE

Carer Linkworkers Making Caring Visible, Valued & Supported

**WIRRAL WISE GUYS  
WALK & TALK**  
SUNDAY 23RD FEBRUARY AT 11AM

**WE WILL BE MEETING OUTSIDE  
THE WORLD MUSEUM**

**We have limited spaces available  
for Thursday night football  
therapy.**

**Please contact:  
Chris 07368 947749  
James 07716 046698**

WIRRALWISEGUYS.CO.UK

**SYC SHAFTES** Shaftesbury Youth Club **SYC SHAFTES**

**WHAT'S ON?**

60 MENDIP ROAD, PRENTON, CH42 8NU 9:30AM - 8:45PM  
 @shaftescommunity @shaftesyouthclub  
 /shaftesburyyouthclub

CLUBS	
<b>KIDS CLUB 6 - 12YRS</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)	

CONTACTS US (Community) Brian Voice bvoice@shaftes.org.uk 0151-608-7165	CONTACT US (Clubs) Nicole Monty nmonty@shaftes.org.uk
--	---

**LIVERPOOL  
RECORD  
FAIR**

**SATURDAY 22  
& SUNDAY 23  
MARCH  
2025**

**MUSEUM OF LIVERPOOL  
PIER HEAD  
L3 1DG  
10 - 5 PM  
FREE ENTRY**

# WIRRAL CARERS HEALTH & WELLBEING SERVICE

Carer Linkworkers Making Caring Visible, Valued & Supported



## FIRST AID TRAINING WIRRAL

Our next Emergency First Aid at Work courses,  
open to all, will be

Friday 28<sup>th</sup> February 2025

Friday 28<sup>th</sup> March 2025

09:00 – 16:00 (approx.)



Emergency First Aid at Work

Cost: £70 per person

Duration: 1 day

### Location

Equilibrium Northwest Family Hub, 130 St Anne St,  
Birkenhead CH41 13HX

Book now through the following ways!

Website: [firstaidtrainingwirral.co.uk](http://firstaidtrainingwirral.co.uk)

Email: [Lewiscajn@fatw.co.uk](mailto:Lewiscajn@fatw.co.uk)

Contact Number: 07903253552

# webuybooks

Looking for something to do that'll make you some extra money on a Sunday afternoon, without even

leaving your house? 💰

Download the WeBuyBooks app, scan your books' barcodes, and get instant prices! 📱



## Community Lunch!

Wirral Islamic Cultural Centre & Shahjalal Mosque warmly invite you to join us for lunch at:

Peri Shack 18-20 Grange Road West,  
Birkenhead CH41 4DA

Tuesday 18th February 1 - 3pm

Free Event, All welcome, RSVP to:

*Piara*

Community Support



Would you be interested in visiting Aintree Fire Station

Learn how the Firefighters use the equipment.

Take a look around and see what goes on  
and see specialised equipment.

Sit in the Fire Engine take photo.

**Friday 11th April 2025**

**11am**

**226-228 Longmoor Ln, Liverpool L9 0EN**

If you are interested  
please let me know so I can book you in.

[mcajn@msdp.org.uk](mailto:mcajn@msdp.org.uk)

# WIRRAL CARERS HEALTH & WELLBEING SERVICE

Carer Linkworkers Making Caring Visible, Valued & Supported



## Mind Over Natter

### MONDAYS

Parent Led, supported by CAMHS  
Join our friendly and welcoming support group for a natter and nibbles, visiting speakers and wellbeing activities!  
Our team can't wait to see you!

## Mondays

### February 2025

**17th February**  
Join us for a Vision board making session, yummy nibbles, and brews flowing freely.

**24th February**  
Chill and chat evening, with our usual yummy nibbles, and brews flowing freely.

Parent Get Togethers #TogetherWeAreStronger

Want to find out more?  
Just give us a buzz on 020 3143 4824  
@wirralmindovernatter



## WEN CRAFT DAY

Tuesday 4th March, 10am - 3pm

Come to WEN for a fun, creative day learning different crafts!

Watch demos and then have a go yourself.  
Craft packs and resources available for a donation.

Morning session 10am - 12pm	Afternoon session 1 - 3pm
 Rag rug  Earrings	 T-shirt bag  Animal blanket  Greetings card

Come for the morning, the afternoon, or both!  
Includes a lunch of homemade soup and cake, 12 - 1pm

To book a place, please email [wen@la21.net](mailto:wen@la21.net) or phone 0151 639 2121 and let us know which session(s) you want to take part in.

## Coffee, Cake & company



Are you looking for somewhere to meet an old friend, or maybe some new friends or perhaps just a nice place to sit for a bit and enjoy a drink and some cake?

Join us at Redbridge Quay sales office  
Wirral Waters  
Thursdays 11-1pm

IG: thewellww  
FB: The Well



## HYPE

### FREE! FAMILY FUN & FOOD

### FEBRUARY ACTIVITIES!

MONDAY 17TH - FAMILY TEAM CHALLENGES  
FRIDAY 21ST - CREATIVE FAMILY BUILDS  
MONDAY 24TH - WINTER ANIMAL THEME  
FRIDAY 28TH - A FUN SURPRISE!

TIME: 3:30PM-5:30PM AGE: ALL WITH FREE FOOD EACH SESSION!

HYPE CENTRAL PARK HUB,  
CH44 9AE



## 15 Foods You Can Regrow from Scraps

Don't throw away those old potatoes! There are lots of foods you can regrow from scraps - it's easy, free, and you don't need a lot of space to keep fresh produce ready all year long!



### Green Onion

Plant the bulbs in a pot or container garden so that the top of the stalk pokes out of the dirt



### Onion

Save the bottom piece of the onion that contains the roots! This one piece of onion can be used to re-grow two or more onions

### Kale

Once your kale plants are mature, clip off leaves as needed, starting with the larger leaves at the bottom of the stem



### Sweet Potato

Sweet potatoes are grown a little differently than regular potatoes. To regrow sweet potatoes, you plant the sprouts, or "slips"



### Leeks

Save bulbs with at least an inch or two of the stalk. Plant the bulbs in the ground with the stalk peeking out



### Ginger

Plant a piece of ginger root in a pot with soil, water, and wait for it to sprout

### Basil

Cut the stem, keeping a few leaves attached. Place in a jar of water to generate roots, then you can move to a planter



### Mint

Mint is a fairly easy plant to grow and spreads quickly on its own. You can regrow mint cuttings as you would basil



### Garlic

Simply bury the cloves under about an inch of soil and keep watered. The garlic is ready to harvest when it starts to turn yellow



### Rosemary

Cut a 3" piece from a mature plant. Strip the leaves from the bottom half of the cutting and plant that end in soil

### Potatoes

Cut a sprouting potato so that each chunk has an eye and a sprout. Plant with the eye facing up and cover with a few inches of dirt



### Cilantro

Like basil, cilantro can be regrown from cuttings. Once you have a mature cilantro plant, you can cut leaves as needed



### Romaine Lettuce

You can plant the bottom end of a head of Romaine in soil, water, and it will start to regrow leaves



### Celery

Celery can be regrown by saving the base and placing in a cup of water until leaves sprout. Then transfer the celery plant to a pot with soil

### Bok Choy

Bok Choy can be regrown just like romaine lettuce!



# WIRRAL CARERS HEALTH & WELLBEING SERVICE

Carer Linkworkers Making Caring Visible, Valued & Supported



## PLACES WHERE KIDS EAT FREE (OR FOR £1) FEBRUARY HALF TERM 2025



[moneysavingcentral.co.uk/kids-eat-free](https://moneysavingcentral.co.uk/kids-eat-free)

### MORRISONS

Spend £5 from the hot menu and get one free kids meal all day, every day.

### BILLS

Kids eat free Mondays - Fridays from Monday 17th - Friday 28th February 2025.

### PRETO

Kids up to age 10 eat free all day, every day with paying adults at Preto in Half Terms

### ASDA

Kids eat for £1 Daily at Asda cafes, with no adult spend required.

### LAS IGUANAS

Download the app and join 'My Las Iguanas' for free meals for mini Iguanas under 12.

### WHITBREAD INNS

Two kids under 16 eat for FREE with every adult breakfast purchased

### BEEFEATER & BREWERS FAYRE

Two children under 16 can get a free breakfast every day with one paying adult!

### TRAVELODGE & PREMIER INN

Buy 1 Adult Breakfast from just £8.99 & up to two kids eat breakfast for free

### SIZZLING PUBS

Every Monday to Friday, 3 - 7pm, kids' mains are £1 with every adult meal.

### TGI FRIDAYS

Kids Eat Free When 'Stripes Rewards Members' purchase any adult meal (Via

### GORDON RAMSEY RESTAURANTS

Kids under 8 eat FREE all day, every day

### IKEA

Kids get a meal from 95p daily from 11am

### BURGER KING

From Friday 14th - Friday 21st Feb 2025, Kids Eat Free with every adult meal purchased via the app.

### ZIZZI

From Monday 17th February until Sunday 2nd March 2025 kids eat free at Zizzi

### COCONUT TREE

One child (under 10) eats free every day Monday 10th - Sunday 23rd February 2025

### SAINSBURYS CAFES

Kids eat for £1 with the purchase of an adult hot main. From 11:30am every day.

### BELLA ITALIA

Children eat for £1 with any adult main. The offer is valid 4-6pm Sun to Weds. All Day Thursdays

### HARVESTER

From Monday 10th - Friday 28th Feb 2025, kids eat for £1 with every adult meal via the app

### TABLE TABLE

Two children under 16 get free breakfast daily with one paying adult!

### PAUSA CAFE @ DUNELM

Kids get 1 mini main, 2 snacks & a drink FREE with every £4 spend after 3pm

### BREWDOG

Pre-book online using code: **KIDS EAT FREE** and Kids under 13 eat free (various dates, see link)

### HUNGRY HORSE

Kids eat for £1 on Mondays

### THE REAL GREEK

Kids under 12 eat FREE Sundays with £10 spend

### SA BRAINS PUBS

Kids eat for £1 on Wednesdays

### FUTURE INNS

Under 5s eat for free with any adult meal.

## 75 THINGS TO THROW AWAY FOR QUICK DECLUTTERING

- Expired medications
- Old and worn-out shoes
- Broken or mismatched hangers
- Damaged or useless kitchen gadgets
- Dried-up paint cans
- Chipped or cracked dishes
- Outdated spices
- Unused cookware
- Takeout menus you never use
- Excessive coffee mugs
- Empty cleaning product bottles
- Worn-out bath towels
- Scratched non-stick cookware
- Expired canned goods
- Old magazines and newspapers
- Unwanted or duplicate kitchen utensils
- Unwanted promotional items
- Broken or incomplete board games
- Old, worn-out pillows
- Unused or expired gift cards
- Duplicate kitchen appliances
- Unnecessary paper clutter
- Damaged or outdated wall art
- Expired food in the pantry
- Old greeting cards
- Outdated software and CDs
- Expired batteries
- Broken or tangled headphones
- Scratched CDs and DVDs
- Unused pet supplies
- Old, worn-out handbags
- Broken phone cases
- Old, unused phone books
- Broken or outdated kitchen appliances
- Expired pet food
- Empty, dried-out nail polish bottles
- Unused wedding or party favors
- Outdated travel brochures
- Broken or incomplete puzzles
- Old, unused stationery and envelopes

- Expired makeup and skincare products
- Outdated electronics
- Torn or faded bed linens
- Empty candle jars
- Dried-up markers and pens
- Unused or broken jewelry
- Expired sunscreen and lotions
- Broken or outdated umbrellas
- Scratched and chipped glassware
- Broken holiday decorations
- Worn-out socks
- Outgrown children's clothing
- Receipts and bills over a year old
- Expired condiments in the fridge
- Old, outdated calendars
- Expired coupons
- Empty perfume bottles
- Duplicate kitchen gadgets
- Unneeded user manuals
- Expired tea bags
- Unworn or out-of-style clothing
- Old, worn-out bras and underwear
- Unused luggage or bags
- Outdated textbooks and reference materials
- Damaged or expired food storage containers
- Unwanted or broken holiday lights
- Outdated event tickets
- Worn-out gardening tools
- Broken or unused sports equipment
- Outdated calendars and planners
- Expired toiletries
- Empty and dried-out glue
- Scratched or broken sunglasses
- Old and broken cell phones
- Unused craft supplies



# WIRRAL CARERS HEALTH & WELLBEING SERVICE

Carer Linkworkers Making Caring Visible, Valued & Supported

## Pancake Day

TUESDAY 4TH MARCH



## Best Fluffy Pancake Recipe

### INGREDIENTS

All-purpose flour (1 ½ cups)  
Baking powder (2 ½ tsp)  
Salt (½ tsp), Sugar (1 tbsp)  
Milk (1 ¼ cups), Large egg (1)  
Unsalted butter (3 tbsp, melted)  
Vanilla extract (1 tsp, optional)



SPREAD  
LOVE



# WIRRAL CARERS HEALTH & WELLBEING SERVICE

Carer Linkworkers Making Caring Visible, Valued & Supported

## UPCOMING EVENTS!



**SING**  
**THE MUSICALS**  
WIRRAL'S FUN, FRIENDLY MUSICAL THEATRE CHOIR

Email or visit our website to book a **FREE TASTER**

Rehearsals every **Wednesday and Thursday 7.30-9pm**

The Bolton Room, The Bridge Inn,  
Bolton Road, Port Sunlight,  
Wirral CH62 4UQ

Including songs from Les Miserables, The Greatest Showman, The Lion King, Wicked and more!

[www.singthemusicalschoir.co.uk](http://www.singthemusicalschoir.co.uk)  
[info@singthemusicalschoir.co.uk](mailto:info@singthemusicalschoir.co.uk)

 Sing The Musicals Choir  @singthemusicals.choir



NESTON CIVIC HALL PRESENTS  
**MS RACHEL (TRIBUTE) & FRIENDS**

JOIN US FOR AN AWESOME VARIETY SHOW AT NESTON CIVIC HALL PROVIDED BY WISH UPON A PARTY!  
**23RD MARCH 2025 / 2PM-4PM**  
GET YOUR TICKETS FROM [NCCY.CHARITY/FLICKS-EVENTS](http://NCCY.CHARITY/FLICKS-EVENTS)





 **FEBRUARY HALF TERM**  
**TURN UP AND PLAY**  
**PRENTON PARK RECREATION CENTRE**  
**BOYS & GIRLS AGES 6-12**

**£5 PER SESSION**

**MONDAY**  
17TH FEBRUARY 1PM-3PM

**WEDNESDAY**  
19TH FEBRUARY 1PM-3PM

**THURSDAY**  
20TH FEBRUARY 1PM-3PM

[community@tranmererovers.co.uk](mailto:community@tranmererovers.co.uk)  
to book your place



THE CARLTON LITTLE THEATRE  
PRESENT...  
A CELEBRATION OF  
**DIVAS**  
8TH MARCH  
7.30PM  
THE STUDIO BAR  
£5 ADVANCE

INTERNATIONAL WOMENS DAY

# WIRRAL CARERS HEALTH & WELLBEING SERVICE

Carer Linkworkers Making Caring Visible, Valued & Supported



Heswall Disabled Children's Holiday Fund

## FUNdraiser EVENT

BAKE SALE, REFRESHMENTS, GAMES, TOMBOLAS AND RAFFLES

SUNDAY 9TH MARCH 1:30-4

**ST LUKES CHURCH**  
19 MARKET ST, HOYLAKE, CH47 2BF

CARD PAYMENTS ACCEPTED

- RESTAURANT VOUCHERS • GIFT VOUCHERS
- CINEMA TICKETS • SWEETS
- DAY OUT PASSES • AND MANY MORE...

TO SEE THE FULL LIST AND MORE INFORMATION

[WWW.HESWALLCAMPFUNDRAISERS.UK](http://WWW.HESWALLCAMPFUNDRAISERS.UK)

Ofsted Outstanding Provider



JACKSON'S ANIMAL RESCUE

## Easter Fun Day

BELLEVUE PARK

SATURDAY 12TH  
APRIL 2025

10AM-4PM

**FREE ENTRY FOR ALL**

INDOOR & OUTDOOR STALLS  
FOOD  
FAIRGROUND RIDES  
GAMES  
EASTER EGG HUNT

DOG SHOW  
DANCE SHOW  
CHOIR  
STREET MUSIC PERFORMANCES & MORE

BELLEVUE PARK,  
OFF BRADLEY ROAD, WREXHAM, LL13 7TG



Children's Easter Party  
Saturday 12th April 2025  
12pm - 3pm

Come and enjoy our Easter Party  
DJ with games.  
Facepainting/Fancy Dress  
Buffet

Adults £10.00  
Child £7.00

Please click the link and book your tickets  
Any problem, please email  
[mcaïn@msdp.org.uk](mailto:mcaïn@msdp.org.uk)



CHEF FAYE CAWLEY

## VEGAN SUPPER CLUB

COME AND ENJOY A SELECTION OF DELICIOUS MIDDLE EASTERN DISHES, THAT JUST HAPPEN TO BE PLANT-BASED! DINNER WILL BE SERVED FAMILY STYLE WITH A SPREAD OF HOT AND COLD PLATES, SHOWCASING FLAVOURS, TEXTURES AND INGREDIENTS FROM THE REGION. AND SOMETHING SWEET TO FINISH THE NIGHT. PRE-BOOKING WILL BE REQUIRED AND WE WELCOME GROUPS AS WELL AS SOLO DINERS.

TUESDAY 25TH FEB | £30  
| SITTINGS AT 5.30PM / 6PM / 7.00PM  
BOOK A SEAT NOW AT [WWW.INDIGOROCKFERRY.COM](http://WWW.INDIGOROCKFERRY.COM)

INDIGO CAFE  
136 BEDFORD ROAD, ROCK FERRY, CH42 2AS





## Getting enough sleep



### Are you getting enough sleep?

Having problems sleeping is common and can be a recurring issue when you care for someone. Occasionally having a disturbed night will affect you the following day, but if you are having trouble sleeping for longer than a night or two, then everything will seem harder.

You may find that you are constantly tired, drop off during the day, have trouble concentrating and making decisions, and start feeling depressed. Long-term lack of sleep may also increase your risk of having high blood pressure, diabetes and obesity.

## Carer's Credit

Find out what Carer's Credit is and how it could help you save for your pension if you are not earning or on a low income. We can help you find out if you're entitled to this benefit.

By claiming Carer's Credit, you can protect your National Insurance record which contributes to your State Pension. Carer's Credit can be helpful if you're not receiving Carer's Allowance or if you're not earning anything or taking a break from caring. You could also claim it if the person you care for does not receive particular benefits which would otherwise help cover your record.

## What is Carer's Credit?

You do not get paid any extra money if you claim Carer's Credit. However this benefit helps to protect your pension rights. It is very useful if you are caring for someone but not paying National Insurance (NI) contributions through paid work and if you are unable to claim **Carer's Allowance**.

If you claim Carer's Credit, rather than receiving a payment, you get a NI contribution credit to help protect your record.



factsheet

## Personal Independence Payment (PIP)



If you are looking after someone who has a disability or illness and is aged from 16 to below their state pension age, they may be entitled to Personal Independence Payment (PIP).

See [carersuk.org](#) for specific updates relating to Personal Independence Payment during the COVID-19 pandemic.

This information covers England, Wales, Scotland and Northern Ireland.

### Contents

What is PIP?	2
Who can claim PIP?	2
When can you claim PIP?	3
How much is PIP worth and how is it assessed?	4
How to claim PIP	10
If you have a terminal illness	15
What happens if you already get Disability Living Allowance (DLA)?	16
The decision	18
Challenging a decision	18
What to do if your circumstances change	19
Other help you may qualify for	20
Residence and presence	23
Further help	24



# A guide for unpaid carers: engaging with Integrated Care Systems

**November 2024**

# WIRRAL CARERS HEALTH & WELLBEING SERVICE

Carer Linkworkers Making Caring Visible, Valued & Supported

## CARERS TRUST



### Young Carers Action Day 2025 Theme Announced!

This year's theme is here! Find out what it's all about and how you can get involved to support young carers.



### Carers rely on local support, but it's at risk of disappearing

Our survey reveals why local carer services are at risk, and what needs to happen to stop it.

Take a look.

## PRESS RELEASES



9th January 2025

### Perfect storm of National Insurance rise and increased demand for support could force local carer organisations to close

Local carer services are at serious risk of closure from a perfect storm of National Insurance increases, rising demand for support and reduced capacity, new figures from Carers Trust show.



### 26% of NHS waiting lists are carers – Supporting carers is key to solving the crisis

The Prime Minister needs to prioritise carers to avoid worsening the crisis. Find out more.

## HAM PASTA SALAD

**SERVES: 4**

**PREP & COOK: 30 & 10 mins**

**TYPE: Quick lunch / Easy**

### INGREDIENTS

- 250g/9oz dried pasta of your choice
- 6 tbsp mayonnaise
- 1 tbsp runny honey
- 1 tsp English mustard
- 1 tsp dried chilli flakes (or 2 tsp Cayenne pepper)
- 100g/3½oz cooked gammon or ham
- 1 pepper (any colour), deseeded and sliced into short strips
- 6 spring onions, thinly sliced



### METHOD

- Cook the pasta according to packet instructions in boiling salted water. When cooked, drain thoroughly and set aside. (If using in packed lunches rinse the pasta in a sieve under cold running water until cold.)
- In a large bowl, mix the mayonnaise, honey, mustard and dried chilli flakes together.
- Add the cooked pasta, ham, pepper and spring onions and toss well together.
- Season with salt and pepper to taste and serve. (If taking for a packed lunch, put into a lidded container and keep cool.)

## VANILLA MUG CAKE

**SERVES: 1**

### METHOD

- Set aside a good-sized, microwaveable mug to bake the cake in. Add the butter and milk to another microwaveable mug and microwave on high in 10 second increments, swirling the contents after each blast, until the butter is melted.
- Stir in the vanilla, followed by the sugar then the flour, baking powder and salt. Beat in the dry ingredients with a fork until there is a fairly smooth mixture. Scrape the mixture into the clean mug.
- Sit the mug in the centre of the microwave and cook for 1 minute on high (for an 800W microwave, adjust timings for other wattages). If the sponge is firm to the touch, it is ready. If not, continue microwaving in 10 second increments until cooked.
- Serve warm in the mug with ice cream, cake frosting or a dollop of jam or lemon curd.

### INGREDIENTS

- 20g/1¾oz unsalted butter or dairy-free spread
- 3 tbsp milk or dairy-free milk
- ¼ tsp vanilla bean paste or vanilla extract
- 2 tbsp caster sugar
- 4 tbsp plain flour
- ¼ tsp baking powder
- pinch salt
- ice cream, cake frosting, jam or lemon curd, to serve



# 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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**Questions or comments?**

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