


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


Dementia Awareness Training

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


 Thursday 27th March

 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



CYBER CRIME SESSION

In partnership with Merseyside Police, we will be delivering a session on Cyber Crime Awareness and how you can protect yourself.

THURSDAY 13TH MARCH, 1PM-3PM

ST JAMES CENTRE, 344 LAIRD STREET, BIRKENHEAD, CH41 7AL


The session will be covering...

- Digital footprint and data leakage
- Social media red flags
- Public Wi-Fi and rogue access points
- Advice from the bank
- Location tracking and DA victims
- Hacking and passwords
- Phishing
- Risk of online dating
- Sextortion
- Cyber bullying and offences
- Computer misuse acts
- Reporting cyber crime



CONTACT US TO BOOK - BOOKING IS ESSENTIAL



 0151 670 0777

 cws@wired.me.uk

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




FREE training for Carers!

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 March, 1pm-3pm

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

HOW TO BOOK...

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

 0151 670 0777

 cws@wired.me.uk



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 17th March

 10am-12pm

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

Contact us to book your FREE space, booking is essential



Free refreshments will be provided

 cws@wired.me.uk

 0151 670 0777



9-15 June 2025



What is Carers Week?

Carers Week is an annual campaign to raise awareness of caring, highlight the challenges unpaid carers face and recognise the contribution they make to families and communities throughout the UK. It also helps people who don't think of themselves as having caring responsibilities to identify as carers and access much-needed support.

The campaign is brought to life by thousands of individuals and organisations who come together to provide support for carers, run activities, highlight the vital role carers play in our communities and draw attention to just how important caring is.

This year the theme is '**Caring About Equality**' highlighting the inequalities faced by unpaid carers, including a greater risk of poverty, social isolation, poor mental and physical health. Far too often, carers of all-ages miss out on opportunities in their education, careers, or personal lives, just because of their caring role. Get involved in Carers Week 2025, and together let's work towards an equal society, where carers are truly valued, recognised and supported.

[Read more](#)

WIRRAL CARERS HEALTH & WELLBEING SERVICE

Carer Linkworkers Making Caring Visible, Valued & Supported

wirralview

Government agrees financial support for Wirral Council

20 February 2025



Central government has confirmed that a Wirral Council request for Exceptional Financial Support (EFS) has been agreed in-principle.

YMCA Wirral presented with the Borough's highest honour

20 February 2025



Bebington allotments site set for expansion



Further government funding secured for children's social care reform



Wirral's online mental wellbeing hub for children and young people

The Mancunian steam train in North Wales this weekend



The Mancunian (Image: The Railway Touring Company)

The Mancunian will be travelling from Manchester to Holyhead this Saturday (March 1) and will be heading along the North Wales coast mainline.

According to the Real Time Trains website, it departs Manchester Victoria shortly after 9.30am, and will be stopping at Chester at 12.29 to pick passengers up. The train passes Shotton at 12.45pm, Rhyl at 1.08pm, Colwyn Bay at 1.22pm before stopping off Llandudno Junction for around half an hour.

[READ MORE >>](#)

WirralGlobe

The market will take place on the first Sunday of the month



wirralglobe.co.uk

New village market to come to Port Sunlight this spring



FRAUD

Merseyside Police join nationwide initiative to tackle fraudsters



HEALTH

Government funding boost for Wirral hospices

WIRRAL CARERS HEALTH & WELLBEING SERVICE

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Social Support and Friendship

March 2025

MONTHLY CALENDAR

DEMENTIA FRIENDLY ACTIVITIES & EVENTS

Our calendar is also available on our website

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

07935 797445 Mon – Thu or admin@dementiatogetherwirral.org

07894 466822 Tue – Fri or 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 806 2008	0151 677 6557
CW&C (E Port & Neston)	0300 123 7034	01244 977277

WHAT'S ON THIS MONTH?

MARCH 2025

- 1st Sat** **MEMORY CAFÉ (with activities) at Popsy's HOYLAKE**
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** **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
- 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 along 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
- 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** **WEST KIRBY MEMORY CAFÉ – Marine Place **** NEW CAFÉ ******
First Thursday of each month at 10.30am to 12.00pm. 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
- 6th Thur** **MEMORY CAFE 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
- 7th Fri** **MEMORY CAFÉ at Barncroft Sheltered Housing In partnership with Magenta Living**
First Friday of each month 10.30am to 12.00pm
Magenta, Barncroft, Larchwood Close, PENSBY CH61 6YH
- 11th Tues** **'WALKING FOR THE MIND' A Walk Around the Lakes of Birkenhead Park return to the Visitor Centre after the walk.**
Second Tuesday of each month at 2.00pm to 3.30pm approx. Suitable for wheelchairs and dogs. Meet at the visitor centre Birkenhead Park, Park Road Birkenhead CH41 4HY at 2.00pm.
- 11th Tues** **Lunch and activities (Autumn Crafts)**
In partnership with MHA EP&N Community Dementia Wellbeing Group
Second Tuesday in every month at 11am to 1.30pm
Little Sutton Methodist Church, 330 Chester Road, Ellesmere Port CH66 1NL

LATEST NEWS FROM DEMENTIA TOGETHER WIRRAL

WELCOME TO JOHN!!

a very warm welcome to our new Chair of the Board of Trustees John Rowson. John has been a trustee and chair for many years at the Citizen Advice Wirral and is looking forward to meeting you at some of the cafes and events over the coming months.

DEMENTIA INTEREST EVENTS OFFERED BY OTHERS

NESEM – 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

DEMENTIA 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@trancrofters.co.uk

THE LIGHT CINEMA – Thursday 6th March 2025. Dementia friendly showing of 'Bridget Jones – Mad About the Boy'. 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

DEMENTIA WORKSHOP – Last Friday of each month, (28th March) 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. House of Memories, Museum of Liverpool Pier Head Liverpool L3 1DG

DEMENTIA 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 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 a space to chat about their caring role. www.flourishwellbeinghub.org
Victoria Central Hospital, 2nd Floor, Wing A, Mill Lane, Wallasey CH44 5UF

SINGING CAFÉ AT TRINITY METHODIST CHURCH – ELLESMERE PORT

Song sheets provided, all levels welcome. Come along for music, laughter, fun and refreshments. On the last Wednesday of the month at 10.30am.
Trinity Methodist Church, Whitby Road, Ellesmere Port CH65 0AB

- 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, Thurston CH61 0HN
- 13th Thur** **MEMORY CAFÉ (with activities) at Parkgate & Neston URC Community Hall**
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
- 15th Sat** **MEMORY CAFÉ (with activities) at Popsy's HOYLAKE**
Third Saturday of each month at 2.00 to 4.00pm
Popsy's, Hoylake Community Centre, The Parade, Hoyle Road, Hoylake, CH47 3AG
- 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 'Ellie Grace'**
Third Tuesday of each month at 2.00 to 3.30pm
Windsor Close Community Centre, Windsor Close, New Ferry CH62 5BZ
- 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 Plas Newydd North Wales**
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 info@dementiatogetherwirral.org
- 27th Thur** **MEMORY CAFÉ (with activities) at Parkgate & Neston URC Community Hall NESTON**
The amazing 'Sing Me Merseyside Choir'
Fourth Thursday of each month at 2.00 to 4.00pm
P&N URC Church, Moorside Lane (off Parkgate Road, Neston CH64 6UZ

catch 22

Are you a military spouse and ready to launch your career?

Joining Forces has got you covered with our 4 week employability programme 🚀

What you'll get:

- ✓ 4 week employability skills course
- ✓ 1:1 career coaching
- ✓ 6 months of in-work support
- ✓ Bursary for interview clothing, travel costs and required equipment

So, if you're unemployed and ready to launch your career then sign up today!



JOINING FORCES

**Are you a military
spouse looking to
kickstart your career?**

WIRRAL CARERS HEALTH & WELLBEING SERVICE

Carer Linkworkers Making Caring Visible, Valued & Supported



Free bike checks in New Brighton

Get your bike checked for free by our expert mechanics at our event on 28 February.

**Be a realistic optimist.
Focus on what could
go right**

ACTION FOR HAPPINESS



**YOUR
CALL.**

NHS
North West
Ambulance Service
NHS Trust



Issue 23

NEW EDITION OUT TODAY

A [new edition](#) of Your Call magazine is here. This issue features inspiring stories, from heartwarming experiences to tales of courage and resilience.

Staff members Laura and Jeff bravely share their stories of vulnerability and determination. Laura talks about how a routine smear test saved her life, and Jeff openly talks about his prostate cancer diagnosis. Their stories are ones of hope, and they shine a light on the importance of awareness and early cancer detection. They remind us of the importance of listening to our bodies, advocating for our health, and finding support where possible.

We also introduce you to Kriss and his son Noah, who was born prematurely. Kriss shares his journey as a dad through Noah's birth, who was born weighing just 905 grams – less than a small bag of sugar!

In addition, our volunteers play an important role in everything that we do and without them, our services could not function. We interviewed Community First Responder Kamran, who talks about his volunteer journey.

We hope [Your Call](#) helps show you who we are and what we do and keeps you connected to us. Enjoy the read.

If you have any comments or feedback, email communications@nwas.nhs.uk.

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healthwatch

EmpowerED

ADULT EATING DISORDERS
PROVIDER COLLABORATIVE
NORTH WEST

www.empowerednw.nhs.uk

**LEVEL
UP**

Cheshire & Merseyside
Young People and Families
Provider Collaborative
www.levelupcm.nhs.uk

NHS

Cheshire and Wirral
Partnership
NHS Foundation Trust

Community Champions- Hear My Voice

Including Health Care Passport and Awareness Cards

We are delighted to invite you to our event featuring:

- Hear My Voice Films
- Marketplace
- Health Care Passport
- Awareness Card
- Break with refreshments

**SCAN ME
TO SIGN
UP**



WHEN?

Thursday 27 March

WHERE?

Gateway, 85-101 Sankey Street,
Warrington, WA1 1SR

TIME

10.00am- 2.00pm

If you would like to learn more
about Lead Provider
Collaboratives visit our
websites:

www.empowerednw.nhs.uk /
www.levelupcm.nhs.uk



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LEVEL UP

Cheshire & Merseyside
Young People and Families
Provider Collaborative
www.levelupcm.nhs.uk

What is Level Up?

Level Up, Cheshire and Merseyside, Young People and Families Provider Collaborative is the new model for delivering specialised mental health services where commissioners, providers and experts by experience work hand in hand to provide the best possible care for our service users and ensure that they receive the support they need as close to their home as possible.

Our Level Up Experts by Experience are at the heart of everything the Lead Provider Collaborative (LPC) is striving to achieve. This means that in addition to being able to shape services across Cheshire and Merseyside through the forum here will also be opportunities to:

- Improve literature/online information so that it is helpful, easy to read and accessible
- Design surveys to allow Young People to feed back
- Create content/artwork for the Level Up Lead Provider Collaborative website and newsletters
- Support planning and/or attend community engagement events across Cheshire and Merseyside
- Engage in a way that you feel comfortable
- Attend key decision making meetings as a voice of the forum

Now is the time to Level Up!

If you have experience of specialised mental health inpatient services, we want to hear from you.

Help us to give young people a voice to influence and shape specialised mental health services across Cheshire and Merseyside through effective communication.

You do not require any formal qualifications to join the Level Up Expert by Experience Forum.

If you would like to get involved please visit: www.levelupcm.nhs.uk or scan the QR code:



Interested in joining our Parent and Carer forum?

The Level Up Parent and Carer Forum is open to all parents and carers whose young people are currently accessing or have previously accessed children and young people's specialised mental health services.

The forum is a safe space for parents and carers to meet people who have similar experiences and to share views, insights and feedback of the mental health services.

Joining the forum will enable you and other families to effect positive change and truly make a difference to services providing specialised mental health care to young people.

If you are interested in joining please scan the QR code or visit: www.levelupcm.nhs.uk/carers



If you are not sure, would like more information or need support filling in the form please contact our Carers Ambassador: cwp.levelup.carers@nhs.net



liverpoolphil.com



Saturday 8 March 11am - 5pm

Liverpool Philharmonic Music Industry Careers Fest 2025

Delivered in partnership with **Universal Music, Spotify, UK Music, AdLib, PLASA, LIPA, Revere Arts and LIMF Academy.**

Interested in working in music but don't know where to start? Or maybe you know someone who is? Get inspired at Liverpool Philharmonic's Music Industry Careers Fest!

Whether you are interested in performing, composing, songwriting, sound engineering, technical and production, music journalism, recording, management, music education or creative health, Careers Fest has something for you!

Learn more about opportunities in the field, meet industry professionals and kick start your musical career. The day will be packed with hands-on workshops, fascinating demonstrations and talks from industry experts, covering everything you'd want to know about working in the music industry.



Looking for volunteers for research on HRT & cognition

Brighton & Sussex Medical School are planning a study on the potential cognitive benefits of Hormone Replacement Therapy (HRT). First, we need to see if our research methods work!

We are looking for **women aged 35-70 who have been newly prescribed HRT in the last 6 months.**

You will receive **£10 voucher (plus £30 voucher for optional interview)**

We will ask you to try out **online** questionnaires and memory & thinking tasks (90mins approx.) and give your feedback.

Interested? For more information:

scan the QR code: or email the researchers at:



e.budden@bsms.ac.uk



WIRRAL CARERS HEALTH & WELLBEING SERVICE

Carer Linkworkers Making Caring Visible, Valued & Supported

♥ Welcome to It's Not Gossip ♥

We are passionate about helping to tackle the domestic violence epidemic. We are a new organisation with a mission to empower salon professionals to recognise the signs of domestic violence and support their clients compassionately and effectively.

Why salons? Because they're more than just places for beauty—they're trusted spaces where real conversations happen. We believe salon staff can play a pivotal role in creating safer communities.

We'll be offering training and resources to help salons become safe havens for their clients, turning everyday interactions into life-changing opportunities.

Join us for an empowering evening celebrating the launch of **It's Not Gossip**. We would love to see you there ♥



It's Not Gossip

LAUNCH NIGHT

Friday 7th March 7pm

Oxton Cricket Club
3 Townfield Lane
Prenton
CH43 2LH

Special Guest Singer
DANIELLE LOUISE THOMAS

FANTASTIC RAFFLE PRIZES

Tickets £5 contact, It's Not Gossip, via Facebook or

New Ferry Residents Petition Council To Improve Pedestrian Underpass



ipetitions.com

Download our free growing guide and learn how to sow, grow and save money. Start your growing journey today



FREE GUIDE

GET GROWING GUIDE

A Salvation Army guide to sowing and growing

A registered charity in England and Wales (214779) and Scotland (SC009359)



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Wirral
Talking Therapies

Drop-in Timetable



Our drop-ins are for anyone who wants help with a referral, or more information about our service. See below for our monthly timetable:

Location	Day of month	Time
Marine Lake Wellbeing Centre - Age UK Cafe	Second Friday	10am - 2pm
Birkenhead JobCentre Plus (book with Job Coach)	First Friday	10am - 2:30pm
Tomorrow's Women (Women only)	Last Thursday	1:30 - 5pm
Wirral Change	Last Monday	11am - 1pm
Flourish Wellbeing Hub	First Wednesday	9:30am - 11:30pm
Heart4Refugees - Grange Baptist Church	Third Friday	12:30 - 2:30pm

Time to kickstart
your career?
Come find
your future
at **Launchpad**,
a Jobs & Careers
Fair for young
people aged 16-25.



Where: Floral Pavilion, Marine Promenade,
New Brighton, CH45 2JS

When: Wednesday 5 March, 1 - 5pm



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BOOK YOUR SPOT -

MAR 2025 **spark**



MENTORING CIRCLE: FTW TRAINING

06/03/2025 | 1PM-3PM

Meet one of the UK's top forklift truck training providers, learn what it takes to get certified, explore career opportunities, and discover how to kick-start your journey—plus, get booked onto a course!



CAREER EXPO: PEEL PORTS

12/03/2025 | 10AM-3PM

Explore exciting career opportunities with Peel Ports! Discover a range of roles, from terminal operations to engineering, and learn about the skills and qualifications needed to thrive in this dynamic sector. Meet industry professionals, gain valuable insights, and take the next step toward a rewarding career in maritime logistics!



BOSS YOUR BUSINESS

BOSS YOUR BUSINESS

04/03/2025 | 10AM-3PM

Boss Your Business is a 6-week programme that helps you explore your ideas, learn the basics, and decide if entrepreneurship is your path. No pressure—just opportunities to dream big and get a level 2 qualification!



The Hive, Bright St, CH41 4EA

07840 843 950



Employment Plus

“Are you 18+, not in work, and not actively seeking work right now? If so, The Salvation Army may be able to help you”

“Employment Plus” is a programme in Liverpool City Region which can help **“Economically Inactive”** residents to become ready for work.

Delivered across Liverpool, Sefton, Knowsley, St Helens, Halton and Wirral.



We provide tailored support to help residents overcome barriers and achieve their personal goals.

Support is set at a pace that is comfortable to each individual.

Weekly one to one support, with options for phone or virtual appointments as well as face to face.

Structured in-work-support available, to enable those who secure work to sustain it.

To speak to our team or to access this support, please call 07469 659213 or email Employmentplus.Liverpool@Salvationarmy.org.uk

This project is funded by the UK Government through the UK Shared Prosperity Fund with the Liverpool City Region Combined Authority as the lead authority.

Funded by UK Government



LIVERPOOL CITY REGION

METRO MAYOR LIVERPOOL CITY REGION

Registered Charity No. 213174, and in Scotland SC037691

Wirral Hospice St John's Furniture Appeal



FREE van collection across Wirral postcodes:
0151 334 2558 | van@wirralhospice.org
wirralhospice.org/charityshops



Wirral Hospice St John's

wirralhospice.org
 Registered Charity No. 510643

WIRRAL CARERS HEALTH & WELLBEING SERVICE

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FREE KIDS CALENDAR

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>1.30 - 2.15 mini makers mondays EXPLORING ARTS AND CRAFTS FOR OVER 2S THEIR GROWN UPS.</p> <p><small>FOR UNDER 5S</small></p> <p>Have a look our social media for special events and activities</p> <p>3.30 - 5 community dinner SHARED FOOD AND PLAYTIME IN THE LIBRARY. EVERYONE WELCOME.</p> <p><small>FOR THE KIDS</small></p>	<p>10.30-11.15 little librarians COSY INTERACTIVE STORYTIME IN THE LIBRARY</p> <p><small>FOR UNDER 5S</small></p> <p>1.15 - 2 prewalker playtime SENSORY, MESSY AND MUSICAL ACTIVITIES FOR OUR LITTLEST FRIENDS</p> <p><small>FOR UNDER 5S</small></p> <p>4 - 5.30 kids club AFTER SCHOOL CLUB, WITH ARTS, CRAFTS, AND GAMES</p> <p><small>FOR THE KIDS</small></p> <p style="background-color: orange; color: white; padding: 2px;">starts march!</p>	<p>9.15 - 11 tots, tea, and toast PLAYTIME FOR LITTLE ONES, HOT DRINKS AND CHATS FOR GROWN UPS</p> <p><small>FOR UNDER 5S</small></p> <p>check out our kids play area in the library. Open 10am - 4pm Monday - Friday</p> <p>4 - 5.30 baking club LEARN TO BAKE YUMMY TREATS IN A QUIETER SESSION. BOOKING REQUIRED.</p> <p><small>FOR THE KIDS</small></p>	<p>1.15 - 2 messy play ALL THINGS CRAFTY AND MESSY. EXPLORING CREATIVITY.</p> <p><small>FOR UNDER 5S</small></p> <p>We have family connectors here. Ask the team for a chat.</p> <p>4 - 5.30 baking club LEARN TO BAKE YUMMY TREATS. BOOKING REQUIRED.</p> <p><small>FOR THE KIDS</small></p>	<p>Families eat free in our community cafe every school holiday! 10am - 2pm</p> <p>Would you like to volunteer with the kids? Chat to the team!</p> <p>4 - 5.30 baking club LEARN TO BAKE YUMMY TREATS. BOOKING REQUIRED.</p> <p><small>FOR THE KIDS</small></p>
<p>0151 670 9974 St James Centre, 344 Laird Street, Birkenhead, CH41 7AL</p>				



EARLY YEARS ACTIVITIES

JANUARY- MARCH 2025

Monday	<p>1:30-2:15 PM: MINI MAKERS (ARTS AND CRAFTS) NEW SESSION!</p> <p>A new session for little hands to get creative! A different child-led craft each week, focusing on mark-making and fine motor skills. For over 2s</p>
Tuesday	<p>10:30-11:15AM: LITTLE LIBRARIANS</p> <p>Get cosy in the library for an interactive story time and the chance to check out a book to take home. Don't worry if you're not library registered, we can get you started! For 0-5's</p>
Wednesday	<p>1:15- 2:00PM : PRE-WALKERS PLAYTIME NEW SESSION!</p> <p>Sensory, messy and music activities specifically for our littlest friends and their grown-ups. For under 2's</p> <p>9:15- 11:00AM: TOTS, TEA AND TOAST</p> <p>We can't wait to welcome you all back for our Wednesday morning stay-and-play! Music, play, toast and a hot drink for the grownups. For 0-5's</p>
Thursday	<p>1:15- 2:00PM: MESSY PLAY</p> <p>Messy, taste-safe sensory play perfect for littler ones. Bring a change of clothes and a towel! For 0-5's</p>

The St James Centre, 344 Laird Street, Birkenhead, CH417AL

WIRRAL CARERS HEALTH & WELLBEING SERVICE

Carer Linkworkers Making Caring Visible, Valued & Supported



Not sure what to do with your unwanted clothes? Gather them up, get your free postage label, and send them to us for free. It's as easy as that!

Start the
new year
clutter
free!



Donate Items By Post For Free

Having a sort out?
ORDER YOUR FREE BAG



WIRRAL CARERS HEALTH & WELLBEING SERVICE

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FREE ONLINE MODULES:

- Using your device
- Using email
- Staying in touch
- Online entertainment
- Employment & work
- Managing your money online
- Using the internet
- Safety & security online
- Spending money online
- Working with Office programmes
- Managing your health online



Develop your digital skills FOR FREE!

Log on & Register for full access
www.learnmyway.com

Choose to learn via:
'support from an online centre'
& enter the library name you are learning in.

Our volunteers are also on hand to help throughout the week - enquire within!

Free Information Technology (IT) Volunteer Help - Birkenhead Central Library - Wirral Libraries

Do you know anyone who needs help with using computers? Wirral libraries has free Information Technology (IT) Volunteer help available.

Nothing is too much trouble. Need help filling in a form, scanning a document, setting up a new phone, ANYTHING techy just head to Wirral Libraries for support.

When

Mondays - 10am to 1pm and 2pm to 4pm
Tuesdays - 10am to 1pm and 2pm to 5pm
Wednesdays - 10am to 1pm and 2pm to 5pm
Thursdays - 2pm to 5pm
Fridays - 10am to 1pm

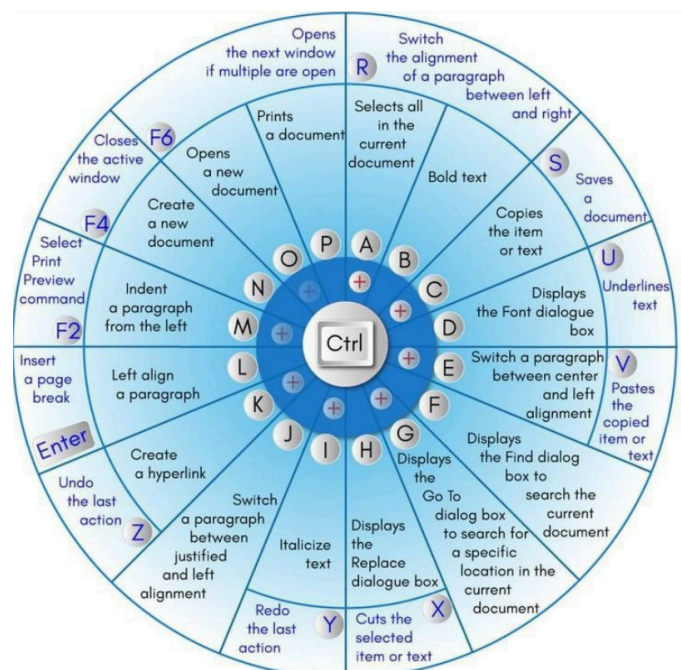
Where

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

Cost

This is Free

What do the FUNCTION keys on a keyboard do?





60 THINGS TO THROW AWAY RIGHT NOW

(DECLUTTER CHALLENGE)

In the Kitchen

1. Expired spices and condiments
2. Chipped mugs and plates
3. Plastic containers with missing lids
4. Old takeout menus (you can find them online!)
5. Duplicate utensils you never use

In the Bedroom

Worn-out socks with holes
Clothes you haven't worn in a year
Extra hangers cluttering your wardrobe
Single earrings with no match
Old, flat pillows

Random Miscellaneous Clutter

Old greeting cards (unless sentimental)
Freebies /promotional items you don't use
Half-used candles with no scent left
Duplicates of items you don't need
Empty gift bags you never reuse

Digital Clutter

1. Old screenshots you don't need
2. Unused apps taking up space
3. Hundreds of unread emails
4. Duplicate or blurry photos
5. Subscriptions you forgot about

In the Bathroom

Expired skincare and makeup
Dried-up nail polish
Empty or shampoo bottles
Broken hair ties and stretched-out scrunchies
Old toothbrushes

For Parents/Kids' Stuff

Broken toys
Clothes your kids have outgrown
School papers you don't need to keep
Dried-out markers and crayons
Random Happy Meal toys

In the Office/Desk Area

Pens that don't work
Old notebooks you don't need
Expired coupons
Outdated receipts and bills
Mystery keys you don't know what they open

Sentimental Clutter

Unused wedding favours
Old textbooks from school
Dried flowers from years ago
Unwanted gifts you're keeping out of guilt
That one project you swear you'll finish but never do

1.

@TANYAHOMEINSPO

In the Living Room

DVDs/CDs you never watch or listen to
Random cables you don't use
Old magazines and newspapers
Board games with missing pieces
Throw blankets that have seen better days

In the Closet/Wardrobe

Shoes that hurt your feet
Bags you haven't used in years
Scarves & accessories you forgot you had
Old belts that don't fit
Clothes that need repairs (but you never fix them)

Garage, Storage, and Junk Drawer

Old holiday decorations you don't use
Dead batteries
Rusty tools
Expired cleaning products
Anything "just in case" that hasn't been touched in years

Mental Clutter (Let it Go!)

Guilt over getting rid of things
Unfinished projects that stress you out
Toxic social media accounts
Worrying about what people think
The idea that decluttering has to be perfect

WIRRAL CARERS HEALTH & WELLBEING SERVICE

Carer Linkworkers Making Caring Visible, Valued & Supported

UPCOMING EVENTS!



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.
mcaïn@msdp.org.uk




Supporting children and young people living with cerebral palsy in your local area

Saturday 8th March, 9am - 4pm
Cherry Tree Shopping Centre, Wallasey, CH44 5XU
Tombola - Raffle - Face Painting
Independent Stall Holders (Get in touch if you'd like to join us)

Entertainment times:

Stilt Walker 10am & 11am	Choir 12pm	Choir 1pm & 2:15pm
		

FR Registered with FUNDRAISING REGULATOR Stick n Step - Registered charity number 136997
Croxeth Avenue, Wallasey, Wirral, CH44 5UL. 0151 638 0888
Tudor Hall, York Street, Runcorn, WA7 5BB. 01928 573777 www.sticknstep.org

BUY TICKETS NOW!

EASTER PARTY

Kids Under 2 Free

- Bouncy Castle
- Egg Treasure hunt
- Free Activities
- Refreshments
- Raffle/Tombola
- Mascots
- FREE ENTERTAINMENT
- Free Creme Egg
- FREE PRIZES
- Adults/Children Welcome

SWIFT & STYLES

**21ST APRIL 12-3, WHITBY SPORTS AND SOCIAL CLUB
ELLESMERE PORT, CH65 6QF**

WWW.CHARACTERWAREHOUSE.CO.UK

WIRRAL REPAIR CAFE

**Saturday 1st March
2 - 4 pm**

 Garden tools	 Electrical appliances	 Computers, games consoles & other tech	 Bicycles
 Clothing & textiles	 Ornaments	 Toys	 Costume jewellery
 Wooden items	 Watch straps & batteries	 Soldering	 Sharpening

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

WIRRAL CARERS HEALTH & WELLBEING SERVICE

Carer Linkworkers Making Caring Visible, Valued & Supported



Martial Fitness Club

Community Fitness Classes for all abilities
Every Wednesday 6pm in The Old Laundry.

*Age 8+

It doesn't matter how fit you are so long as you want to improve. It doesn't matter if you have a disability so long as you can stand (even if that's aided). You don't have to have exercised before.

You set your pace. You do as much as you want. We will encourage you to do more but it's always your choice.

Nobody will shout at you. Nobody will shame you. You don't need special clothes.

*8-14 year olds MUST train with an adult.

A colorful advertisement for an Easter event at Whitegate Animal Sanctuary. It features a white duck in the top left and two brown chickens in the bottom right. The text is arranged in a circular pattern around a central white area. A yellow circle in the top right says '£5 per child, parents go FREE!'. A green circle in the bottom left says 'Face painting, crafts, games and races, and an EASTER EGG HUNT!'. The event date and time are '12TH OF APRIL 10AM-1PM'. A QR code is in the bottom right corner.

WHITEGATE ANIMAL SANCTUARY

EASTER EVENT!

St Luke's Church, Market Street, Hoylake

12TH OF APRIL 10AM-1PM

Find us on Facebook @Whitegate Animal Sanctuary, Wirral to get your tickets!

Face painting, crafts, games and races, and an EASTER EGG HUNT!

£5 per child, parents go FREE!

WHITEGATE ANIMAL SANCTUARY

Wirral Postcard & Local History Fair

Sunday 9th March 2025

10am - 3.30 pm. Entrance -£1

Thornton Hough Village Hall, Manor Road, CH63 1JB
Organised by Wirral Postcard Club
Contact: 01244 880904 or 07741 316847
Facebook: Wirral Postcard Club (Official)



INDOOR CAR BOOT SALE SECOND SUNDAY EACH MONTH

SELLERS 8AM (£10) / BUYERS 9AM (FREE) UNTIL NOON

WIRRAL WISE GUYS WIRRAL FOOTBALL THERAPY



REGISTER YOUR PLACE

THURSDAY NIGHTS 19:00 - 20:00 AVAILABLE

JOSEPH PAXTON ASTRO, 157 PARK RD N, BIRKENHEAD, CH41 ODD

SCAN QR CODE TO SIGN UP



CONTACT JAMES 07716 046 698 OR CHRIS 07368 947 749

FOR MORE INFORMATION WWW.WIRRALWISEGUYS.CO.UK

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



CREATIVE WRITING WORKSHOPS FOR CHILDREN AGED 7-12

AT WALLASEY CENTRAL LIBRARY

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



Calling all menopausal women

Do you ever feel alone on your meno 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



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

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



LADIES!

INDOOR TRAINING BEGINS MARCH 7TH!



FOR MORE INFORMATION CONTACT

INFO@IRBYCRICKETCLUB.COM

OR CONTACT CATHERINE MILES ON
07548391950 www.irbycricketclub.com

LIVERPOOL RECORD FAIR

SATURDAY 22 & SUNDAY 23 MARCH 2025

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

In aid of **WIRRAL FOX RESCUE**

Party

Bingo Night 2025

March 28th

RAFFLE, CASH PRIZES - FUN!
Bar table service & nibbles!

Come & join the foxy team for a fun-filled evening. All profits will be donated to WFR, providing much needed funds for our charity.

DOORS OPEN AT 7pm
TICKETS £20 available on Eventbrite

AT PRENTON GOLF CLUB
Golf Links Road
CH42 8LW



WIRRAL CARERS HEALTH & WELLBEING SERVICE

Carer Linkworkers Making Caring Visible, Valued & Supported

82 67 In aid of WIRRAL FOX RESCUE 52

31

Party Bingo Night 2025

March 28th

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DOORS OPEN AT 7pm
TICKETS £20 available on Eventbrite

AT PRENTON GOLF CLUB
Golf Links Road
CH42 8LW

5

BINGO GO
4 16 17 40 69 39 58
23 68

3



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	 T-shirt bag
 Earrings	 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 or phone 0151 639 2121 and let us know which session(s) you want to take part in.





ACADEMY BEBINGTON

CO-OP ACADEMY BEBINGTON
HIGHER BEBINGTON RD, WIRRAL CH63 2PS

FOOTBALL CLASSES 6-11 YEAR OLDS 6-7PM THURSDAYS

BOOK YOUR **FREE** TRIAL CLASS
THE **AWARD WINNING**
CHILDREN'S FOOTBALL CLUB
CLASSES WILL BE HELD INSIDE THE SPORTS HALL




ACADEMY WALLASEY

ST GEORGE'S PRIMARY SCHOOL
116-104, CLAREMOUNT RD, CH45 3JG

FOOTBALL CLASSES 6-11 YEAR OLDS 6-7PM TUESDAYS

BOOK YOUR **FREE** TRIAL CLASS
THE **AWARD WINNING**
CHILDREN'S FOOTBALL CLUB
CLASSES WILL BE HELD INSIDE THE SPORTS HALL



WIRRAL CARERS HEALTH & WELLBEING SERVICE

Carer Linkworkers Making Caring Visible, Valued & Supported

Our next evening of mediumship event will be on Saturday 22nd March 7-9pm with mediums Paul Eyre & Karen O'Neill

Tickets are £5 which includes refreshments

To reserve tickets please message our Facebook page - Wallasey SNU Spiritualist Church
All welcome

61 Withens Lane Wallasey CH45 7NE



Hoylake Central & Melrose
CROWN GREEN BOWLING CLUB
are looking for new lady members!

Do you want to try a new sport, or return to an old hobby?

JOIN US FOR THE 2025 SEASON

All abilities welcome, from novice to experienced | League matches are played by our A, B & C teams on various weekday afternoons | Our beautiful bowling green is next to Hoylake Rugby Club

📞 07724 604368



WIRRAL WISE GUYS
ESTD 2024
WIRRAL FOOTBALL THERAPY

CHARITY MATCH DOUBLE HEADER
AT THE MARINE TRAVEL ARENA

Wirral Wise Guys **VS** Rainbow Toffees
March 23rd 2025 At 4:00pm

Wirral Wise Guys **VS** Magenta Living
March 23rd 2025 At 5:00pm

TICKETS AVAILABLE AT
WIRRALWISEGUYS.CO.UK

egi | European Quality Installation | CubicWorks | blakes



PLAY ROUNDERS

ROUNDERS UMPIRES NEEDED

£10 per game
3x games per night

WIRRAL
West Kirby School

Play Rounders are looking for confident and experienced players to umpire our rounders league in Wirral.

Weekly Matches
Every Wednesday
between 8-10pm

Email info@play-rounders.co.uk for more info.
www.play-rounders.co.uk

WIRRAL CARERS HEALTH & WELLBEING SERVICE

Carer Linkworkers Making Caring Visible, Valued & Supported



JACKSON'S ANIMAL RESCUE

Easter Fun Day & DOG SHOW

BELLEVUE PARK

SATURDAY 12TH APRIL 2025

10AM-4PM

FREE ENTRY FOR ALL

DOG SHOW

- 10:10 - PRETTIEST GIRL
- 10:40 - HANDSOME BOY
- 11:10 - BEST VETERAN
- 11:40 - BEST RESCUE
- 1:10 - CUTEST PUPPY
- 1:40 - FANCY DRESS
- 2:10 - SCRUFFIEST
- 2:40 - WAGGIEST TAIL
- 3:10 - DOG WITH DISABILITY
- 3:40 - BEST IN SHOW

£2 PER CLASS

Head to the dog show area at the times
No need to register
Payment is taken just before each class starts
Cash/Card payment for dog show

1st, 2nd, 3rd Rosettes
Dog Hampers for best in show

INDOOR & OUTDOOR STALLS
FOOD
FAIRGROUND RIDES
GAMES
EASTER HUNT

DOG SHOW
DANCE SHOW
STREET MUSIC PERFORMANCES
& MORE

BELLEVUE PARK,
OFF BRADLEY ROAD.



Making Pilates affordable and accessible to all

Community Pilates
Core strength, body conditioning & flexibility

Morning Classes

ST CHADS CHURCH IRBY

Monday 9.15-10.15
10.30-11.30

THE PARADE HOYLAKE

Wednesday 9.00-10.00

Evening Classes

THE PARADE HOYLAKE

Tuesday 19.00-20.00

Wednesday 18.20-19.20
19.30-20.30

£7.00 PAY AS YOU GO. BRING A MAT

AMY 07780 944 612

CALL OR TEXT TO BOOK



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

EASTER PARTY
DJ MUSIC LIVE
DISCO TIME

Please click the link and book your tickets
Any problem, please email
mcain@msdp.org.uk

msdp
MERSEYSIDE SOCIETY OF DEAF PEOPLE



STRAWBERRY FIELDS
(The Beatles)

We are going to visit Strawberry Fields on Friday 6th June about 11am. Learn the History about what it was and what it is now. John Lennon from the Beatles wrote a song about it. There is a cafe onsite and wheelchair access.

Prices

- Adult 17 and over £11.45
- OAP £8.45
- Children 16 and under Free
- Carers Free

To Book your place please use the email below

If you have any question? please email to: Mandi - mcain@msdp.org.uk or text message to 07561 700 475

Address
Beaconsfield road
Liverpool
L25 6EJ

msdp
MERSEYSIDE SOCIETY OF DEAF PEOPLE

WIRRAL CARERS HEALTH & WELLBEING SERVICE

Carer Linkworkers Making Caring Visible, Valued & Supported



A Week at the Baths

Tue	Wed	Thu	Fri	Sat	Sun
	Crafty Girls 2pm-4pm	Man Cave 1pm-3pm	Networking 1-3pm (1st Friday)	Gardening Club 10am-12pm (spring/summer)	Car Boot 9am-12pm (2nd Sunday)
The Shop 3:30-6pm		The Shop 3:30-6pm		The Shop 10am-12pm	The Shop 10am-12pm (car boot only)
	Martial Fitness 6pm-7:15pm	Grub Hub 3:30-6:30pm (winter)			
		Meditation 7pm (1st Thursday)			
The Cafe 12pm-6pm (drinks/snacks to 7:30pm)	The Cafe 12pm-6pm (drinks/snacks to 7:30pm)	The Cafe 12pm-6pm (drinks/snacks to 7:30pm)	The Cafe 12pm-4pm (drinks/snacks to 6pm)	The Cafe 10am-1pm (drinks/snacks to 2pm)	The Cafe 9am-12pm (car boot day only)

See our website for more details <https://ByrneAvenueBaths.org>



thequirky.uk



www.facebook.com/quirkycafe



07421355405

THE QUIRKY COMMUNITY HUB

124E MARKET ST, HOYLAK, WIRRAL, CH47 3BH

QUIRKY & ABLE



COOKING CLASSES

Mondays

11.30am - 12.30pm

£15



SEND
Friendly

Supportive
community

Tickets
available
through
website



Tips from carers

Health matters

These tips can help you get the most from health services when acting on behalf of someone you care for.



Appointments

1 Get registered with your GP as a carer

Being registered with your GP as a carer can provide you and the person you care for with more support.



"Register with your GP. Make sure the person's GP has you listed as that person's unpaid carer."

2 Be assertive

When making a non-urgent appointment, put yourself first.



"Try not to accept a date that will compromise something that you've been looking forward to - ring and change it to suit you."

3 Think ahead

"If someone you care for with dementia has a hospital appointment, it may be appropriate to ring the relevant department well in advance so that their condition can be flagged in the notes. This can give hope that any additional needs will be met."



4 Take someone with you if you need support

Can you ask a friend or relative to be there at difficult times?



"When attending hospital appointments likely to contain complex information or a life-changing diagnosis or treatment, take a third party along and provide them with a designated notebook in which to take notes. Everything will then be in one place."

Ways to master medication

5 Plan ahead

"Have a list copied out (and possibly photocopied several times) of all the names of the medication and the daily doses etc, so that when someone goes into hospital the list can just be ready and handed over. This is also good to have to hand when dealing with appointments because it is difficult to remember the names and when the medication is taken."



6 Make notes

"At hospital appointments I also take a lot of notes so that I can understand at least a little of the medical jargon. It's essential to go back to these or to ring up again if you don't understand what a prescription is for etc."



7 Ask questions

"It's always important to ask about side-effects of drugs and remind medical professionals of existing medical conditions in case these have been missed in the notes."

"Remind medical staff about medication - and ensure that nothing is being prescribed that someone is allergic to."

Helping healthcare professionals relate to you

8 Keep composed

Remaining calm and polite (even when you feel deeply frustrated inside) will help you get what you need.

"My advice is always to be proactive and question care politely."



9 Keep track of key contacts

"I keep a file of all documentation so that it is all in one place. Whenever I speak to anyone, I ensure that I get contact details and write down the date I spoke to someone. If you do that systematically every time, you don't have to rely on memory when querying treatment or medication or just generally relaying information."

10 Showing appreciation helps

"I think it is essential to thank excellent care - which we always do. This includes paramedics, who in my view are often the unsung heroes."



11 Explain why you need flexibility

"I've had extensive experience of having to juggle appointments with work, which is quite exhausting. I always explain when making appointments that I am working and caring, and check if there can be some flexibility on the appointment time. Don't be shy to ask for that, as they won't know if you don't tell them your challenges."

12 Do your research

"I found that the more familiar I became with my husband's conditions, the more I could speak with confidence and I was able to gain healthcare professionals' trust."



13 Seek clarification

"My advice is don't be scared to speak to consultants - and don't be afraid to tell them to simplify their language and explain. Medical jargon can be confusing."

General guidance

14 Be prepared when someone is ready to leave hospital

It's helpful to become familiar with your rights as a carer.

"My advice is, if possible, be at the hospital when someone is discharged and ask medical staff to slowly explain the medication and what after care will involve. Ask them to slow down while you take notes. Get phone numbers of who to call if you don't understand once you get home."

15 Keep a diary or calendar of progress to refer to

"I keep notes and records so I can refer back to a certain occasion or meeting. I found this so useful when I could refer back to care plans from a few years' previous."



Further resources

Some people find using Jointly helpful. This is an app by carers for carers designed to help families coordinate tasks, share responsibilities and communicate more easily. Find out more at carersuk.org/jointly

Our self-advocacy guide also offers tips on working with professionals and understanding your rights. See carersuk.org/self-advocacy

See our 'Coming out of hospital' guidance: carersuk.org/hospital

Let your GP know you care: carersuk.org/your-gp. They can also advise you about accessing online patient records.



Power of attorney

A power of attorney is a document that legally allows 'appointed people' to make decisions on your behalf for when you are no longer able to. It may help to consider arranging one for someone you care for. If you're unsure where to start, these tips could help.



Getting a power of attorney

1 Consider arranging one sooner rather than later

A power of attorney (POA) can be set up by anyone over the age of 18, provided they have capacity to do so. For more information on capacity, visit carersuk.org/managing-someones-affairs

"I have POA for myself even though I hope no one will need to use it for a good few years yet! I always say that by the time you know you need it, it may already be too late – your loved one has to be deemed to have the capacity to agree to it."



2 Talk it through if you're setting one up for another

Getting a POA is understandably a big step to take and you should talk it through carefully with the person you care for.

"The first thing is to have the agreement of the person you care for to act on their behalf. In the early days, I set up a POA over my husband's affairs and my daughters also have POA over mine just in case."



3 Consider the practical advantages

"When it comes to the financial side, these are so useful and if you can persuade the bank or other financial institutions to keep a copy on file, that helps as you don't have to go through the ordeal each time."

4 Do some research

Understand the different types of POA available, including the different options covering health and finance, to see what might apply to your circumstances:

- [ordinary power of attorney](#)
- [lasting power of attorney](#)
- [enduring power of attorney](#)

For further guidance, visit citizensadvice.org.uk and see our web page: carersuk.org/managing-someones-affairs

In Northern Ireland, the options are ordinary power of attorney or enduring power of attorney. Find out more by emailing advice@carersni.org



6 You could apply for a deputyship

This is an option to consider if the person no longer has the capacity to make decisions for themselves. In Northern Ireland, this is referred to as a controllership and in Scotland it is known as a guardianship. See 'Further resources' for details.

"My son is in his twenties and has learning difficulties and I am his carer. At present I am his appointee and can manage his finances as they are from benefits only. His savings are in a trust fund which protects them."



7 Complete a third-party mandate form

This is a document that tells your bank, building society or other account provider that they can accept instructions about your money from a specific named person. See *Using services* for more ideas.



Further resources

Gov.uk has more information at: gov.uk/become-deputy and gov.uk/power-of-attorney

For Northern Ireland, see justice-ni.gov.uk/articles/how-apply-become-controller

For Scotland, see mygov.scot/guardianship

Understand what the best option for you is – seek advice by contacting your local Citizens Advice. You can find their online guidance here: citizensadvice.org.uk

We would welcome your feedback – please email comms@carersuk.org

If you can't put POA in place...

5 You could become an appointee in other ways

"Try making a list of the most important service providers that you use (eg, GPs, benefits agency, bank, HMRC) and contact them to see if there is any other way that you can be appointed as a spokesperson for your loved one. It never does any harm to at least make them aware of the situation and record that, and your contact details, on your loved one's record or file."



MEDITERRANEAN FISH PARCELS

SERVES: 4

PREP & COOK: 10 & 20 mins

TYPE: Easy



INGREDIENTS

- 1 courgettes
- 3 large tomatoes
- 4 fresh or frozen white fish fillets
- 4 tbsp sundried tomato pesto
- 8 tbsp breadcrumbs
- 50g grated cheddar cheese

METHOD

- Tear off 4 sheets of foil, roughly 35cm x 30cm in size, to make each of the parcels.
- Thinly slice the courgette and tomatoes. Divide the slices between the foil sheets, layering alternately as you go.
- Place the fish fillets on top of the layered courgette and tomatoes and spread each fillet with 1 tablespoon of pesto.
- Mix the breadcrumbs and grated cheese in a small bowl and use to top the fish fillets – the pesto should help the breadcrumbs to stick.
- Wrap each parcel up carefully.
- Preheat the oven to 200°C, fan 180°C, gas 6.
- Place the parcels on a baking tray, open them up to expose the breadcrumbs and cook for 20-25 minutes, until the fish is cooked through.

To freeze:

- Place the uncooked parcels in labelled freezer bags and freeze.
- Cooking from frozen: Preheat the oven to 200°C, fan 180°C, gas 6.
- Place the frozen parcels on a baking tray, open them up to expose the breadcrumbs and cook for 30 minutes, until the fish is cooked through.

COURTESY OF: Batch From Scratch Recipes (As Seen On Channel 4)

***Quick and easy recipes to start your own batch-cooking journey.
Keep delicious family meals on the table, no matter how busy life gets!***

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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