Wired
Putting You First

WIRRAL CARERS E-NEWS

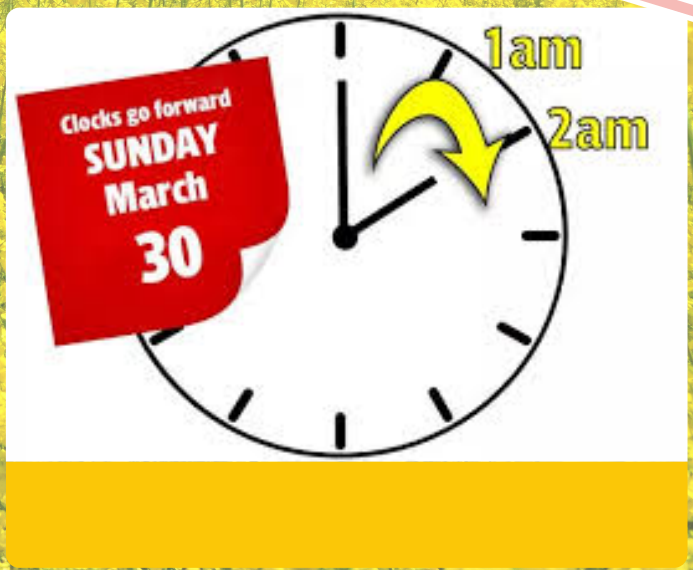
Issue: 6

27th March 2025

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

British Summer Time officially begins!

DON'T FORGET



CARERS HEALTH & WELLBEING CHECK

CARERS HOW DID WE DO?

PRACTITIONERS HOW DID WE DO?

WIRRAL CARERS HEALTH & WELLBEING SERVICE

Carer Linkworkers Making Caring Visible, Valued & Supported

This Month at WIRED — April 2025

Monday	Tuesday	Wednesday	Thursday	Friday
	1 Carers Yoga: Online and F2F: 11am-12:30pm	2	3 Soup & Support @ West Kirby Methodist Church, 12pm-2pm	4 Carer Support Group @ St James Centre, Birkenhead: 12pm-2pm
7	8 Carers Yoga: Online and F2F: 11am-12:30pm Carer Support Group @ West Kirby: 1pm-3pm	9 SP Energy Network Natter @ St James Centre, 10am-12pm	10 Carer Support Group @ Beechwood Community Shop: 10am-12pm Carer Support Group @ Inspire Cafe Wallasey : 1pm-3pm	11
14 Stress Management Training @ St James Centre: 10am-12pm	15 Carers Yoga: Online and F2F: 11am-12:30pm	16 Crafty Carers Club: 10:30am-12:30pm Wills, Trusts and Inheritance Advice Session: 1pm-3pm	17 Carer Support Group @ West Kirby: 10am-12pm	18 Carer Support Group @ St James Centre: 12pm-2pm
21	22 Carers Yoga: Online and F2F: 11am-12:30pm Carer Support Group @ West Kirby: 1pm-3pm	23	24 Carer Support Group @ Beechwood Community Shop: 10am-12pm Carer Support Group @ Inspire Cafe Wallasey : 1pm-3pm	25 First Aid Training @ The Stein Centre: 11am-1pm
28	29 Carers Yoga: Online and F2F: 11am-12:30pm	30		

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!

- Best Tariff
- Maximising Income
- Priority Services Register
- Debt Advice
- Befriending Service
- Energy Efficiency Advice
- Staying Safe at Home
- Help for Dementia
- Helping Carers
- Help in a Power Cut
- Friendship & Hot meals

WEDNESDAY 9TH APRIL

10AM-12PM

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

HOW TO BOOK...

0151 670 0777 cws@wired.me.uk

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

SP ENERGY NETWORKS

Wired Putting You First

WIRRAL CARERS HEALTH & WELLBEING SERVICE

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MHFA England

Wired

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 14th April

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

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 16TH APRIL, 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

Silvertime Legal

Wired

FIRST AID TRAINING

FRIDAY 25th APRIL 11AM-1PM

THE STEIN CENTRE, ST CATHERINES HEALTH CENTRE, DERBY RD, BIRKENHEAD, CH42 7HB

- 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

First Aid

BritishRedCross

0151 670 0777

cws@wired.me.uk

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

Wired Putting You First

LIKE US ON FACEBOOK

Wirral Carers Health and Wellbeing Service

FOLLOW US ON INSTAGRAM

@WirralCarersSupport

WIRRAL CARERS HEALTH & WELLBEING SERVICE

Carer Linkworkers Making Caring Visible, Valued & Supported

What have we been up to?



We attended the EmpowHER Day last week at Paxton Medical Group. We spoke to local carers to share what we can offer to support them in their caring role.





We also attended the Carers Information Event at Heatherlands Medical Centre over the weekend. We met some lovely people and were well looked after!



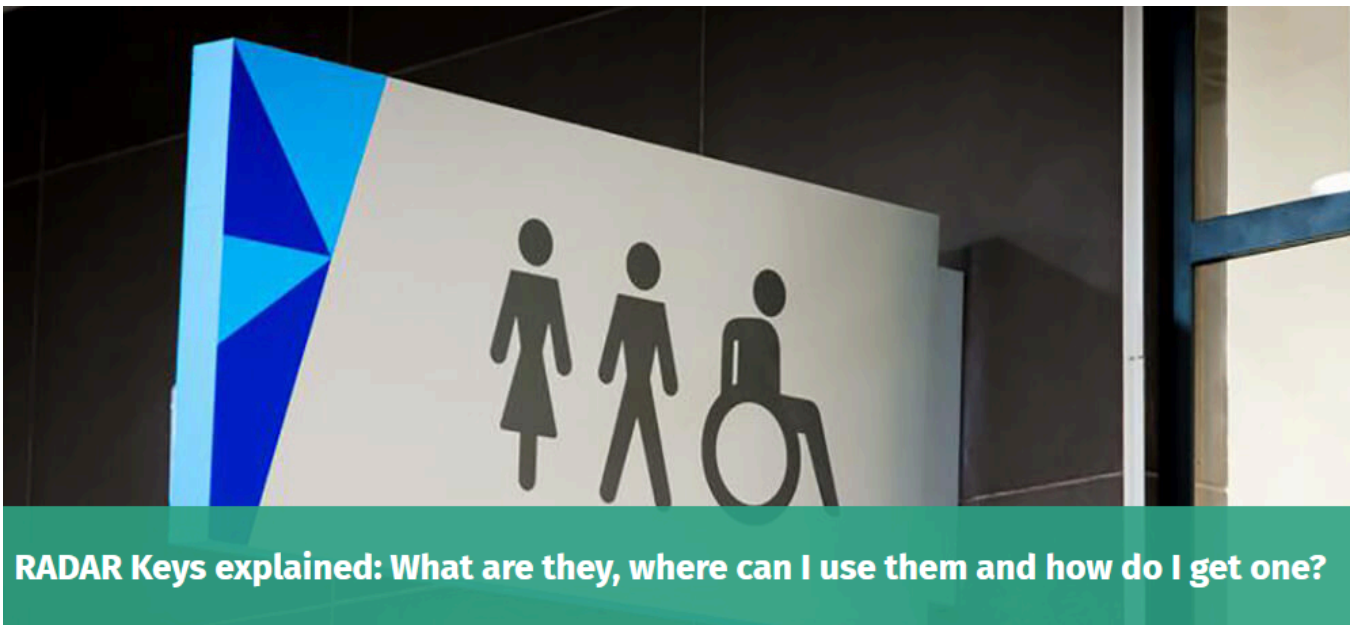


Crafty Carers Group!

Our lovely carers made Easter baskets and planted seeds in our craft group last week!

WIRRAL CARERS HEALTH & WELLBEING SERVICE

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What is a RADAR key?

A RADAR key, also known as a National Key Scheme (NKS) key, is a blue and silver-coloured key that opens more than 10,000 disabled toilets across the UK. RADAR keys are used by around 400 local authorities to give people with disabilities access to locked accessible toilets.

The **Royal Association for Disability and Rehabilitation, which is now Disability Rights UK**, worked in partnership with Nicholls & Clarke, the inventors of the RADAR lock and together they created the National Key Scheme (NKS). The first RADAR locks were fitted in 1981 to help keep accessible toilets free and clean for people with disabilities.

Using your RADAR key

While hundreds of local authorities, public, voluntary and commercial organisations, use RADAR keys, lots of places still do not.

How to find RADAR key toilet locations in the UK

You can find accessible toilets that need a RADAR key in a variety of UK locations, including train stations, shopping centres, cafes, airports, and supermarkets.

Find RADAR key toilet locations near you by using the Great British Public Toilet Map. Simply go to the filter on the left-hand side of the homepage and filter by ‘Radar key’.

How to get a RADAR key

CALL INTO BIRKENHEAD SHOPMOBILITY TO GET YOURS FOR ONLY £4!



WIRRAL HEALTH & WELLBEING KNOWLEDGE HUB

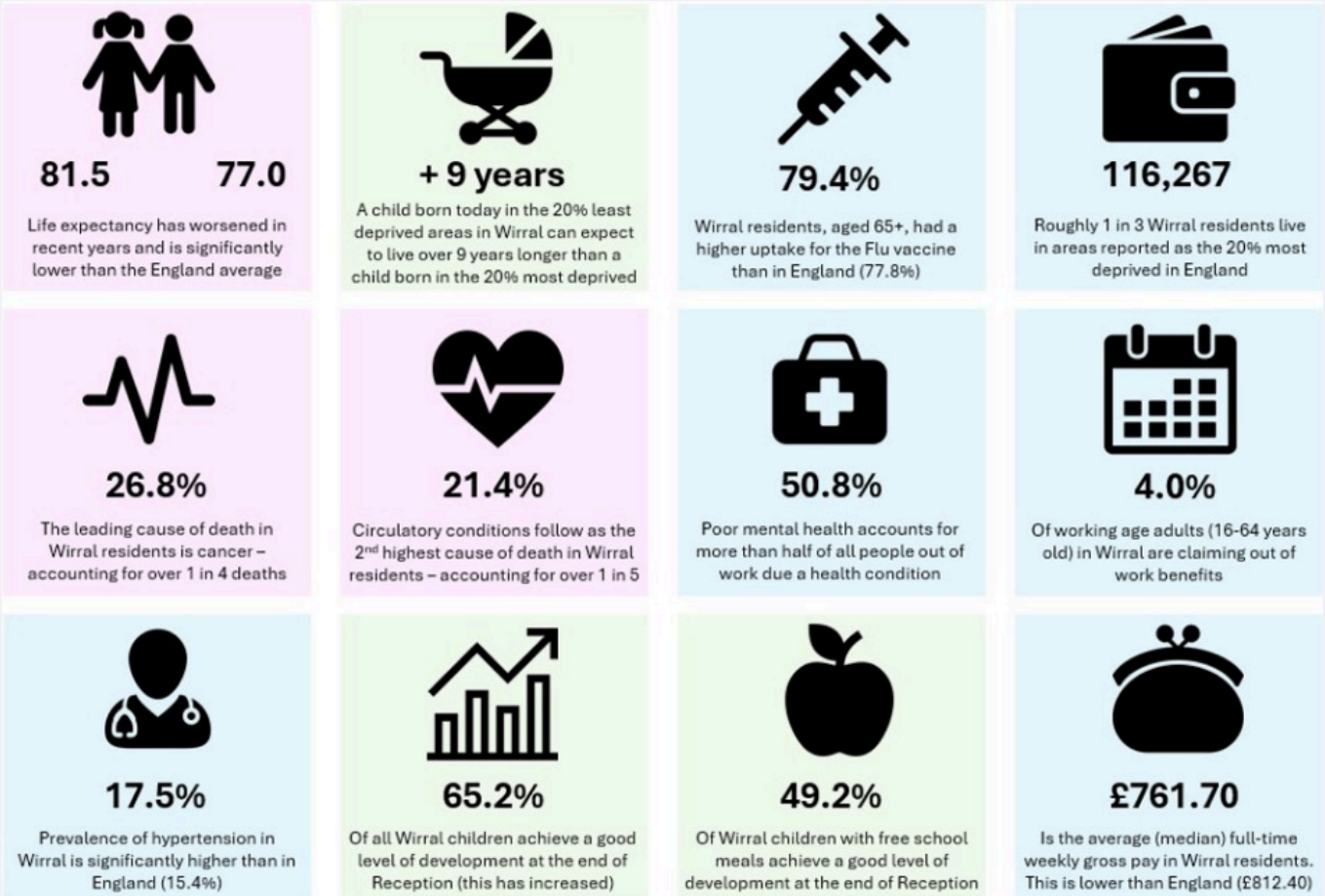
HOME OF THE JOINT STRATEGIC NEEDS ASSESSMENT

State of the Borough

The State of the Borough paints a picture of Wirral using a range of statistics. The pages show information about health, wellbeing and living standards using a range of local statistics. This data is organised into important areas which can be looked at using the topic menu.

VIEW OUR STATE OF THE BOROUGH REPORT

A PDF version of this summary is also available



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❗BREAKING NEWS // Wirral's Local Plan - a huge document which is the blueprint for how land should be developed over the next 18 years - has today been given the...

WIRRAL

🛠️ **Is your road on the repair list?**

Wirral's getting a £7 million investment to fix roads, footways, and bridges in 2025-26.



Here's what's on the table:

🔹 £3.9M for road repair and footway treatments

🔹 £1.75M for pothole repairs

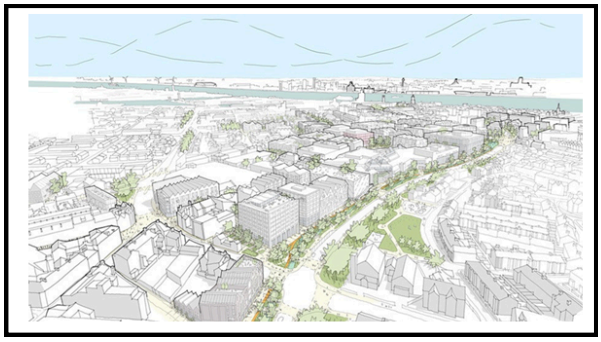
🔹 £1.25M for further road repairs on some of our key roads and routes

Committee approved a proposed list of roads for repairs. Want to know if your road is on the list and being considered for repair?

CLICK HERE

wirralview

Green light for Birkenhead town centre masterplans



Two new Masterplans have been approved and will play a key role in guiding the future development of large parts of Birkenhead.

The Birkenhead Central Masterplan covers the Town Centre retail area, Charing Cross and the new Commercial District and was developed alongside an updated Masterplan for the adjacent St Werburgh's Quarter covering the east end of Grange Road.

Emergency kits could be the difference between life and death

19 March 2025



One of the new emergency bleed control kits in the case outside McDonalds in Liscard

Lifesaving kits that enable members of the public to provide an emergency response where someone is losing blood from a wound have just been installed in four parts of Wirral – with more to follow shortly.

The Emergency Bleeding Control Kits are held in similar cases to community defibrillators and are designed to provide the same immediate treatment for blood loss as defibrillators provide to someone who is in cardiac arrest.

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TESCO

Tesco is to give away unsold food for free as part of a drive to hit its net-zero targets.

The UK's largest supermarket retailer is to start labelling food that is set to go out of date with yellow stickers that read £0

The policy is an update to Tesco's current yellow sticker discount system, where prices are usually lowered to a minimum of 90p.

The trial has been introduced in a number of its Express stores, where shoppers can take the free food after 9:30pm.

In an internal memo, seen by the title, Tesco said the initiative will still see it give some food to charities, while staff will take priority for yellow sticker products that have been discounted.

However, any leftover food will be reduced to free, with Tesco telling its colleagues the new scheme would allow it to "continue with our drive to reduce food waste within our own operations".





WIRRAL CARERS HEALTH & WELLBEING SERVICE

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- Improving life with dysphagia
- New approach to pressure care
- Disproportionate impact
- Adaptations and exemptions
- Early Day Motion
- Sign the Parky Charter

Helping older people and their family carers to prevent pressure ulcers in community settings



Do you manage the risk of developing pressure ulcers (also known as bed sores) in a home setting? Can you help us to find new ways to prevent pressure ulcers?

We are inviting older adults at risk of pressure ulcers and the people who may care for them (healthcare practitioners, social care workers and unpaid carers, including family members) to complete and share this 10 min survey: https://app.onlinesurveys.jisc.ac.uk/s/bcu/cprup

To learn more about this study, please visit https://www.bcu.ac.uk/research/knowledge-to-care/research-projects/pressure-ulcer-prevention-cprup2

Thank you

BIRMINGHAM CITY University

UNIVERSITY OF PORTSMOUTH

NIHR | National Institute for Health and Care Research

This research has been funded by the National Institute for Health Research (NIHR205672)

SENDLO
Wirral's Local Offer of SEND Services

Neurodiversity Hub Wirral

Welcome to Wirral's Neurodiversity Hub home page.

In the next 5-6 months, the Hub will grow to over 200 pages of information and resources. The content on our Hub will reflect Wirral's Graduated Approach.

It is a key part of NHS Cheshire and Merseyside's Neurodevelopmental Pathway. You can read more about this new approach in the 'Position Statement - ND Pathway'.

Flourish

Click COMMUNITY

Access free knowledge and resource hubs

At Flourish, we're all about making waves in social care and education by keeping you sharp and superbly connected. That's why we've created our Click Community—a buzzing online hub designed for trailblazers just like you.

Searching for nuggets of wisdom through free webinars? Or perhaps you're on the hunt for top-notch recruitment strategies or even tips to keep your zen at work? Whatever your need, Click Community has you covered.



WIRRAL CARERS HEALTH & WELLBEING SERVICE

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📍 HEADS UP 📍 Passport prices are increasing on Thursday 10th April 2025

Here's are the new application fee changes that will take effect.

Act NOW to Save Money!

Standard Online applications 🛜
👉 Adult: £88.50 to £94.50 (+£6)
👉 Child: £57.50 to £61.50 (+£4)

Standard Postal applications ✉️
👉Adult: £100 to £107 (+£7)
👉 Child: £69 to £74 (+£5)

Premium (same-day service) ⭐
👉Adult: £207.50 to £222 (+£15.50)
👉 Child: £176.50 to £189 (+£12.50)

Changes to passport application fees
The government will introduce new fees for passport applications on 10 April 2025.



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the tree council

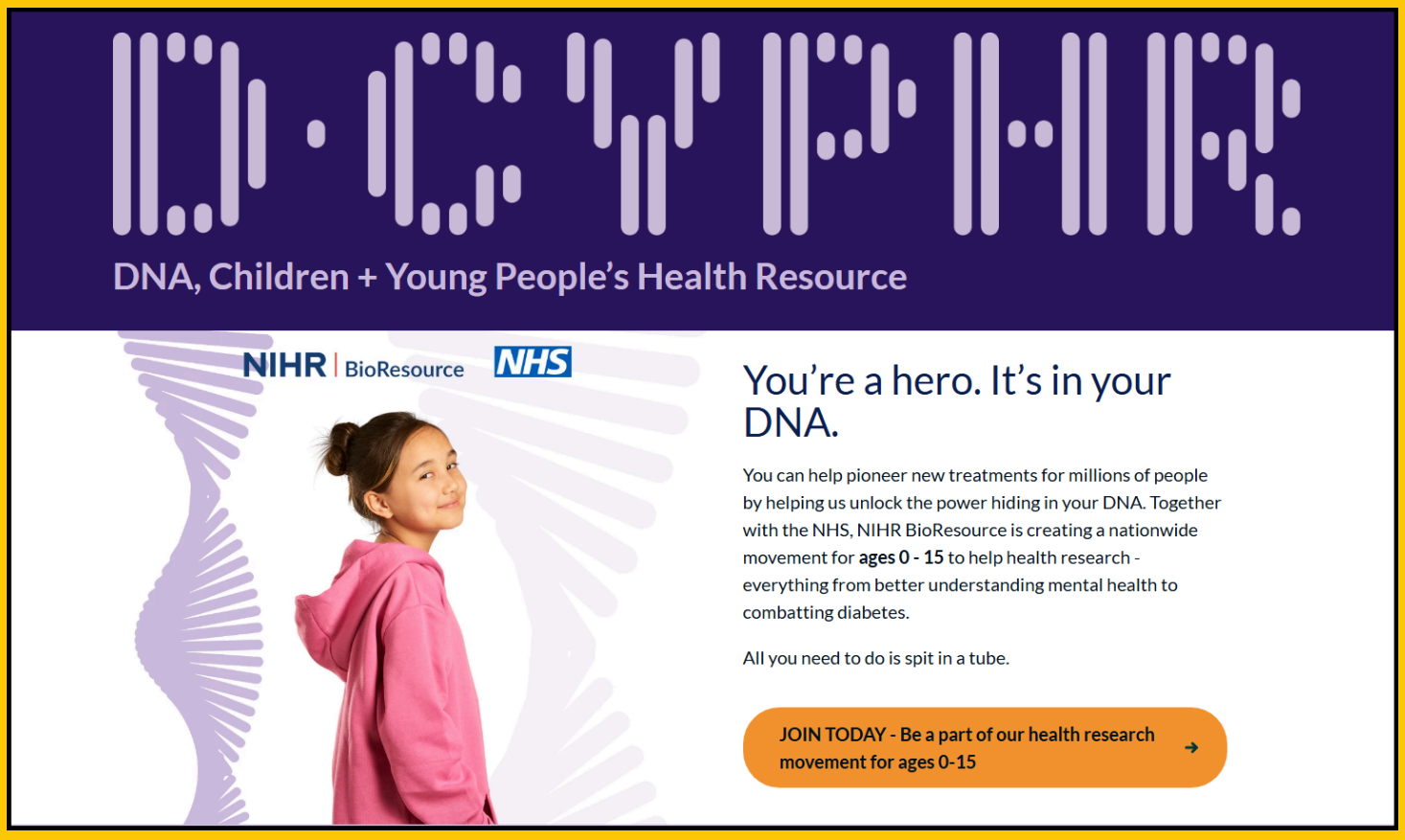
TREE WARDEN SCHEME

WIRRAL

As Tree Wardens, volunteers can engage in a variety of activities such as tree planting, tree walks, a book club and educational workshops. It's a fantastic opportunity to connect with nature, makes a positive impact on the environment and allows you to socialise with likeminded people. Join us today and help protect and nurture the trees that make Wirral a greener and more vibrant place to live.

Wirral Tree Warden Network is a passionate community of tree-loving volunteers dedicated to preserving and enhancing our local treescape.

To join our network and become a tree warden, simply email wirraltreewardens@wirral.gov.uk and we will send you a membership form to complete and details of our next induction.



WIRRAL CARERS HEALTH & WELLBEING SERVICE

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Welfare Benefits Unit

Advice Publications Training

News in Brief - March 2025
Welfare Reform Special

This special edition of the News in (not very) Brief covers all the announcements, along with the proposed dates of implementation and an outline of which proposals are subject to consultation and which are not.

Contents

- Universal Credit – proposed changes
- Personal Independence Payment – proposed changes
- Other changes
- Consultation

READ MORE

BRITISH NORMANDY MEMORIAL



Spring Summer 2025 at the Memorial

The British Normandy Memorial will host a series of free events and activities through the Spring and Summer.

We look forward to welcoming new and returning visitors alike in the coming weeks and months to reflect and remember in this 80th anniversary year of Victory in Europe Day.

The **Standing with Giants** installation and **Winston Churchill Centre** for Education and Learning (including café and shop), both free to visit, will be open **from 12 April** and throughout the Spring and Summer.

By **registering in advance**, the public is also welcome to attend the official **VE Day 80** and **D-Day anniversary** ceremonies on 8 May and 6 June.

Further information including sign up pages are available on the British Normandy Memorial website.

Find out more and Register

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SNIPS MOVIES IN BEBINGTON, WIRRAL, IS ONE OF THE LAST REMAINING RENTAL STORES IN THE UK

WITH A RENTABLE LIBRARY OF 18,000 TITLES ON DVD, BLU-RAY, AND UHD, IT'S A MOVIE LOVERS PARADISE.

TO CELEBRATE THE IMPORTANCE OF PHYSICAL MEDIA, DAVE WAIN (THE OWNER AND CURATOR OF SNIPS MOVIES) IS MAKING A SERIES OF SHORT VIDEOS FOR YOUTUBE CALLED 'FIVE FILMS'.

EACH TEN MINUTE EPISODE SEES A GUEST COME TO THE STORE AND SPEAK ABOUT A QUINTET OF FILMS THAT THEY THINK MORE PEOPLE SHOULD KNOW ABOUT.

VOLUNTEERS WELCOME!

SEARCH 'SNIPS MOVIES' ON YOUTUBE TO SEE THE EPISODES SO FAR, AND CONTACT DAVE VIA THE SNIPS PROFILES ON FACEBOOK, BLUESKY, INSTAGRAM, OR TIKTOK IF YOU'RE INTERESTED IN TAKING PART!

Located @

22 Cross Lane, Bebington, Wirral CH63 3AL

WIRRAL CARERS HEALTH & WELLBEING SERVICE

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Tomorrow's Women

TOMORROW'S WOMEN WIRRAL EMPOWERING TIMETABLE APRIL 2025

MONDAY

We need your help 9.30-2pm
Support the continued growth of our beautiful garden with Sandra & Liz

Guided Meditation
9:30am -10am
Blissful deep relaxation

Starting 28th April x 10 Weeks
9.45- 11.45am
ESOL Developing your confidence & language to have conversations.
English for Speakers of Other Languages

Wirral Lifelong Learning Service

® Tomorrow's Women
Recovery support group
Every Monday @10.30am

Wirral Lifelong Learning Drop In
Come and speak to Cheryl about free education and training opportunities available as well as first and next steps.
All abilities welcome.

14th April – 11am – 1pm
28th April – 1pm – 3pm

Wirral Lifelong Learning Service

TUESDAY

Belly Dancing with Cecile
10am -11am

® 10am -12pm
Family Law
8th and 22nd April
msb

Substance Use Midwife Drop-in with Jill ®
8th April from 10am
Support for pregnant women.

Change Grow Live
Testing and Advice Drop In- 1st April 10am – 4pm
Come in and get advice regarding harm reduction, safe sex practices and timescales for further testing.
Testing Available Includes:
* BBV, STI, HIV, Syphilis

® Level 2 Mental Health First Aid&Mental Health Advocacy in the Workplace.

Enrolment-22nd April, 09:30am-2:30pm
Starting-29th April x 7 weeks
9.30am- 2.30pm

- Gain an understanding of Mental Health and Mental ill Health
- Learn about signs of a mental health crisis

WEDNESDAY

We need your help 9.30-2pm
Support the continued growth of our beautiful garden with Sandra & Liz

® Solicitor support in Family Law
10am -11am
BDH

Alcohol and Drug Awareness Group
Weekly Group
10:30am – 12pm
Change Grow Live

10-12pm
A Stitch in Time
Sewing skills and crafts with Mary

Easter Wreath Making
9th April
10am – 11:30am
Come in and make your own Easter Wreath.

Community Connectors
11-12pm
Needing some support/help in your community then come along and speak with a community connector
Connect 10

THURSDAY

Walk and Talk
Weekly from 10am
(Please wear appropriate footwear and clothing)

10am -11am ®
174 LAW SOLICITORS
Specialising in Family Law, Domestic & Care proceedings.

® Money advice & gambling support
citizens advice Wirral
10.30-12pm
3rd and 17th April

Understanding Emotions
24th April
10 – 2:30pm

Understanding Anxiety in Children
3rd April 10 – 2:30
Exploring anxiety in children&how to support children experiencing this.

® 3rd April
From 11am
Offering support & help with claiming PIP – Booking is essential

® Money Management & Debt support
24th April
11am – 1pm
CAP

FRIDAY

We need your help 9.30-2pm
To support the continued growth of our beautiful garden with Sandra & Liz

Create Your Own Vision Board
25th April 10am – 11:30am
Come in and create your own vision board.

Understanding ADHD
25th April 10 – 2:30pm
Learn what it is like to live with ADHD and how ADHD can affect people.

Community Connectors
11-12pm
Needing some support/help in your community then come along and speak with a community connector
Connect 10

Happy Healthy Homes
(Parent & Carers course)
Starting 4th April 10 – 12 x 5 Weeks

*Learn about both childrens and parental Mental Health and Wellbeing. Develop family resilience, coping with own feelings and skills to support young people and children.

Flexible practical support for families
Weekly Drop In - 11am – 1pm
HOUSEHOLDS INTO WORK

® Domestic Abuse Support & Information drop-in with Sue & Fiona.
Every Monday 11am – 2pm
MERSEYSIDE POLICE

® 14th and 28th April
@ 11-12pm
Covering:
Family law, Divorce & Financial issues
burdWard

NEW: Bereavement Support Group
7th April: 1pm – 2pm
A safe space&support for navigating grief.

Knit and Natter
Weekly drop in 1pm – 2pm
Come along and bring your own projects.

® 7th April
2pm-4pm
Supports Family law, care proceedings, divorce, non-molestation orders
Berkson Family Law Solicitors

Employability skills
Tuesday 22nd and 29th April
1pm – 3pm

- Enhance Skills for the working environment.
- Develop confidence for employment.

WIRRAL MET COLLEGE

® Additional Needs Support Group
Every Tuesday
11am – 12pm

Housing Advice & Support Drop-In
29th April
1pm – 3pm
BOOKING IS ESSENTIAL
The Whitechapel Centre

® Better Solutions
5.30-6.30pm
Session 1- Thinking & behaviour.
Session 2- Consequences
Session 3- Problem solving.
Rolling group. You can attend any of these sessions as & when.

® Do you want to know what JCP have to offer?
Job Centre plus
Book to speak to Lesley, 11-1pm.

® Morecrofts SOLICITORS
Support with Care Proceedings
11am -12pm

PLACE TO BE!
A day retreat with Grace.
16th April
11am -2pm
Blending ancient yoga, modern upbeat music feeling calm, embodied & empowered!
BOOKING IS ESSENTIAL

® 12.30-1.30pm
Domestic Abuse Specialist
Morecrofts SOLICITORS

Reading Group
Weekly 1-2pm
A great way to meet new people, share a story with a cuppa.

TW Forum Meeting
Come along & have your say.
Community Room-
10th April 12pm
HAVE YOUR SAY

Selfcare and Compassion Workshop
24th April 11 – 12
Learn what self care and compassion is and why they are important

Eco Chic
Starting 24th April x 5 weeks
12:30pm – 2:30pm
Learn about reusing and repurposing materials to breath new life in to every day items.

Changing Me
Starting 3rd April x 6 weeks
1pm - 3pm
Help identify your behaviours, emotions and triggers

Jam Session
Weekly Session
- 1.30-2.30pm
Jam SESSION
Bring along your instruments & come have some fun

LUNCH CLUB
12PM
*£3 donation

Police Drop-In
12pm-1pm
8th April
MERSEYSIDE POLICE

® Puzzle Piece Law
1pm – 4pm
11th and 25th
Offering Support with:
- Family Matters
- Child Arrangements
- Financial Orders

Drop-in with Sophie
25th April 1:30pm – 3:30pm
Do you feel like you might benefit from talking therapies? Free NHS assessments for anxiety and depression.
NHS Wirral Talking Therapies

Tomorrow's Women Creative Group
All Welcome 1.30pm
Every Friday!
Singing, drama & creativity

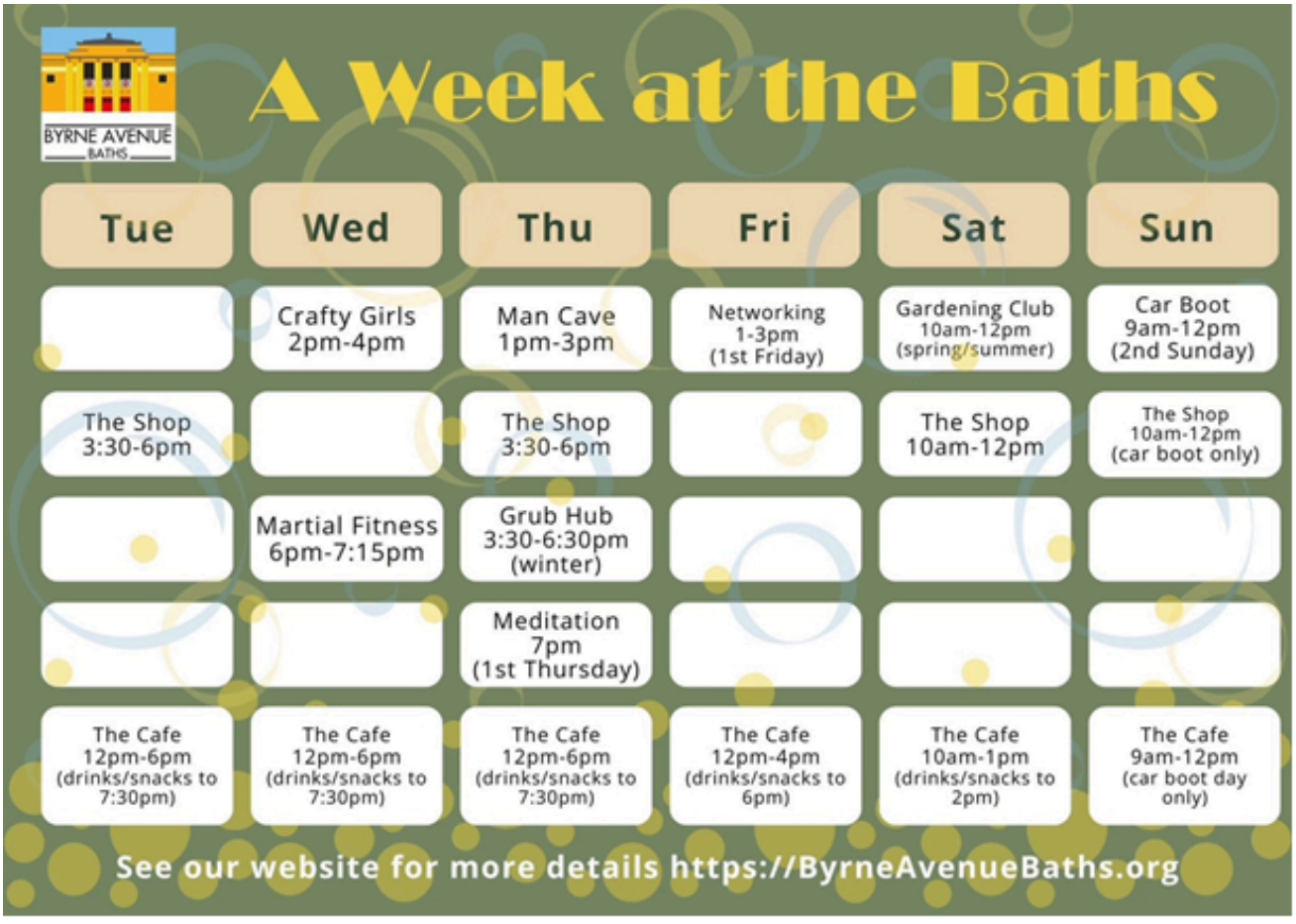
Guided Meditation
Blissful deep relaxation
2:15pm–2.45pm

Please note BOOKING is ESSENTIAL for all sessions listed to attend, ring 0151 647 7907 to book your slot & for information regarding our timetable.

WIRRAL CARERS HEALTH & WELLBEING SERVICE

Carer Linkworkers Making Caring Visible, Valued & Supported





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Carefree

Take a break from caring.

We're a charity transforming vacant hotel rooms into vital breaks for full-time unpaid carers.



Family Fund

Helping disabled children

ROYAL VOLUNTARY SERVICE



How to access a holiday

If you're going through a tough time, you can find out how we help families to have a holiday.

FAMILY HOLIDAY CHARITY

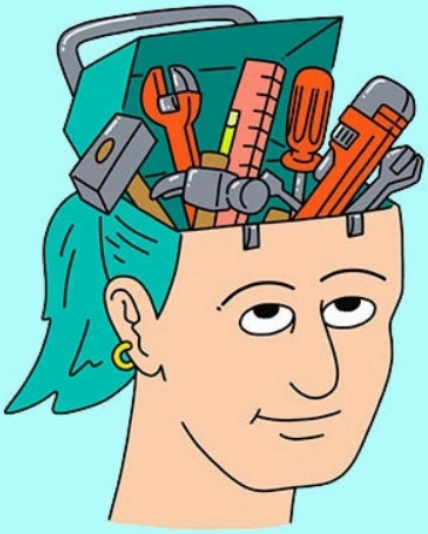
MindForYou

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CAMPAIGN AGAINST LIVING MISERABLY

Money is young people's number one worry right now





ARE YOU LIVING WITH DEMENTIA?

or caring for someone who has received a diagnosis?

Come and join us at Turtle Song and try something new

FREE SINGING AND SONGWRITING SESSIONS

WHEN
Tuesdays, 10:30am - 12:15pm
29th April to 24th June 2025
(9 weeks)

WHERE
Everyman Theatre, 5-11 Hope Street, Liverpool, L1 9BH

COMPANIONS AND CARERS WELCOME

sign up for FREE and to find out more

or email niamh@turtlekeyarts.org.uk
020 8964 5060

"Turtle Song is a friendly, fun and creative experience. Music makes me feel good and for a couple of hours I am transported away from real life. And the tea and coffee were a treat!"



Turtle Song

This joyful project is for people with memory problems and all forms of dementia and for their companions (husbands/wives/carers). It has been running in different areas around the country for 16 years and is a collaboration between Turtle Key Arts, English Touring Opera and Royal College of Music. Young musicians join the project to create a truly intergenerational experience of high quality music and a real Turtle family experience.

TURTLE KEYARTS

Supported by
the John Armitage Charitable Trust
the Scouloudi Foundation

APPLIED MUSIC Research Lab
UNIVERSITY OF LIVERPOOL
RISE MUSIC EDUCATION CIC
everyman & PLAYHOUSE
ENGLISH TOURING OPERA
ROYAL COLLEGE OF MUSIC London

WIRRAL CARERS HEALTH & WELLBEING SERVICE

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House of Memories

National Museums Liverpool

News



Dementia awareness workshop for family and friends

In our workshops for families, friends, informal carers and community volunteers, we cover supporting a loved one living with dementia through learning about person centred care, share digital learning resources, and discuss a range of practical memory activities. We also provide opportunities for you to connect with other dementia support networks.

Book here



Memory strolls

Memory strolls are dementia-friendly guided visits in the Museum of Liverpool, for older people to explore Liverpool's past, and for people to share their memories and stories of life in Liverpool.

Find out more



When I was little

'When I was little' is a free activity for children aged 3 to 7 and their grandparents or older relatives to visit the museum together, exploring museum objects, and sharing stories and memories.

Find out more

WIRRAL CARERS HEALTH & WELLBEING SERVICE

Carer Linkworkers Making Caring Visible, Valued & Supported

Around 70,000 people in England don't know they have Hepatitis C.



Could you be one of them?

Test quickly and easily with the **free** NHS test-at-home service

hepctest.nhs.uk

Tests are confidential, easy and quick.

Learn more

Claim work expenses for free with HMRC

Don't get caught out



HM Revenue & Customs

Free Digital Skills Course

Include-IT Mersey



- We're currently accepting learners for our Digital Skills Course
- The course is FREE to all eligible learners
- The course is aimed at Wirral residents aged 16+ who have limited or no digital skills
- The course will provide all the learning to get your basic digital skills up to speed
- You will also learn additional skills that may help with future job opportunities
- Each course is individually focused, and delivered in various locations throughout the Wirral, one being at the Flourish Wellbeing Hub.

Sefton CVS
Supporting Local Communities

Wirral ageUK

For further information on course dates, times and locations please contact us using the contact details below.

Karen, Mobile No 07517 132233

Or

John, Mobile No 07552 532719

Flourish Wellbeing Hub

Funded by UK Government

Liverpool City Region

Metro Mayor

Cruse Bereavement Support

Coping with Mother's Day when you're grieving



Unplug from social media

Social media can be a great place to share memories of your loved ones, but for some it can be difficult or painful on days like Mother's Day.

If you need to unplug from social media for the day, that's ok.

Remember them

If you want to mark the day and remember your loved one, there are a few things you can do.

- Light a candle and place a photo next to it.
- Plant a flower to create a place to return and remember them.
- Visit a place them was special to them.

Cruse Bereavement Support

Put yourself first

Don't feel pressured to do anything you don't want to. Instead, spend the day doing things you enjoy.

This might mean being part of family plans or bringing attention to the day. But it could also be going for a long walk by yourself or watching your favourite films.

Put your feelings into words

Writing can be a really useful way to manage or process your grief. Whether it's writing in a grief journal or letter writing.

Writing a card to someone who has died is a great way to organise your thoughts and make sense of your feelings.

Cruse Bereavement Support

Reach out for support

If you're struggling with grief, then it's important to ask for help.

This might mean speaking to your friends and family, your GP or contacting Cruse.

We're here for your this Mother's Day. You can find lots of helpful information on our website, along with details on how to get in touch.

cruse.org.uk

You're not alone

Cruse Bereavement Support

WIRRAL CARERS HEALTH & WELLBEING SERVICE

Carer Linkworkers Making Caring Visible, Valued & Supported





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STEADY ON YOUR FEET
Cheshire



Falls Prevention Information Pack

STEADY ON YOUR FEET | Cheshire

Start Your Self Assessment

Welcome to our self-assessment tool designed to help you stay active, maintain your independence as you age, and reduce your risk of falling.

You will be asked a series of questions, which should only take a few minutes to complete. You can take the self-assessment yourself or ask someone you know to help. Your action plan can be downloaded, printed and shared with friends, family or health professionals.

Staying Active

Alongside our network of partners, explore practical ways to keep active, and discover suitable exercises with a focus on building strength, and improving balance.

Download All Information (PDF) >



Welcome to

Steady on your Feet
Cheshire

Do you ever feel a bit off balance or unsteady? If so, you're not alone. Steady On Your Feet is here to support you every step of the way. Our advice, guidance and resources can help you stay active, healthy and independent for years to come.

Complete your Self Assessment now >



WIRRAL CARERS HEALTH & WELLBEING SERVICE

Carer Linkworkers Making Caring Visible, Valued & Supported

UPCOMING EVENTS!

EASTER FAIR

SATURDAY 12TH APRIL 12PM - 2:30PM
AT ASHVILLE LODGE

Join us at Wirral Society of the Blind and Partially Sighted for:

- Raffle
- Cream Tea (scones cakes & tea)
- Easter Egg Hunt with the Easter Bunny
- Face Painting
- Arts and Crafts stall.
- Live performance from our own music group

WE ARE ALSO APPEALING FOR EASTER EGG DONATIONS TO OUR ASHVILLE LODGE CENTRE

New Ferry Rangers Free Football Sessions!

NEW FERRY RANGERS F.C. 1865 2006

Mondays
5:30 Girls football 4-7 Years Old
6:30 Girls football 7-11 Years Old
(Starting Monday 31st March)

Fridays
Junior Football 7-11 Years Old
(Starting Friday 4th April)

For more information or to book a place
Please do get in touch

COMMUNITY FUND

AJ SPORTS COACHING

FUTURE YOU

AGE 5-12 YEARS

9:30-1:30

7TH-10TH APRIL
FREE PLACES

ACTIVITIES
ART & MUSIC
SPORTS & GAMES & EASTER CRAFTS
and a lot more!
Breakfast and Lunch provided

CHILDREN MUST BE ON BENEFIT RELATED FREE SCHOOL MEALS

ADDRESS- 379 NEW CHESTER ROAD CH42 1LB

FOR ANY MORE INFORMATION EMAIL - MEGAN@THEFUTUREYOU.ORG

HOLIDAY ACTIVITIES and food

FSM

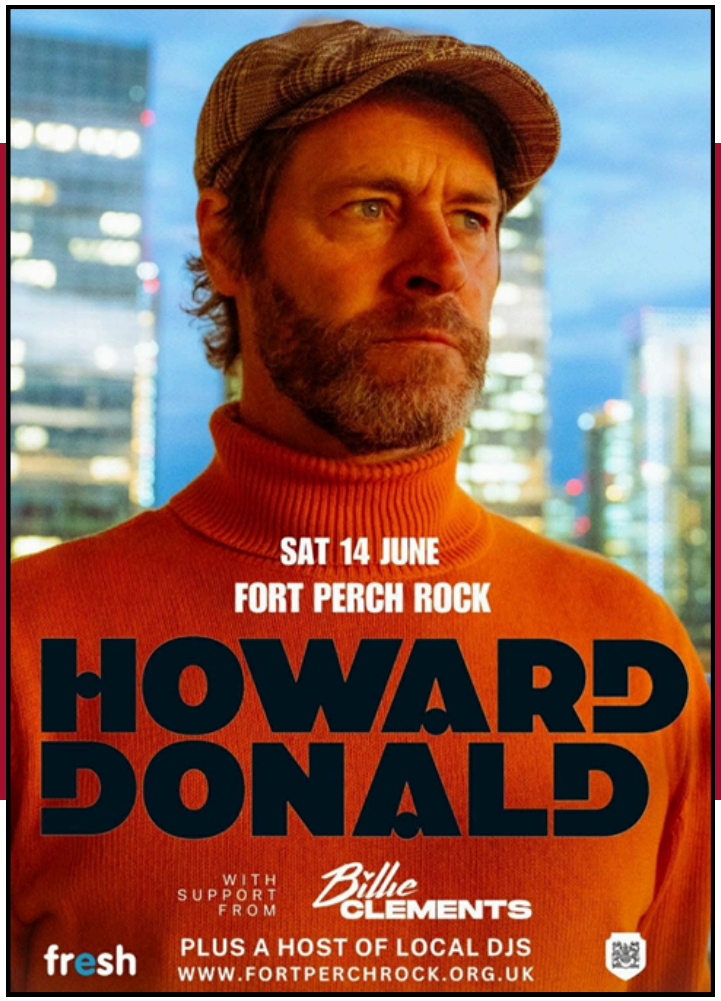
Heswall Primary PTA
Car Boot Sale

Sunday 27th April 10am - 12 noon
in the playground
£10 per table
Please complete the google form to book your space!



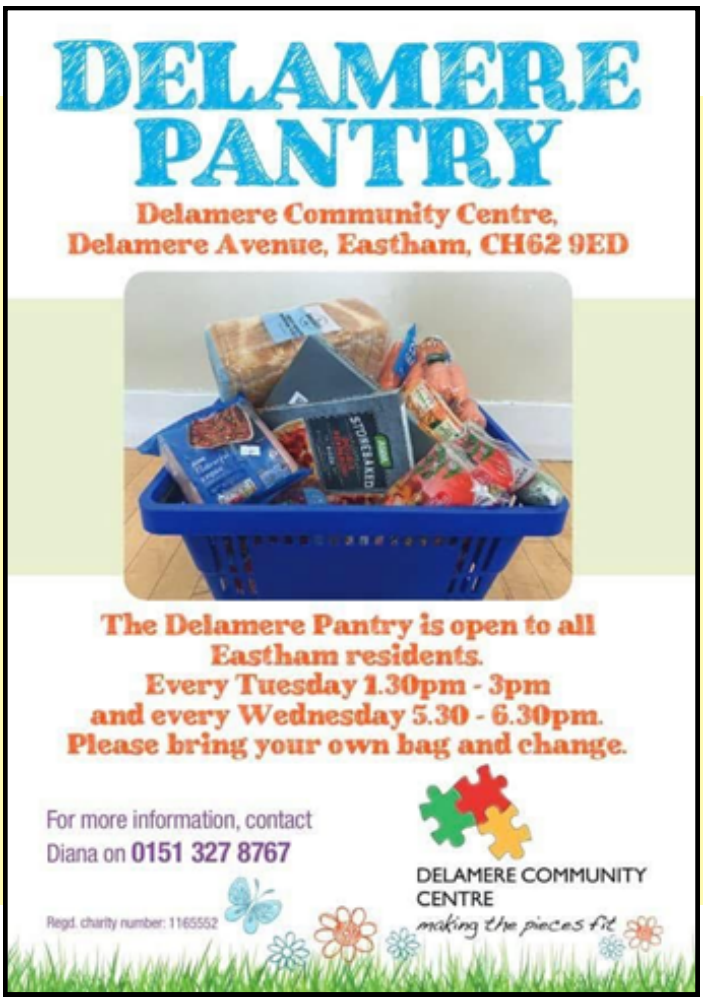
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Wirral Veterans' Breakfast Club



Lonely, bored, miss the Services comradeship?

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

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

Families welcome.

Wirral Joint Services Club

41 St George's Road

Wallasey CH45 3NF

NEXT GEN CHEF

At the Livingstone Centre "The Livvy"
CH41 3HX

FREE

OPEN ACCESS COOKING SESSION

Thursday's 4:15pm-5:15pm



For Boys & Girls aged 9-17

For more information Email:
MaryF@tranmererovers.co.uk

THEATRE4ALL.NW

Mad about Musicals?

TRY SOMETHING NEW

MUSICAL THEATRE

OPEN WORKSHOP

HEAD OVER TO NESTON TOWN HALL

Sunday 6th April
3-6pm

NODA



Williamson Art Gallery

Slatey Road Birkenhead

Peter Rainsford
presents
A Miscellany of Entertainment & Music
Friday 28th March 2025 @ 11.00am

Music from Peter - Songs from Paula
Meet the Composer - Isabelle Ryder

And it's *FREE!*

Special Guest:
Isabelle Ryder

The British award-winning classical and jazz composer will talk about her work.



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UPTON VILLAGE COMMUNITY GROUP

Craft Fair

Free entry

Saturday 12th April

11 am to 2 pm

Traders set up from 10 am

St Joseph's Church Hall
6 Moreton Road
Upton CH49 6LJ

Pitch fee is £15. To book a space or for more information contact us by emailing :
events@friendsofuptonwirral.co.uk

UPTON IN BLOOM blooming lovely

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Calling all 80s fans! Join us f... See more

CAMP AND FURNACE

ALL DAY 80S

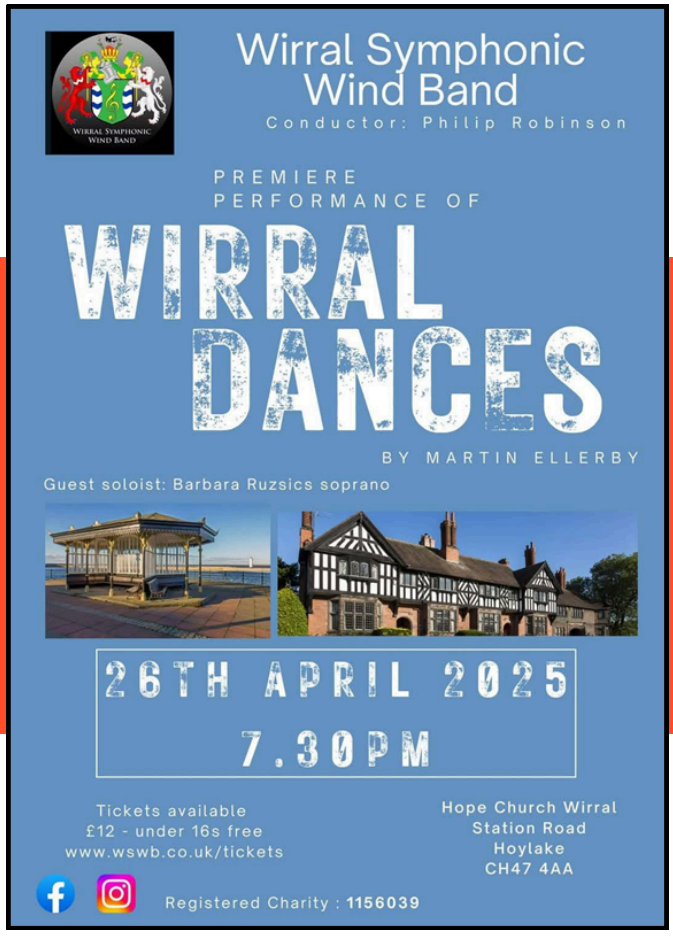
SAT 05 APR | 15:00 – 20:00

Tickets available from skiddle.com

@campandfurnace campandfurnace.com 0151 708 2890 67 Greenland Street Liverpool L1 0BY







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Proud to be supporting

Rotary

THE HESWALL SOCIETY Since 1953

COOL HESWALL

CARING FOR OUR CLIMATE

SATURDAY 17TH MAY 10am – 4pm

Hill House Gardens and Heswall Hall – FREE ENTRY

Activities and information for all – musical entertainment - refreshments - ALL WELCOME

Please visit our stand

HOT WATER COMEDY CLUB Est. 2010

EVERY SUNDAY

COMEDY FOR KIDS!

Ha

ha

FAMILY FRIENDLY
STAND UP COMEDY SHOWS
EVERY SUNDAY IN LIVERPOOL!

EVERY SUNDAY AT 2PM



ha!

AGE 6+
TICKETS £8

HOT WATER COMEDY CLUB AT BLACKSTOCK MARKET,
15 BLACKSTOCK STREET, LIVERPOOL, L3 6ER
WWW.HOTWATERCOMEDY.CO.UK

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DANCEFIT

PARTY YOURSELF INTO SHAPE!

Monday

7.30-8.30pm @ The Lighthouse Church

Friday

9.15-10.15am @ The Lighthouse Church



No need to book just come along!
For more information get in touch with Gemma 07912546967
£6 per class



We are WIRRAL

FAMILY MUSIC FESTIVAL

19TH–20TH JULY 2025 – BIRKENHEAD PARK

SATURDAY · SUNDAY

FEEDER · EXAMPLE

NEWTON FAULKNER · THE FEELING
THE HOOSIERS · PIXIE LOTT
WOODY COOK · DICK AND DOM
SANDI THOM · ELVANA
MICHAEL ALDAG · THE SOUTH

Entertainment

ACTUAL REALITY ARCADE
PANIC FAMILY CIRCUS
HANDMADE THEATRE CO
GRAND CAVALCADE · FUNFAIR

Activities

KAYAKING · TREE CLIMBING
PADDLE BOARDING
BUSHCRAFT SURVIVAL SKILLS
SLACKLINING · FRISBEE GOLF



Tickets available at:
wearewirral.co.uk



Floral Pavilion

Sun 27th Apr

Craft & Gift Fair

FREE ADMISSION
FREE PARKING
11am to 4pm

New Brighton
CH45 2JS

marissa@memorylanefairs.com

Wheelchair Accessible



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BACON BUTTIES

EVERY TUESDAY 10:30-12:00

WARM SPACE TO SOCIALISE



TEA + COFFEE

TOAST AND JAM/ MARMALADE ALSO ON OFFER



SOCIAL SUPERMARKET AVAILABLE

IN ST HILDEBURGHS' CHURCH HALL

DONATIONS OF £1 SUGGESTED



SHINE TOGETHER

Come on down to shine Together!

COMMUNITY & YOUTH HUB, SOCIAL SUPERMARKET, COMMUNITY CAFE, KIDS AFTERSCHOOL CLUBS, YOUTH CLUBS, STAY & PLAY, AND MUCH MORE!

Where to find us
28 Fairview Avenue
Wallasey
CH45 4RF

michelleshinetogether@outlook.com

07933 970 964

SHINE TOGETHER

SHINE TOGETHER HOLIDAY CLUB

9–3 PM LOADS OF FUN!

£3 PER DAY INCLUDES BREAKFAST, LUNCH, & SNACKS!

9TH & 10TH APRIL
16TH & 17TH APRIL

EASTER EGG HUNT, SPORTS, ARTS & CRAFTS
SLIME AND MUCH MORE FUN!

St. Anne's Parish Centre & Venue Hire

It's that time for year where we can all show the special ladies in our lives how much they mean to us.

Call in to pay & book your spaces for our mother's day event. Cash only please. We are open from
6-8pm Tuesdays
6-9.30pm Wednesdays
7-11.45pm Fridays
7-11.45pm Saturdays







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PORT SUNLIGHT VILLAGE MARKET

First Sunday of every month

The Stables, Greendale Road, CH62 4XB

South West Of Gladstone Theatre

Local Produce | Artisan Food | Gifts

2025 Dates:

6th April	6th July	5th October
4th May	3rd August	2nd November
1st June	7th September	7th December

Port Sunlight VILLAGE TRUST



Firing Up Bridge Cottage

Saturday 5 April until late June

Wednesday-Sunday, 10am-4pm

Bridge Cottage, Park Road

Bridge Cottage's latest exhibition showcases a range of ceramic artists work including established artists, early careers and well-known artists within the ceramic world.

FIND OUT MORE



Easter Trail

Friday 18 & Saturday 19 April, 10am-3pm

Venture down the rabbit hole in Port Sunlight's Alice in Wonderland-themed Easter trail around the village and claim your chocolate reward. Pre-booking essential.

GET TICKETS



Sugar & Spice Festival - Spring Edition

Friday 18 & Saturday 19 April, 11am-4pm

The Sugar & Spice Festival returns this Easter, bigger and better. Treat yourself to locally-made food, drink and little luxuries, all in heart of Port Sunlight.

FIND OUT MORE

WIRRAL CARERS HEALTH & WELLBEING SERVICE

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PIZZA-STUFFED CHICKEN BREASTS

SERVES: 3 **PREP & COOK: 5 & 35 mins** **TYPE: Easy**

INGREDIENTS



- 3 chicken breasts
- 125 g ball of mozzarella
- 3 tbsp jarred tomato sauce
- 9 slices pepperoni
- 1 tsp paprika
- 2 tbsp olive oil

METHOD

- Place the chicken breasts on a chopping board and cut down the side of each one to create a pocket, making sure not to cut all the way through.
- Slice the mozzarella into 6 slices.
- Working with one chicken breast at a time, open the pocket and add 1 tablespoon of tomato sauce, 2 slices of mozzarella and 3 slices of pepperoni. Fold the pocket over to enclose the filling. Repeat with the rest of the chicken breasts.
- Add the paprika and oil to a shallow bowl and mix, then coat each stuffed chicken breast in the paprika oil.

TO COOK NOW:

- Preheat the oven to 200°C, fan 180°C, gas 6. Place the stuffed chicken breasts on a lined baking tray and cook for 30-35 minutes until the chicken is cooked through. Serve with wedges and salad.

TO FREEZE:

- Add the stuffed chicken breasts to a large, labelled freezer bag and freeze flat.

TO COOK FROM FROZEN:

- Remove from the freezer and leave to fully defrost.
- Once defrosted, cook as instructed in the ‘TO COOK NOW’ section.

(AS SEEN ON BATCH FROM SCRATCH ON C4)

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carersUK

carersUK factsheet

Your rights in work

If you are juggling work with caring, you are not alone – as many as 7.7 million people in the UK are balancing their unpaid caring responsibilities with paid employment. Balancing work and care can be very challenging, so it's important to find out about your rights. This factsheet provides a simple summary.

The following information applies to people living in England, Wales and Scotland. We have a separate factsheet for Northern Ireland as some of the legislation differs.

Contents

Knowing your rights..... 2
Your right to request flexible working..... 2
Your right to carer's leave..... 3
Your right to time off in emergencies..... 3
Protection from discrimination..... 4
Your right to parental leave 4

2024/25 carersuk.org

Press Release

CARING ABOUT EQUALITY

Carers Week 2025 launches theme 'Caring About Equality'

25 February 25

National charities join to announce the focus for this year's Carers Week, raising awareness of those looking after a family…

Read more

60 YEARS

carersUK

60 years of Carers UK

2025 marks our 60th anniversary, and is a time to reflect on our journey so far, as well as an opportunity to honour the millions of carers who have been at the heart of everything we do.

Find out more about the last 60 years of caring and how you can get involved.

Find out more

WIRRAL CARERS HEALTH & WELLBEING SERVICE

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carersUK

Press Release



Carers UK responds to the Government's publication of the welfare reform green paper proposing changes to disability and health benefits

18 March 25

"We are very concerned that the plans the Government has published today could hit unpaid carers, disabled people and their…

Read more



Flexible working videos

Carers Jane, Ally and Niki all describe their experiences of flexible working in our videos series.

Flexible working videos

WIRRAL CARERS HEALTH & WELLBEING SERVICE

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CARERS TRUST

TRIANGLE OF CARE



NHS England has been abolished – carers must not pay the price

It must not jeopardize vital support for carers who are essential in supporting the strained healthcare system. Find out more.

Young carers share their best breaks for Young Carers Action Day 2025

Discover powerful stories from young carers sharing their experiences on the importance of breaks for Young Carers Action Day 2025.

FIND OUT MORE



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Regional Carer Support

THE LANCASHIRE carers SERVICE

carersUK

CARERS TRUST
St Helens Carers Centre

CARERS TRUST
Cheshire and Warrington

NHS
Mersey Care
NHS Foundation Trust



WIRRAL
Support for carers

Crossroads Together

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 commerical income. Today we operate under the name Wired which stands for Wirral Information Resource for Equality and Diversity.

WIRED's core values are...

- The promotion and development of a society in which disadvantaged people can lead full and independent lives fully participating in society and reaching their potential
- To promote the equality, dignity and independence of disadvantaged children, young people and families and keep them safe from harm
- To support children and young people to be ready for school, work and adulthood

WIRED cascades these core values into service delivery through a number of key organisational principals;

- Empowerment – people should have control over their own lives
- Consultation – involvement in service planning by disadvantaged people and carers
- Information – clear and easily available
- Participation – in local, regional and national communities
- Autonomy– the freedom to make decisions about life
- Person Centred – to ensure that all audit activity follows the journey of the client through our services
- Outcome Based and Qualitative: – focussing on the how the service has improved people's lives
- Fair – equality and diversity issues are taken into account when developing and undertaking quality assurance activity
- Transparent – to deliver clear messages about the purpose and benefits of service to encourage openness and willingness to participate
- Ethical – always endeavour to respect participant's privacy and confidentiality
- Social value – wider financial and non-financial impacts of activity, including the wellbeing of individuals and communities, social capital and the environment

The above key organisational principals are embedded within service delivery through their integration into WIRED business planning, staff and volunteer recruitment, casework, staff supervision and organisational management and governance.

Our Services

- Wirral Carers Health and Wellbeing Service
- Wirral Health and Wellbeing Connectors
- Wirral Mobility Scooter Hire and Shopmobility
- Wirral SEND Partnership
- Wirral Mediation Service
- Wirral Direct Payment and Payroll Services
- Wirral Personal Care Assistant Register



WIRRAL CARERS HEALTH & WELLBEING SERVICE

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Wirral Carers Health and Wellbeing Service

The Wirral Carers Health and Wellbeing Service provides free support to unpaid Carers to improve the quality of life for Carers in Wirral, supporting them to sustain their caring role and enhancing their ability to enjoy a life outside of their caring role.

Services available for unpaid carers...



Carers information, advice, support & activities – Information, advice and support for Carers provided via telephone, email, E-News, social media, website and face to face appointments including signposting to local services, benefits advice, support groups, leisure activities, emotional support and counselling.

Carers Emergency Contact Service – Carers are issued with a unique identifier number and a central telephone number which operates 24 hours, 7 days a week. In the event of a Carer having an emergency such as being involved in an accident and unable to provide care to the cared for, back up support can be triggered through contacting the central telephone service.

Carers Counselling – We offer counselling to all adult carers and former carers who would like to speak confidentially about their situation.

Adult Carers online assessments – Support for Carers, where appropriate, to complete an On-line Adult Carer Assessment.

Carers training – A flexible training programme for Carers that includes understanding the role of a Carer, Carer's rights, power of attorney, local Carer support services, managing stress/building resilience and food energetics.

Carer awareness training for professionals – Training sessions for professionals that promote Carer awareness. This also included working with GP's and the NHS to identify Carers and to improve support for Carers health and wellbeing.

Dementia Carer Support – The Dementia Carer Support Service is for Carers who care for a loved one who has dementia. We run our Carer Support Service to help take some of the strain with both practical and emotional support.

Carers Groups – Groups meet at a variety of accessible local venues across Wirral and free refreshments are provided. Group activities to include meet and greet, crafts, information and advice.

How to access our services...

Carers can contact our services directly or they can request to be referred to WIRED by a GP, a local organisation or any other professional.

Wirral Independent Living & Carers Resource Centre, 5 St John Street, Birkenhead, CH41 6HY

0151 670 0777

cws@wired.me.uk

Monday - Friday, 9am-4:30pm

Wirral Carers Health and Wellbeing Service
or SCAN the **QR CODE** to take you to our Facebook page

WIRRAL CARERS HEALTH & WELLBEING SERVICE

Carer Linkworkers Making Caring Visible, Valued & Supported

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



ShopMobility UK



Wirral Shopmobility



Wirral Shop Mobility

Birkenhead - Liscard

Price List



Membership Fees
Joining Fee: £30 **Annual Renewal Fee:** £25

Daily Hire Charges
Member Hire: £5 per hire **Non Member Hire:** £9 per hire

Long Term Wheelchair and Scooter Hire

- Long Term Wheelchair Hire: £18 per week (deposit required)
- Long Term Scooter Hire: from £30 per week (deposit required)

Scooter service and repairs undertaken, please ask for details

0151 647 6162 **contact@wired.me.uk**

Wirral Mobility Scooter Hire and Shopmobility **www.wired.me.uk**

DISCLAIMER

Carers e news is part of the Carers Health and Wellbeing Service. WIRED make every effort to ensure that the information in the e news bulletin is correct. In order to develop each edition of the e news, WIRED obtain information from a wide range of sources and partner organisations. Due to the volume of content and frequency of publication of the e news, WIRED cannot accept any liability for errors and omissions within any information included in the e news that does not directly relate to a WIRED service or event. Additionally, WIRED cannot offer recommendations on products or services and the views and opinions expressed in the e news are not necessarily those of WIRED.

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