Wired
Putting You First

WIRRAL CARERS E-NEWS

Issue: 9

7th May 2025

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



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



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 19th May

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

FIRST AID TRAINING

FRIDAY 23RD MAY 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

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 5TH JUNE, 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

Wired Putting You First

0151 670 0777

cws@wired.me.uk

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

MERSEYSIDE POLICE

Spaces are going fast so book in now!

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 18TH JUNE, 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



Dementia Awareness Training

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

Thursday 26th June

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



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WIRRAL CARERS HEALTH & WELLBEING SERVICE

Carer Linkworkers Making Caring Visible, Valued & Supported



Hot weather reminder

If you're on antidepressants or antipsychotics your body may not regulate heat as well. Remember to try and stay cool, drink plenty of water and find shade if you can.

Please share so others can stay safe.

HYDRATION TRAINING

This is an online training session for unpaid carers registered with WIRED.

This session helps to enhance carers ability to promote...

- Better health and wellbeing for the individual they care for
- Ensuring optimal hydration levels
- Preventing related health issues

Head over to our website to sign up and find out more!

wired.me.uk/carer-support/carers-training/ CLICK HERE

WIRRAL CARERS HEALTH & WELLBEING SERVICE

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This Month at WIRED — May 2025

Monday	Tuesday	Wednesday	Thursday	Friday
5	6 Carers Yoga: Online and F2F: 11am-12:30pm	7 Dementia UK Coffee Morning: 10am-12pm	8 Carer Support Group @ Beechwood Community Shop: 10am-12pm Carer Support Group @ Inspire Cafe Wallasey : 1pm-3pm	9
12	13 Carers Yoga: Online and F2F: 11am-12:30pm Carer Support Group @ West Kirby: 1pm-3pm	14	15 Carer Support Group @ West Kirby: 10am-12pm	16 Carer Support Group @ St James Centre: 12pm-2pm
19 Stress Management Training @ St James Centre: 10am-12pm	20 Carers Yoga: Online and F2F: 11am-12:30pm	21 Crafty Carers Club: 10:30am-12:30pm	22 Carer Support Group @ Beechwood Community Shop: 10am-12pm Carer Support Group @ Inspire Cafe Wallasey : 1pm-3pm	23 First Aid Training @ The Stein Centre, 11am-1pm
26	27 Carers Yoga: Online and F2F: 11am-12:30pm Carer Support Group @ West Kirby: 1pm-3pm	28	29	

SAVE ROCK FERRY LIBRARY



Sign petition here

change.org

Wirral Council is proposing to close Rock Ferry Library.

But our Rock Ferry Library is about more than books.

Our Rock Ferry community use the library for many different activities like lego and craft clubs, caring for people with disabilities, and free wifi. Its a warm, safe space.

At a recent Council meeting, Green councillors voted to save Rock Ferry Library. Labour and Tory councillors voted against keeping all libraries open.

WIRRAL CARERS HEALTH & WELLBEING SERVICE

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CARERS WEEK @ WIRED

CARING ABOUT EQUALITY

Carers Week

7th-15th June 2025

Wired Putting You First

Programme of Activities for Carers Week 2025

Wired Putting You First

Monday 9th June

Narrowboat Trip - The Cheshire Cat, Whitchurch Rd, Christleton, Chester CH3 6AE, 10am-3pm

Tuesday 10th June

Narrowboat Trip - The Cheshire Cat, Whitchurch Rd, Christleton, Chester CH3 6AE, 10am-3pm

Information Event - Wirral University Teaching Hospital NHS Foundation Trust, Arrowe Park Rd, Wirral, CH49 5PE, 10am-4pm

Information Event - Mallory Building, 2 Alice Ker Sq, Grange Precinct, Birkenhead, CH41 2AB, 10am-4pm

Wednesday 11th June

Commitment to Carers Conference by Wirral Carers Alliance - Floral Pavillion Theatre, Marine Promenade, New Brighton, Wirral, CH45 2JS, 9am-9pm

Thursday 12th June

Narrowboat Trip - The Cheshire Cat, Whitchurch Rd, Christleton, Chester CH3 6AE, 10am-3pm

Carers Week Lunch - Beechwood Social Club, 22 Beechwood Drive, Beechwood, Wirral, CH43 7ZU, 11am-3pm

Friday 13th June

Narrowboat Trip - The Cheshire Cat, Whitchurch Rd, Christleton, Chester CH3 6AE, 10am-3pm

Information Event - Wirral University Teaching Hospital NHS Foundation Trust, Arrowe Park Rd, Wirral, CH49 5PE, 10am-4pm

Online General Knowledge Quiz, 12pm

Saturday 14th June

Narrowboat Trip - The Cheshire Cat, Whitchurch Rd, Christleton, Chester CH3 6AE, 10am-3pm

Online Bingo running all week!

Contact us to find out more or book your space today 👇

0151 670 0777 | cws@wired.me.uk | www.wired.me.uk

Community WCNT Narrowboating

Carers Week 9 – 15 June 2025

Our Narrowboat trips are back for Carers Week 2025!

Refreshments provided but bring your own packed lunch.

Get in touch now to book your FREE PLACE

(Spaces are limited!)

Available dates:

Monday 9th ~~June~~ FULL

Tuesday 10 ~~June~~ FULL

NO WEDNESDAY TRIP

Thursday 1~~2th June~~ FULL

Friday 13th June

Plus

Saturday 14th June

LIMITED SPACES!

10am - 3pm





Support your local **ShopMobility Centre during National ShopMobility Awareness Week**

2nd - 8th June 2025







ShopMobility UK

www.shopmobilityuk.org

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Time To Talk Event

Join us at the Beechwood Community Hub for a special event focused on mental health and wellbeing. Hosted in collaboration with Paxton Medical Group and a range of community partners including Andy's Man Club, WIRED, Mind Wirral and Kaizen Wirral Mindset.
This event is open to everyone—whether you're struggling with your own mental health, supporting someone who is, or simply looking to learn more.

Tues 13th May
10am - 12noon

mind Wirral

Wired
Putting You First

Beechwood Community Hub

Paxton Medical Group

Healthier Neighbourhoods
Primary Care Network

KAIZEN WIRRAL MINDSET CIC
WIRRAL WELLNESS

#ITSOKAYTOTALK

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Empowered, Connected, Equality



"WE care that YOU care"

'COMMITMENT TO CARERS' CONFERENCE

WEDNESDAY 11 JUNE 2025

FLORAL PAVILION, NEW BRIGHTON

Join us in celebrating Carers in Wirral.

This event will bring together Carers, support services, and key organisations to establish how we can better assist, connect, and empower those who have caring responsibilities for family and friends in Wirral.

- ✓ Hear from inspiring speakers
- ✓ Discover local support services
- ✓ Connect with fellow Carers
- ✓ Have your voice heard

Carers play an essential role in our community—let's make sure they are supported and valued.

For more information and to book your free ticket, scan the QR code or visit

www.wirralcarersalliance.com

Wirral Carers Alliance

Conference Details



The Wirral Carers Alliance is hosting the 'Commitment to Carers' Conference and as part of Carers UK 60th Anniversary celebrations, we are reflecting the themes of Carers UK 2025 - Empowered, Connected and Equality throughout the day.



To ensure the Commitment to Carers on Wirral, we will be offering the Market Place of Support Services, including 1-2-1 support, Carer Workshops, Theatre Conference with presentations and panel discussions, Networking opportunities, Support Sessions and much, much more.

The conference will be split across 3 sessions over the day to ensure there is flexibility and Carers can access the event at times that are convenient for them.
Please take a look at the 'Conference Sessions' for further information or CLICK HERE.
Carers and Organisations can book their place on any session and are able to book multiple sessions if they wish to participate in as much of the conference as they can.



Conference participants will need to obtain a free ticket for the session or sessions of their choice and the registration desk will be available within the Plaza, where Carer Ambassadors and Volunteers will be available to help and guide you through the conference options on the day, You can engage in as much or as little as you wish.
Sessions are free to attend and we will endeavour to accommodate individual's needs as much as possible within their caring role and those they care for.
This event is for ALL unpaid Carers on Wirral, no matter what their circumstances and the type of caring role they have.



A day to Celebrate Wirral Carers and make a Commitment to Supporting Carers in their caring role.

Empowered
Halve the time it takes for Carers to recognise themselves as Carers and get the support they need

Connected
Connect Carers so that no one has to care alone



Equality
Create a society that treats Carers equally in all aspects of their lives

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wirralview





Take a stroll down memory lane during walking festival

30 April 2025

Paul Smith, a walk leader with the Oxton History Society, tells us what walkers can expect during the Wirral Walking festival.



St James Centre: A Family Hub at the Heart of North Birkenhead

24 April 2025

If you've ever been to St James Centre Family Hub in North Birkenhead, you'll know it's no ordinary building. It's a lively, welcoming space at the heart of the community – a place where people of all ages come together to chat, learn, play, and support one another.



Birkenhead Market contractor looks to appoint local suppliers

25 April 2025

As work moves forward at Birkenhead Market's new home at 1 Princes Pavement, contractor Seddon is inviting local businesses to apply for contracts to support the delivery of the project.

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Have your say

We want everyone to get involved and shape the future of Wirral. Have your say will help you find and take part in engagement activities that interest you. You can share your ideas to influence decisions in your area and see how your views make a difference.



Wirral Library Model Consultation

Have your say on a proposed new Library Model for Wirral.

View Project



Pharmaceutical Needs Assessment 2025-2028

Residents are asked to provide feedback on the draft Pharmaceutical Needs Assessment document.

View Project



Bromborough Industrial Estate Public Spaces Protection Order

Provide your views on the proposed re-introduction of a PSPO for Bromborough Industrial Estate

View Project



Hamilton Square Conservation Area Regeneration Plan

Provide your thoughts on the development of a new plan for Hamilton Square Conservation Area.

View Project





Residents invited to feedback on Cool new climate proposals

Partners involved in leading Wirral's response to the climate emergency are looking to produce a third strategy – and are looking for feedback from residents about how best to deliver it.

Have your say

WIRRAL CARERS HEALTH & WELLBEING SERVICE

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Tomorrow's Women

Tomorrow's Women Wirral Empowering Timetable
May 2025

Monday	Tuesday	Wednesday	Thursday	Friday
We need your help 9.30-2pm Support the continued growth of our beautiful garden with Sandra & Liz	Belly Dancing with Cecile 10am -11am	We need your help 9.30-2pm Support the continued growth of our beautiful garden with Sandra & Liz	Walk and Talk Weekly from 10am (Please wear appropriate footwear and clothing)	We need your help 9.30-2pm To support the continued growth of our beautiful garden with Sandra & Liz
Guided Meditation 9:30am -10am Blissful deep relaxation	Ⓡ 10am -12pm Family Law 6th and 20th May	Ⓡ Solicitor support in Family Law 10am -11am	Reiki with Katy Booking IS essential. Ease stress, tension and help with wellbeing.	Ⓡ A More Confident You Starting 16th May x 3 weeks 10am – 11:30am
9.45- 11.45am – Finishing 7th July ESOL Developing your confidence & language to have conversations. English for Speakers of Other Languages.	Substance Use Midwife Drop-in with Jill Ⓡ 13th May from 10am Support for pregnant women.	Alcohol and Drug Awareness Group Weekly Group 10:30am – 12pm	10am -11am Ⓡ Specialising in Family Law, Domestic & Care proceedings.	Understanding ADHD 9th May 10 – 2:30pm An awareness session to improve your understanding of ADHD
Ⓡ Tomorrow's Women Recovery support group Every Monday @10.30am	Testing and Advice Drop In- 6th May 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	10-12pm A Stitch in Time Sewing skills and crafts with Mary	Understanding abuse and trauma 15th May and 22nd May 10am – 1pm	Community Connectors 11-12pm Needing some support/help in your community then come along and speak with a community connector
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. 12th May 12pm – 2pm	Ⓡ Additional Needs Support Group Every Tuesday 11am – 12pm	Supporting your Children's Education - 14th May 10am – 2:30pm Learn tools, strategies and resources to support your children's educational needs.	Finding Me - Domestic Abuse Course Starting 15th May x 6 weeks 10am – 12pm	Lunch Club 12pm *£3 donation
Supporting Children and Teens with ADHD 19th May 10am – 2:30pm	Housing Advice & Support Drop-In 27th May 1pm – 3pm BOOKING IS ESSENTIAL	Community Connectors 11-12pm Needing some support/help in your community then come along and speak with a community connector	Sound Bath with Grace 1st May 10:30am – 11:30am Booking is Essential	Police Drop-In 12pm-1pm 2nd May & 23rd May
			Ⓡ Money advice & gambling support 10.30-12pm 1st, 15th and 29th May	

May 2025

Flexible practical support for families Weekly Drop In - 11am – 1pm	Ⓡ Wellbeing and Me Starting 20th May 1:30pm – 3pm x 4 weeks *Looking at the impact of stress, anxiety, depression and emotional wellbeing has on our bodies physically and emotionally.	Ⓡ Do you want to know what JCP have to offer? Book to speak to Lesley, 11-1pm.	Ⓡ 1st May From 11am Offering support & help with claiming PIP – Booking is essential	Ⓡ Puzzle Piece Law 1pm – 4pm 9th ,16th and 23rd Offering Support with: - Family Matters - Child Arrangements - Financial Orders
Ⓡ Domestic Abuse Support & Information drop-in with Sue & Fiona. Every Monday 11am – 2pm	Beauty taster sessions Tuesday 13th May 11-12pm – Skincare 12-1pm – Hand massage 1-2pm- Mini manicure	Ⓡ Morecrofts Support with Care Proceedings 11am -12pm	Ⓡ Money Management & Debt support 22nd May 11am – 1pm	Acrylic Painting 30th May 1:30pm – 3pm Paint a small canvas with step-by-step instructions using acrylic paints.
Ⓡ 12th May @ 11-12pm Covering: Family law, Divorce & Financial issues	Lino Printing 20th May 1pm – 3pm Create your own lino stamp and print some note cards.	Ⓡ 12.30-1.30pm Domestic Abuse Specialist Morecrofts	TW Forum Meeting Come along & have your say. Community Room- 8th May 12pm	Drop-in with Sophie 30th May 1:30pm – 3:30pm Do you feel like you might benefit from talking therapies? Free NHS assessments for anxiety and depression.
NEW: Bereavement Support Group 19th May: 1pm – 2pm A safe space&support for navigating grief.		Positive Parenting Taster Session 21st May 12:30pm – 2:30pm	Ⓡ Stalking & Harassment Session 15th May 1pm – 2pm Learn about the dangers of stalking and harrassment and how to keep yourself safe.	Tomorrow's Women Creative Group All Welcome 1.30pm Every Friday! Singing, drama & creativity
Knit and Natter Weekly drop in 1pm – 2pm Come along and bring your own projects.		Yoga with Grace Starting 7th May x 5 weeks 1pm – 2pm		
Ⓡ 19th May 2pm-4pm Supports Family law, care proceedings, divorce, non-molestation orders	Ⓡ 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.	Reading Group Weekly 1-2pm A great way to meet new people, share a story with a cuppa.	Jam Session Weekly Session - 1.30-2.30pm Bring along your instruments & come have some fun	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

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ADDvanced Solutions
Community Network
Supporting you to find the answers

Our commissioned offer for families is open access and completely free. There is no referral or diagnosis needed. We are here for your family from the very beginning of the journey, to support you to understand challenging behaviour, identify characteristics of neurodiversity and explore strategies to improve difficult situations at home and school.

Our NEW offer for families in Wirral

Our community based learning opportunities improve understanding, develop skills and share experiences so that you can better support your neurodivergent child or young person.



Learning Programmes & Workshops*

Find out more

Community Network Groups

My nearest CNG

Information & Advice

contact us

Urgent Support

ADDvanced Solutions Community Network is not a crisis service, but if you, a child or a young person - are experiencing acute distress and are deemed to be a risk to yourself/themselves or others, on this page you will find local area crisis offer contact details.



Local support Contact Details

24-hour, 7-day a week mental health crisis service contact information in local areas:

Healthy teeth

Every parent wants their child to have healthy teeth, but it can be difficult to know what to do to make sure this happens, especially in the early years. Children's teeth are more prone to decay than adult teeth, and so it's important to establish good habits early to avoid the distress of tooth decay. The good news is that by following a few simple steps, tooth decay is almost entirely preventable.

Top tips for healthy teeth

- Start brushing from the minute you see your baby's first tooth
- Brush twice a day with a small smear of fluoride toothpaste on the brush – including once just before bed after all food and drink is finished
- Brush your child's teeth or supervise them brushing until they are at least 7 years old
- Spit don't rinse after toothbrushing – rinsing washes away the fluoride that protects your children's teeth
- Use songs, games and lots of praise to make toothbrushing fun
- Avoid sugary drinks and snacks, especially between meals. Fruit juice and dried fruit are also best at mealtimes rather than on their own
- Milk or water are the best drinks for young children – if you're bottle feeding, start using a free-flow beaker instead of a bottle from 6 months
- Register your child with a dentist when their first tooth comes through and take them for regular checks

Growing up with healthy teeth

Watch our video on what we can do to help children grow up with healthy teeth.



WIRRAL CARERS HEALTH & WELLBEING SERVICE

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Wheelchairs for children

We directly provide manual, sport, and powered wheelchairs to help children become more independent.



Grants that open up the world for young people with disabilities

variety 75 YEARS
the children's charity

We know that a wheelchair has to be appropriate for each child's needs and environment. This is why we have a flexible funding policy and can part or fully fund a range of manual, powered and sports wheelchairs where appropriate, according to the age and medical condition of each child.

CARRBRIDGE CENTRE
Monday 19th May
9:30am - 3:30pm



FREE MENTAL HEALTH AWARENESS COURSE

Are you passionate about children's mental health? Would you like to attend my mental health awareness course (no charge).

You will learn more about how to help young people and adolescence who are experiencing a mental health challenge or is in mental health crisis.

The topics include
Self harm
Suicide
Anxiety
Depression
Psychosis/ Spiritual awakening.

Please Drop Merseyside Mindful Mammas a message if you would like to book. And please share with anyone you feel will benefit

Join us on Friday 9th May (10am-3pm)

Liverpool Careers Fair

FREE to attend!

Friday 9th May
10am-2pm



Delta Hotel by Marriott,
One Queen Square,
Liverpool,
L1 1RH

seetec

WIRRAL CARERS HEALTH & WELLBEING SERVICE

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Peer support group for Dads



Health Visiting Hub - Wirral
2d ·

Peer support group – a great opportunity to meet other Dads, share experiences and knowledge and prioritise time for you!

The group meets once a month from 2.00pm – 3.00pm:

Monday 19 May
Monday 14 July
Monday 11 August

Location: Seacombe Family Hub, Seacombe Children's Centre, St Paul's Rd, Wallasey CH44 7AN

CARERSUK Awards 2025 CARERSUK

Nominations are now open!

These awards are a celebration of remarkable individuals and organisations who make life better for unpaid carers. Submit your nomination today and shine a light on the incredible work being done to support unpaid carers across the UK.

Find out more

WIRRAL CARERS HEALTH & WELLBEING SERVICE

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Visit the UK's Largest Neurodiversity Exhibition This Year in Liverpool

- Unlimited Seminars
- Specialist Exhibitors
- Lived Experience Speakers
- Educational Inputs



New Ferry & Rock Ferry
Community Fund

New Ferry decides:

Help choose how to spend community funds in your local area.

Join us at a free community event and learn more about exciting ideas for New Ferry and vote for your favourite project. Open to all.

Each person who votes will be entered into a free prize giveaway. **Voting closes at 3pm.**

Come along and enjoy arts and crafts, face painting, and free refreshments and snacks.

Saturday 10 May 2025, 1–4pm
New Ferry Rangers Community Hub,
Cornwell Close, CH62 1BG

To find out more email engage@wirral.gov.uk

POLICE SAFER WIRRAL WIRRAL

BIG NEWS! WE'VE MOVED!

D Hub 67 CIC – New Venue Announcement

Our old venue is now closed
But we're excited to welcome you to our new home!

6 LISCARD ROAD, SEACOMBE, CH44 6LN

FREE SURPLUS FOOD AVAILABLE!



Come along and help yourself to a variety of items.
Everyone is welcome – no referral needed!

WIRRAL CARERS HEALTH & WELLBEING SERVICE

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A helping hand.....

Do you need help with everyday tasks for yourself or a loved one ?
I can help.
I have a care background and hold an NVQ level two qualification, I have also ran my own successful cleaning business for the last 10 years.
I am a mum of three and run a busy household.
I want to offer a personal daytime service where you or your family member have the continuity and assurance of the same person visiting every time,allowing us to build trust rapport and peace of mind.
I love helping people and hope I can make a real difference in people's lives.
I currently offer this service during daytime hours Mon-Fri.
Areas covered are Bebington and Wirral postcodes within a 5 mile radius.

SERVICES

- Shopping
- Accompany/transport to appointments
- Running errands
- Light chores such as washing up/laundry Changing bed etc...
- Meal preparation
- Nail care
- Medication reminders
- Medication monitoring
- Days out
- Appointment making
- Chat and a cuppa
- Walks
- Reporting on wellbeing
- And much more...

*CRB checked
*Fully insured
*Excellent references available

CALL OR MESSAGE
CATH ON
07843022954



Have your say!

Every month, you can pop down to the Community Shop to speak to a member of the Onward team about what's happening in your area. Whether you want to tell us about something in your home, or just give us feedback on what you'd like to see in the future, come along for a chat!

When: 10am – 12pm, every last Wednesday of the month

Where: Community Shop, Beechwood Drive, CH43 7ZU

Different members of the team will be on hand every month to talk about different things from your neighbourhood through to money management and anti-social behaviour. Scan the QR code below to find out more about what we'll be covering.

Care Maintenance Group

Every Thursday from 10am - 1pm
32 Argyle street, Birkenhead, CH41 6AE

May 2025 sessions

- Improve parenting skills
- Relationship building
- Self awareness
- Mental health support
- Personal development
- Self care and positive self talk
- Days out and lots of fun



1st May: Children's story writing for National Share a Story Month. Following our robot making workshop and photography session the group will be finishing our script writing with some narratives to finalise our Men Too story book 'A Robots day out'.

8th May: Day out: Meeting at Men Too were we will be travelling by train to Liverpool. We will be exploring the world museum and art galleries ending with lunch and a trip to St. George's Hall to watch FLOW - An immersive light show were classical beauty meets cutting-edge technology, transforming timeless melodies into a vivid visual immersive, multi-sensory light show.

22nd May: Personal Development day: Looking at self esteem, self awareness and ways to self care. This session helps reflect on past and present experiences and ways to help us parent or care for young people.

29h May: Art Therapy: Looking at ways to communicate with young people while using fun and creative activities such as sand play and clay making.

Men Too Care Maintenance Group

Every Thursday from 10am - 1pm at 32 Argyle street, Birkenhead, CH41 6AE

- Men Too offer a range of weekly therapeutic group sessions for males over the age of 18 to support men's physical, mental and emotional health and well-being. The Care maintenance group is designed for Male parents, grandparent or carers who are caring for any children under the age of 18 or up to the age of 25 with special educational needs.
- These sessions will focus on building healthy relationships, Help improve mental health, help to increase child-centred parenting, promote respectful co-parenting and help with safeguarding.
- Activities range from confidence building, mental health support, art sessions, mindfulness, fun and games, personal development, days out, and most of all every session gives you an opportunity to check in with your feelings in a safe space with support available. This group also helps build natural friendships in small group settings and empowers you to grow.
- We cater and welcome anyone who walks through the door with acceptance and support with a non judgmental approach. Our average group sizes range from 8 - 12 men, and we have a booking system in order to give everyone spaces fairly each week. If you would like to attend our sessions for the first time, you must first complete a referral form and attend a one-to-one welcome session with a member of our team.
- We provide free snacks, drinks and lunch and have food and toiletries donations in the building. We offer other services such as counselling, cost of living support and training coursers which is always on offer while accessing Men Too.
- You must agree to our ground rules while accessing any of Men Too services. Anyone who breaks the ground rules may be asked to leave the building or be challenged on their behaviour.
- For more information visit www.mentoomerseyside.org were you can submit a referral form.



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

MSE News

Martin Lewis: How to call your bank with just three digits – as 'anti-scam' phone number called over a million times



One million calls have been made to the '159' anti-scam phone number since its launch in 2021, new figures reveal today (Wednesday 30 April). MoneySavingExpert.com founder Martin Lewis – one of the well-known faces most used in scams – explains how to call your bank by dialling just these three numbers.

READ MORE

WIRRAL CARERS HEALTH & WELLBEING SERVICE

Carer Linkworkers Making Caring Visible, Valued & Supported





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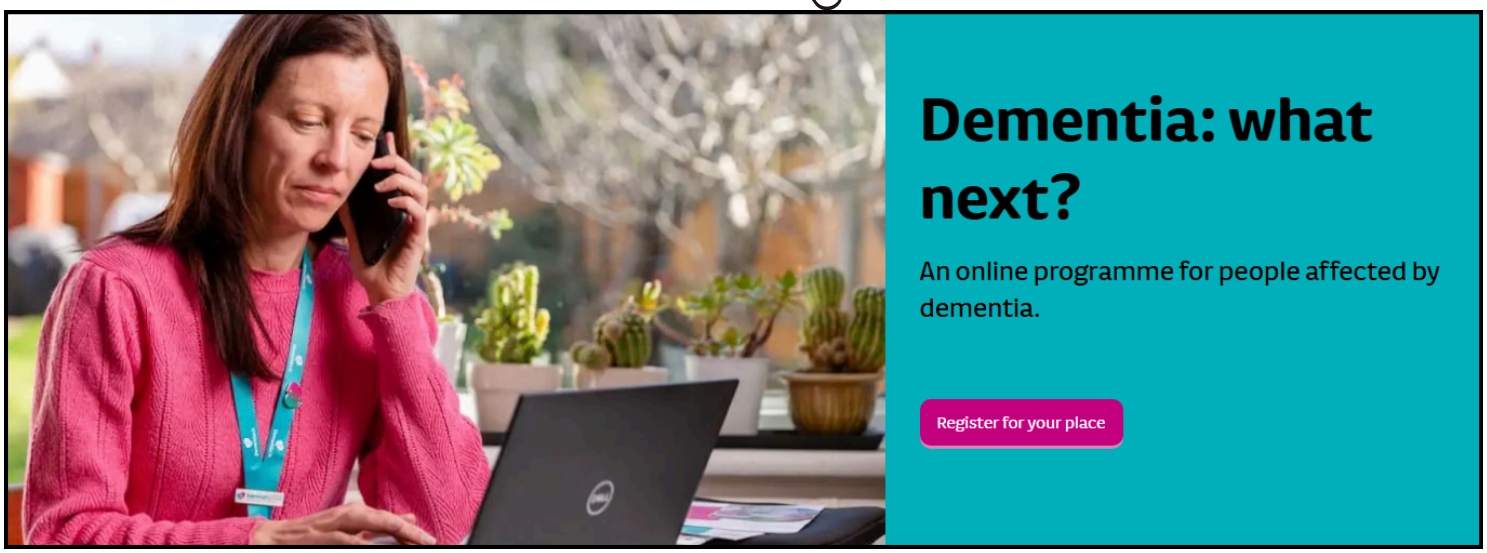
When you or someone you are close to is diagnosed with dementia, it is natural to have lots of questions – and one of those questions is likely to be, "What next?"

At Dementia UK, we know that many people receive little to no support after a dementia diagnosis. All too often, they struggle to know where to turn and are left feeling exhausted, overwhelmed and alone.

READ MORE





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Carents Room®

Free Dementia Care eBook

Dementia affects memory, behaviour, and daily life, making care complex and emotional. Our expert guides provide practical advice, checklists, and support to help you navigate everyday challenges, understand symptoms, and ensure the best possible care for your loved one.

Armchair

Carent Support: Emotional, Practical and Financial Support For You

Caring for a loved one can be rewarding, but it can also be challenging. Carer support services offer vital assistance and guidance to those providing care to their elderly family members. Navigating the various support options available can be tricky, but our guides aim to simplify the process, ensuring that you have access to the finances, resources and information you need to support both yourself and your loved one.



The one-stop-shop for looking after elderly parents

We provide you with the information, community and support you need to confidently do the very best you can, in an even more positive, healthy, and fulfilling way.

Read our guides



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celebrity angels
health · home · life



Who Will Be The Next Pope?

The death of Pope Francis initiated a period of mourning and set the stage for the election of his successor.

READ NOW

Equality and Human Rights Commission

Interim update on the practical implications of the UK Supreme Court judgment

Wednesday 30 April 2025

Following the UK Supreme Court judgment in For Women Scotland v The Scottish Ministers, we are working to update our statutory and non-statutory guidance.

We know that many people have questions about the judgment and what it means for them. Our updated guidance will provide further clarity.

While this work is ongoing, we have published an update to highlight the main consequences of the judgment.

Employers and other duty-bearers must follow the law and should take appropriate specialist legal advice where necessary.

Read our interim update on the practical implications of the UK Supreme Court judgment

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carersUK



About 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. Carers Week is led by Carers UK with the support of a number of other charities.

CARING ABOUT EQUALITY

Find out more on the Carers Week website >

Press Release



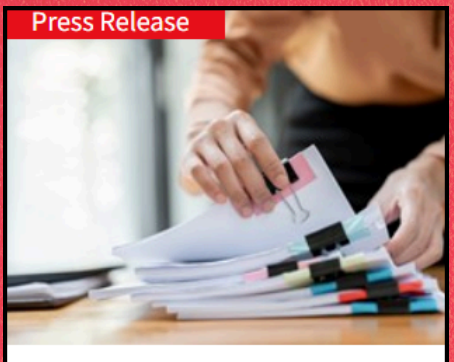
Too many barriers in the way of older carers on low incomes claiming their entitlements to extra cash

01 May 25

65,000 carers are likely to be eligible for Pension Credit, but are not receiving it

Read more

Press Release



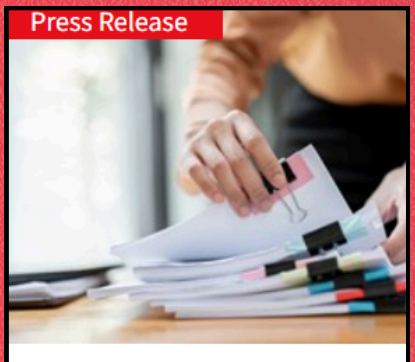
Carers UK announces its first-ever carer awards

30 April 25

Carers UK is encouraging community groups, organisations and employers to enter its exciting new awards programme to recognise and celebrate…

Read more

Press Release



Carers UK responds to DWP announcement of aim to tackle all Carer's Allowance overpayment alerts

15 April 25

Carers UK responds to Department of Work and Pensions (DWP) announcement that it will aim to tackle all Carer's Allowance…

Read more

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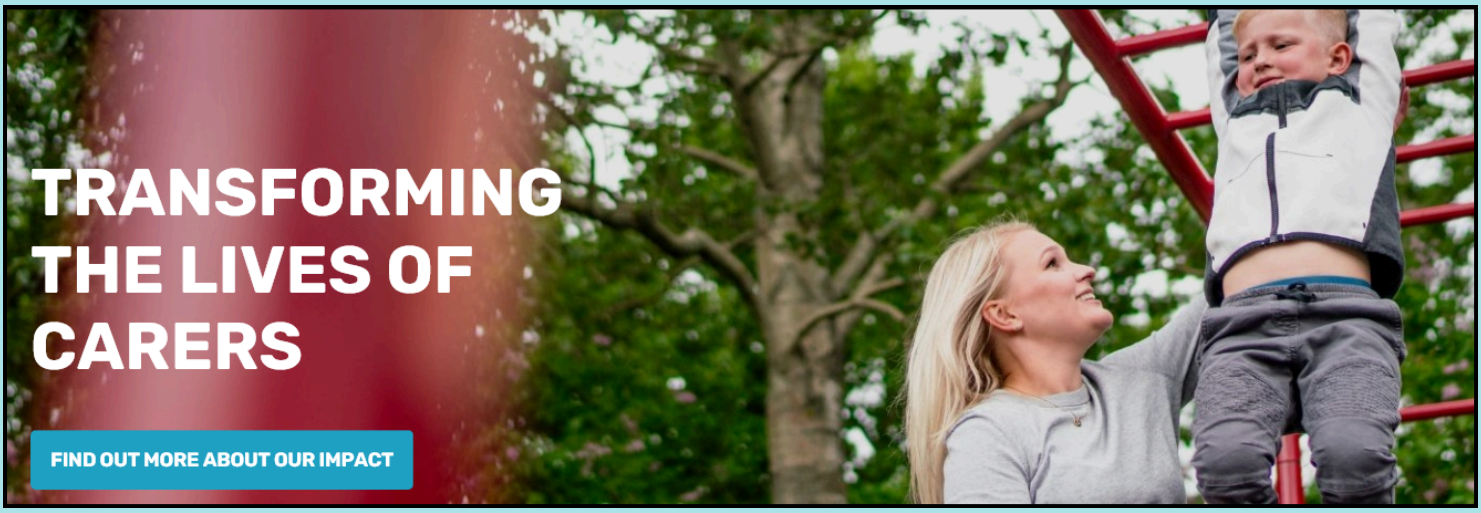
CARERS TRUST



"A huge weight lifted just knowing support is there"

Our financial support is helping carers focus less on money and more on what matters most - caring. Find out more.

FIND OUT MORE

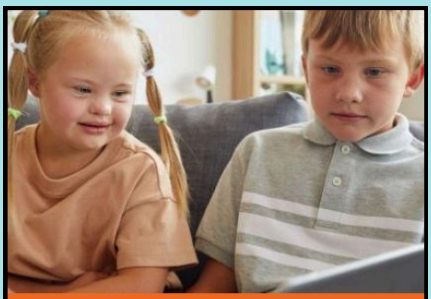




Read our carer stories

The highs, the heartaches, and everything in between. Shared by carers in their own words.

Take a moment to read their stories.



New research reveals: Over half of young carers aren't getting the breaks they need

Our new research reveals stark findings. Find out the full details and why young carers need a break.



What is the Young Carers Covenant and how is it supporting young carers?

The Covenant sets out 10 outcome to improve the lives of young carers. Find out what they are and who can sign the covenant.

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Regional Carer Support

Wirral Carers Alliance

CARERS TRUST
St Helens Carers Centre

CARERS TRUST
Cheshire and Warrington

carersUK



WIRRAL
Support for carers

Crossroads Together

Cheshire East

Cheshire West & Chester

Liverpool, Sefton, Warrington & Knowsley

NHS
Mersey Care
NHS Foundation Trust



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UPCOMING EVENTS!

WOMEN'S WALKING FOOTBALL

TRANMERE ROVERS IN THE COMMUNITY

WHY NOT JOIN OUR WOMEN'S WALKING FOOTBALL?

EVERY TUESDAY, 11AM - 12PM
At PRENTON PARK RECREATION CENTRE CH42 9PY



£3 PER SESSION

"It's a great chance to make new friends whilst enjoying some exercise"

To register your interest email:
Louisee@tranmererovers.co.uk







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PAWS in the PARK

DAWSTONE PARK, HESWALL
ON SATURDAY 12TH JULY 2025

Entries from 12.30pm to 2.00pm;
Classes start at 2.15pm
£2.50 per class 1 to 6;
or 3 classes for £6 (Cash or Card)

Classes—from 2.15pm

1. Handsomest Dog
2. Prettiest Bitch
3. Golden Oldies (over 7 years)
4. Waggiest Tail
5. Best Young Handler (11 years & under)
6. Dog Judge would like to take Home

CHAMPIONSHIP CLASS
Winners & Runners Up from Classes 1 to 6

Dog Agility Course - Only £1 (cash only)



EASY AIR FRYER FRITTATA

SERVES: 6 **PREP & COOK: 5 & 30 mins** **TYPE: Easy**



INGREDIENTS

- 120 g finely sliced ham roughly chopped
- 6 eggs
- 3 mixed peppers finely diced
- 3 spring onion thinly sliced
- 80 g spinach
- 300 ml cottage cheese
- Fresh chives finely chopped to serve

METHOD

- In a bowl, cover the spinach in boiling water for 1 minute. Drain in a collider and rinse in cold water. Squeeze the excess moisture out of the spinach and set aside.
- Combine the eggs and cottage cheese by whisking until incorporated.
- Season generously with salt and pepper, then stir the peppers, spinach, ham and spring onion into a bowl.
- Place parchment paper into your cake tin, then spray with oil. Pour the egg mix into the tin and pop in your airfryer basket.
- Spray the top with a little oil too for the best colour.
- Cook at 350°F/180°C for 15-30 minutes, depending on the size of your tin.
- Leave to rest for 5 minutes, then remove from the tin and slice into portions.
- Top with fresh chives & enjoy!

WIRRAL CARERS HEALTH & WELLBEING SERVICE

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About us...

WIRED is a Wirral based charitable organisation that was established in 2003. WIRED delivers a range of early intervention, prevention, well-being and financial related services through a blend of local authority grant funding and commercial income. Today we operate under the name Wired which stands for Wirral Information Resource for Equality and Diversity.

WIRED's core values are...

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

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

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

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

Our Services

- Wirral Carers Health and Wellbeing Service
- Wirral Health and Wellbeing Connectors
- Wirral Mobility Scooter Hire and Shopmobility
- Wirral SEND Partnership
- Wirral Mediation Service
- WIRED Direct Payments



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

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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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