



Free Yoga classes for carers! Face to face or online



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Carers Yoga Classes

Elevate your wellbeing with our transformative yoga classes,
face to face and online...

Face to Face

- Wednesday 30th August: 11.30am-1pm
- Wednesday 6th September: 11.30am-1pm
- Wednesday 4th October: 11.30am-1pm
- Wednesday 11th October: 11.30am-1pm

Online Sessions (Zoom)

- Thursday 31st August: 11am-12.30pm
- Thursday 7th September: 11am-12.30pm
- Thursday 28th September: 11am-12.30pm
- Thursday 5th October: 11am-12.30pm
- Thursday 12th October: 11am-12.30pm

To book onto any of our Free Face to Face or Online Sessions,
contact us on...



0151 670 0777



cws@wired.me.uk

Our Face to Face Sessions are held at...



All Things Must Pass, 140b Borough Rd, Wallasey CH44 6NH



Photos from our latest Face-2-Face Yoga Class!



Let's do something amazing

Let's do a Macmillan Coffee Morning

Help us do whatever it takes to support people living with cancer.

Place: WIRED CARERS SUPPORT
Date: WEDNESDAY 6TH SEPTEMBER
Time: 10am - 1pm
Contact: WIRED RESOURCE CENTRE
5 ST JOHNS ST, BIRKENHEAD
CH41-6HY
0151-670-0777



Scan me to donate

Simply scan this QR code with your phone to donate to your host's Coffee Morning.

It's easy, quick and secure.

Thank you.



Headline Partners

MACMILLAN
CANCER SUPPORT



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FR Registered with
FUNDRAISING
REGULATOR



NHS

**North West
Ambulance Service**

NHS Trust

Our Patient Engagement and Communications team have produced an easy read format of our NWS Patient Transport Service (PTS) and 999 guide, to help support those with learning disabilities to understand how our core services work. These guides have also been co-designed with People First Merseyside. We would like to take this opportunity to thank this group for their input and feedback, which has helped us to develop these guides and reach the stage where we feel ready to share with you.

We are also working on an easy read version of the NHS 111 guide, which our 111 colleagues are supporting us with producing. We hope this will be available to share with you all soon, once it is ready to view on our website, we will email you to let you know.

As always, we welcome your comments and feedback. Please do not hesitate to contact us at talk.tous@nwas.nhs.uk

Please see below the PTS and 999 easy read guides, which are now available to view on our website.

[999 – When to call for an ambulance easy read guide - NWS - North West Ambulance Service](#)

[PTS – Patient Transport Service easy read guide - NWS - North West Ambulance Service](#)

WIRRAL CARERS HEALTH & WELLBEING SERVICE

Carer Linkworkers Making Caring Visible, Valued & Supported

OTHER GROUPS HOLDING DEMENTIA FRIENDLY ACTIVITIES

WELCOME ME – Coffee morning with brain stimulating activities. Every Tuesday OR Wednesday 10:00 am to 12:00 pm, or stay until 1:00 pm and bring a packed lunch. Due to space, booking is essential. Contact Caroline on 07407620043. Dementia Centre, Waterworks Lane, Hooton CH66 7NL.

SOCIAL ACTIVITIES GROUP, every Thursday 1:30 – 3:00 pm at Tranmere Rovers, free entry. TRIC at Tranmere Rovers Recreation Centre, Prenton Park, Birkenhead CH42 9PY. Contact Shirley 0151 608 2354 or community@tranmererovers.co.uk for more information.

THE LIGHT CINEMA, NEW BRIGHTON, Dementia Friendly Screening on Thursday 7th September - 'Some Like it Hot'. Refreshments offered before the show from 12:00 pm, with screening at 1.15 pm, £5 per person and carer goes free. The Light Cinema, Marine Point, New Brighton, CH45 2HZ.

CARS 'N' CAKE AT GIFT CAFÉ IN PUDDINGTON

On the first Thursday of the month Wirral Classic Car Club holds an 'informal meet' at Chapel House GIFT Café, Chapel House Ln, Puddington, CH64 5SW. This is an opportunity to have a look over and reminisce about a selection of classic cars and meet the owners.



Social Support and Friendship

Charity Registration Number 1179533

LATEST DTW NEWS

WIRRAL CLASSIC CAR CLUB SHOW

The Wirral Classic Car Club Show is rolling into town! Whether you're a bona fide car nut or just like the sight of gleaming chrome, this is an event for you. Make a date to take in the spectacular sight of these classic cars from automotive history. Gordale Home & Garden Centre, Chester High Rd, South Wirral, CH64 8TF from 10 – 4 pm, Sunday 17th September 2023. DTW will be attending with an information table.

RNLI HOYLAKE LIFEBOAT STATION TOUR

Join us at RNLI Hoylake Lifeboat Station for a one-hour guided tour of this state-of-the-art boathouse with Shannon class lifeboats. Hoylake is one of the oldest lifeboats stations in the UK, established in 1803. Meet at Hoylake Lifeboat Station, North Parade, Hoylake, CH47 3AL, for 10:45 am. Booking is essential so please contact Barbara: dtwbarbaralee@gmail.com or phone 07876 493174

OTHER NEWS

WORLD ALZHEIMER'S MONTH 2023 - September is World Alzheimer's Month 2023.

The 'Never too early, never too late' campaign wants to emphasize how important it is to find risk factors and take actions to lower risks. This can delay or even prevent dementia from starting. It also includes ongoing ways to lower risks for people who already have dementia. For more information visit: www.alzint.org

REGULAR DEMENTIA TOGETHER WIRRAL EVENTS

(All our activities are FREE)

For full details & updates on our activities, see our website / social media pages.

EVERY MONTH (SEPTEMBER dates are in red)

- 2nd Sat** **MEMORY CAFÉ (with activities) in Popsy's**
HOYLAKE
First SATURDAY of each month at 2:00 – 4:00 pm
Popsy's, Hoylake Community Centre The Parade, Hoylake, CH47 3AG
- 4th Mon** **MEMORY CAFÉ at Coffee Aroma.**
BIRKENHEAD
First MONDAY of each month at 10:00am – 12:00 pm,
4-6 Brunswick Court, Price Street, Birkenhead CH41 6LW
- 6th Wed** **MEMORY CAFÉ (with activities) at St Barnabas Village Centre.**
BROMBOROUGH
First WEDNESDAY of each month, 2:00 to 4:00 pm.
St Barnabas Village Centre, Church Square, Bromborough CH62 7AB.
- 7th Thu** **MEMORY CAFÉ at C.J.'s Coffee Shop.**
HESWALL
First THURSDAY of each month at 2:00 to 4:00 pm
C.J.'s Coffee Shop, Downham Road South, Heswall CH60 0DB
- 8th Fri** **MEMORY CAFÉ (with activities) Bear Hunt Books & Toys shop.**
BEBINGTON
Second FRIDAY of each month from 1.30 to 3.30 pm.
2a Church Road, Bebington, Wirral CH63 7PH (formerly the Co-op)
- 12th Tue** **WALKING GROUP – A stroll around Birkenhead Park.**
BIRKENHEAD
Second TUESDAY of each month, 1.45pm for 2:00 pm start,
Meeting at 1:45 prompt at Birkenhead Park Visitors Centre.
Contact is Barbara: dtwbarbaralee@gmail.com
- 13th Wed** **MEMORY CAFÉ in Flissy's Coffee Shop.**
THURSTASTON
Second WEDNESDAY of each month at 10:00am – 12:00 pm
Flissy's Coffee Shop, Station Road, Thurstaston CH61 0HN
- 14th Thu** **MEMORY CAFÉ (with activities) at Parkgate & Neston United Reform Church Community Hall.**
NESTON
Second THURSDAY of each month from 2:00 – 4:00 pm
Moorside Lane (off Parkgate Road) Neston, CH64 6UZ
- 15th Fri** **VISIT – RNLI Hoylake Lifeboat Station.**
HOYLAKE
One hour, guided tour of the RNLI Hoylake Lifeboat Station.
Meeting 10:45 am at RNLI Hoylake Lifeboat Station 55 N Parade, Hoylake, CH47 3AL
Booking is essential: dtwbarbaralee@gmail.com or 07876 493174

September 2023

MONTHLY CALENDAR

DEMENTIA FRIENDLY ACTIVITIES & EVENTS

Our calendar is also available on our website

www.dementiatogetherwirral.org

More information about our events can also be found on:



Contact Dementia Together Wirral:

Tel: 07935797445 Mon – Wed

07565916966 Thu - Fri

- 16th Sat** **CANCELLED DUE TO HOLIDAY**
MEMORY CAFÉ (with activities) at Popsy's.
HOYLAKE
Third SATURDAY of each month at 2:00 – 4:00 pm
Popsy's, Hoylake Community Centre, The Parade, Hoylake Road, Hoylake, CH47 3AG
- 19th Tue** **LIVE MUSIC, 'Musical Minds'.**
NEW FERRY
Third TUESDAY of each month at 2:00 – 3:30 pm
Windsor Close Community Centre, Windsor Close, New Ferry, CH62 5BZ
DTW contact is Barbara: dtwbarbaralee@gmail.com
- 19th Tue** **MEMORY CAFÉ at Mezzanine in Floral Pavilion.**
NEW BRIGHTON
Third TUESDAY of each month at 11:00am – 1:00 pm,
Marine Promenade, New Brighton CH45 2JS
- 21st Thu** **DAY TRIP - NARROWBOAT.**
BEESTON (SHADY OAK)
Third THURSDAY of each month, meeting at 9:30 am for 10:00am sailing.
Departure point is Christleton. **Booking is essential.** To register your interest, email Colette at: admin@dementiatogetherwirral.org
- 26th Tue** **NEW MEMORY CAFÉ at Trinity Methodist Church.**
ELLESMERE PORT
12noon - 2pm.
Trinity Methodist Church, Whitby Road, Ellesmere Port CH65 0AB
- 26th Tue** **SINGING / MUSIC with 'New Memories'.** Supported by
Wallasey Lions
WALLASEY
Fourth TUESDAY of each month at 2:00 - 3:30 pm
Serpentine Road Family Church, Liscard Road, Wallasey CH44 0AA.
- 26th Tue** **MEMORY CAFÉ (with activities) The Atrium Restaurant.**
MEOLS
Last TUESDAY of each month, 10:00am to 12:00 pm.
Carr Farm Garden Centre, Meols CH47 9RE
- 28th Thu** **DAY TRIP – COACH.**
BOAT MUSEUM ELLESMERE PORT
Fourth THURSDAY of each month at 9.30am for 10:00 am departure. Meet outside
Conway Park Station, CH41 4PP, 4:00pm return.
Booking is essential. To register your interest, email Colette at:
admin@dementiatogetherwirral.org
- 28th Thu** **MEMORY CAFÉ (with activities) at Parkgate & Neston United Reform Church Community Hall.**
NESTON
Fourth THURSDAY of each month from 2:00 – 4:00 pm
Moorside Lane (off Parkgate Road) Neston, CH64 6UZ



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Stop smoking for **28 days** and join thousands of others doing the same this October.

Search Stoptober for support to help you quit smoking.

STOP TOBER

BECAUSE THERE'S ONLY
ONE YOU

ALL THE FAMILY
WELCOME



TOMORROW'S WOMEN

CHARITY FUNDRAISER

SUMMER

Party



2ND SEP 2023 @ 11-2 PM

LIVE DJ | STALLS | BOUNCY CASTLE | FOOD |
DANCE PERFORMANCES | TOMBOLA | GAMES |
AND MORE!

£3 ADULT | £1 CHILD

TOMORROW'S WOMEN WIRRAL
BECKWITH ST EAST
BIRKENHEAD
CH41 3JE

Other Regional Carer Support



Support for carers

Cheshire East

Cheshire West & Chester

Liverpool, Sefton, Warrington & Knowsley





Wired Counselling Service

The experience of looking after a relative, friend or neighbour can be very isolating. It can sometimes be difficult for carers to share their concerns with other people.

Would you like to talk to someone?

Wirral Carers Health and Wellbeing Service offers counselling to all adult carers and former carers who would like to speak confidentially about their situation.



How can counselling help?

Counselling can help to unravel any feelings, thoughts and difficulties you may have. It can help to recharge the batteries and work towards important decisions.



Counsellors assist by listening carefully and accepting your concerns. The aim is to make your own choices and put them into practice.

Making an appointment...

For more information about our Counselling Service or to request a referral, contact our Carers Helpline:



0151 670 0777



cws@wired.me.uk

Wired

Wired Carer Support Groups

At Wired we have a range of local Carer Support Groups scattered across Wirral, so that they are easily accessible for our carers to attend.

Below are the range of Carer Support Groups that we have to offer.



St James Centre Carers Luncheon Club

- 📍 St James Centre Cafe, St James Centre, 344 Laird Street, Birkenhead, CH41 7AL
- 🕒 1st and 3rd Friday of the month, 12pm-2pm
- 📍 Free tea and coffee is provided and 50% off lunch at St James Centre Cafe

Beechwood Carers Support Groups

- 📍 Beechwood Community Shop, Manor House, Beechwood Drive, CH43 7ZU
- 🕒 2nd and 4th Thursday of the month, 10am-12pm
- 📍 Free tea and coffee is provided and an opportunity to meet other carers

Wallasey Carers Support Group

- 📍 Inspire Café, The Spire, Breck Road, Poulton, Wallasey, CH44 3BD
- 🕒 2nd and 4th Thursday of the month, 1pm-3pm
- 📍 Free tea and coffee is provided and an opportunity to meet other carers

Noctorum Carers Support Group

- 📍 Crea8ting Careers, Claughton Childrens Centre, Ridgeview Road, Prenton, CH43 9HG
- 🕒 3rd Wednesday of the month, 1pm-3pm
- 📍 Free tea and coffee is provided and an opportunity to meet other carers

EASY SAUSAGE CASSEROLE

4 SERVINGS

TIME: 40 MINUTES

SKILL LEVEL: EASY

INGREDIENTS

- 1 tsp oil
- 1 onion (red or white) sliced
- 8 pork sausages
- 1/2 tsp garlic salt or 1 garlic clove chopped
- 1/2 tsp onion powder (optional)
- 1 tbsp tomato puree
- 1 x 400g tin chopped tomatoes
- 1 x 400g baked beans
- 1 x 400g tin mixed/kidney/butter beans
- 1 beef stock cube dissolved in 250ml water
- 1 tbsp Dijon mustard
- Salt & Pepper



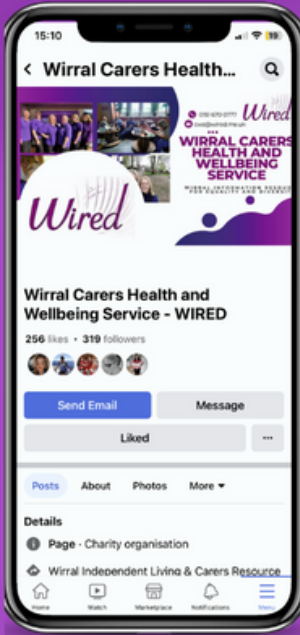
(For a vegetarian version replace the pork sausages with MEAT-FREE and replace the BEEF stock cube with a VEGETABLE stock cube)

METHOD

1. Heat the oil in a large shallow pan, then add the onion and sausages. Fry over a medium heat for 5 mins, stirring regularly, until the onions are softened and the sausages are browned.
2. Stir in the garlic, onion powder and tomato puree and cook for 1 min.
3. Add the beans, tomatoes, mustard and the stock water. Give everything a good stir and bring to the boil.
4. Simmer, uncovered, on a low/medium heat for 10-15 mins, stirring occasionally.
5. Serve with crusty bread or bread and butter!

WIRRAL CARERS HEALTH & WELLBEING SERVICE

Carer Linkworkers Making Caring Visible, Valued & Supported



LIKE US ON FACEBOOK

Wirral Carers Health and
Wellbeing Service



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@WirralCarersSupport

LIKE US ON *FACEBOOK*



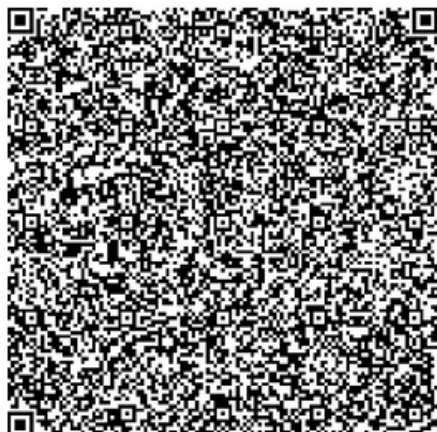
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or

Scan our QR Code using your
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LEAVE US A *GOOGLE REVIEW*



Search 'Wirral Shopmobility' on
google

or

Scan our QR Code using your
Smartphone!





What is Shopmobility?

The Shopmobility experience is not just about shopping! Shopmobility is a scheme that hires out powered scooters, manual and powered wheelchairs to members of the public with limited mobility. Staff and volunteers will help you decide what equipment to hire and give you training on how to use it safely. Following this, you can travel around the Town Centre with your newfound independence.

Who Can Use Shopmobility?

Anyone with limited mobility, either because of an impairment or injury. So whether you have a permanent impairment, have broken your ankle or are pregnant, this service is available to you.



PLEASE HELP US!

Shopmobility scooters are mostly donated by the public.

To make sure we can keep this great service going, if you have a scooter/wheelchair or powerchair, working or not working, we would love to hear from you.

Also a big thank you to all the people who have already donated.

Please contact our Shopmobility Team on 0151 647 6162

Disclaimer: Every effort is made to ensure that the information in this E-bulletin is correct. Wired Wirral Carers Health & Wellbeing Support accepts no liability for errors and omissions and cannot recommend products or services. Views and opinions expressed in this publication are not necessarily those of Wired Wirral Carers Health & Wellbeing Support

Questions or comments?

E-mail us: wsc@wired.me.uk or visit our website: www.wired.me.uk