

Issue: 3

CARERS E-NEWS

1st Feb 2024



We are very sorry to hear of the sad loss of Carol Jones. Carol was a valued member of the Commissioning team, and for 24 years has been a passionate lead officer and advocate for carers and families in Wirral. Carol's work supported teams in Adult Social Care and Health Services.

WIRRAL CARERS HEALTH & WELLBEING SERVICE

Carer Linkworkers Making Caring Visible, Valued & Supported



TRAINING

At The Martin Gallier Project

AT THE MARTIN GALLIER PROJECT WE ARE CHAMPIONING FOR BETTER MENTAL HEALTH AND SUICIDE AWARENESS IN THE WORKPLACE AND AT HOME. WE OFFER A RANGE OF WORKSHOPS AND ACCREDITED TRAINING COURSES. ALL COURSES CAN BE BOOKED INDIVIDUALLY OR AS PART OF A WORKPLACE WELLBEING PACKAGE AND ARE AVAILABLE NATIONALLY.

WHAT TRAINING DO WE OFFER? →

New Bereavement Cafe Drop In at St James Cantre



We are offering a safe space to explore your grief

Held on Fortnightly on Friday Afternoons 3:30pm - 4:30pm

Dates:
January 19th
February 2nd, 16th,
March 1st, 15th 29th
April 12th, 26th
May 10th, 24th
June 7th and 21st

Run by Tailored Yarn Memories



334 Laird Street
Birkenhead
CH41 7AL



Kindly funded by John Moores Foundation

Please let staff know when you arrive so they can direct you to the group. Funding is available to buy free beverages for group members

AtaLoss

Helping **bereaved** people
find **support & wellbeing**



Bereavement help and support

NHS

Grief after bereavement or loss

Grief is hard.
Death can impact
all of life.

The Bereavement
Journey
a place to talk

7 Sessions of films
and discussion
for **anyone bereaved anytime**

Topics include:

- Attachment, separation and loss
- The pain and responses of grief
- Anger and guilt
- Coping with others' reactions
- Delayed and suppressed grief
- Adjusting to change
- Moving forward healthily
- Faith questions (optional)

To find out more visit:
thebereavementjourney.org

Running soon:

**Thursdays 2 - 4 pm
commencing on
Thursday 1st February**

Christ Church Community Centre
Higher Bebington CH63 8LX

Please contact Eunice on 0151
608 4429 for more information.
We'd love you to join us!

**A virtual information session for anyone
working with Wirral children, young
people and their families**



**Wednesday, 7th February, 12:30pm:
New working families childcare entitlements**

In March 2023 the chancellor announced an expansion to Early Years Funding Entitlements (EYFE) for working parents of children between 9 months and 2 years old by September 2025. This is a huge increase on support for working families from the existing offer where eligible working families with a 3- or 4-year-old can receive 15 hours of free childcare term time only. This is in addition to the universal 15 hours all 3-and-4-year-olds receive.

This Lunch & Learn will go through the expansion of entitlements for working families, when the entitlements come into effect, who is eligible, how they claim and where they take up a place. A reminder of the current offer for disadvantaged families with 2-year-olds will also be shared. This session will tell you all you need to know about early years childcare funding.

[CLICK HERE TO JOIN THE SESSION ON THE DAY](#)



In January, people often start to think about booking their next holiday. Holidays can be a perfect opportunity to reconnect with a loved one, recharge your batteries and de-stress. And while going on holiday with a person living with dementia can be more challenging, with some preparation, it can still be enjoyable and a time to make new, precious memories.

To help you prepare for your next holiday, Dementia UK have compiled some tips to help things go as smoothly as possible.

- Where should I stay?
- What should I pack?
- When should I not go on holiday?

[**For further information click here**](#)



UPDATE ON COST OF LIVING CRISIS & ATTENDANCE ALLOWANCE APPEALS



The latest **cost of living payment** for people on low income benefits will be made next month, between 6th and 22nd of February.

The amount is £299 and it should be paid automatically if you are eligible.

Unfortunately, there is no further cost of living payment for people on **disability benefits**.

[More details here, including what to do and when if you haven't received your payment.](#)



Attendance Allowance (AA) is the retirement age benefit you can claim to help with extra costs if you have a disability that means you need someone to help look after you. It has a much lower profile than the working age benefits, PIP

and DLA, but something very similar has been happening to claimants: increasing numbers of people are being turned down and appealing the decision.

Apparently, **RightsNet** suggests that the quality of AA decisions has deteriorated because many experienced decision-makers have been transferred to work on Universal Credit instead.

Whatever the reasons, there has been an **87% increase** in appeals year on year.

[Keep reading here](#)

Children's Health & Wellbeing Support



Whatever you're feeling, we're here to help
Get free, safe and anonymous support.



Wirral Community Health and Care
NHS Foundation Trust

Wirral

The 0-19 Service in Wirral includes; breast feeding support via Koala Northwest, Health Visiting Service, School Nursing Service, ChatHealth (confidential text messaging service) and the Family Nurse Partnership (FNP).

Wirral HSIS is funded by the Wirral Public Health Service providing support and counselling to young people



We are Action for Children, working in partnership with Wirral schools. We will listen to your thoughts and feelings and help you to express and explore them. You decide what to say and do – no problem is too big or small. We are here for you.

Children's Health & Wellbeing Support

Youth Matters Wirral

The Youth Matters team provides early help through a wide range of targeted youth support and play activities to meet the needs and aspirations of Wirral children aged 6-19 years.

The team work to build futures and shape the lives of those young people in Wirral in need of support.



ZILLO is a website for young people living in Wirral, Merseyside. It is a website for young people to come to get the lowdown on the latest events, arts, culture, news and expert health and wellbeing advice.

At ZILLO we want to promote the very best of Wirral, its young people and culture and through our Young Reporters media and journalism project providing young people with valuable real life experiences of writing and creating content for the web. ZILLO Young Reporters is open to all Wirral Young People aged 11-18 and up to 25 for young people with Special Educational Needs and Disabilities (SEND).



INFORMATION BURST

Your monthly information burst January edition



Patient Choice campaign

The Patient Choice campaign aims to help the public understand their right to choose where they receive their care. Patients have a legal right to choose which hospital they are referred to for their first outpatient appointment, when they are being referred for treatment by a healthcare professional.

As part of the government's drive to cut waiting lists, the Department of Health want to make sure the public know and understand their rights, when it comes to choosing a healthcare provider at the point of referral and have the information and support, they need to make an informed choice. To find out more on this campaign, please visit [NHS website](#).

Until the end of March 2024, the Department of Health will be running a series of advertisements on Facebook, Instagram, Reddit, and Next Door. This next phase of the Patient Choice campaign follows our press partnership with 350 national and regional newspapers, which ran from the end of September 23.

Careers with Heart update

At the start of January, we launched 'Careers with Heart' – a recruitment campaign to encourage more people to choose NWS to build their career with. The campaign focuses around our caring and compassionate workforce who all have one thing in common – they care.

To help attract a diverse and wide range of applicants for various roles across the trust we worked with creative agency 'Cornerstone' to develop a regional recruitment campaign and employer brand which demonstrates our values and our commitment to equality, diversity, and inclusion, as well as the aim of our people strategy to be a brilliant place to work for all.

The campaign incorporates a range of tactics including out of home advertising, pay per click digital advertising and radio advertising. You may spot our adverts over the next few months across the region on the backs of buses, in railway stations, on social media, on Heart Radio North West and on prominent billboards. The campaign has a particular focus on call handlers as these are heavily recruited to across the year. This winter alone, we're recruiting 250 111 and 999 call handlers with more expected in 2024/25. To find out more about the opportunities we have available, head to the careers pages on our [website](#).



The Friends of West Kirby Library invite you to

**An afternoon of tea, coffee & cakes
and entertainment from
The Concourse Singers**

Wednesday 7th February

2.30pm

West Kirby Library



Tickets £3.50 (£3.00 for Friends)
must be bought in advance
and are available
from the Library

**Monthly
Newsletter**

healthwatch
Wirral

Welcome to Healthwatch Wirral's Bulletin

Here we share news about some of our most current work and projects as well as news and updates from colleagues across Wirral. Our bulletin is designed to keep you up-to-date with what is happening across Health & Social Care, as well as providing a platform for all services to share views and news.

WIRRAL CARERS HEALTH & WELLBEING SERVICE

Carer Linkworkers Making Caring Visible, Valued & Supported

FREE



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.

Dementia Awareness Training

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



Crafty Carers Club

Showcasing our Carers Crafts

If you like making things, are creative and have a skill that you would like to share with others...



Caring With Confidence Course



Do you provide care for someone who cannot manage without your support?



WIRRAL CARERS HEALTH & WELLBEING SERVICE

Carer Linkworkers Making Caring Visible, Valued & Supported

CARERS YOGA

Online

Elevate your wellbeing with our transformative online yoga classes FREE to unpaid carers registered with WIRED.



Every Tuesday, 11am-12:30pm



Zoom: Meeting ID: 771 767 3139
Passcode: 1008

How to book...

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



0151 670 0777



cws@wired.me.uk

Wired

Putting You First



CARERS YOGA

Face-to-face

Elevate your wellbeing with our transformative yoga classes FREE to unpaid carers registered with WIRED.

There is also the opportunity to stay for a hot drink and chat after the session is finished with one of our Carer Connectors.



Every Tuesday, 11am-12:30pm



All Things Must Pass Centre for Wellness, 140b Borough Road, Wallasey, Wirral, CH44 6NH

How to book...

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



0151 670 0777



cws@wired.me.uk

Wired
Putting You First



DO YOU HAVE ANY UNWANTED CHRISTMAS GIFTS LYING AROUND?

*Donate them to us and make a
huge difference to our carers!*



THANK
YOU



We are looking for any **NEW** toiletry sets, perfumes, aftershaves, and unopened bottles of alcohol to help our fundraising!

**ITEMS CAN BE DROPPED
OFF AT OUR RESOURCE
CENTRE IN BIRKENHEAD OR
WE CAN COLLECT!
(BY PRIOR ARRANGEMENT)**



CARER AWARENESS TRAINING FOR PROFESSIONALS

This 20 minute E-Learning session covers the following areas;

- Who is an unpaid carer?
- National facts and figures about unpaid carers
- Facts and figures about unpaid carers in Wirral
- What is the impact of providing unpaid care?
- What is the impact of caring on underrepresented groups?
- Why do we need to identify unpaid carers?
- Rights for working carers
- The Care Act 2014
- Carers Assessments in Wirral
- Challenges of identifying unpaid carers
- What can you do to help unpaid carers?
- Wirral Carers Health and Wellbeing Service

[Click here to access E-Learning](#)



Your feedback is extremely important to us.

Please click below to access a short survey about your experience with WIRED - Wirral Carers Health & Wellbeing Service.

Many thanks

CARERS

PROFESSIONALS

WIRRAL CARERS HEALTH & WELLBEING SERVICE

Carer Linkworkers Making Caring Visible, Valued & Supported

ACTIVITIES AND VENUES ARE SUBJECT TO CHANGE AT SHORT NOTICE

CARERS WEEK

Wired
Putting You First

@WIRED

Carers Week

10th-15th June 2024

Programme of Activities for Carers Week 2024

Monday 10th June to Friday 14th June - Narrowboat Trips

📍 The Cheshire Cat, Whitchurch Rd, Christleton, Chester CH3 6AE

🕒 10am-3pm

📍 Please provide your own transport and bring a packed lunch

Monday 10th June - Carers Week Launch

📍 Pyramids Shopping Centre, Birkenhead 🕒 10am-3pm

Tuesday 11th June - Craft Workshops

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

🕒 10am-12pm

🕒 1pm-3pm

Wednesday 12th June - Carers Week Lunch

📍 Beechwood Social Club, 22 Beechwood Drive, Beechwood, Wirral, CH43 7ZU

🕒 11am-3pm

📍 Free lunch and entertainment provided

Thursday 13th June

Carers Yoga 🕒 11am-12:30pm

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

Chorus for Carers 🕒 7pm-9pm

📍 St Anne's Parish Centre, Highfield Rd, Birkenhead CH42 2BY

Friday 14th June

Carers Drop In 🕒 10am-2pm

📍 Wirral Carers Resource Centre, 5 St John Street, Birkenhead, CH41 6HY

General Knowledge Quiz 🕒 2pm-3pm

Saturday 15th June

Carers Craft Fayre 🕒 10am-3pm

📍 St Anne's Parish Centre, Highfield Rd, Birkenhead CH42 2BY

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

📞 0151 670 0777

✉️ cws@wired.me.uk / events@wired.me.uk

🌐 www.wired.me.uk

WIRRAL CARERS HEALTH & WELLBEING SERVICE

Carer Linkworkers Making Caring Visible, Valued & Supported



TOMORROW'S WOMEN WIRRAL EMPOWERING TIMETABLE FEBRUARY 2024

TOMORROW'S WOMEN WIRRAL EMPOWERING TIMETABLE FEBRUARY 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>9.30 Legs, Bums & Tums With Nicky</p> <p>We Need Your Help</p> <p>9.30-2pm</p> <p>To support the continued growth of our beautiful garden with Sandra & Liz</p>	<p>Belly Dancing with Cecile</p> <p>10am -11am</p> <p>10am -11am Family Law</p> <p>13th & 27th February</p> <p>Substance Use Midwife Drop-in with Jill</p> <p>Support for pregnant women 13th February, 10am – 12pm</p> <p>13th February Galentines Floristry Workshop</p> <p>10am- 11.30am *£3 donation</p> <p>20th February Find Your Funny</p> <p>10.30-12.30pm</p> <p>Creative, comedy & laughter workshops for women to explore their comedic voice, develop their self-confidence with other like-minded women.</p>	<p>9.30-2pm</p> <p>Support the continued growth of our beautiful garden with Sandra & Liz</p> <p>Solicitor support in Family Law</p> <p>10am -11am</p> <p>10-12pm A Stitch in Time</p> <p>Sewing skills and crafts, With Mary</p> <p>Understanding Addiction Behaviours</p> <p>14th February 10-3pm</p> <p>Raising awareness about addiction behaviours. Including several different types of addictions & looking into the psychology behind it.</p> <p>6-week YOGA Course With Grace- 11am</p> <p>7th & 14th February</p>	<p>10am -11am</p> <p>Specialising in Family Law, Domestic & Care proceedings</p> <p>Positive Mental Health Toolkit</p> <p>8th February ~10-2pm</p> <p>Focusing on the positive side of mental health. Create a 'Toolkit' including different strategies for self & family, when faced with stress, anxiety & day to day challengers.</p> <p>Repairing & Repurposing Workshop</p> <p>15th February</p> <p>6-weeks, 10-12pm</p> <p>Includes: Wk 1- Practical sewing stitches Wk 2- Recycling items to personalise Wk 3- Repurposing fabric into items Wk 4 - Upcycling knitwear into accessories Wk 5- Reuse fabric to make toys Wk 6- Putting new life into old clothes.</p> <p>10.30-12pm</p> <p>8th & 22nd February</p> <p>Money advice & gambling support</p>	<p>9.30 Boxcercise With Nicky</p> <p>We Need Your Help</p> <p>9.30-2pm</p> <p>To support the continued growth of our beautiful garden with Sandra & Liz</p> <p>10-12pm Finding Me</p> <p>6-week Domestic Abuse Course Starting 9th February</p> <p>16th February 10-3pm</p> <p>Exploring teenagers brain development and understand why teenagers are more likely to partake in risk taking behaviours. To understand all of this can help to relate, empathise and support teenagers.</p>
<p>Support with Employment & Training</p> <p>9.30am – 12pm With Sarah</p> <p>5th, 12th & 26th February</p> <p>9.45- 11.45am ESOL Entry level, Until 18th March</p> <p>Developing your confidence & language to have conversations. English for Speakers of Other Languages</p> <p>Peer Mentoring for DWP</p> <p>15th & 19th February 10-2pm</p> <p>Gain employment for those with Drug & Alcohol issues</p> <p>LOVE YOURSELF FIRST Wellbeing & Relaxation Workshop.</p> <p>12th February 10am- 2.30pm</p> <p>Enhance your mental health & wellbeing, use of techniques, self care & mindfulness</p> <p>BOOKING is ESSENTIAL</p>	<p>13th February Galentines Floristry Workshop</p> <p>10am- 11.30am *£3 donation</p> <p>20th February Find Your Funny</p> <p>10.30-12.30pm</p> <p>Creative, comedy & laughter workshops for women to explore their comedic voice, develop their self-confidence with other like-minded women.</p>	<p>10-12pm A Stitch in Time</p> <p>Sewing skills and crafts, With Mary</p> <p>Understanding Addiction Behaviours</p> <p>14th February 10-3pm</p> <p>Raising awareness about addiction behaviours. Including several different types of addictions & looking into the psychology behind it.</p> <p>6-week YOGA Course With Grace- 11am</p> <p>7th & 14th February</p>	<p>10am -11am</p> <p>Specialising in Family Law, Domestic & Care proceedings</p> <p>Positive Mental Health Toolkit</p> <p>8th February ~10-2pm</p> <p>Focusing on the positive side of mental health. Create a 'Toolkit' including different strategies for self & family, when faced with stress, anxiety & day to day challengers.</p> <p>Repairing & Repurposing Workshop</p> <p>15th February</p> <p>6-weeks, 10-12pm</p> <p>Includes: Wk 1- Practical sewing stitches Wk 2- Recycling items to personalise Wk 3- Repurposing fabric into items Wk 4 - Upcycling knitwear into accessories Wk 5- Reuse fabric to make toys Wk 6- Putting new life into old clothes.</p> <p>10.30-12pm</p> <p>8th & 22nd February</p> <p>Money advice & gambling support</p>	<p>9.30 Boxcercise With Nicky</p> <p>We Need Your Help</p> <p>9.30-2pm</p> <p>To support the continued growth of our beautiful garden with Sandra & Liz</p> <p>10-12pm Finding Me</p> <p>6-week Domestic Abuse Course Starting 9th February</p> <p>16th February 10-3pm</p> <p>Exploring teenagers brain development and understand why teenagers are more likely to partake in risk taking behaviours. To understand all of this can help to relate, empathise and support teenagers.</p>

<p>Let's SUPPORT EACH OTHER</p> <p>Tomorrow's Women Recovery support group 10.30am</p> <p>Flexible practical support for families 11am – 1pm</p> <p>5th & 19th February @ 11-12pm</p> <p>Covering: Family law, Divorce, Financial issues</p> <p>12.30-4.30pm Drop-in with Lucy</p> <p>Feel like you might benefit from talking therapies? Free NHS assessments for anxiety and depression.</p> <p>26th February</p> <p>Wellbeing & Me 4-week Stress & Anxiety Course 1pm -3pm Starting 19th February</p> <p>Berkson Family Law Solicitors 12th & 26th February 2pm-4pm</p> <p>Supports Family law, care proceedings, divorce, non-molestation orders</p>	<p>Positive Women around Substance misuse</p> <p>Coping skills & strategies around recovery 1pm – 2pm</p> <p>3-Weeks, 13th – 27th February</p> <p>Self-Care Magazine making 1.30-3.30pm</p> <p>Creating a mental health self-care magazine</p> <p>LBT Peer Support Group 5.30 -7pm, 13th February</p> <p>With SAHIR HOUSE & Tomorrow's Women</p> <p>Better Solutions 5.30-6.30pm</p> <p>Session 1- Thinking & behaviour. Session 2- Consequences Session 3- Problem solving. Rolling group. You can attend any of these sessions as & when needed.</p>	<p>Community Connectors 11-12pm</p> <p>Connect Us</p> <p>Needing some support/help in your community then come along and speak with a community connector</p> <p>Do you want to know what JCP have to offer? Book to speak to Lesley, 11-1pm</p> <p>12.30-1.30pm</p> <p>Domestic Abuse Specialist</p> <p>Reading Group 1pm -2pm</p> <p>HIV Testing week with SAHIR HOUSE 7th February @ 12pm-2pm</p> <p>14th February 4-week course RED to PINK An Anger Management Course 1-2.30pm.</p>	<p>Money Management & Debt support</p> <p>15th February 11am – 1pm</p> <p>TWW Forum Meeting Come along & have your say. Community Room- 15th February @ 12pm</p> <p>12.30-2.30pm English Homework Club 8th Feb x 4-weeks</p> <p>Do you find your child's homework difficult? Supporting parents to help their children with homework.</p> <p>1.30pm – 2.30pm Relapse prevention</p> <p>Simple 5 step plan to support & minimise episodes of relapse while motivating towards positive change</p> <p>Jam Session Bring along your instruments & come have some fun 1.30-2.30pm</p>	<p>12pm-1pm POLICE SURGERY 9th & 23rd February</p> <p>LUNCH CLUB 12PM *£3 donation</p> <p>Tomorrow's Women Creative Group All Welcome 1.30pm Singing, drama & creativity</p> <p>Tomorrow's Women Recovery support group @ 2pm</p> <p>Guided Meditation 3pm-3.30pm Blissful deep relaxation</p> <p>Family law & Care proceedings 2-4pm.</p>
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Please note **BOOKING is ESSENTIAL** for all sessions listed to attend, ring 0151 647 7907 to book your slot & for information regarding our timetable.

BEBINGTON HARD OF HEARING
CLUB

(Based in New Ferry)

**ARE YOU HEARING
IMPAIRED?**

**COME ALONG AND
JOIN US ON MONDAY
AFTERNOONS
BINGO AND CARDS GAMES
COFFEE AND CHAT
(ONCE A MONTH CHAIR EXERCISE)**

**NEW FERRY
COMMUNITY CENTRE
WINDSOR CLOSE
1PM ~~~~~ 3PM**

**NEW MEMBERS WELCOME
Phone 07720296900**

Wirral & Ellesmere Port Irish music & Dance club

St. Patricks dance

To be held at St Joseph's club

Greenbank Road Birkenhead

CH42 7JY

Saturday 16th March 2024 7.30pm

Featuring

Sean Kelly

Irish country musician

Tickets available £6.50



Free sensory activities

to help design

St James Community Sensory Garden

3 * Mondays starting 29th January

2.00-3.00 @ St James Centre

Birkenhead North, 344 Laird Street.



Tea & cake, enjoying food for the senses
Chair based exercises, music & chat
Make DIY scented sachets

Join us, have a chat or just tell us what you want in the sensory garden.

Call or pop into St James Centre or email wen@21.net to find out more and book.



What's on @ Wirral Libraries

Sign up for FREE at:
wirrallibraries.eventbrite.co.uk

29th January - 3rd February

Baby Bounce & Rhyme:
Monday - Greasby Library 10am
Monday - Wallasey Central 11am
Tuesday - West Kirby Library 10am
Tuesday - Rock Ferry Library 11am
Wednesday - Bebington Central 10am
Wednesday - Upton Library 2:15pm
Thursday - Birkenhead Central 10am
Friday - Eastham Library 10am
Friday - Moreton Library 2:15pm
30 minute sessions

Lego Club:
Saturday -
Greasby Library 10am
Moreton Library 10am
Rock Ferry Library 11am
Wallasey Central 11am & 2pm
West Kirby Library 2pm
Bebington Central 2pm
Birkenhead Central 2pm

Storytimes!
Tuesday - Bebington Central 4pm
Thursday - Wallasey Central 4pm
Friday - Heswall Library 4pm
Saturday - West Kirby Library 11am
30 minute sessions

Toddler Time!
Saturday - Birkenhead Central 11-11:30am

Dungeons & Dragons
Saturday - Bebington Central 10am-12pm

**Shared Reading Group
with The Reader - DROP IN!**
Monday - Bebington Central 10:30am - 12:30pm
Monday - Birkenhead Central 2:15 - 3:45pm
Wednesday - Wallasey Central 11am - 12:30pm
Thursday - West Kirby Library 3:30 - 5pm

**Involve NW Reach Out Work Clubs:
DROP INS -**
2nd & 4th Thursdays - Wallasey Central 10-11:30am
Fridays - Moreton Library 9:30-11am
APPOINTMENT ONLY - call 652 4349
Thursday - Birkenhead Central
(Connect & Inspire Hub) 10:30-11:30

Cheshire Family History Society
Fridays - Wallasey Central Reference Library
DROP IN between 10am-1pm

[www.wirral.gov.uk/
libraries-and-archives](http://www.wirral.gov.uk/libraries-and-archives)

Adult Reading Challenge 2024

JANUARY - find a new skill/hobby in our non-fiction section!

FEBRUARY - fall in love with an unexpected book/author!

MARCH - get planting tips from our gardening section!

APRIL - an historic read for local history month!

MAY - a book about walking!

JUNE - get stuck into a new Crime novel!

JULY - read a book set in another country!

AUGUST - a craft book or travel guide for the holidays?

SEPTEMBER - try a Teen/Young Adult title!

OCTOBER - spook yourself with a horror!

NOVEMBER - borrow an ebook/eaudiobook!

DECEMBER - a festive read from our Secret Santa displays

Take the challenge and read 1 book that fits the monthly theme.

Post what you read on social media using the hashtag

#WirralLibReads

Wallasey Central Library

Saturday 3rd February

10am - 1pm

Coffee morning

Tombola

with live music from

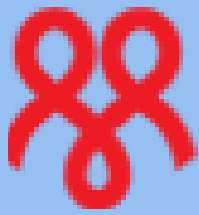
The Homebirds

In aid of The Clatterbridge Cancer Charity



The Clatterbridge
Cancer Charity





carersUK

NEWS

Carers UK responds to Health Foundation report on social care funding

The healthcare think tank' the Health Foundation, has launched a report urging the next Government to reform funding of the social care system in England as a matter of priority...

Arranging care and support for someone

We provide information about all the possibilities to help you get the information you need to make an informed choice in their best interests...

Practical tips on managing incontinence for people caring for someone with Dementia

Caring for a person living with dementia and incontinence can be incredibly challenging to manage at home. Dr Zena Aldridge will go through some practical tips to help you manage...

CARER'S ASSESSMENTS



WIRED can support you through the process of a Carers Assessment.
Contact the Carers Helpline for further information
0151 670 0777

WIRRAL CARERS HEALTH & WELLBEING SERVICE

Carer Linkworkers Making Caring Visible, Valued & Supported

About us...

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

WIRED's core values are...

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

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

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

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

Our Services

- Wirral Carers Health and Wellbeing Service
- Wirral Health and Wellbeing Connectors
- Wirral Patient Advice and Liaison Service (PALS)
- 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 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



FARMHOUSE CHICKEN BRAISE

This tender farmhouse chicken braise recipe is delicious, succulent and tender too. Tossed with roasted vegetables this chicken is perfect for Sunday dinner

SERVES 4 -6

PREP TIME: 15 MINS

COOK TIME: 40 MINS

SKILL: MEDIUM

INGREDIENTS

- 12 skin on chicken thighs
- 1 tbsp oil
- 500g carrots, roughly chopped
- 3 sticks of celery, roughly chopped
- 2 large leeks, thickly sliced
- Dried thyme and parsley
- Salt and black pepper
- 150ml double cream or crème fraiche
- 2 tsp each coarse-grain mustard & English mustard



METHOD

1. Set the oven to 160°C/325°F/Gas Mark 3. Heat a large frying pan and add the chicken thighs, in 1 or 2 batches, skin-side down.
2. Cook until the skin browns well, then turn them over and cook for another couple of mins. Take them out and set aside.
3. Spread the veg out in a large baking dish or roasting tin. Add a few teaspoons of herbs and season well. Put the chicken thighs on top.
4. Season again and pour in 600ml boiling water - enough to almost cover the meat. Cover with foil or a lid. Cook for 30 mins, take off the foil and cook for a further 20 mins.
5. Pour the stock into a jug. Cover the chicken with foil to keep it warm.
6. Bring 300ml of the stock to the boil in a small pan and reduce it by half. Stir in the cream or crème fraiche and mustard, then whisk well and simmer for a few minutes.
7. Serve the sauce with the chicken, along with potatoes, beans and peas, if you like.

Regional Carer Support



Support for carers

Cheshire East

Cheshire West & Chester

Liverpool, Sefton, Warrington & Knowsley





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

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