

Issue: 4

CARERS E-NEWS

15th Feb 2024



Year of the Dragon

This Year is associated with the element of Wood, and designates 2024 as the Year of the Wood Dragon.

"Gong hei fat choy"
(恭喜发财)



WIRRAL CARERS HEALTH & WELLBEING SERVICE

Carer Linkworkers Making Caring Visible, Valued & Supported

FREE

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MHFA England



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 February



10am-1pm



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

Free refreshments will be provided



Contact us to book your FREE space!



events@wired.me.uk



0151 670 0777



Caring With Confidence Course



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

At WIRED we run a 4 week training programme every Thursday with Health Junction designed to help carers manage your health and wellbeing and to care with confidence.

Thursday 7th/14th/21st/28th March

1pm - 3pm

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

To book your FREE place or for more information, please contact us on our Carers Helpline

cws@wired.me.uk

0151 670 0777



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...

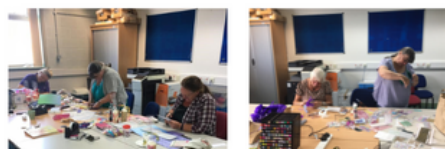
Come along and share your skills with other carers, in a relaxed and friendly environment.

Wednesday 21st February 2024

10:30am - 12:30pm

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

Free Tea and Coffee provided!



CONTACT US TO BOOK

0151 670 0777

events@wired.me.uk

www.wired.me.uk



Another exciting event for
Carers Week in June!

CHORUS FOR CARERS



Thursday 13th June



7pm-9pm



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

Come and join us for an evening filled with fantastic live singing from The Wallasey Choir whilst enjoying some delicious food from our buffet to celebrate **Carers Week!** The new Mayor for 2024 will also be joining us and our **Carers Week Raffle** will be being drawn.

How to book...



0151 670 0777



cws@wired.me.uk



ACTIVE WIRRAL



STRONGER HEALTHIER HAPPIER

We want to know how we can help you to improve your health and transform your exercise habits. We want you to share your opinions on fitness facilities, programmes and experiences of sport and physical activity in Wirral to help us create the right fitness facilities and services in the future.

Active Wirral, in partnership with Sport England, has launched a survey offering you the chance to share what you think about the services and facilities provided by Active Wirral and the range of indoor and outdoor leisure services that are available in your local community.

Whilst everyone is welcome to complete the survey, Active Wirral is encouraging those who are less active to share their ideas and experiences. We need to better understand any barriers to physical activity that you may be facing.

The survey will take around five minutes to complete and is completely anonymous. It's open to all people age 16+ who live and work in Wirral and closes on Wednesday 14th February 2024.

We want to hear from you, help us to improve fitness facilities, programmes, physical activity and health across Wirral.

[Click here to complete the survey](#)



**WIRRAL
INTELLIGENCE
SERVICE**

Carers

**Census 2021: Unpaid Carers Briefing
(Published September 2023)**

**Wirral's joint strategy for carers (2023 - 2026)
(published July 2023)**

Carers JSNA (published June 2018)

**Wirral Population & Demographics Report
January 2024**



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.



YOUR CALL.

NHS

North West
Ambulance Service
NHS Trust



NEW EDITION - CLICK HERE!

Issue 20



NHS Talking Therapies can help

Mental health matters
Help us help you

NHS

Feeling anxious or depressed?

NHS Talking Therapies can help

Struggling with feelings of depression, excessive worry, panic attacks, social anxiety, post-traumatic stress or obsessions and compulsions? A trained clinician can help.

The service is effective, confidential and free.

Talking therapies are also available in your chosen language through multi-lingual therapists or confidential interpreters, and in British Sign Language, through SignHealth's Therapies for Deaf people service.

Your GP can refer you or refer yourself at nhs.uk/talk

Help Us Help You -
Mental Health Matters

Mental health matters
Help us help you

wirralview

Pitch Perfect: £2m community football hub and supersized pitch opens

A state-of-the-art artificial grass pitch (AGP) in the heart of the Woodchurch Estate has seen its first fixture take place this weekend.





The Patient Experience Strategy and the Service Improvement Team have launched a new video today.

The video promotes the use of the Discharge Hospitality Centre (DHC) at Arrowe Park Hospital.

“We want your discharge process to be as smooth as possible - and the DHC makes this possible! This video will take you on a tour of how the DHC can benefit not only you, but your relatives or carers too.

We're committed to responding to your feedback, and we know that the transition when leaving the hospital can come with uncertainties, which is why we want to raise awareness of the facilities we have in place to support you through your discharge process!

Are you currently in hospital and unsure of what is available to you to help ensure a smooth discharge process? Why not give this video a watch! We hope it helps you feel more informed and comfortable.”

(WUTH)

Click below to watch the video



Long Covid Service

Information about the service, including the support provided by the team and details about long covid clinics in Wirral. The service provides support for people aged 16 plus who have been experiencing symptoms of covid-19 for more than 4 weeks – this is referred to as long covid.

Individuals are referred into the service by their GP following an initial consultation to ensure that symptoms are not associated with an underlying condition.

Contact your GP for further information.



One Wirral CIC

Bridging the Gap Together Project

This was started to help 'bridge the gap' for those on the Wirral living with long-term health conditions such as Long Covid or Fibromyalgia – supporting individuals by developing a personalised plan that combines activities and community peer support.

 One Wirral CIC

Fibromyalgia Support Group

Christ Church Moreton
Upton Rd
CH46 0PA

Friday 1st March 2024

All sessions 1pm - 3pm

**BRIDGING
THE GAP
TOGETHER**

Long-Covid Support Group

 One Wirral CIC

Inspire Community Café at The Spire
Breck Road
Wallasey
CH44 3BD

Tuesday 5th March 2024

All sessions: 1pm - 3pm

**BRIDGING
THE GAP
TOGETHER**

WIRRAL CARERS HEALTH & WELLBEING SERVICE

Carer Linkworkers Making Caring Visible, Valued & Supported

Port Sunlight Orchestra Concert

Viennese Celebrations

Lady Lever Art Gallery, Port Sunlight

Sun 18 Feb @ 2:30PM - 3:30PM

Lady Lever Art Gallery

Lower Road, Wirral

CH62 5EQ



One of Port Sunlight's oldest societies



LGBT+ History Month February 2024

Medicine – #UnderTheScope

'GRUB HUB'

EVERY
THURSDAY
BETWEEN
12-6



Winter
Warmers!



Free warm
food for those
who need.
(Different
menu weekly)

BYRNE AVENUE
BATHS

THE SLIPPER BATHS
CAFE

WIRRAL CARERS HEALTH & WELLBEING SERVICE

Carer Linkworkers Making Caring Visible, Valued & Supported



Your doctor isn't the only person who can help you feel better, but we know it can often be difficult to know where else to go for support.

Flourish Wellbeing Hub is a **drop in** Social Prescribing Hub in

Wing A, Second Floor, Victoria Central Hospital, Mill Lane,
Wallasey, CH44 5UF



A partnership of 5 local charities, our aim is to empower you to flourish in life by supporting you to tackle your **practical, emotional and everyday issues**.

You can access a range of support at Flourish from **mental health** and **counselling services**, **drug and alcohol support** services, **carers support** groups, **advice** services, and much more.



Drop in Monday - Thursday 10am - 3pm

Getting your problems solved while having a warm drink is the best way to help improve your health and wellbeing. Come along to our **Nightingales café @ Flourish**.

Cafe open 8:00am - 3pm



WIRRAL CARERS HEALTH & WELLBEING SERVICE

Carer Linkworkers Making Caring Visible, Valued & Supported

FLOURISH WELLBEING HUB

Flourish Wellbeing Hub: February 2024 Timetable

DROP IN SESSIONS

Drop In Mon - Thurs, 10am - 3pm

Find us at:
VCH
2nd Floor, Wing A
Mill Lane
Wallasey
CH44 5UF



| MONDAY | TUESDAY | WEDNESDAY | THURSDAY |
|---|--|--|--|
| <p>Wirral Ways Housing Support Drop in - 9:30am-12:30pm</p> <p>Support with housing issues including eviction, issues with landlords, accessing Property Pool Plus. For those impacted by drugs or alcohol.</p> <p>Citizens Advice Wirral Drop in - 1-3pm</p> <p>Financial resilience and cost of living support. (Drop in subject to availability)</p> <p>ReachOut Work Club Drop in - 1st Monday of the Month 2-3:30pm</p> | <p>Community Connectors Drop in - 10am-12pm</p> <p>Drop in for advice and support, and to find out what is on in your area.</p> <p>In the Nightingales Cafe @ Flourish on the first floor</p> <p>Citizens Advice Wirral General Advice Drop in - 1-3pm</p> <p>Drop in for advice on benefits, general debt, housing, employment, family relationships, immigration and consumer issues</p> | <p>NHS Talking Therapies Wirral Drop in - 9:30am-12:30pm</p> <p>Information on talking therapies, assessment of suitability for talking therapies, discuss concerns about receiving help for mental health.</p> <p>Recovery Works Employment Drop in - 1pm-3pm</p> <p>Information, advice and guidance around employability.</p> <p>Wirral Ways Veterans Support Group Drop in - 1-2:30pm</p> <p>Ever served in the Armed Forces? Free & Confidential advice and support.</p> | <p>Dementia Carer Support Drop in - 10am-2:30pm</p> <p>Drop in for carers supporting a loved one with Dementia. Information about local services and a space to chat about their caring role.</p> |

Nightingales Cafe @ Flourish is open Monday - Friday, 8am - 3pm

Drop In, Wellbeing Library & Hygiene bank open Monday - Thursday, 10am - 3pm. We're currently closed on a Friday.

*Please note: all services are subject to availability

Flourish Wellbeing Hub: February 2024 Timetable

SERVICES RUNNING AT FLOURISH

Find us at:
VCH
2nd Floor, Wing A
Mill Lane
Wallasey
CH44 5UF



| MONDAY | TUESDAY | WEDNESDAY | THURSDAY |
|---|---|---|--|
| <p>NHS Talking Therapies Wirral 11am onwards</p> <p>(pre booked only) Counselling and talking therapy appointments</p> | <p>Wirral Ways Appointments (pre booked only)</p> <p>Social Prescribing Appointments (pre booked only)</p> <p>Citizens Advice Wirral All Day (pre booked only)</p> <p>Digital Skills Course 10am - 4pm (pre booked only) Digital support tailored to individual needs</p> | <p>Help Through Hardship 9am-12:30pm (pre booked only)</p> <p>Money and mental health support.</p> <p>Sahir House 10am-4pm (pre booked only)</p> <p>Specialised therapeutic counselling for the adult LGBTQ+ population (inclusive of trans and gender diverse people), and those who are HIV positive.</p> | <p>Wirral Mind All Day (pre booked only) Counselling appointments</p> |

Nightingales Cafe @ Flourish is open Monday - Friday, 8am - 3pm

Drop In, Wellbeing Library & Hygiene bank open Monday - Thursday, 10am - 3pm. We're currently closed on a Friday.

*Please note: all services are subject to availability



SILK - Peer Support Group

**Join Our Loving Community - Embrace Support, Find Hope!
Are you navigating the challenging journey of having a loved
one with substance misuse? You are **NOT** alone!**

**Introducing SILK peer support group - Your Safe Haven for
Support and Understanding!**

Connect with others who share your experiences.

Be heard and understood without judgment.

Gain knowledge and resources for your journey.

Find hope, strength, and inspiration.

**We understand the fear, frustration, and love you have for
your family members, and we're here to lend a hand, an ear,
and a shoulder.**

**Join us for our meetings at South Wirral Youth Hub every
Monday from 11.am - 1.pm**

**Let's walk this path together and make a difference in our lives
and the lives of our loved ones.**

Spread the word, because support knows no boundaries!

**Rugby Club, St. Anselmians
Eastham Village Rd, Eastham
Wirral
CH62 0AN**



SILK - Peer Support Group

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**We understand the fear, frustration, and love you have for
your family members, and we're here to lend a hand, an ear,
and a shoulder.**

**Join us for our meetings at St Luke's every Tuesday from
11.am - 1.pm**

**Let's walk this path together and make a difference in our lives
and the lives of our loved ones.**

Spread the word, because support knows no boundaries!

St Luke's Methodist Church Hoylake

19 Market St

Hoylake

Wirral

CH47 2BF



WIRRAL CHANGE

FOR ALL ETHNIC MINORITY PEOPLE

Whether you're a beginner or want to enhance your skills, our class provides a supportive environment. We'll cover vocabulary, grammar and culture.

Additionally, we offer English instructions for native Spanish speaker's to foster language exchange and growth.

Please contact us to reserve your space at 01516498177.

Spanish Class

1:00-2:30PM
MONDAYS

FREE

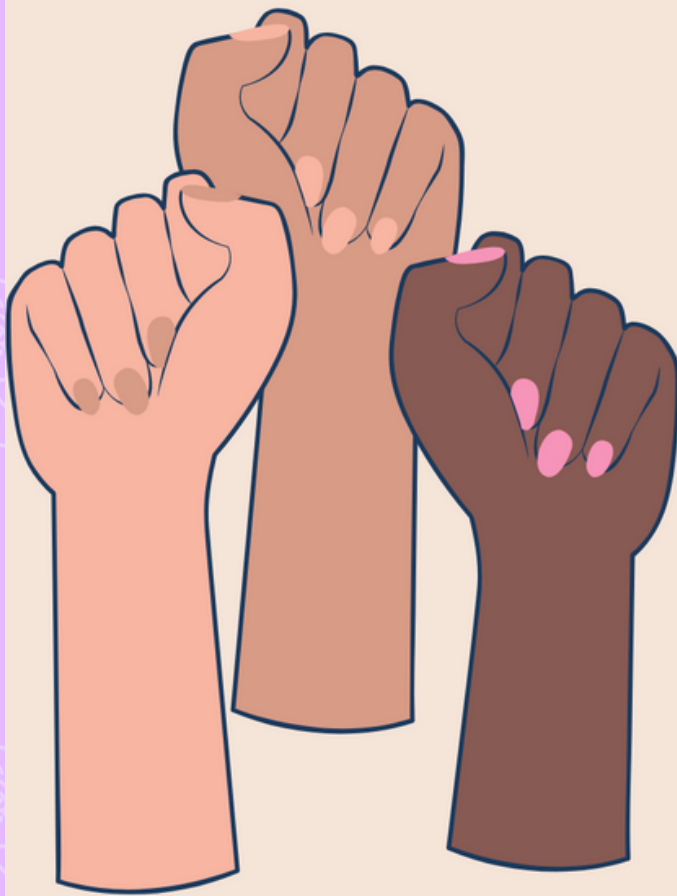


**LIMITED PLACES PLEASE CONTACT SINDULY TO BOOK:
01516498177**



Tomorrow's
Women

International Women's Day



Friday Mar 8, 2024
12PM-2PM



TOMORROW'S WOMEN WIRRAL
Beckwith St East
Birkenhead, CH41 3JE



WOMEN 18+ ONLY

speakers | activities | food | music | AGM

#inspireinclusion



LIFECHURCH



Warm Space

COMMUNITY LUNCH CAFE FRIDAY 12-2PM

at Life Church Bebington
1a Old Chester Road, CH63 7LA

Somewhere safe to stay warm, enjoy a free hot drink
and lunch, have a chat and make new friends.
Games and activities available.

BOOK A PLACE > mylifechurch.co.uk

Contact warmspace@mylifechurch.co.uk



WIRRAL CARERS HEALTH & WELLBEING SERVICE

Carer Linkworkers Making Caring Visible, Valued & Supported

THE CARENTS ROOM

HERE FOR YOU

The Carents Room is the go-to place for people supporting elderly parents. We give you the information and connections you need to ensure your parents get the best possible care.

[Find out more](#)

The Carents Room is committed to transforming ageing by supporting Carents and unleashing Carer power.



WE'RE IN THIS TOGETHER

We're an independent, trusted source of information, insight and inspiration, supporting and empowering people through their carenting journey.

Our aim is to support you, to make your caring experience even more rewarding, with better outcomes for you and your parents.

YOU'RE NOT ALONE

Today, there's a growing number of people juggling family, work, their own lives and providing support for ageing relatives.

If this sounds familiar, you're not alone, and we're building an active support network that shares their valuable information and relevant experiences to help you with your own carenting needs.



WIRRAL CARERS HEALTH & WELLBEING SERVICE

Carer Linkworkers Making Caring Visible, Valued & Supported



NHS
The Veterans Mental Health and Wellbeing Service

The first call for help takes courage
Op COURAGE: The Veterans Mental Health and Wellbeing Service
Specialist care and support for Service leavers, reservists, veterans and their families

Visit the NHS website at www.nhs.uk/opcourage

Op COURAGE

To Champion The Fight Against Poverty And Inequality Enabling People To Take Control Of Their Lives



Benefits Advice



Debt Advice



Financial Capability



Over 20% of the enquiries Autism Speaks Autism Response Team (ART) receive are for information about autism and community services. Common requests are for connections to peer groups, recreation, and parent support groups, among others.

[Click here to find 'Your Community'](#)

Dedicated area for...

Autistic adults

Welcome to our area of the website for autistic adults. You'll find advice and guidance on a wide range of topics as well as information on our services. You can also read people's stories, learn about our campaigning and find out how you can get involved to create a world that works for autistic people.



**National
Autistic
Society**



**AUTISM
FRIENDLY**

SPACE FOR EVERYONE!

**SUNDAY 3rd MARCH 10am - 11am is a
Relaxed Morning.**

Sound and lighting is kept at a consistent level in the exhibition spaces, and there will be a relaxed screening of a free film in the Space Dome during which audiences are welcome to move around and make noise.

Virtual Neurodiversity Conference 2024

**Celebrating,
Embracing &
Empowering
Our Children**

20.03.2024

Register your free place at witherslackgroup.co.uk/virtual-conference-spring24

The graphic features a central dark purple circle with a white lightbulb icon containing a colorful brain. Surrounding this are four smaller circles, each containing a stylized illustration of a child's face. The background is a gradient of purple and blue.

Free neurodiversity conference for parents

On Wednesday 20 March, we're delighted to be hosting our virtual conference 'Celebrating, Embracing & Empowering Our Children'. Join us for a day of learning practical advice and strategies tailored towards building up and empowering neurodiverse children.

Click [HERE](#) to book your place

WIRRAL CARERS HEALTH & WELLBEING SERVICE

Carer Linkworkers Making Caring Visible, Valued & Supported



BANANAS
BINGO

Date: Thursday 22nd February
Place: Our Lady's Parish Centre,
310 Park Road North,
Birkenhead, CH41 8AE
Time: 7.00 'til late

Only £5 for your
bingo book.
Loads of great
prizes to be won!

  Wirral
mencap
Charity Number: 1153742



Our Lady's
SAINT PATRICK'S DAY

FREE IRISH STEW

17
march

LIVE MUSIC

Come & celebrate with us £5



Wirral, Cheshire
& Beyond



Book Online!

We now take all bookings online and our website offers an easy to use 'select and pay' platform to make booking as easy as possible! Click the below button to see our available dates April - October!

*If you have any problems booking online, please call us on 0151 674 6300 and leave a message. Someone will get back to you asap.



WIRRAL CARERS HEALTH & WELLBEING SERVICE

Carer Linkworkers Making Caring Visible, Valued & Supported



Get involved with MNDa Wirral

The Wirral Group of the Motor Neurone Disease Association aim to support local people living with Motor Neurone Disease.

Our group is made up entirely of volunteers who are passionate about supporting people in their local area.

Volunteering with the charity provides the opportunity for you to develop your skills, meet new people and take part in new experiences.



How to get involved

Getting started is easy. We offer a diverse range of volunteer opportunities, ensuring there's something for everyone's interests and availability.

Come along to one of our volunteer social evenings to get started. Details of these can be found on our website and our Facebook page.



mndawirral.org



[mndawirralgroup](https://www.facebook.com/mndawirralgroup)



07836635280



Donate by Post

Is your wardrobe bursting with clothes you no longer wear?

Why not donate them to us for free?



BritishRedCross **Shop**

Order a free bag

or

Download labels for bags/boxes you
already have and want to reuse.

We're calling for a
national breast screening
awareness campaign.

 Will you join us?

#NoTimeToWaste

**BREAST
CANCER
NOW** The research &
support charity

The NHS target for how many women should be screened for breast cancer has been missed for the fourth year in a row.

If we want to save more lives from breast cancer – things urgently need to change.

That's why we're calling on the government and NHS England to run a national breast screening awareness campaign, targeted at those who need it most. Will you join us?



TELL US WHAT YOU
THINK OF OUR CARER'S
HEALTH + WELLBEING
SERVICE!

IF YOU ARE A **CARER**
CLICK HERE



Counselling

Online Yoga

Face to Face
Yoga



Carers E-Newsletter

SIGNPOSTING & ADVICE



CARERS HELPLINE SUPPORT

Carers Week Activities

Wired


Carers Crafty Club


Training

WIRRAL CARERS HEALTH & WELLBEING SERVICE

Carer Linkworkers Making Caring Visible, Valued & Supported




HM Government 



Search through your pile of papers

or

Just tap the App



Scan to find out more about the NHS App



KEEP DOING THESE SIMPLE THINGS. THEY STILL MEAN A LOT.

-  Wash hands
-  Sanitise surfaces
-  Wear layers
-  Check the weather

Remembering to do these simple things can help protect yourself and others from serious illness this winter.

For more information on staying well visit simplethingswirral.co.uk or scan the QR code below.

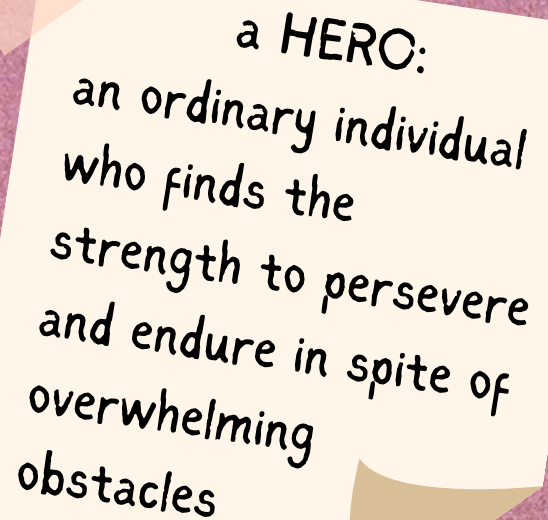


WIRRAL CARERS HEALTH & WELLBEING SERVICE

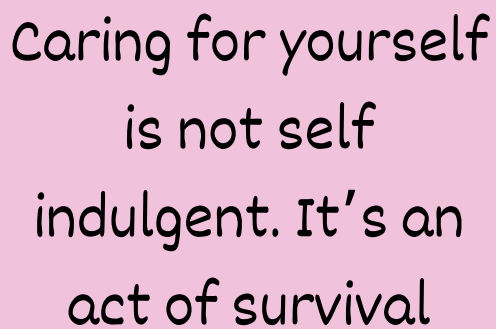
Carer Linkworkers Making Caring Visible, Valued & Supported



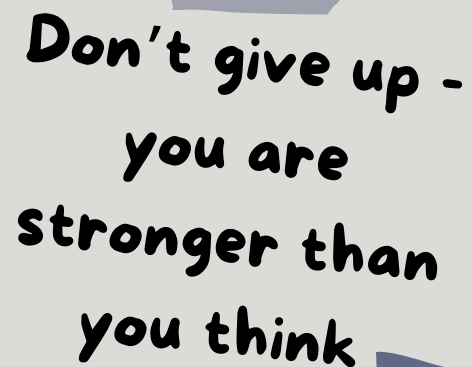
Carers are
SUPERHEROES
in comfortable
clothes



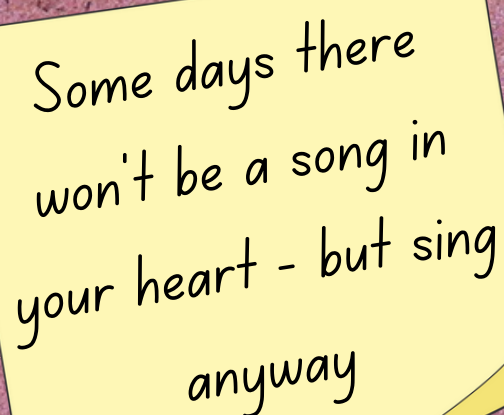
a HERO:
an ordinary individual
who finds the
strength to persevere
and endure in spite of
overwhelming
obstacles



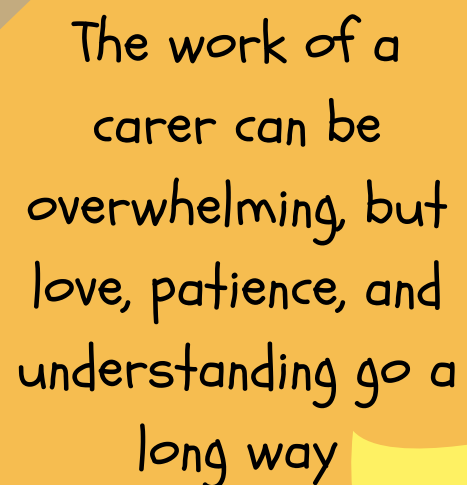
Caring for yourself
is not self
indulgent. It's an
act of survival



**Don't give up -
you are
stronger than
you think**



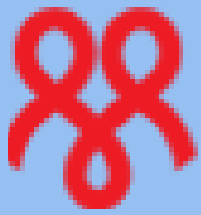
Some days there
won't be a song in
your heart - but sing
anyway



The work of a
carer can be
overwhelming, but
love, patience, and
understanding go a
long way



believe →



carersUK

NEWS

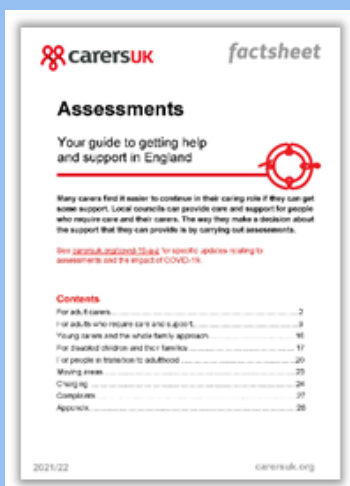
Click on the boxes to read more...

MPs and Peers launch survey to gather unpaid carers' views on their call for a new National Carers Strategy...

Dealing with depression and stress...

Carers Active Hub - a resource to help you to increase your activity levels and improve your health and wellbeing...

**Developing your current skills - and learning new ones
At times you may feel that your whole world revolves around caring, without much room in it for you...**



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 and Wellbeing Service

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

Services available for unpaid carers...

Carers information, advice, support & activities –

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

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

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

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

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

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

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

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

How to access our services...

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



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



0151 670 0777



cws@wired.me.uk



Monday - Friday, 9am-4:30pm



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



WIRRAL CARERS HEALTH & WELLBEING SERVICE

Carer Linkworkers Making Caring Visible, Valued & Supported

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



Regional Carer Support



Support for carers

Cheshire East

Cheshire West & Chester

Liverpool, Sefton, Warrington & Knowsley





PEANUT BUTTER CHICKEN

A budget chicken dish.

Any leftovers freeze well and make a handy lunch.

SERVES 4

PREP & COOK TIME: 50 MINS

SKILL: EASY

INGREDIENTS

- 2 tbsp vegetable oil
- 8 skinless boneless chicken thighs, cut into chunks
- 1 onion, finely chopped
- 3 garlic cloves, crushed
- 2 red chillies, finely sliced (deseeded if you don't like it too hot)
- 2 tsp fresh ginger, grated
- 2 tbsp garam masala powder
- 100g smooth peanut butter
- 400ml coconut milk
- 400g can chopped tomatoes
- Fresh coriander, ½ roughly chopped, ½ leaves picked
- roasted peanuts, to serve



METHOD

- 1 tbsp of the oil in a deep frying pan over a medium heat.
- Brown the chicken in batches, setting aside once golden.
- Fry the onion for 8 minutes until softened.
- Then add the garlic, chilli and ginger and fry in the other 1 tbsp oil for 1 min.
- Add the garam masala and fry for 1 min more.
- Stir in the peanut butter, coconut milk and tomatoes, and bring to a simmer.
- Return the chicken to the pan and add the chopped coriander.
- Cook for 30 mins until the sauce thickens and the chicken is cooked through.
- Serve with the remaining coriander, roasted peanuts and rice, if you like.



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