

Wired Carers Groups

At Wired we have a range of local Carer Support Groups across Wirral, ranging from Carers Yoga, Craft Groups, Drop-ins and Coffee Clubs, for unpaid carers in Wirral to attend.



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

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

West Kirby Carers Drop-In

- 📍 AGE UK Cafe, Marine Place, Marine Lake Medical Centre, Orrysdale Rd, West Kirby, CH48 4HX
- 🕒 3rd Thursday of the month, 10am-12pm
- 📄 Free tea and coffee is provided as well as receive free information, advice and support

Carers Yoga - Face to Face

- 📍 All Things Must Pass Centre for Wellness, 140b Borough Rd, Wallasey, CH44 6NH
- 🕒 Every Tuesday, 11am-12:30pm
- 📄 Free hot drinks provided and a chat at the end of the session with other carers

Carers Yoga - Online

- 📍 Zoom
- 🕒 Every Tuesday, 11am-12:30pm
- 📄 Meeting ID: 771 767 3139, Passcode: 1008

Crafty Carers Club

- 📍 WIRED Carers Hub, St James Centre, St James Centre, 344 Laird Street, Birkenhead, CH41 7AL
- 🕒 3rd Wednesday of the month, 10:30am-12:30pm
- 📄 Opportunity to get creative and meet other carers, free refreshments provided



0151 670 0777



cws@wired.me.uk



www.wired.me.uk