

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



HAPPY CHINESE NEW YEAR

21-22 FEBRUARY 2026

恭喜發財

GUNG HEY FAT CHOY

马年

YEAR OF THE HORSE

CULTURELIVERPOOL.CO.UK/CHINESE-NEW-YEAR

#CNYLIVERPOOL

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

Dementia Awareness Training

Did you know that **1 in 2** of us will **care for someone with dementia** or **need dementia care ourselves**?

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



NEXT SESSION:

Thursday 12th February 10am - 1pm

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

FIRE RISK AWARENESS SESSION:

STAYING SAFE AT HOME AND DANGERS OF EMOLLIENTS

Wired and Merseyside Fire & Rescue Service are offering a **FREE session for unpaid carers** on **staying safe at home**. Learn how to reduce risks, including the hidden dangers of emollients.

Friday 27th February

10am-12pm

WIRED, St James Centre, 344 Laird Street, CH41 6HY

Free refreshments provided

How to book...

 0151 670 0777  cws@wired.me.uk



ENERGY PROJECT PLUS ADVICE SESSION

In partnership with **Energy Project Plus**, WIRED are hosting a **FREE** session on home energy related issues and offering advice on:

- Managing Fuel Bills
- Different types of energy tariffs
- Payment options
- Help applying for grants
- Help improving home energy efficiency
- Guidance on tackling condensation, damp and mould
- Saving energy through small home improvements




Wednesday 11th March

10am-12pm

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

How to book...

 0151 670 0777

 cws@wired.me.uk



WIRRAL CARERS HEALTH & WELLBEING SERVICE

Carer Linkworkers Making Caring Visible, Valued & Supported



COMMITMENT TO CARERS CONFERENCE RETURNS

08.06.26
Save the Date

WE care that YOU care

wirralview

PRIDE IN PLACE

Your FUNDING. Your COMMUNITY. Your CHOICE.

Independent local leaders are being sought to spearhead the delivery of a total £60 million Pride in Place funding in Wirral over the next decade.

WirralGlobe

The Peak Cluster Pipeline - What we know about controversial project



ENTERTAINMENT

1

Country singer Charlie Landsborough on Birkenhead roots and Wirral accolade



PLANNING AND DEVELOPMENT

Plans for 46 retirement flats on former Wirral civic hall site



ENVIRONMENT

1

Public consultation launched on Wirral solar farm plans



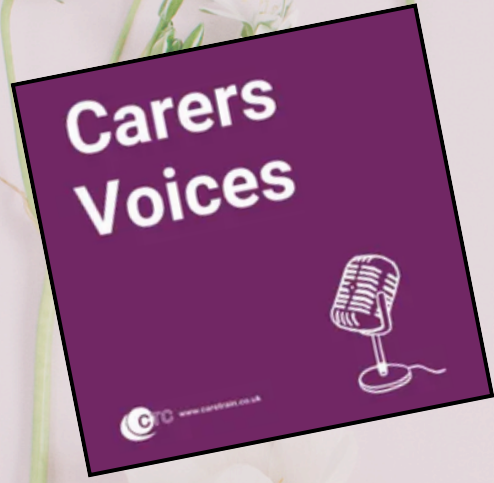
GEORGE HARRISON

Stage show celebrating life of George Harrison heading to Wirral

WIRRAL CARERS HEALTH & WELLBEING SERVICE

Carer Linkworkers Making Caring Visible, Valued & Supported

Top support podcasts for Carers...
click each one to see more!





British Gas Energy Trust

Free, local money and energy advice Pop-Ups

This year, the [British Gas Energy Trust](#) is bringing **120 Pop-Ups** to communities across **England, Scotland and Wales**.

Working in partnership with [British Gas](#), the [Post Office](#) and trusted local charities, these **free walk-in events** will offer **anyone**:

- Support applying for **energy grants**
- Help understanding energy **bills** and **tariffs**
- **Benefits** and **income maximisation** checks
- **Energy saving advice** and **free energy saving devices**
- Onward **referrals** and **signposting**



Upcoming sessions

Wirral (in partnership with [Age UK Wirral, Liverpool & Sefton](#))

- > 3 + 4 March: St Catherine's Health Centre, Derby Road, Birkenhead, Wirral CH42 0LQ
- > 10 + 11 March: Marine Place Café, Marine Lake Health & Wellbeing Centre, Orrysdale Road, West Kirby, Wirral CH48 5AA

Liverpool (in partnership with [Raise](#))

- > 17 + 18 March: Sainsbury's, Rice Lane, Liverpool, L9 1NL
- > 24 + 25 March: Centre for Warmth, St Lawrence Primary School, Fonthill Road, Kirkdale, Liverpool, L4 1QD

Further dates to follow in 2026.

WIRRAL CARERS HEALTH & WELLBEING SERVICE

Carer Linkworkers Making Caring Visible, Valued & Supported



Tomorrow's Women

Women Supporting Women

TOMORROW'S WOMEN WIRRAL EMPOWERING TIMETABLE FEBRUARY 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Gardening Group - 9:30am – 12:30pm. Support the continued growth of our beautiful garden with Sandra & Liz</p>	<p>Mindfulness, Wellbeing & Mental Health Session 1 Day Session – 24th February 9:30am – 2:30pm</p> <ul style="list-style-type: none"> - Understanding Mindfulness - Practising Mindfulness Techniques - Building Personal Resilience - Supporting Mental Health in Yourself & Others 	<p>Gardening Group - 9:30am- 12:30pm. Support the continued growth of our beautiful garden with Sandra & Liz</p>	<p>Understanding Anxiety Starting 5th February x 4 weeks 9:30am – 12:30pm What you will learn:</p> <ul style="list-style-type: none"> - Different types of anxiety disorders - Signs and symptoms - Causes of anxiety 	<p>Gardening Group - 9:30am – 12:30pm. Support the continued growth of our beautiful garden with Sandra & Liz</p>
<p>Continuing throughout February 9.45- 11.45am</p> <p>ESOL Developing your confidence & language to have conversations. English for Speakers of Other Languages</p>	<p>Belly Dancing with Cecile 10am -11am Weekly Group All abilities welcome</p>	<p>Magenta Living Drop In 25th February 10am – 12pm</p>	<p>Walk and Talk Weekly from 10am</p>	<p>Be a More Confident You 13th February 10am – 2:30pm Covering: Positive thinking & self-talk, how to manage change & set boundaries.</p>
<p>Tomorrow's Women Recovery support group Every Monday @ 10:30am</p> <p>A safe, non-judgmental space for women at any stage of recovery.</p>	<p>3D Training Information Drop In 3rd February 10am – 12pm Interested in a course? Speak with staff to find out what's on</p>	<p>RASA Support Drop In 4th February 10am – 12pm</p>	<p>Specialising in Family Law, Domestic & Care proceedings. 10am -11am</p>	<p>NHS Talking Therapies Drop In 27th February 10am – 12pm Feel like you might benefit from talking therapies? Amy can help with getting referred in, explain the different types of therapy available & additional support offered.</p>
<p>9th and 23rd February 11am – 12pm Support with Family Law, Divorce & Financial issues.</p>	<p>msb 3rd and 17th February Support with Family Law 10am – 12pm</p>	<p>A Stitch in Time - Weekly Group 10-12pm Sewing skills & crafts with Mary</p>	<p>Alcohol & Drug Awareness Group Weekly Group 10:30am – 12pm</p>	<p>Finding Me - Domestic Abuse Course Starting 20th February x 6 weeks 10am -12pm</p>
<p>Wirral Lifelong Learning Drop In 2nd February 12pm – 2pm</p> <p>Come along and speak to Cheryl about free education & training opportunities available.</p>	<p>Substance Use Midwife Drop-in with Jill 10th February from 10am</p>	<p>Police Drop In 25th February 10am – 12pm Support & advice session with friendly officers in a safe space.</p>	<p>Breast Cancer Awareness Session 5th February 10:30am Come in & speak to Michelle to discuss the breast screening process & what it includes.</p>	<p>*Explore healthy and unhealthy characteristics, traits and behaviours within relationships.</p>
	<p>Testing & Advice Drop In 3rd February 10am – 4pm Get advice regarding harm reduction, safe sex practices & timescales for further testing.</p>	<p>Community Connectors 11-12pm Needing some support in your community? Speak with a community connector</p>	<p>Place To Be - A Day retreat with Grace. 26th February - 11am -2pm</p>	<p>Community Connectors 11-12pm Needing some support in your community? Speak with a community connector.</p>

TOMORROW'S WOMEN WIRRAL EMPOWERING TIMETABLE FEBRUARY 2026

<p>Mindful Colouring Sessions 9th and 23rd February 12:30pm – 1:30pm Come along for a calmful mindfulness activity.</p>	<p>A More Confident You Starting 3rd February x 3 weeks 10am – 11:30am</p> <p>A course designed to help you improve your confidence and self-esteem.</p>	<p>Job Centre Plus Drop In Weekly 11am – 1pm Come and speak to Lesley to see what JCP has to offer.</p>	<p>Sound Bath with Grace 19th February 11am – 12pm</p>	<p>Lunch Club 12pm *£4 donation</p> <p>Come together to enjoy a good meal with great company</p>
<p>Wellbeing and Me Starting 16th February x 4 weeks 1pm – 2:30pm Looking at the impact of stress, anxiety, depression & emotional wellbeing</p>	<p>Neurodiversity Support Group Weekly 11am – 12pm Support group for self, parents and carers</p>	<p>YOGA WITH GRACE 11am – 12pm Weekly class</p>	<p>Money Management & Debt Support 5th February 11:30am– 1pm</p>	<p>Puzzle Piece Law 1pm – 4pm Weekly Appointments</p> <p>Offering Support with:</p> <ul style="list-style-type: none"> - Family Matters - Child Arrangements - Financial Orders
<p>Bereavement Support Group 2nd and 16th February 1pm – 2pm</p>	<p>Housing Advice & Support Drop-In 10th February 1pm – 3pm</p>	<p>Care Proceedings: 11am -12pm Domestic Abuse Specialist: 12:30pm – 1:30pm</p>	<p>TW Forum Meeting 12th February 12pm Come along & have your say.</p>	<p>Tomorrow's Women Weekly Creative Group From 1.30pm All welcome! Singing, drama & creativity.</p>
<p>Berkson Family Law Solicitors 2nd and 16th February 2pm-4pm</p> <p>Support with Family law, care proceedings, divorce, non-molestation orders</p>	<p>Information Sessions 20th February x 3 weeks 1pm – 2pm</p> <p>Session 1 – Self Harm Session 2 – Stalking & Harassment Session 3 – Positive Relationships</p>	<p>Reading Group Weekly 1-2pm A great way to meet new people & share a story</p>	<p>Behavioural Addictions: Gaming, Gambling & Technology Starting 5th February x 4 weeks 1pm – 4pm</p> <p>Covering:</p> <ul style="list-style-type: none"> - What behavioral addiction is and isn't - Recognising warning signs of unhealthy gaming & gambling 	<p>Tomorrow's Women Weekly Creative Group 13th February 2pm – 3pm All Welcome</p>
<p>Guided Meditation Blissful deep relaxation Weekly drop in 2:15pm-2.45pm A great way to start the week</p>	<p>Better Solutions 5:30pm – 6:30pm Session 1- Thinking & behaviour. Session 2- Consequences Session 3- Problem solving. Rolling group. You can attend sessions as & when.</p>	<p>"Give to Gain" Portrait Class 25th February 1pm – 2:30pm Join Emma in a fun creative project in the run up to our International Women's day event.</p>	<p>SILK Support Drop In 5th and 19th February 1pm – 3pm Are you supporting a loved one with a substance misuse issue? Come & see what support is available for you.</p>	<p>Guided Meditation Blissful deep relaxation Weekly drop in 2:15pm-2.45pm A great way to start the weekend</p>
		<p>Intergenerational Tales Project Weekly Sessions 1pm – 3pm</p> <p>Come along and join in with a project based on intergenerational stories of womanhood. Sessions will include drama, music & movement.</p>	<p>Jam Session Weekly Session 1.30-2.30pm Bring along your instruments & have some fun</p>	

Please note **BOOKING is ESSENTIAL** for all sessions listed to attend, ring 0151 647 7907 to book your slot & for information regarding

(R) RAR appropriate *

Tomorrow's Women, St Laurence's Old School Site, Beckwith Street East, Birkenhead, CH41 3JE

WIRRAL CARERS HEALTH & WELLBEING SERVICE

Carer Linkworkers Making Caring Visible, Valued & Supported



Social Support and Friendship

February 2026

MONTHLY CALENDAR

DEMENTIA FRIENDLY ACTIVITIES & EVENTS

Our calendar is also available on our website

www.dementiatogetherwirral.org

More information about our events can be found on:



To contact Dementia Together Wirral:

07935 797445 Mon – Thu or info@dementiatogetherwirral.org

07894 466822 Wed – Fri or info@dementiatogetherwirral.org

07565 916966 Mon- Fri or benduggan@dementiatogetherwirral.org

NHS Cheshire & Wirral Partnership NHS Trust
24-hour crisis helpline 0800 145 6485

Useful emergency contacts for Adult Social Care support

AREA	OFFICE	OUT OF HOURS
Wirral Borough Council	0151 606 2006	0151 677 6557
CW&C (E Port & Neston)	0300 123 7034	01244 977277

- 2nd Mon** MEMORY CAFÉ at Coffee Aroma BIRKENHEAD – First Monday of each month at 1.30am. Coffee Aroma, Unit 17, Birkenhead Business Park, Birkenhead CH41 1EP. Parking is free. **POSTPONED**
- 2nd Mon** **** NEW TIME **** 'SINGING TOGETHER' at Holy Trinity Church Spital First Monday of each month 1.30pm to 3.30pm. Music and singing with Robin and Marie. Holy Trinity Church, Chorley Way, Spital CH63 9LS
- 3rd Tues** MEMORY CAFÉ at Beechwood Community Shop First Tuesday of each month at 2 to 3pm Community Trust, Manor House, Beechwood Road, BEECHWOOD CH43 7ZU
- 5th Thur** WEST KIRBY MEMORY CAFÉ – Marine Place First Thursday of each month at 10.30am to 12.00pm. Join us at Marine Lake Medical Centre Café, Orrysdale Road, West Kirby CH48 5AA
- 5th Thur** MEMORY CAFE at CJ's Coffee Shop HESWALL First Thursday of each month at 2.00 to 3.30pm CJ's Coffee Shop, Downham Road South, Heswall CH60 0DB
- 6th Fri** MEMORY CAFÉ at Barncroft Sheltered Housing in partnership with Magenta Living First Friday of each month 10.30am to 12.00pm. Magenta, Barncroft, Larchwood Close, PENSBY CH61 6YH
- 7th Sat** MEMORY CAFÉ (with activities) at Popsys HOYLAKÉ First Saturday of each month at 2.00 to 4.00pm Popsys, Hoylake Community Centre, The Parade, Hoyle Road, Hoylake CH47 3AG. **POSTPONED**
- 12th Thur** MEMORY CAFÉ at Parkgate & Neston URC Second Thursday of the month at 2.00 to 4.00pm P&N URC Church, Moorside Lane (off Parkgate Road), Neston CH64 6UZ
- 13th Fri** MEMORY CAFÉ (with activities) at The Gladstone Theatre (entrance at the rear of the theatre), PORT SUNLIGHT Second Friday of each month at 1.30 to 3.00pm. Greendale Road, Port Sunlight CH62 4XB
- 14th Sat** REVISED DATE FEBRUARY ONLY - MEMORY CAFÉ (with activities) at Popsys's HOYLAKÉ at 2.00 to 4.00pm Popsys, Hoylake Community Centre, The Parade, Hoyle Road, Hoylake, CH47 3AG

DEMENTIA INTEREST EVENTS OFFERED BY OTHERS

PATIENT EXPERIENCE HUB – ARROWE PARK HOSPITAL

Dementia information 'drop in' session at Arrowe Park Hospital **Wednesday 4th February** from 1.30pm to 4.30pm first Wednesday in the month. (The patient hub is through the main entrance straight ahead past the café at the end of the corridor). Help, advice and support from Dementia Together Wirral. If you prefer you can book an appointment by calling 07935 797445

THE LIGHT CINEMA – Dementia friendly showing of 'Sense & Sensibility' (30th Anniversary) on **Thursday 5th February**. A Lunch buffet provided by Iceland 30 mins before the show starts at 1.15pm Show has an interval. The Light, Marine Point, King's Parade, New Brighton CH45 2HZ

NESDEM – Community service for people living with dementia in the Neston area. Drop in sessions, choirs, social groups trips and much more. For more information contact Community Coordinator on 07521 625005.

MERSEYSIDE DEMENTIA FRIENDLY RADIO

An independent local radio station operating 24/7 run for the benefit of those living in the Merseyside area with dementia. A mix of music & shows to promote nostalgia along with help and advice. Listen by following this link <https://www.mdrf.co.uk/>

WELCOME ME – Brain stimulating activities and good company.

Every Tuesday and Wednesday 10am to 12pm (you can stay until 1pm by bringing a packed lunch) OR every Thursday 1pm to 3pm. **Direct booking is essential due to space.** Contact Caroline on 07407 620043 at Dementia Centre, Waterworks Lane, Hooton CH66 7NL

DEMENTIA FRIENDLY AFTERNOON – Every Thursday 1.30pm to 3.00pm, free entry at TRIC, Prenton Park Recreation Centre, entrance off Borough Road, Birkenhead CH42 9PY.

For more information contact Shirley on 0151 608 2354 or community@tranmererovers.co.uk

FLOURISH WELLBEING HUB

Dementia Carer Support Drop In. Meadowcroft Wellbeing Hub, 304 Spital Road, Bromborough CH62 2DE every Tuesday 10am-2pm
Devonshire Resource Centre 141 Park Road North, Birkenhead CH41 0DD every Thursday 10am-2pm
Marine Place Wellbeing Hub, Marine Lake GP Practice, Orrysdale Road, West Kirby CH48 every other Friday 10am – 1pm
Drop in for carers supporting a loved one with dementia. Information about local services and a space to chat about their caring role. www.flourishwellbeinghub.org

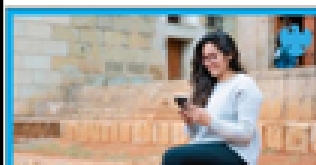
SINGING CAFÉ AT TRINITY METHODIST CHURCH – ELLESMERE PORT

Song sheets provided, all levels welcome. Come along for music, laughter, fun and refreshments. On the last Wednesday of the month at 10.30am. Trinity Methodist Church, Whitby Road, Ellesmere Port CH65 0AB

- 17th Tue** MUSICAL MINDS at Windsor Close Community Centre With 'Andy Bayley' Third Tuesday of the month at 2.00 to 3.30pm. Windsor Close Community Centre, Windsor Close, New Ferry CH62 5BZ
- 17th Tue** MEMORY CAFÉ at Floral Pavilion NEW BRIGHTON Third Tuesday of each month at 11.00am to 1.00pm Mezzanine, Floral Pavilion, Marine Promenade, New Brighton CH45 2JS
- 24th Tue** MEMORY CAFÉ (with activities) at The Atrium Restaurant MEOLS Last Tuesday of the month at 10.00am to 12.00pm. Carr Farm Garden Centre, Birkenhead Road, Meols CH47 9RE
- 24th Tue** MEMORY CAFÉ at Trinity Methodist Church Ellesmere Port Last Tuesday of each month at 12.00 to 2.00pm Trinity Methodist Church, Whitby Road, Ellesmere Port CH65 0AB
- 24th Tues** 'NEW MEMORIES' Music & Singing at Serpentine Road Family Church, Liscard Fourth Tuesday of each month at 2.00pm to 3.45pm, Serpentine Road Family Church, Liscard Road, Wallasey CH44 0AA
- 26th Thur** COACH TRIP to the Blue Planet Aquarium **** REVISED PICK UP POINT **** Fourth Thursday of each month. Trip includes lunch. Meet at 9.45am for 10.00am departure from Hamilton Square Station, Hamilton Street Birkenhead CH41 1AL. Second pick up Royal Oak, High Street, Bromborough CH62 7EZ 10.20am **Booking is essential** Contact Nikky on info@dementiatogetherwirral.org
- 26th Thur** MEMORY CAFÉ (with activities) at Parkgate & Neston URC Community Hall 'Boogie Woogie Music' NESTON Fourth Thursday of each month at 2.00 to 4.00pm P&N URC Church, Moorside Lane (off Parkgate Road), Neston CH64 6UZ
- 27th Fri** NEW ***** TAM O'SHANTER FARM GARDENING CLUB *****NEW Last Friday of each month 1.00pm to 3.00pm A variety of very light gardening/planting/potting etc. Inside or outside depending on weather. Tam O'Shanter Urban Farm, Boundary Road, Birkenhead CH43 7PD

WIRRAL CARERS HEALTH & WELLBEING SERVICE

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Don't miss our Money Skills Event
Vibrant Village
34 Argyle Street, CH41 6AE
Monday 9 February at 11am to 12pm

Make It Happen.

What is happening at 72 Market Street, Birkenhead

DON'T FORGET!

Our community Shop is only over the road at 72 Market Street, Birkenhead. OPEN Monday to Friday 9-12pm and Saturdays 9.30-1.30pm where we provide a wonderful retail offer of pay as you feel clothing and a social supermarket with discounted food.

We also provide hot drinks throughout the week and Free hot food on a Tuesday and Friday (when its gone its gone!)

Community cooking and meal:

These sessions are all focused on making healthy meals and making healthier choices, with information that the community can take away. You will be expected to arrive on time.

- 12th Feb- diabetic friendly lunch
- 19th Feb- autism supportive support
- 19th Feb- gluten-free breakfast

Care Sessions:

Who? The CARE session is open to all current volunteers and anyone interested in volunteering with us.

9th of Feb- Community Coffee Morning
10am - 1pm will be an induction for new volunteers

12th of Feb- iGAB Signposting session! 9.30-12pm for staff, volunteers and community members interested in learning about the Citizen Advice Database and how to access this to provide informal support to individuals in our community.

28th of Feb- Festival all-day at the Hive. A day of fun for Wirral's fantastic volunteers and their families to enjoy! See and some of the volunteers will be joining Wirral CVS in the celebrations.

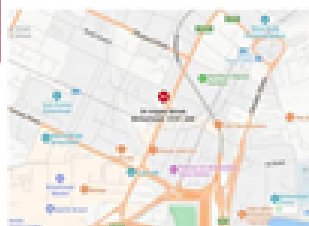
34 Argyle Street Birkenhead

vibrantM4@gmail.com/makeithappenbirkenhead.co.uk

Call: See 02458 30003 or Aaron 024581901349

Make It Happen Birkenhead

M4@birkenhead



Community Walkabout!

Join Aaron and Mike from One World on a wellbeing walk, where we can chat to other community members and hand out calendars, building up our community!

Feel Good Friday Socials!

A open session for anyone to come along learn more about what is going on in and around the area and a great way to socialise!

Saturday Social 14th of Feb

14th Feb Valentines Day walk and picnic for our Saturday Social, Spreading joy on this lovely day

Community Member/Panel meeting (WHITE ONLY)

Come along and have your say! Anything you want to improve, have your say. Meet people from our greater community and other organisations and build together!

Social Value Celebrations!

Join Make It Happen as we celebrate the social value we all bring to our community. We will be joined by the Mayor of Birkenhead! Refreshments provided.

Merseyside Police Community Workshop

Merseyside Police are joining us for a introduction in to their services and to talk about Hate Crime and the 3 Protected Characteristics



February



Make It Happen.

MON	TUES	WED	THU	FRI	SAT
2nd Community Cooking and Meal 9:30am - 1:30pm Community Walk abouts 1:30pm - 4:00pm	3rd Community Walk abouts 1:30pm - 4:00pm	4th HUP Session Swire Café 10am - 12:00pm Stain Centre Session (Swire Only) 12:00pm - 2:00pm Art after dark Sessions 4pm - 8pm	5th Art after dark prep Sessions 9:30pm - 12:30pm Community Hearts Session 2 1:30pm - 4:30pm	6th Healthy Hearts Brunch 11am - 12:30pm	7th Saturday Social Come along to the and help grow our community bring a friend 10am - 3pm
9th Community Coffee Morning 10am - 12pm Financial Wellbeing Session With Nick Lynch from Barclays 1pm - 4pm	10th Community Shop Morning 9am - 12pm Merseyside Police community workshop 1pm - 4pm	11th CARE - Session iGAB Signposting session! 9:30am - 12:00pm Stain Centre Session (Swire Only) 12:00pm - 2:00pm Art after dark Sessions 4pm - 8pm	12th Art after dark prep Sessions 9:30pm - 12:30pm Community Cooking & Meal 12pm - 4:30pm	13th Healthy Hearts Brunch 11am - 12:30pm Feel Good Friday Social 1:30pm - 4pm	14th Saturday Social Valentines day activity. 10am - 3pm
16th Community Coffee Morning 10am - 12pm Community Cooking and Meal 1:30pm - 4:30pm	17th Community Member Meeting 10am - 12pm Community Panel Meeting 2pm - 4pm	18th Community Hearts Session 3 10:30am - 12:30pm Stain Centre Session (Swire Only) 12:00pm - 2:00pm Art after dark Sessions 4pm - 8pm	19th Art after dark prep Sessions 9:30pm - 12:30pm Community Cooking & Meal 1pm - 4:30pm	20th Healthy Hearts Brunch 11am - 12:30pm	21st Saturday Social Come along to the and help grow our community bring a friend 10am - 3pm
23rd Food Hygiene (STAFF AND VOLUNTEERS ONLY) 9:30am - 1:30pm Social Value celebration event 3-4 invite only 4-5pm Community and Friends	24th Food Hygiene (STAFF AND VOLUNTEERS ONLY) 9:30am - 12:30pm Vibrant Village DIY Session 2pm - 4pm	25th Stain Centre Session (Swire Only) 12:00pm - 2:00pm Art after dark prep Sessions 4pm - 8pm	26th Art after dark prep Sessions 9:30pm - 4:30pm	27th Healthy Hearts Brunch 11am - 12:30pm Feel Good Friday Social 1:30pm - 4pm Future Yard Community outing: (limited Availability) 7:30pm - Late	28th Saturday Social 10am - 3pm Festival A day of fun for Wirral's fantastic volunteers and their families to enjoy!

WIRRAL CARERS HEALTH & WELLBEING SERVICE

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February Drop-ins

Tomorrows Women
St Laurence's School,
Birkenhead, CH41 3JE
Friday 27th February
10am - 12pm
(women only)

Birkenhead Jobcentre
29 Price Street,
Birkenhead, CH41 6PN
Friday 6th February
10am - 2pm
(book in with work coach)

**Marine Lake Wellbeing
Centre Age UK Café**
Orrysdale Road,
West Kirby, CH48 5AA
Friday 20th February
12pm - 2pm

This is NOT a crisis drop-in. If you are in crisis call 0800 145 6485 or visit Camponeros Crisis Café, 2a Price Street, Birkenhead, CH41 6JN

Or, contact us directly to make a referral: everyturn.org/wirral 0151 649 1859






WORKSHOP ON SELF CARE FOR PARENTS

THURSDAY 12TH FEBRUARY 2026
9.30AM - 12.30PM

Look after yourself and you will be better equipped to look after your children. In this workshop, you will learn practical tips and tools for self-care along with strategies to understand and respond to your children's big emotions.

**TO BOOK YOUR SPACE: EITHER EMAIL
FAMILYHUBS@WIRRAL.GOV.UK OR, CALL 0151 666 3505**

St James Centre
344 Laird Street

Spider Project

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
PHOTOGRAPHY 10:00AM - 12:00PM (Tap room)	THE CORNER CAFE open for free food 11AM - 5PM	FIBRE ARTS 10:00AM - 12:00PM (Main Room)	FILM & VIDEO 10:00AM - 12:00PM (Tap room)	LEARN TO PAINT 10:00AM - 12:00PM (Main Room)	SOCIAL SATURDAY 10:00AM - 12:00PM SATURDAY QUIZ 12:00PM - 2:00PM
INTRO TO MUSIC TECHNOLOGY 10:30AM - 12:30PM (Main Room)	LINO PRINTING 10:00AM - 12:00PM (Main room)	PASTELS WITH ANITA 10:00AM - 12:00PM	POTTERY 10:00AM - 12:00PM Starts 17 th Sept (Main room)	JAM TIME (PRODUCTION) 10:00AM - 12:00PM BOOKABLE 1 HOUR SLOTS (TO USE THE HUB, YOU MUST HAVE ATTENDED 4 WEEKS OF SOUND PRODUCTION FIRST)	SUNDAY
COMING SOON LEVEL 1 MENTAL HEALTH 3 WEEKS STARTS MARCH 9 TH	JAM TIME 10:00AM - 12:00PM	1-1 MINDING LESSONS 6X30 MINUTE SLOTS 11:00AM - 12:00PM	JAM TIME 10:00AM - 12:00PM bookable 1 hour slots to use the music studio	RELAXATION 11:00AM - 12:00PM (Tap Room)	CREATING MUSIC 11AM - 5PM WORKSHOPS TO EXPLORE HOW MUSIC IS CREATED AND TO CREATE MUSIC (held at Camponeros) SPEAK TO A MEMBER OF STAFF TO BOOK A SPACE
HOLISTIC THERAPIES 10AM - 12PM	CREATIVE TIME 2:30PM - 4:30PM access to the art area	DIGITAL SKILLS 1 DAY 4 TH FEB 9:30 - 2:30	BATH 1:30PM - 3:30PM (Main room) BATHS ON 5 TH WILL BE MOVED TO TUESDAY 3RD	TALKS 12:00PM - 1:00PM (Tap Room)	NEW THIS MONTH: LISTENING EAR MEMBER LED MONDAYS DIGITAL SKILLS
STEP UP RECOVERY 1:00PM - 2:00PM Recovery support for those out of addiction. (Tap Room)	SPIDER SINGS FOR HEALTH AND WELLBEING 1:30 - 3:00 THE SPIDER CHOIR (Group room)	LISTENING EAR 1 DAY 11 TH FEB 9:30 - 2:30	LEARN TO DRAW 12:30PM - 2:30PM (Main room)	CREATIVE SOUND PRODUCTION 1PM - 3PM (Music studio)	OPEN MIC TIME 3:00PM - 4:30PM
1-1 GUITAR LESSONS 1:00PM - 3:00PM 4 x 30 min slots (Music studio)	HOUSING SUPPORT 1:00PM - 4:00PM	1-1 DRUMMING FOR BEGINNERS 1:15PM - 2:45 PM 6 x 30 min slots	CREATIVE WRITING 2:00PM - 4:00PM (Group room)		
MEMBER LED MONDAYS 1:00PM - 4:00PM (Main room)		DRAMA 2:30PM - 4:30 PM (Group room)			Just a reminder: Any activities in green need to be booked 1-1 music sessions can be booked at the earliest 6 days in advance 0151 647 7723
SPIDER WRITING CIRCLE 2:00PM - 4:00PM (Tap room)					



Blinx (often via the PACO - Patient & Care Optimiser) is an online consultation tool being used by some GP practices in Wirral to manage appointments and queries.

Patients can submit requests via the practice website without needing a login, allowing GPs to triage and contact them via SMS, email, or phone. .

How it Works: Patients visit their practice website, click the Blinx/PACO button, and fill out a form for their specific query.

Usage: It acts as a "digital front door," allowing patients to submit queries, book appointments 24/7, and communicate securely with clinical teams.

Benefits: Enables efficient triage, helping GPs determine the best care pathway.

For specific Wirral practices, it is best to check the website of your local GP surgery for the direct link to their Blinx/PACO portal.

SUPPORT FOR DADS



Monthly text support for dads, with simple, practical tips pregnancy and beyond, tailored to your child's age.

Scan the QR code to sign up!



KOALA NORTH WEST'S TEXT SERVICE



KOALA
North West
Supporting children
& their families

WIRRAL CARERS HEALTH & WELLBEING SERVICE

Carer Linkworkers Making Caring Visible, Valued & Supported

Our Community Advice Hub is Moving!

From **Thursday 5th February**, our weekly
Community Advice Hub will now be held at:



**Liberty Church Wirral, 7 Whetstone
Lane, Birkenhead, CH41 2QS**



REPORT ON WHATSAPP

You can now use WhatsApp to
get in touch with us

07700 102773



**9am - 8pm
Monday - Friday**

STOPLOANSHARKS
Intervention . Support . Education

WIRRAL CARERS HEALTH & WELLBEING SERVICE

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4 ways you can help manage anxiety



For more information about anxiety as well as resources and support, check out our website.

[mentalhealth.org.uk](https://www.mentalhealth.org.uk)



1 Don't be afraid to talk

Talking about how you're feeling and what's making you anxious can help to ease symptoms of anxiety. Just being heard and understood may make you feel better. You could open up to a friend or contact the Anxiety UK infoline (03444 775 774).



3 Take a breath

Breathing exercises can help ease the symptoms of anxiety in the moment. Some people find also practising mindfulness useful, but be aware it isn't recommended for social anxiety.



2 Prioritise health

Looking after your physical health can help you to better manage anxiety. Eating well, staying physically active, avoiding cigarettes or alcohol and getting enough sleep are all good ways to prioritise health.



4 Seek support

Consider joining a peer support group. They offer a safe place to share your experiences and worries with other people who also have an anxiety disorder. Ask your GP about local groups or check out Anxiety UK online support groups.



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Make an [online referral](#) to Liverpool's Children & Young People's Mental Health Support

Children and young people, parents and carers in crisis can access support 24 hours a day, seven days a week, call 111 and select the mental health option.

Visit the [emergency advice page](#) for more information.

Wirral

CAMHS

The 0-18 Wirral CAMHS team is a community-based specialist service providing mental health assessments and evidence-based psychological treatments for children and young people with moderate to severe mental health difficulties, which is where mental health difficulties are having a significant impact upon day-to-day functioning.

Tel: 0300 303 3157 (Mon to Fri 9 to 5pm)

[CAMHS >](#)

Mental Health Support Teams (MHSTs)

Designed to help meet the mental health needs of children and young people in education settings.

They are made up of Children and Young People's Mental Health Practitioners and Education Mental Health Practitioners (EMHPs).

Tel: 0300 303 3157

[MHST >](#)

Eating Disorders

The Wirral CAMHS Eating Disorder team consists of psychological therapists, a dietitian and access to doctors who can see a young person to discuss the benefits of medication to support their recovery.

Tel: 0800 145 6485

[Eating Disorders >](#)

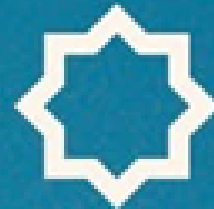
24/7 Crisis Care

Mental health helpline open to people of all ages who require urgent support and are residents of Cheshire West, Cheshire East and Wirral.

Tel: 0800 145 6485

[Crisis Care >](#)

www.opendoorcharity.com



bazaar

**Want to feel happier,
calmer, less stressed
or anxious?**

Bazaar is a one-to-one support programme built for individuals experiencing low mood, anxiety, or panic attacks.

Over eight weekly, hour-long sessions, Bazaar blends elements of CBT, mindfulness, and more, giving you the tools to control and combat negative thought patterns.

**Join now for
free, fast, and
effective
support.**



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Helping adults and children find calm

Through trauma-informed coaching rooted in the STILL Method, we help you understand anxiety, reduce stress and create calmer days at home, in school and in the workplace.

Parents

Support your child's anxiety with proven tools and weekly guidance.

[Learn more →](#)



Children & Teens

Coaching that builds confidence, emotional safety, and practical regulation skills.

[Learn more →](#)



Adults

Anxiety, overwhelm, ADHD, perimenopause — personalised support for emotional balance.

[Learn more →](#)



Schools

STILL Method interventions, staff training, attendance support.

[Learn more →](#)



Employers

Workplace wellbeing, neurodiversity training, and leadership coaching.

[Learn more →](#)



Parent Guides

When Quiet Isn't Calm



When Quiet Isn't Calm

A Parent's Guide to Spotting and Supporting Hidden Anxiety in Children

[Get Guide](#)

5 Tools to Let Go of Mum Guilt and Parent with Calm



5 Tools to Let Go of Mum Guilt and Parent with Calm

[Get Guide](#)

WIRRAL Adult Learning

Simple Sewing Projects



Starting: Friday
09/01/2026
Time: 12:30
Duration: 5 weeks

Location: The Lauries

[Enrol Now](#)



Intro to Psychology



Starting: Wednesday
25/02/2026
Time: 09:30
Duration: 1 weeks

Location: The Lauries

[Enrol Now](#)



Beginner's guide to using a sewing machine



Starting: Friday
27/02/2026
Time: 09:30
Duration: 5 weeks

Location: The Lauries

[Enrol Now](#)



Introduction to Functional Skills English - Level 1



Starting: Monday
02/03/2026
Time: 09:30
Duration: 4 weeks

Location: The Lauries

[Enrol Now](#)



Dad's & Lad's Workshop



Starting: Sunday
19/04/2026
Time: 10:00
Duration: 1 weeks

Location: Birkenhead Park

[Enrol Now](#)



Intro to Floristry



Starting: Monday
23/02/2026
Time: 10:00
Duration: 5 weeks

Location: The Lauries

[Enrol Now](#)



Family Nature Workshop

- What's Included:
- Discover the hidden wonders of the park's plants and creatures
- Learn simple outdoor skills like shelter building and fire lighting
- Create beautiful art using natural materials – perfect keepsakes
- Activities designed for families to work together, laugh, and learn.

- Why Join?
- Enjoy fresh air and quality family time.
- Spark curiosity and creativity in a safe, welcoming environment.
- Make lasting memories during the February half-term holiday.
- Ideal for families with children aged 5+. No experience needed – just bring your enthusiasm and dress for the outdoors!

Telephone: 0151 666 3330

Email: Lifelonglearning@wirral.gov.uk

Scan QR code to view and book online

BOOK
NOW



THE 'WHAT IS...?' SERIES

WHAT IS....



DYSLEXIA

A difference in how the brain processes written language, affecting reading, spelling, and word decoding — not intelligence.

SIGNS

- Reading is slow, effortful, or exhausting even with practice
 - Difficulty sounding out unfamiliar words
 - Spelling is inconsistent and often phonetic
 - Words may be skipped, swapped, or misread when reading aloud
- Strong verbal ideas but difficulty getting them down in writing
- Avoidance of reading tasks due to fatigue or frustration



DYSGRAPHIA

A difference in how the brain plans and executes writing, affecting handwriting, spelling, and written expression.

SIGNS

- Handwriting is slow, uneven, or painful
- Difficulty forming letters or keeping them aligned on the page
- Writing tasks take far longer than expected
- Spelling and punctuation errors that don't match verbal ability
- Avoidance of writing, copying, or note-taking
- Strong ideas verbally but very limited written output.



DYSCALCULIA

A difference in how the brain understands numbers, quantities, and mathematical concepts.

SIGNS

- Difficulty recognising numbers or understanding quantity
- Struggles with basic maths facts despite repetition
- Confusion with sequences, time, or money
- Counting on fingers well beyond expected age
 - Difficulty estimating or comparing amounts
- High anxiety around maths tasks.



DYSPRAXIA

(Developmental Coordination Disorder)


A difference in how the brain plans and coordinates movement, affecting motor skills and daily tasks.

SIGNS

- Clumsiness or poor coordination compared to peers
- Difficulty with fine motor tasks like buttons, scissors, or handwriting
 - Slow to learn new physical skills
- Poor spatial awareness or bumping into objects
 - Fatigue from tasks that require effortful movement
- Difficulty organising actions in the right order.

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THE SKILLS TO PAY THE BILLS

Get today's most in-demand skills for free. 15,000 places available.

- Explore courses on AI, cybersecurity and more.
- At home, at your own pace.
- Free of charge, whether you're a customer or not.

Sign up to Santander Open Academy and complete an online test. Apply by 30 March 2026. 18+ T&Cs apply.

[It starts here](#) 

contact *For families with disabled children*

Disabled children hardest hit by record health service waits



[READ MORE](#)



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ACTIVE **ALLSPORTS** DISABILITY HOLIDAY PROGRAMME

**MON 16 - THUR 19
FEBRUARY 2026**

For ages 5-19

STAY ACTIVE this half term
with **AFFORDABLE** activities!

Support group for adult siblings of autistic people

Join our online sessions, 7pm - 8.30pm

- **23rd Feb:** "Sometimes I hate you, but no one else can"
- **28th April:** Mental capacity is NOT a one-size-fits-all label
- **17th June:** Demand avoidance and the PANDA method

Sign up →

Sibs

sibs.org.uk/autismgroup



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NHS
The Clatterbridge
Cancer Centre
NHS Foundation Trust

LIVERPOOL
JOHN MOORES
UNIVERSITY

Help us with our research

If you are an informal carer looking after a person with cancer, and you have a long-term health condition/s, we want to hear from you.

What is the research about?

This study explores the views and experiences of informal carers (e.g. family member/friend) who have a long-term health condition/s and who provide support to a person with cancer.

What would we need from you?

You will be invited to take part in up to three interviews with a researcher over a period of eight months.

Why do we want your views?

We hope the results from interviews will help to improve informal carers' experiences of managing their health needs alongside their caring role, by making recommendations for existing and/or new services.

What do you need to do?

If you would like to be involved, please scan the QR code, or type <https://shorturl.at/jFlgJ> into your browser, to take you to an expression of interest form.

Fill in the details for our research team so we can contact you.

On that form, you will also find links to more information about the study.



To find out more about the study, please contact:
Dr Lynda Appleton, Senior Researcher, CCC
07787 253584 / lynda.appleton@nhs.net

WIRRAL CARERS HEALTH & WELLBEING SERVICE

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Testing is free and confidential.

It's also the only way to know if you have HIV and worth doing because people can live with HIV for a long time without any symptoms.

It's easier than you think to get and take an HIV test, whether you use a sexual health clinic, community testing or a GP, or prefer the convenience of using an at-home test kit.



Monday 9 th February	Tuesday 10 th February	Wednesday 11 th February	Thursday 12 th February	Friday 13 th February	Saturday 14 th February
<p>Wirral Sexual Health Clinic 08:00-11:30 & 13:00-15:00 St Catherine's Health Centre, Derby Road, Birkenhead CH41 0LQ. Walk in clinic</p> <p>Birkenhead CGL 12:00-17:00 84 Market Street, Birkenhead, CH41 6HB. Appointment only</p> <p>Our Place 15:00-19:00 1st floor, St Catherine's Health Centre, Derby Road, Birkenhead CH41 0LQ. Walk in and appointments (Under 19's only)</p> <p>Wirral Sexual Health Clinic 08:00-15:00 Victoria Central Health Centre, Outpatients Department, Mill Lane, Wallasey CH44 5UF. Appointment only</p> <p>Prep Clinic 16:00-18:30 St Catherine's Health Centre, Derby Road, Birkenhead CH41 0LQ. Appointment only</p>	<p>Wirral Sexual Health Clinic 08:00-15:00 (Appointment only) & 16:00-19:00 (Walk in) St Catherine's Health Centre, Derby Road, Birkenhead CH41 0LQ.</p> <p>Wirral Sexual Health Clinic 08:00-15:00 Victoria Central Health Centre, Outpatients Department, Mill Lane, Wallasey CH44 5UF. Appointment only</p> <p>Wallasey CGL 09:00-15:00 151 Brighton Street, Wallasey, CH44 8DY Drop-in testing available</p> <p>Women's Health Huddle Birkenhead CGL 17:00-19:30 84 Market Street, Birkenhead. CH41 6HB (Women only)</p> <p>Our Place 15:00-19:00 1st floor, St Catherine's Health Centre, Derby Road, Birkenhead CH41 0LQ. Walk in and appointments (Under 19's only)</p>	<p>Wirral Sexual Health Clinic 08:00-15:00 St Catherine's Health Centre, Derby Road, Birkenhead CH41 0LQ. Appointment only</p> <p>Wirral Sexual Health Clinic 08:00-15:00 (Appointment only) & 16:00-19:00 (Walk in) Victoria Central Health Centre, Outpatients Department, Mill Lane, Wallasey CH44 5UF</p> <p>Wirral Change 12:30-16:00 St Laurence's School, St Laurence Drive, Birkenhead, CH41 3TD</p> <p>Our Place 15:00-19:00 1st floor, St Catherine's Health Centre, Derby Road, Birkenhead CH41 0LQ. Walk in and appointments (Under 19's only)</p> <p>Men's Health Huddle Birkenhead CGL 17:00-19:00 Unit 1-3, Market Wells, Prince Street, Birkenhead, CH41 6TN</p>	<p>Wirral Sexual Health Clinic 08:00-19:00 Victoria Central Health Centre, Outpatients Department, Mill Lane, Wallasey CH44 5UF. Appointment only</p> <p>Market Wells CGL 09:00-17:00 84 Market Street, Birkenhead, CH41 6HB.</p> <p>Wirral Sexual Health Clinic 10:00-14:30 St Catherine's Health Centre, Derby Road, Birkenhead CH41 0LQ. Walk in clinic</p> <p>Our Place 15:00-19:00 1st floor, St Catherine's Health Centre, Derby Road, Birkenhead CH41 0LQ. Walk in and appointments (Under 19's only)</p> <p>Tea and Testing Event 17:00-19:00 88-90 Argyle Street, Grange Precinct, Birkenhead CH41 6AG Drop-in testing available</p>	<p>Wirral Sexual Health Clinic 08:00-15:00 St Catherine's Health Centre, Derby Road, Birkenhead CH41 0LQ. Appointment only</p> <p>Prep Clinic 08:15-11:45 St Catherine's Health Centre, Derby Road, Birkenhead CH41 0LQ. Appointment only</p> <p>Our Place 15:00-18:00 1st floor, St Catherine's Health Centre, Derby Road, Birkenhead CH41 0LQ. Walk in and appointments (Under 19's only)</p>	<p>Wirral Sexual Health Clinic 08:00-12:00 St Catherine's Health Centre, Derby Road, Birkenhead CH41 0LQ. Appointment only</p> <p>Our Place 13:30-15:30 1st floor, St Catherine's Health Centre, Derby Road, Birkenhead CH41 0LQ. Walk in and appointments (Under 19's only)</p>



Welcome to SH.UK

Welcome to SH.UK - your new sexual health e-service that provides free and easy access to sexual health testing on behalf of Preventx.

If you've used SH.UK before, please [login to access your services](#).

Check if you're eligible to access SH.UK services like Sexual Health Wirral...

Age Postcode Gender

[Register to order](#)



Drive **Safely**
for **LONGER**

Wirral Council's Road Safety Team & Heswall Hall warmly invite you to a special community seminar tailored for residents aged 60 and over.

Join us for a series of engaging and insightful presentations delivered by road safety professionals and leading experts in the field. You'll gain valuable information and practical advice to help you stay safe and confident on the roads.

There will be plenty of opportunities to ask questions and take away useful resources.

Date: Thursday 26th March
Time: 9.30 am – 1 pm
Location: Heswall Hall, 111 Telegraph Rd, Heswall, CH60 0AF

For more information, or to book your free place:

✉ Email: Drivesafelyforlonger@wirral.gov.uk, or

☎ Call: 0151 606 2143 and leave a message, a member of our team will return your call.

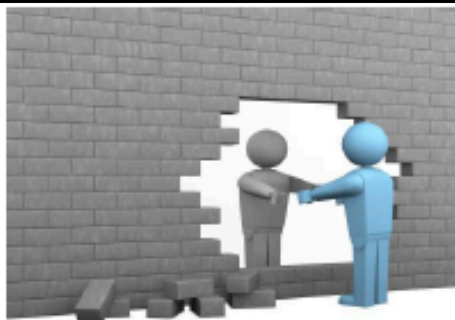
Booking is essential!



Supported by Merseyside Road Safety Partnership



Heswall Hall
the venue for all occasions



Breaking Barriers to access clinical trials and research

NHS
The Clatterbridge
Cancer Centre
NHS Foundation Trust

Research can take many forms, it can be a test of a new treatment such as in a clinical trial of a new drug.



It can be understanding how cells change into a cancer or why some treatments are better than others.

Some forms of research aim to understand how patients feel and how illness affects them and carers or family.

We feel that all patients should be able to access any form of research if they wish to at Clatterbridge Cancer Centre.

We are doing a new study that is a questionnaire that aims to understand if there are any barriers or things that are stopping patients knowing about the research going on and may stop patients taking part.



As our patient at Clatterbridge. We need to hear your views, your voice and feelings are important to us and we would appreciate your help in improving our service to you.

If you are interested we would be grateful if you would join the study when asked or contact ccf-tr.researchofficers@nhs.net OR 07557181742.



Parents warned about deadly baby sleep pillows



Do you use a baby sleep pillow? Or perhaps you know someone who does? Please STOP. Babies have tragically died when being put down on or next to baby sleep pillows.

Why are they so dangerous?

These soft pillows and cushions are often marketed for baby sleep or as somewhere for a baby to be left unsupervised. But this can cause suffocation or overheating, and the baby might even die.

Suffocation – the soft, squishy material can cover a baby’s nose or mouth if they are pressed up against it, causing the baby to suffocate. There would be no sound or warning that the baby is in trouble.

Overheating – the baby’s head can sink into the soft material, stopping heat from escaping. Overheating increases the risk of SIDS (Sudden Infant Death Syndrome).

That’s why the Office for Product Safety and Standards has issued a [Safety Alert](#) warning parents and carers to stop using these products for babies under one.

“These pillows look so innocent in the online adverts. The product names promise cuddles, hugs and anti-stress. The pictures show babies looking peaceful and cosy. But these pillows can be deadly.

“We urge parents to stop using them immediately and to warn friends or family who may have them too.”

Katrina Phillips, Chief Executive of the Child Accident Prevention Trust

WIRRAL CARERS HEALTH & WELLBEING SERVICE

Carer Linkworkers Making Caring Visible, Valued & Supported



Training and resources for link workers

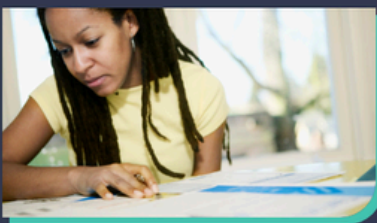


E-learning for link workers

NHS England offers a free online course for link workers which includes the core elements and skills required to do the job and deliver social prescribing as part of a PCN multidisciplinary team.

[Access the training](#)

Start with the essentials



Social Prescribing Essentials Course

This online course provides the key principles, core skills and evidence base you need to get started. What you will learn:

- What social prescribing is and why it matters
- The role of link workers and multidisciplinary teams
- Strength-based, person-centred approaches
- Effective conversations and personalised care planning
- Real examples and case studies

[Access the course](#)



Children and Young People Social Prescribing Training

Join this course to learn how to enhance the wellbeing of children and young people through social prescribing. The course can be completed in your own time, and will take around 45 minutes in total.

[Access the course](#)

INFECTION PREVENTION AND CONTROL UPDATE

NHS
Wirral Community
Health and Care
NHS Foundation Trust



Taking action to prevent infection

NOROVIRUS UPDATE

JANUARY 2026

There has been an increase locally in norovirus cases and outbreaks. Norovirus spreads easily and quickly and is the most common cause of infectious gastroenteritis.

Symptoms can include:

- diarrhoea and/or vomiting
- slight fever
- stomach cramps
- headaches

The symptoms appear one to two days after you become infected and typically last for up to two or three days. Norovirus is most infectious from the start of symptoms until 48 hours after all symptoms have stopped.

You can catch it through close contact with someone with norovirus, by touching contaminated surfaces or objects (the virus can survive outside the body for several days) and/ or eating contaminated food.



Did you know?

Even if you've had norovirus this season, you can still get it again.



HELP REDUCE THE RISK OF NOROVIRUS SPREADING



Did you know?

You remain infectious with norovirus for up to 48 hours after symptoms end. Staying home for this period helps stop the spread.



- **Alcohol hand gels do not kill Norovirus**, wash your hands frequently with liquid soap and water
- **Stay away** from work/school and other people until you have not had symptoms (vomiting or diarrhoea) for **at least 48 hours**. You can still be infectious for up to two days after your symptoms have stopped.
- **Keep hydrated** as it is important that people with Norovirus drink plenty of fluids (if appropriate) to avoid dehydration.
- **Clean surfaces** regularly with detergent and bleach-based disinfectants.
- You will usually feel better in 2 to 3 days.
- **Do not handle or prepare food** for other people until you have been free of symptoms for 48 hours.
- If symptoms persist, seek medical advice from your GP or 111, it is important to inform them of your symptoms.

Further information can be obtained from: [Diarrhoea and](#)

[vomiting](#) - NHS and [Infection Prevention and Control - Wirral Community Health and Care NHS Foundation Trust](#)

For more information, visit the [IPC Digital Hub](#) or contact the IPC team:
0151 604 7750 or ipc.wirralct@nhs.net

Arranging financial support after you separate

citizens advice

MORE INFO



Sign up to receive a **FREE** copy of our Pet First Aid Guide

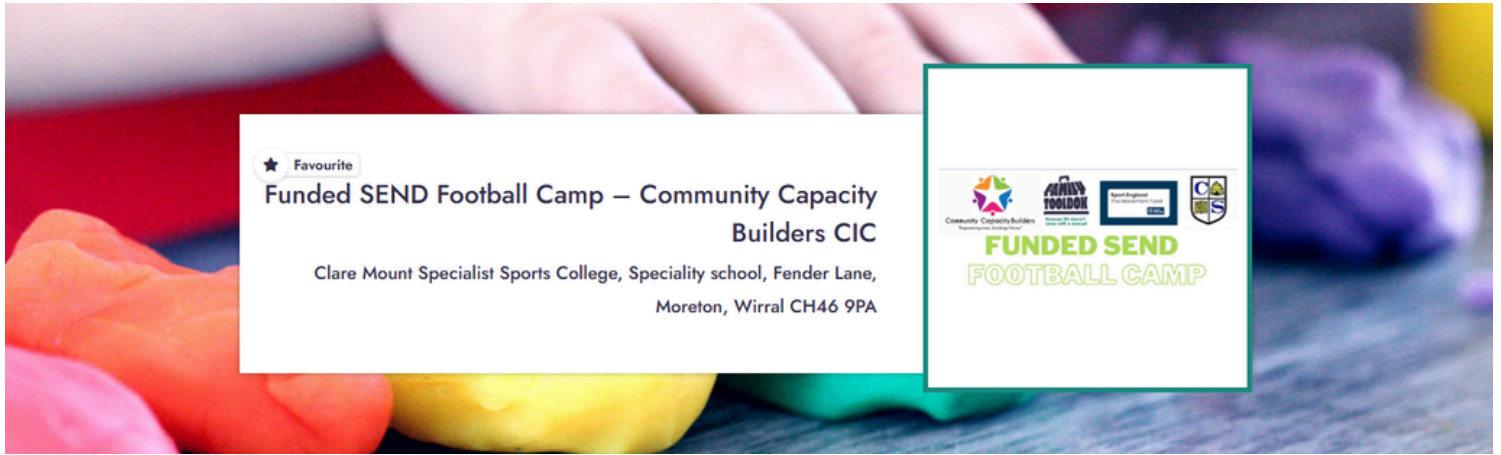


pdsa



WIRRAL CARERS HEALTH & WELLBEING SERVICE

Carer Linkworkers Making Caring Visible, Valued & Supported



Meet the CALMzone app: Free mental health support in your pocket

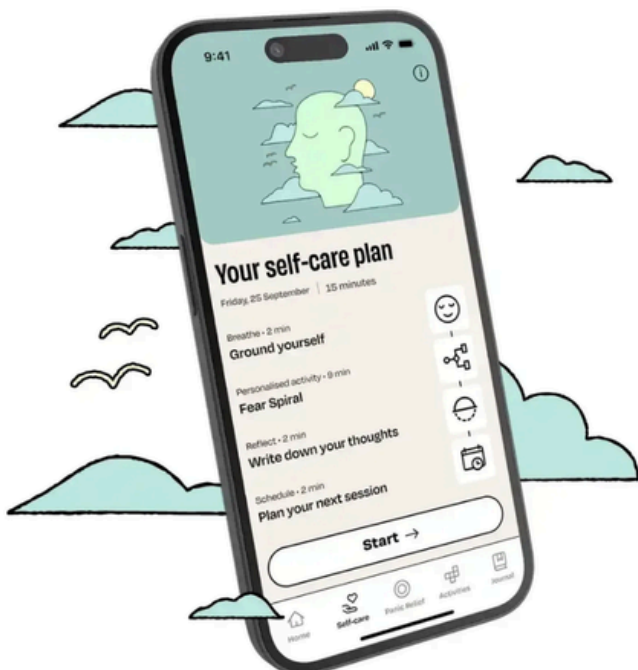
Real relief for real life:

- ✓ Practical anxiety and stress relief
- ✓ Created by experts
- ✓ Made for you

 **APP STORE**

 **GOOGLE PLAY**

HERE TO HELP YOU FEEL BETTER.



CALM

SCIENCE-BACKED MENTAL HEALTH SUPPORT FOR *REAL LIFE*

The CALMzone app makes it easier to look after your head. Manage anxiety, stress, panic, and whatever life throws at you using expert-created mental health tools and exercises.

DRUG ALERT: **Ketamine and Cocaine Linked to Severe Sedation**

Recent report in the Wirral

We have received a report of a serious adverse reaction following the use of ketamine and cocaine together.

The person became extremely sedated and required emergency medical treatment.

At this stage, we do not know whether the substances were contaminated, but the effects reported are concerning and unusual.

This mix can cause:

- Extreme sedation or inability to move or speak
- Very slow or shallow breathing
- Glazed or wide-open eyes
- Very dry mouth
- Loss of consciousness
- Increased risk of overdose, accidents, assault, or robbery
-

Effects may come on quicker and feel heavier than usual.

What we know

- Ketamine and cocaine were used together
- The person became severely sedated
- An ambulance was called and hospital treatment was needed
- The incident happened within the last week
- It occurred in a home setting

Important information

- Mixing a stimulant (cocaine) with a depressant (ketamine) can mask warning signs
- This increases the risk of overdose and delayed medical emergencies
- Unexpected strength or hidden sedatives may be present in some drugs

Look after your mates

If possible, use with your mates. Using alone is much more risky because there is no one to look out for you if you overdose.

Call an ambulance

If you suspect an overdose, call 999 immediately and ask for an ambulance.

Signs include unconsciousness, light shallow breathing, snoring/gurgling sounds and blue/pale lips/fingertips.

Naloxone: get it, carry it, use it

- Act fast during an overdose, every second counts
- Call 999 straight away
- Check they are breathing
- Put them in the recovery position
- Give naloxone as soon as you can



WIRRAL CARERS HEALTH & WELLBEING SERVICE

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INFO BURST

January 2026 edition

NHS
North West
Ambulance Service
NHS Trust



Ambulance Awareness Day, Merseyside

Our next Ambulance Awareness Day in Merseyside will be an interactive, marketplace-style event aimed at students and young people. It will showcase roles across NWS and partner organisations, offering insight into career pathways, volunteering and apprenticeship opportunities.

Do you want to learn CPR, explore careers, or find out what really happens behind the scenes of what we do?

Why not register to attend our event where you will have the chance to meet teams from across the service, get involved in CPR and first-aid demonstrations, and learn more about careers and wellbeing support. You can also enjoy free giveaways and refreshments.



This event is one of five being delivered across our county areas as part of the Patient Engagement Team's annual programme. Following successful events in Lancashire and Cheshire, we're looking forward to bringing the event to Merseyside. Please see details below :

Date : Tuesday 24 February

Time : 11.00am-13.00pm

Venue : Aintree Racecourse, Ormskirk Road, Aintree, L9 5AS

Please register your attendance through [Eventbrite](https://www.eventbrite.com) or you can email our team on talk.tous@nwas.nhs.uk

Friendly February 2026

MONDAY



2 Ask a friend how they have been feeling recently

TUESDAY



3 Do an act of kindness to make life easier for someone

WEDNESDAY



4 Invite a friend over for a 'tea break' (in person or virtual)

THURSDAY



5 Make time to have a friendly chat with a neighbour

FRIDAY



6 Get back in touch with an old friend you've not seen for a while

SATURDAY



7 Show an active interest by asking questions when talking to others

SUNDAY

1 Send a message to let someone know you're thinking of them

8 Share what you're feeling with someone you really trust

9 Thank someone and tell them how they made a difference for you

10 Look for good in others, particularly when you feel frustrated with them

11 Send an encouraging note to someone who needs a boost

12 Focus on being kind rather than being right

13 Smile at the people you see and brighten their day

14 Tell a loved one or friend why they are special to you

15 Support a local business with a positive online review or friendly message

16 Check in on someone who may be struggling and offer to help

17 Appreciate the good qualities of someone in your life

18 Respond kindly to everyone you talk to today, including yourself

19 Share something you find inspiring, helpful or amusing

20 Make a plan to connect with others and do something fun

21 Really listen to what people say, without judging them

22 Give sincere compliments to people you talk to today



23 Be gentle with someone who you feel inclined to criticise

24 Tell a loved one about the strengths that you see in them

25 Thank three people you feel grateful to and tell them why

26 Make uninterrupted time for your loved ones

27 Call a friend to catch up and really listen to them

28 Give positive comments to as many people as possible today



ACTION FOR HAPPINESS

Happier · Kinder · Together

WIRRAL CARERS HEALTH & WELLBEING SERVICE

Carer Linkworkers Making Caring Visible, Valued & Supported



NATIONAL APPRENTICESHIP WEEK 2026

9 - 15 FEBRUARY 2026

SIGN UP TO OUR OFFICIAL NEWSLETTER FOR THE LATEST #NAW2026 NEWS

THE CHESHIRE AND WARRINGTON PLEDGE

Jobs and Apprenticeships Fair for Cheshire West and Chester

Cheshire College South and West - Ellesmere Port Campus CH65 7BF
Monday 9th February, 16:00-18:30

Register now to confirm your place

Cheshire & Warrington Local Enterprise Partnership | Cheshire West and Chester | Funded by UK Government

The Pledge is part-funded by the UK Government through the UK Shared Prosperity Fund.

FREE Apprenticeship Webinar



ASK US ANYTHING

this National Apprenticeship Week!

Ask Us Anything About Apprenticeships Webinar

Join Activate Apprenticeships for a free live webinar during National Apprenticeship Week, packed with practical insights to help you unlock the power of apprenticeships. Tuesday, 10 February 2026 | 6:00 PM-7:00 PM.

[Register](#)

WIRRAL CARERS HEALTH & WELLBEING SERVICE

Carer Linkworkers Making Caring Visible, Valued & Supported



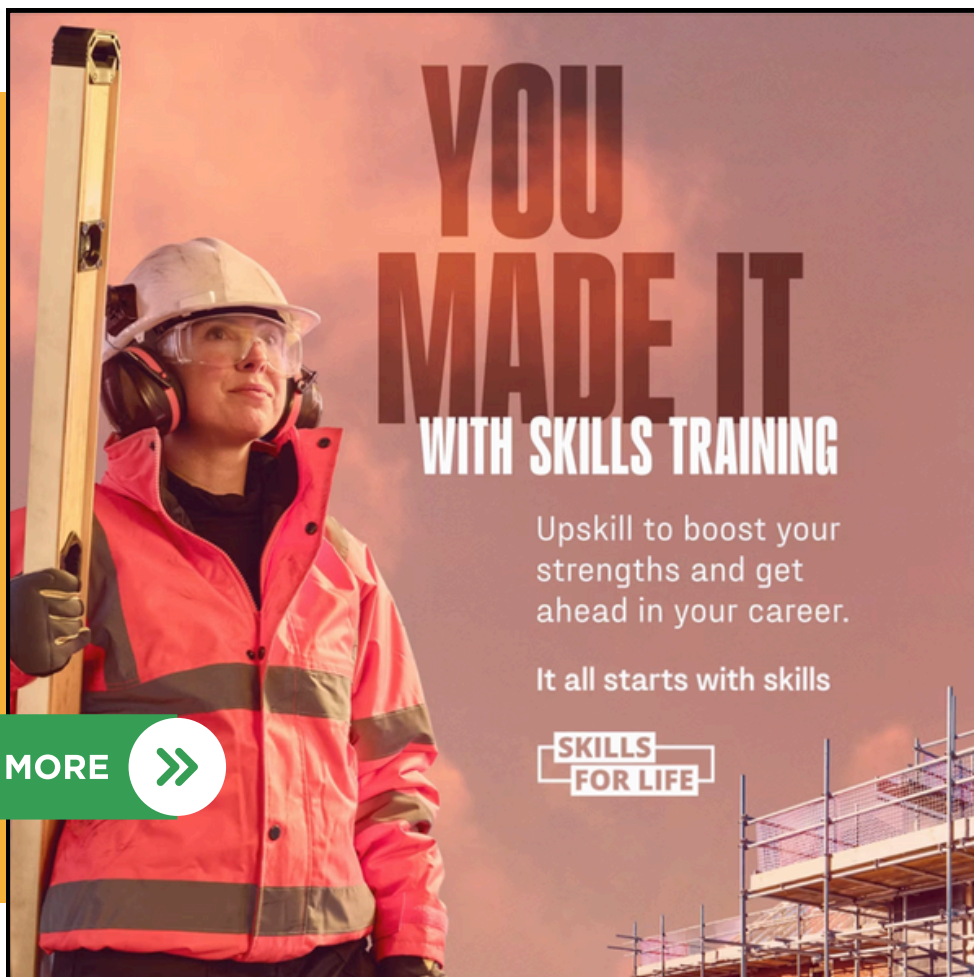
LEARN WITH THE LORDS

LEARN WITH THE LORDS ONLINE SESSIONS FOR SCHOOLS

BOOK NOW

 **UK Parliament**






YOU MADE IT WITH SKILLS TRAINING

Upskill to boost your strengths and get ahead in your career.

It all starts with skills

SKILLS FOR LIFE

READ MORE 

WIRRAL CARERS HEALTH & WELLBEING SERVICE

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NHS

Platelet donations save lives

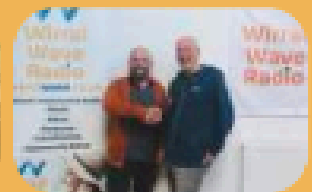
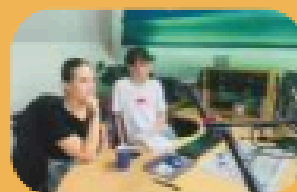
Find out how you can help ▶



Wirral Wave Radio

Wirral's No.1 Community Radio Station!

24/7 coverage



- Over 20 different presenters and shows
- Shows from talk to various music genres and everything in between
- Over 6 years serving Merseyside and beyond
- Listen online anywhere in the world

SCAN TO LISTEN LIVE



Tune in here

www.wirralwave.co.uk

WIRRAL CARERS HEALTH & WELLBEING SERVICE

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Level 2 Understanding Autism

A nationally recognised Level 2 qualification designed for individuals working with, or aspiring to work with, autistic individuals. This course supports those in roles where understanding autism and providing informed, person-centred information, advice, and guidance is essential.

Who is this for?
Perfect for individuals currently working with autistic people in support, customer-facing, education, care, or community roles, as well as those looking to move into autism-related services, employability support, housing, education, or any setting where understanding autism and providing informed, person-centred guidance is part of the role.

Key Details

Enrolment Date:
Thursday 26th February 2026

Start Date:
Monday 2nd March 2026

Schedule:
Every Monday, 10.00am – 2.00pm

Venue:
The Corner House
1 Berner Street
Birkenhead
CH41 4JY

Eligibility

To join this course, you must:

- Must live in the Liverpool City Region
- Must be aged 19+
- Must be eligible to work in the UK from Day 1 of learning

What will you learn:

- Unit 1 – Understanding Autism in Practice
- Unit 2 – Developing Inclusive Interaction Skills
- Unit 3 – Signposting and Referral for Autism Support
- Unit 4 – Autism Support in Context
- Unit 5 – Managing Information Safely and Effectively

Get in touch
07354904381 | clare.miller@total-tp.com



CSCS Level 2 Course

Get Qualified. Get Skilled. Get Into Construction.

Our fully funded 10-day pre-employment course gives you essential construction skills, recognised qualifications, and direct interview opportunities to help you get into work.

This Level 2 course includes:

- Fully Funded CSCS Test & Card – Digital Card Issued On Successful Completion
- Level 2 Certificate in Personal Development for Employability
- Level 1 Construction Health & Safety
- Highfield Award in Health & Wellbeing
- Interviews Into Employment Available Throughout the Course

Key Details:

Enrolment Date – 12/02/2026

16/02/2026 – 27/02/2026 10am – 4pm (Weekdays only)

The Corner House, 1 Berner Street, Birkenhead, CH41 4JY

Eligibility:

- Age 19 or older
- Lived in the UK/EU for the past 3 years
- Not on any other fully funded course

Get in touch

Clare.Miller@total-tp.com
07354904381



You can't pour from an empty cup.



Remember to take time to look after yourself too.

Cruse
Bereavement
Support

#allontheboard



Service information

Date

Time

IT'S TIME TO TALK

by @allontheboard

IT'S TIME TO TALK IF YOU SAY "I MUSTN'T GRUMBLE";
BUT YOU FEEL LIKE YOU'RE ABOUT TO CRUMBLE,
AND EVERY STEP ENDS WITH A STUMBLE.

IT'S TIME TO TALK IF YOU SAY "I'M NOT TOO BAD";
BUT YOU FEEL REALLY SAD,
AND AS IF YOU'RE GOING MAD.

IT'S TIME TO TALK IF YOU SAY "THINGS COULD BE MUCH WORSE";
BUT YOU FEEL STRESSED AND DEPRESSED,
AND LIKE YOU'RE BLESSED WITH A CURSE.

IT'S TIME TO TALK IF YOU SAY "I CAN'T COMPLAIN";
BUT YOU FEEL LIKE YOU'RE IN PERMANENT PAIN,
AND WORRIES DRIVE YOU INSANE.

IT'S TIME TO TALK IF YOU SAY "I'M OKAY";
BUT YOU FEEL LIKE YOU CAN'T SLEEP AT NIGHT,
AND YOU'RE WORN OUT DURING THE DAY.

IT'S TIME TO TALK IF YOU SAY "I'M DOING ALRIGHT";
BUT YOU FEEL LIKE YOU ALWAYS BATTLE DEMONS,
AND YOU THINK YOU'RE LOSING THE FIGHT.

@allontheboard



Press Release



Carers Week 2026 launches theme 'Building Carer Friendly Communities'

02 February 26

[Read more](#)

WIRRAL CARERS HEALTH & WELLBEING SERVICE

Carer Linkworkers Making Caring Visible, Valued & Supported



**POWER OF
ATTORNEY**

DAY

Wednesday 22 April 2026

Regional Carer Support



Cheshire and Warrington



DO YOU HAVE CARING RESPONSIBILITIES?

 Wirral Carers Partnership Board, in collaboration with WIRED, are working together to identify and support unpaid carers in Wirral.

If you support a family member, partner or friend who cannot manage without your help due to illness, disability, or age-related needs, you are entitled to guidance and support. Register now to access wellbeing services, carers' rights advice and resources.

Visit <https://www.surveymonkey.com/r/CPBQRCODE> to sign up



Support for carers



Cheshire East

Cheshire West & Chester

Liverpool, Sefton, Warrington & Knowsley

WIRRAL CARERS HEALTH & WELLBEING SERVICE

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Local events!

TO MARK RASA 48TH ANNIVERSARY
THE SOON TO BE INFAMOUS QUIZ PRESENTS
THE 4TH ANNUAL RASA
SMARTPHONE

QUIZ NIGHT

AND LIVE MUSIC

HOSTED BY JOEY TRIVANI

TEN STREETS SOCIAL
8 REGENT ROAD, L39EX

6 FEBRUARY 2026 8PM

TICKETS €15 PER PERSON

Live Music from Rivia
followed by a 90s DJ set by DJ Chrissy

Tickets available on skiddle



K-POP BREAKFAST!

21st February | 9.30AM - 11.30AM

DISCO & KIDS ENTERTAINMENT!
VISIT FROM K-POP!

THE RAILWAY PUB, WIRRAL

£9.99 PER CHILD

BOOK VIA THE PUB!



Neston Food and Arts Market

Neston Town Hall CH64 9TR
Every 2nd Sunday of the Month 2026

11-3pm

Sun 8th Feb
Sun 8th Mar
Sun 12th Apr
Sun 10th May
Sun 14th Jun
Sun 12th Jul
Sun 9th Aug
Sun 13th Sep
Sun 11th Oct
Sun 8th Nov
Sun 13th Dec

CELESTIAL.EVENTS22

Indoors & outdoors
Everybody welcome
Free entry

Enquiries at:
celestialevents22@gmail.com
Jo - 07594 919463
Wai San - 07900 254056

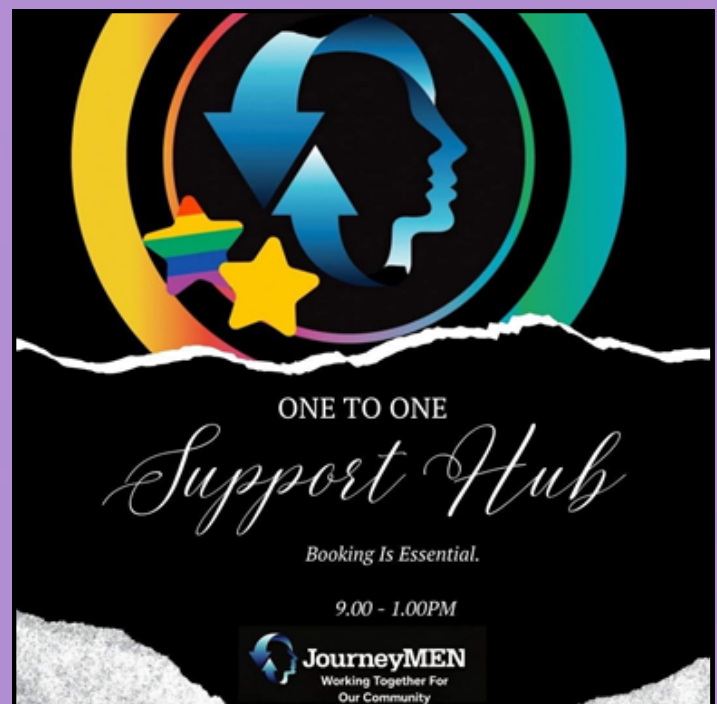


ONE TO ONE Support Hub

Booking Is Essential.

9.00 - 1.00PM

JourneyMEN
Working Together For Our Community



WIRRAL CARERS HEALTH & WELLBEING SERVICE

Carer Linkworkers Making Caring Visible, Valued & Supported

Wirral Mencap - Event Invite Winter 2026

Race Night Social

Join us for an exciting night of fun and fundraising!



Date:	Time:	Location:
Friday 6th February	7:00 PM to 10:00 PM	A&K Community Hub, Birkenhead, CH41 8AE

MEN TOO Care Maintenance Group

Every Thursday from 10am - 12



- Improve parenting skills
- Relationship building
- Self awareness
- Mental health support
- Personal development



COMMUNITY FUND **WIRRAL** **ASDA Foundation** **SKELTON CHARITY**

GROOVE & GRIND POP UP RECORD FAIRS

BIRKENHEAD COVERED MARKET
EVERY 1ST SUNDAY OF MONTH
11AM - 3PM

WE'RE BRINGING THE **RECORDS, CDs,**
TAPES, MERCH AND THE **VIBE!**
ALL YOU NEED TO BRING IS **YOURSELF.**

EXPECT A HUGE RANGE OF MUSIC: *
ROCK | POP | PUNK | COUNTRY | FOLK | JAZZ | SOUL
+ 70s, 80s, 90s, 00s & MORE!

FOLLOW US & TAG YOUR CREW - LET'S MAKE WAVES

WIRRAL CARERS HEALTH & WELLBEING SERVICE

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TEA & COFFEE

BENRICKS

Coffee Mornings
with
Autism Together

Wednesday 4th Feb 9:30-11am
at Benricks

You're invited to our

Stick n' Step

MURDER Mystery Night

A murder has been committed... and we need your help to solve the case.

Friday 20th March 2026
at 6:30pm for a 7:00pm start

Runcorn Golf Club
Clifton Road
Runcorn, WA7 4SU

Ticket Price £20:
Please contact Tania on 01928 573777
or Tania@sticknstep.org or via QR code

Raffle on the night
buffet (please confirm dietary requirements)

Wednesday

WALKIE TALKIE.

Come & Join Us On Our
Community Walks Every
Wednesday.

Check Out Our Social's For Time's
& Location's.

SATURDAY LIVE
MUSIC SESSIONS

from 2:30pm

FREE

Sounds as you Browse!

Birkenhead Central Library

21st February - Trevor Williams:
'The Life & Songs of Leonard Cohen'

21st March - Two Penny Piece

2:30-3:30pm
FREE entry

Refreshments will be available -
donations to Friends of Birkenhead Library

wirrallibraries wirral_libraries

WIRRAL CARERS HEALTH & WELLBEING SERVICE

Carer Linkworkers Making Caring Visible, Valued & Supported



TODDLER GROUP

£1 PER FAMILY
ALL PRESCHOOL BABIES AND TODDLERS ARE WELCOME
NO NEED TO BOOK

ST LUKE'S METHODIST CHURCH, HOYLAKE
WEDNESDAYS AT 1.30PM-3PM (DURING TERM TIME)

ST LUKE'S HOYLAKE
A Family Of Faith



Bump & Babies

Tuesday's
9.30 -
11.30am

0-3 years

@St Marys
Breakfast for Babies and
Grown-ups

Safe space to play

Donation
only



STAY & PLAY

EVERY TUESDAY MORNING 9:30-11:30
@ CARRBRIDGE CENTRE

AGES: 0-5

SNACKS & DRINKS PROVIDED
BACON SANDWICHES | TEA &
COFFEE AVAILABLE

£3

carrbridge
centre

WIRRAL CARERS HEALTH & WELLBEING SERVICE

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**BYRNE AVENUE
BATHS**

INDOOR CAR BOOT SALE

SECOND SUNDAY EACH MONTH

SELLERS 8AM (£10) / BUYERS 9AM (FREE) UNTIL NOON

Byrne Avenue Trust. Reg. Charity No. 1172104

WIRRAL REPAIR CAFE

**Saturday 7th February
2 - 4 pm**



- Electrical appliances
- String Instruments
- Ornaments
- Bicycles
- Toys
- Clothing & textiles
- Costume jewellery
- Watch straps & batteries
- Computers and other tech
- Soldering
- Sharpening
- Garden tools
- Wooden items
- Clocks

Birkenhead Central Library, Borough Road, Birkenhead, CH41 2XB

WIRRAL CARERS HEALTH & WELLBEING SERVICE

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At the Park! 2026

VALE PARK BANDSTAND
NEW BRIGHTON

K-Pop at the Park 28th March
Easter at the Park 3rd April
Wicked at the Park 19th April
Mr Tumble & Friends 26th April
Pop Tributes 10th May
Princesses 24th May
Toy Story 21st June

TICKETS £7 ON SALE NOW





little LAUGHS

Where little legends laugh

FREE ENTRY EVERY SUNDAY 1PM

ONLINE BOOKING HIGHLY RECOMMENDED
BLACKSTOCKMARKET.CO.UK
BLACKSTOCK MARKET, 15 BLACKSTOCK STREET, LIVERPOOL, L3 5ER



The Quirky Tiny Tools Course Dates & Sessions

FOR BIG FEELINGS

Mondays	Tuesdays	Wednesdays	Fridays
 Therapeutic Art 4:30–5:30pm Ages: children Starting 2nd March • 6 weeks	 1-Support Sessions Morning availability	 Parent Support Course 10am–12pm Starting 28th January • 3 weeks	 Children's Anxiety & Emotional Regulation Group 10–11am Starting 30th January
 Women's ADHD Support Group 6–8pm Starting 2nd March • 3 weeks			
 Therapeutic Art 11am–12pm Morning group Starting 26th Jan • 6 weeks			

The Quirky Community Hub, Hoylake, Wirral
 carly@tinytoolsforbigfeelings.co.uk
 07706 110906

Spaces are limited to keep sessions small, safe, and supportive. Please get in touch to book or ask questions.



WIRRAL CARERS HEALTH & WELLBEING SERVICE

Carer Linkworkers Making Caring Visible, Valued & Supported

what's on...



THE JAMES ATHERTON

TUESDAYS **QUIZ** **BIG FAT MUSIC QUIZ**
8pm

FRIDAYS **SOUL TRAIN** **60's, MOTOWN, FUNK AND SOUL**
with THE MEDICINE MEN 8pm-late

SATURDAYS **SOUL BOMB** **DISCO, HOUSE AND CLASSIC HOUSE**
with LAURA LOVE 8pm -late

FUNCTION ROOM AND DECK AVAILABLE TO HIRE
CONTACT 07377722704
f @thejamesatherton 
VICTORIA RD, NEW BRIGHTON, WIRRAL

STANLEY'S CASK

WIRRAL'S NO.1 LIVE MUSIC PUB

Multi Award Winning Pub as featured in The Good Beer Guide

FEBRUARY

Sunday 1st: Stolen Property (6-30)
Friday 6th: Collider (9-30)
Saturday 7th: Hurricane Blues Band (9-30)
Sunday 8th: Mule Train (6-30)
Friday 13th: Free Spirit (9-30)
Saturday 14th: Old School (9-30)
Sunday 15th: The Spacies (6-30)
Friday 20th: Indiemand (9-30)
Saturday 21st: Stranglehold (9-30)
Sunday 22nd: The Undertakers (6-30)
Friday 27th: The Vinyls (9-30)
Saturday 28th: Lovable Rogues (9-30)
Sunday 1st March: Day of Music Charity Day (2-00)

QUIZ NIGHTS ON THURSDAYS, 9.30PM

LIVE SPORT

sky sports 

212 Rake Lane, Wallasey, CH45 1JP
0151 691 1093



PRIMAL LIVE

LIVERPOOL'S GROUND BREAKING CHARITY SONG CONTEST & MUSIC PROJECT!

FOR MUSIC ARTISTS! **ATTEND OUR EVENTS!**

COMPETE IN A HUGE SONG CONTEST AT CAMP & FURNACE AND HELP RAISE MONEY FOR CHARITY!

ENJOY A FREE 7 WEEK ARTIST DEVELOPMENT PROGRAMME WITH INDUSTRY EXPERTS LEADING UP TO THE EVENT!

RECEIVE FREE PHOTO AND VIDEO CONTENT FOR YOUR SOCIALS

COME AND ATTEND AS A MEMBER OF THE AUDIENCE AND EXPERIENCE SOME OF THE BEST ARTISTS IN THE REGION!

INTERACTIVE AUDIENCE VOTING SYSTEM - YOU DECIDE WHO WINS EACH HEAT AND MAKES THE FINAL!

A CHANCE TO WIN PRIZES AND HELP RAISE VITAL FUNDS FOR CHARITY!

WIRRAL GLOBE THE GUIDE    

VISIT OUR WEBSITE TO APPLY AS AN ARTIST OR BOOK TICKETS TO THE NEXT EVENT
WWW.PRIMALLIVE.CO.UK



Destiny called him away, but his heart would always belong...

UNDER THE MERSEY MOON

AN INSPIRING NEW MUSICAL BY JIMMY RAE & PETE DAVIES

IDEAL Christmas or Valentine's Gift

SPECIAL GUEST APPEARANCES BY BILLY AND LESLEY BUTLER

DIRECTED BY BRIAN MCCANN

Sat 14 & Sun 15 February 2026
Performances Nightly at 7.30pm • Matinée Sat 2.30pm

BACK BY PUBLIC DEMAND!

FLORAL PAVILION
NEW BRIGHTON
Box Office: 0151 666 0000 floralpavilion.com
WWW.MERSEYMOON.COM



WIRRAL CARERS HEALTH & WELLBEING SERVICE

Carer Linkworkers Making Caring Visible, Valued & Supported



19+ Learning **INTRODUCTION TO FACIALS AND SKIN CARE**

Neo

THURSDAY
9.30 AM – 12.30 PM
5TH FEBRUARY

Beaconsfield Community House
CH42 3YN

Free Course All Welcome

♥ Learn & Grow Together while gaining hands-on skills in:

- Facial treatments
- Natural skin care using gentle products
- Arm & facial massage for relaxation & wellbeing
- Health & safety and hygienic practice
- Setting up a community salon

Wirral Lifelong Learning Service

Contact Us
0151 647 5981

WIRRAL



Floral Pavilion

Craft & Gift Fair

Sun 22nd Feb

FREE ADMISSION
11am to 4pm

New Brighton
CH45 2JS

Wheelchair Accessible

marissa@memorylanefairs.com



AT the ClubHouse

Come join us for bingo and fun!

THURSDAY

KEEP CALM AND BINGO!

ON!

£5 12pm – 2pm

ST ANNES SOCIAL CLUB
ROCK FERRY



FREE Autism Friendly Events

Family Adventures **JUMP'N' JOSEPHS**
by Autism Together

Registration now live!

Saturday 14th February
9:45-10:45am

Register Now

WIRRAL CARERS HEALTH & WELLBEING SERVICE

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FIT FUTURES

Raising the bar for young careers in the fitness industry

There are 3 key benefits to the programme:

- 1 Your physical and mental well-being will be taken to another level
- 2 You will be equipped to walk into any job interview, confident that you have the skills to land your dream position
- 3 You will have achieved a Level 3 Diploma in Gym Instruction and Personal Training

Ages:
16 - 18 Years Old

For:
For 16 - 18 year olds who are not in Education, Employment or Training (NEET) and would like to work in the fitness industry

When:
Monday to Friday
Running from August 2023 to May 2024

Where:
Wallasey Village at Running Head First Gym and Stollies Deli and Cafe


FOR MORE INFORMATION

0151 315 1092
chris@runningheadfirst.org

Or use sign up form linked in the bio / linktree on:
Running Head First
@runningheadfirst



MENOPAUSE GROUP WORKSHOPS




SIGN UP

5-Week Block of Classes

139 Wallasey Village,
Wallasey, CH45 3LF

→ Wednesdays & Fridays at 5.30pm for 1 Hour

→ Funded By National Lottery Community Fund



BRIMSTAGE Artisan Market

2026

Sunday, 15th March

Sunday, 21st June

Sunday, 20th September

Saturday, 12th December 🎄

Community . Creativity . Connection

The Baby Fayre Wirral

The BIG event for new and expectant parents and those with young families

Saturday 7th February

**Hoylelake Parade
Community Centre**



WIRRAL CARERS HEALTH & WELLBEING SERVICE

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St Oswald's Church, Bidston **YOU'RE INVITED** 

LITTLE CATERPILLARS

COMMUNITY FOUNDATION FOR MERSEYSIDE

At St Oswald's Church, Bidston
Thursday's 9.00-11am during school term

AGES 0-3
£1 DONATION



SNACKS
SONGS
BIBLE STORIES
NEW FRIENDS

WHY PLAY?
As a parent/carer being a part of a community activity can help you feel less alone as you are amongst peers. Children will have fun, make friends and grow in their social skills.

In aid of Wirral Hospice St John's
St Joseph's Line Dancing Club presents a
Country Music Night
with the fabulous Ainsley



Sat 28 Feb 2026
Doors open 7.15pm, starts 8pm, goes on til late
St Joseph's Social Club (The Joey's) CH42 7JY

Music | Dancing | Fun | Charity Raffle
Ticket £10 pp incl hotpot supper

Tickets available from The Joey's or please contact Kevin:
07716 563413

 Wirral Hospice St John's wirralhospice.org
Registered Charity No. 510643

Friends of Flaybrick



2026 Guided Walks at Flaybrick

11 April
9 May
6 June
11 July
8 August
26 Sept

Discover the fascinating stories of the past residents of Birkenhead.

Tree walks
18 April
24 Oct

Meet at the Chapel 10.45.
Please wear appropriate clothing and footwear.
Walks last 90 mins.
£2 per person.

February half term

At Bridge Community Farm
Opening hours 11am - 2pm

Monday 16th - Friday 20th

£1 kids meal with every adult meal purchased

- Pizza making**
Monday, Wednesday, Friday
£3 each
- Ceramic painting**
Stone pets - £1
Small model - £1
Large model - £1.50
Mug - £2
- Biscuit decorating**
Tuesday and Thursday
50p each
- Build your own pancake**
Tuesday
£2
- Bird box building**
Monday - Friday (while stocks last)
£4



 Find us:
Bridge Community Farm, Mill Lane,
Ellesmere Port, CH66 3NE

WIRRAL CARERS HEALTH & WELLBEING SERVICE

Carer Linkworkers Making Caring Visible, Valued & Supported



Winnal FestiVol
Celebrating Volunteers

Live Music • Refreshments • Indoor Climbing • Arts & Crafts • Food & Drink • Sensory Room • Wellbeing

Saturday, 28th February 2026 • 9:30am to 4:30pm
The Hive Youth Zone, Birkenhead

Get your **FREE** tickets today!
Head to the link in the description or
go to wcv.s.org.uk/volunteering

Wirral Volunteering Wirral
WIRRAL CVS is a registered Charitable Incorporated Organisation (CIO Number 899564)
Registered Address: Room 204, Mike Hamilton, 69-71 Angley Street, Birkenhead, Wirral, CH41 6LQ



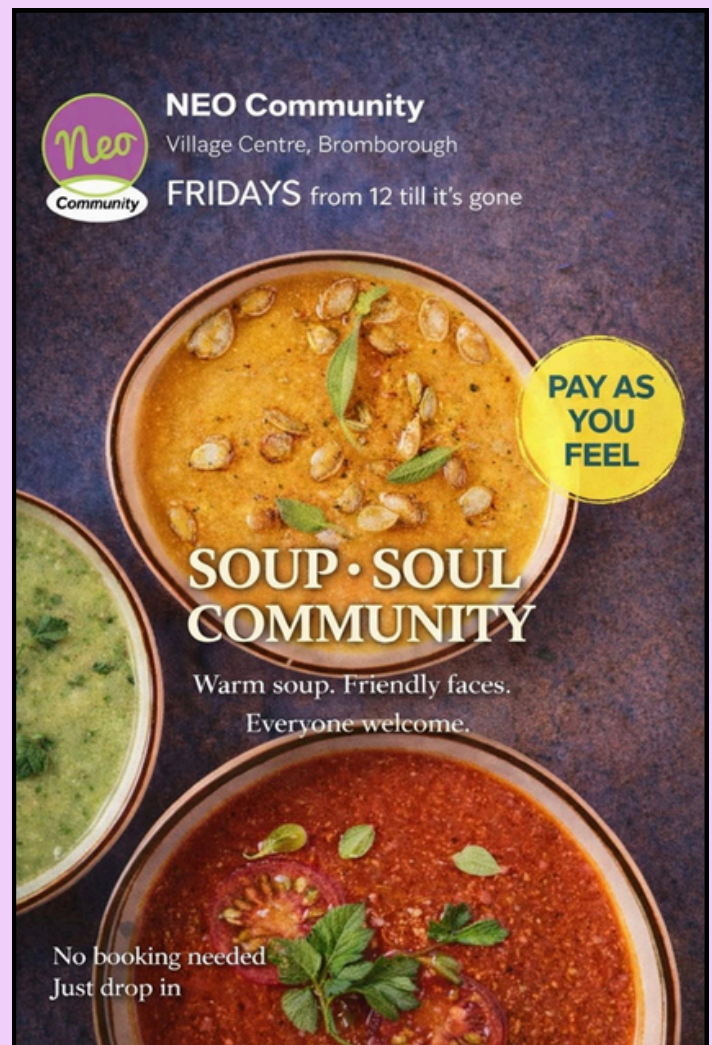
COMMUNITY WELLBEING • CRAFT • FOOD

Fridays from 12.30
The Centre, Bromborough

A relaxed, welcoming space to connect, create and share food

Open to both men and women
Everyone welcome

WOMEN OF THE WIRRAL
WELLBEING • FRIENDSHIP • EMPOWERMENT



Neo Community
Village Centre, Bromborough

FRIDAYS from 12 till it's gone

SOUP • SOUL COMMUNITY

Warm soup. Friendly faces.
Everyone welcome.

PAY AS YOU FEEL

No booking needed
Just drop in

One-pot bacon, spinach and tomato pasta

SERVES: 4

PREP & COOK: 30 mins & 30 mins - 1 hour

TYPE: Easy



INGREDIENTS

- 2 tbsp olive oil
- 4 rashers smoked back bacon, cut into roughly 1.5cm/5/8in slices
- 1 garlic clove, finely sliced
- ¼ tsp dried chilli flakes (optional)
- 900ml/1½ pint vegetable or chicken stock, made with 1 stock cube
- 250g/9oz dried spaghetti
- 150g/5½oz cherry tomatoes, halved
- 100g/3½oz young spinach leaves
- 50g/1¾oz Parmesan, finely grated
- freshly ground black pepper

METHOD

- Heat half the oil in a wide casserole or frying pan. (You can also cook this in a large saucepan, but you may need to break the spaghetti in half to make it fit later.)
- Fry the sliced bacon over a medium heat for 1½–2 minutes, or until lightly browned, stirring occasionally. Add the remaining oil, garlic and chilli, if using, and cook for a few seconds, stirring constantly.
- Add the stock and bring to the boil. Add the pasta and stir well. Simmer for 10 minutes, stirring occasionally.
- When the pasta is tender, but there is still plenty of liquid in the pan, add the tomatoes and spinach leaves. Cook for 4–5 minutes, or until the tomatoes are soft, but holding their shape and nearly all the liquid has been absorbed.
- Stir in the grated parmesan, season with black pepper and serve.

Mobility Aids for Hire & Scooter Repairs

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!

Is your mobility scooter faulty, have a dead battery, or flat tyre?

Don't worry we can help!

We can collect your scooter*, assess any issues, and give you a quote.

If you wish to proceed we can fix the problem/order the parts, complete a service and return it to you in full working order.

Please get in touch for our current repair prices! 0151 647 6162

(*pickup and return for a small charge)

**@ 5 St John Street,
Birkenhead
CH41 6HY**



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 Mobility Scooter Hire and Shopmobility
- Wirral SEND Partnership
- Wirral Mediation Service
- WIRED Direct Payments



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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 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.

Questions or comments?

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