Wired
Putting You First

WIRRAL CARERS E-NEWS

Issue: 6

18th March 2026

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



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

Caring With Confidence Course

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

At WIRED we run a 4 session training programme with Health Junction designed to help you manage your health and wellbeing and to care with confidence.

- Tuesday 24th March
  Following sessions: Tuesday 31st March, Tuesday 7th April, Tuesday 14th April
- 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

0151 670 0777 cws@wired.me.uk

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 9th April
- 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**

Wirral SEND Partnership - WIRED

🔷 Council for Disabled Children are working on a national research programme about multi-sector services to disabled children with Newcastle and Exeter Universities.

They have helped to develop a national survey about how health, education and social care services are provided for families of children with disability and what a high-quality service might look like. By answering the survey there is a further opportunity for you, and your organisation to be involved in the next stages of the research.

Please complete the online survey – this will take approximately 20 minutes. Please consider sharing this link with colleagues and other professionals from health, education and social care. Here is the link to the survey:

🔗 https://app.onlinesurveys.jisc.ac.uk/.../pdg-parent-carer...

🌟Why take part?

By sharing your experiences and views, you will help build a clearer picture of what NHS and other services families currently receive and what they need - helping NHS professionals, young people and parent carers.

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Wirral Carers Alliance

info@wirralcarersalliance.org.uk

Wirral Carers Alliance

CoLLaB

Carer Connection Centre

EVERY WEDNESDAY

Pop-in anytime between **10am and 3pm**

GREASBY LIBRARY, CH49 3AT

Programme of Different Informative Support Sessions each Week

Financial, Legal and Carers Rights
Practical Support & Resources
Health & Wellbeing
Training, Education and Employment

A Safe Space of Support - We Care that You Care

Come and Connect with Support Services
and other Carers that understand your caring role
and responsibilities for loved ones

www.wirralcarersalliance.com

Visit the WCA Website for more information

Commitment to Carers

Wirral Carers Alliance

'COMMITMENT TO CARERS'

CONFERENCE

MONDAY 8 JUNE 2026

Eureka, Victoria Place, Wallasey

'Building Carer Friendly Communities'

This event will bring together Carers, Support Services, and Key Organisations to establish how we can build Carer Friendly Communities and improve support for those who have caring responsibilities for family and friends

- ✓ Hear from inspiring speakers
- ✓ Discover local support services
- ✓ Connect with fellow Carers
- ✓ Have your voice heard

Carers play an essential role in our community—let's make sure they are supported and valued

For more information and to book your place, scan the QR code or visit

FREE TICKETS AVAILABLE

Commitment to Carers

www.wirralcarersalliance.com

"WE care that YOU care"

WirralGlobe

Wirral's 13,000 veterans need better support says RBL

TWO Wirral veterans-turned-councillors are backing calls by the Royal British Legion for better support from the 'Armed Forces Covenant'.

Read More

Since Wirral Council adopted the Covenant in 2016, changes have been made to the way in which many of the Borough's 13,000 veterans are helped...



Hundreds arrested in Merseyside Police's county lines operation



A MAJOR police operation targeting organised crime has led to 237 arrests and the dismantling of 17 county lines drug networks...

READ MORE

wirralview

Wirral Council looking to shake-up senior leadership positions



Wirral Council has announced a proposed restructure of its senior leadership positions as it seeks to make further budgets savings – and respond to recommendations made in a number of recent independent reviews.

81% of adult learners progress as Wirral's Lifelong Learning service delivers a standout year

13 March 2026



Community update drop in sessions taking place in New Ferry

12 March 2026



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wirralview

Council unanimous in opposition to pipeline plan



READ MORE

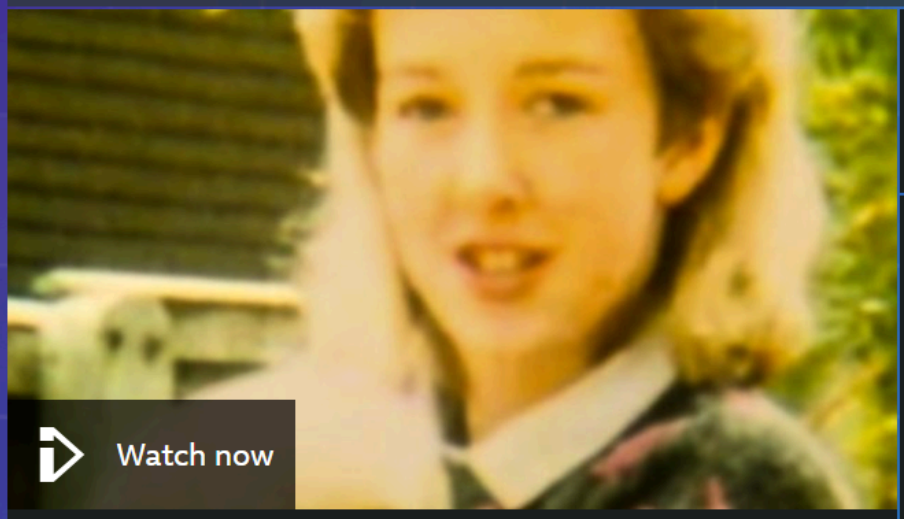
At an Extraordinary Meeting of full Council on Monday night, a number of motions put forward in opposition to the Peak Cluster project and how it would affect Wirral were passed unanimously by members present.

BBC ONE

40+ YEARS CRIMEWATCH LIVE

READ MORE

Home | Episodes | Appeals | Wanted Faces | Features | Presenters | Contacts & Advice | More



Who Killed Diane Sindall?

Series 23 Episode 6 of 15

In 1986, Diane Sindall was found dead in an alleyway – can you help solve a 40-year-old mystery? Also on the programme, how brave officers rescued a woman trapped on Aberavon Beach.

22 days left to watch
44 minutes

Last on

BBC one Last Monday 10:45 BBC ONE

More episodes

PREVIOUS
Murder in Croydon
Series 23

NEXT
Mistaken Identity
Series 23

See all episodes from Crimewatch Live

WIRRAL



Wirral expands Grey bin recycling list

Changes to recycling in April 2026

From 6 April 2026, you will be able to recycle more items in your grey recycling bin. This will include:

- tins (biscuit or chocolate tins)
- foil
- aerosol sprays (such as deodorant and hairspray cans)
- plastic tubs and trays (yoghurt pots and takeaway trays)
- fruit juice and milk cartons

More details will be available on this page before April.

Food waste collection

From 6 July 2026, households will have a weekly food waste collection. This will be picked up on the same day as your green and grey bins.

You will get:

- a new outdoor food waste bin
- a small kitchen caddy
- caddy liners
- information on how to use them

More information will be available on this website before the service begins.

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LIVERPOOL CITY REGION COMBINED AUTHORITY

METRO MAYOR LIVERPOOL CITY REGION

Opportunities



How reliable is mobile coverage for your business?

The Liverpool City Region Combined Authority (LCRCA) is conducting a survey of businesses to assess the performance of 4G and 5G networks across the City Region. Your feedback will help inform plans to improve mobile coverage.

Complete the survey to be entered into a prize draw, with the chance to win one of two £150 donations to a registered charity of your choice.

navigate

Knowledge Session
Funding Unlocked with River Capital

Want to unlock growth funding for your business?

Join River Capital and Liverpool Chamber of Commerce for an insightful panel discussion on accessing growth capital for startup and scaleup businesses across the Liverpool City Region. Explore funding options from £25k to £500k, hear real success stories and connect with fellow business leaders.

Where pre-seed meets investment

Are you building a startup? Join PraeSeed's six-week investment cohort, get investor-ready and pitch for up to £200k funding. The programme will run over five years and look to invest £6m into 35 companies in the North of England.

Find out more



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The Positivitree

PARENT CARER PEER SUPPORT GROUP

CARRBRIDGE CENTRE

9.30AM - 11AM

FRI 20TH MARCH

For Parent - Carers of children with disabilities or special educational needs

No need to book, just come along!

A safe space
A listening ear
Solution Focused
No subject taboo
Non-judgemental

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Women's Health & Wellbeing Day!

Friday 20th March 2026 - 10am - 2pm

Join us for an empowering and uplifting event created to celebrate, support and bring together women in our local Beechwood community.

The Little Centre, Beechwood.

Healthier Neighbourhoods
Primary Care Network

THE LITTLE CENTRE
BEECHWOOD

- Pop ups
- Health Information
- Signposting + Support
- Healthchecks
- Social Prescribing Cafe
- Wake Up Shake Up at 10am
- Holistic Therapies
- Relaxation Session at 11am
- Wellbeing Advice
- Refreshments Provided

Wirral Carers Alliance

WELLBEING

Wirral Menopause Community

KAIZEN WIRRAL MINDSET CIC
WIRRAL WELLNESS

NHS
Wirral and Chester Breast Screening Programme



HAVE YOUR SAY.

Come along to our Beechwood Community Events and have your say.

Come along to our Beechwood Community Events and have your say!
We're holding Have Your Say Drop-ins in your area where we'll be joined by our partners to chat about what's happening locally and answer any questions you might have.
The next event will take place during Antisocial Behaviour Awareness Week on **Wednesday 2nd July from 10am to 12pm at Beechwood Community Shop, Beechwood Drive, Wirral CH43 7ZU**.

We will be joined by:

C.E.L.L.S Project
Community Engagement Wirral Council
Onward Colleagues
Police
Fire service

Please note, future events will continue to take place on the last Wednesday of every month. For the latest updates, please **scan the QR code** with your mobile or tablet device.

For more information or to speak to your Neighbourhood Specialist, please call **0300 555 0600**, send us a message on WhatsApp to **07793 795882**, or email **customerservices@onward.co.uk**.

Onward Community Shop OPEN FOR MORE CELLS

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Bidston Sports and Activity Centre
Saturday 28th March 2026
9.30am to 11.30 am

Agent.

SEND COMMUNICATION REVIEW

Parent and Carer Drop In

Wirral are working with a group called Agent. They are experts in helping people communicate better. They will help us make our messages easier to understand, clearer, and more helpful for all SEND families...

MORE INFO

Take part in research!

UNIVERSITY OF LIVERPOOL

Researchers at the University of Liverpool are conducting a study exploring health beliefs, food choice and purchases through online delivery platforms.



1. Complete a short screening questionnaire
2. Order a takeaway
3. Complete a follow-up questionnaire and be reimbursed financially for your time

READ MORE

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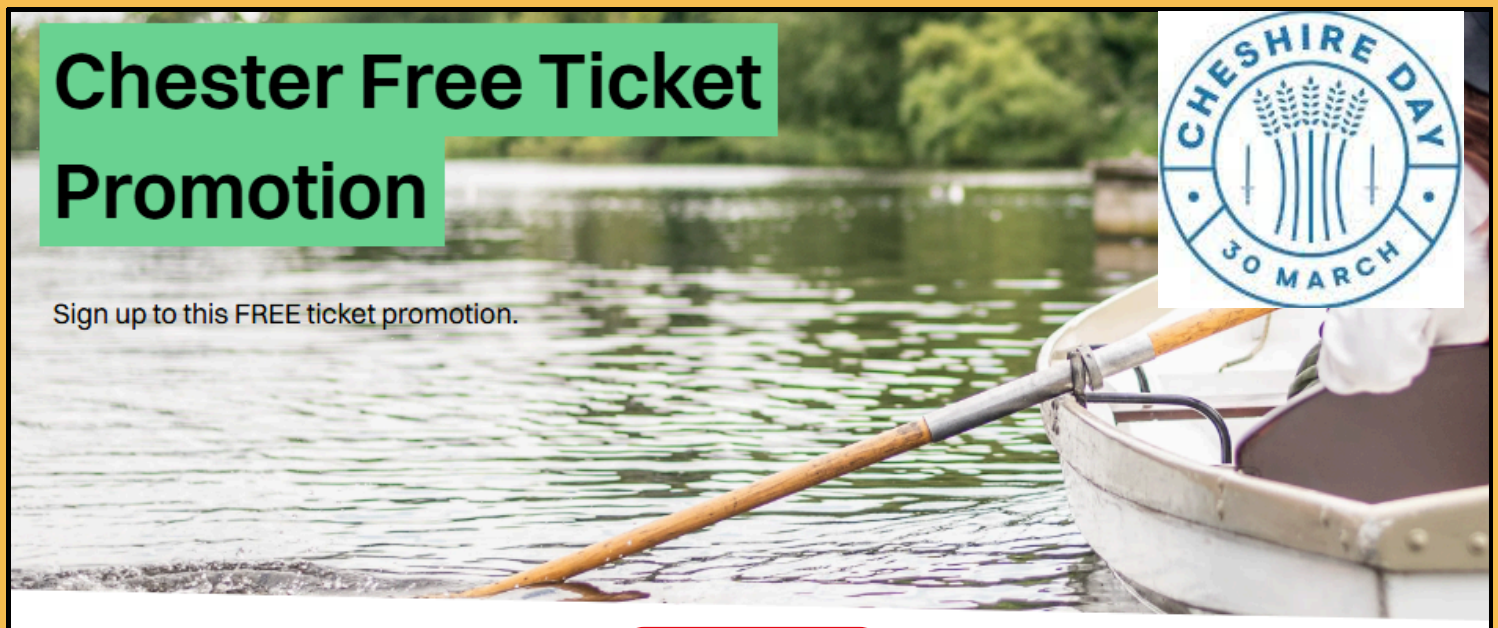

CLICK HERE

Merseyrail are partnering with Visit Chester to offer FREE rail travel to Chester on Monday 30 March 2026.

Cheshire Day is an annual celebration held on 30 March, honouring the county's rich heritage, culture, and iconic traditions. It's a day dedicated to showcasing everything that makes Cheshire special from its historic towns and landscapes to its famous cheese, salt heritage, and vibrant local businesses. The occasion encourages residents and visitors to celebrate, explore, and share their favourite parts of the county.

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Tomorrow's Women

Tomorrow's Women Wirral Empowering Timetable
MARCH 2026

Monday	Tuesday	Wednesday	Thursday	Friday
Gardening Group - 9:30am – 12:30pm. Support the continued growth of our beautiful garden with Sandra & Liz	**1 Day Sessions with 3D** 9:30am – 2:30pm 3rd March – Neurodiversity Awareness 10th March – Smart Discipline 17th March – Listening Ear Skills 24th March – Menopause Awareness	**Gardening Group** - 9:30am- 12:30pm. Support the continued growth of our beautiful garden with Sandra & Liz	**Understanding Own Emotions** 19th and 26th March 9:30am – 4:00pm - Understand the nature & purpose of emotions - Identify own emotional triggers & patterns	**Gardening Group** - 9:30am – 12:30pm. Support the continued growth of our beautiful garden with Sandra & Liz
Finishing 23rd March 9.45- 11.45am **ESOL** Developing your confidence & language to have conversations. English for Speakers of Other Languages		Ⓡ Solicitor support in Family Law 10am - 11am		Our Annual International Women's Day Event 6th March 11:30am – 1:30pm Come & join us for our annual International Women's Day event. There will be activities, speakers, food & more. This years theme is #GiveToGain Remember to wear purple
Reflexology Session 9th March 10am – 3pm Looking for a nice treat for yourself? Why not give reflexology a try. BOOKING IS ESSENTIAL	**Belly Dancing with Cecile** 10am -11am Weekly Group All abilities welcome	**A Stitch in Time - 10-12pm** Sewing skills & crafts with Mary **Magenta Living Drop In** 25th March 10am – 12pm	**Walk and Talk** Weekly from 10am Ⓡ 10am -11am Specialising in Family Law, Domestic & Care proceedings.	**Community Connectors** 11-12pm Needing some support in your community? Speak with a community connector.
Ⓡ **Tomorrow's Women** Recovery support group Every Monday @ 10:30am A safe, non-judgmental space for women at any stage of recovery.	**3D Training Information Drop In** 3rd March 10am – 12pm Interested in a course? Speak with staff to find out what's on	Ⓡ **RASA Support Drop In** 4th March 10am – 12pm	**Alcohol & Drug Awareness Group** Weekly Group 10:30am – 12pm A safe, non-judgmental space for women at any stage of recovery.	**NHS Talking Therapies Drop In** 27th March 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.
9th and 23rd March 11am – 12pm Support with Family Law, Divorce & Financial issues.	Ⓡ **msb** 3rd, 17th & 31st March Support with Family Law 10am – 12pm Ⓡ **Substance Use Midwife Drop-in with Jill** 10th March from 10am **IWD Themed Colouring** 3rd March 10am – 11:30am Come along for some colouring fun in the lead up to our IWD event.	Ⓡ **RED to PINK** Starting 4th March x 4 weeks 10am – 12pm A course designed to help you learn to recognise signs of anger building within yourself and help you learn actions to help calm yourself. **Community Connectors** 11-12pm Needing some support in your community? Speak with a community connector.	**Sound Bath with Grace** 19th March 11am – 12pm Booking is Essential Ⓡ **Money Management & Debt Support** 5th March 11:30am– 1pm	

MARCH 2026

Ⓡ **Changing Me** Starting 16th March x 6 weeks 12:30pm – 2:30pm A course designed to help you identify your behaviours, emotions and triggers.	Ⓡ **Neurodiversity Support Group** Weekly 11am – 12pm Support group for self, parents and carers	Ⓡ **Job Centre Plus Drop In** Weekly 11am – 1pm Come and speak to Lesley to see what JCP has to offer.	**TW Forum Meeting** 12th March 12pm Come along & have your say.	**Lunch Club** 12pm *£4 donation Come together to enjoy a good meal with great company
Bereavement Support Group 2nd and 16th March 1pm – 2pm	**Cooking on a budget** Starting 3rd March x 4 weeks 12pm – 2pm Come in and learn how to create some healthy eats on a budget.	**YOGA WITH GRACE** 11am – 12pm Weekly throughout March	**Cycle Awareness Program** Starting 5th March x 4 Weeks 12pm – 2pm Session 1 – Body Literacy Session 2 – Fertility Awareness Session 3 – Mental Health, Your Cycles & Hormones Session 4 – Wellbeing and Support, Outside the "Average" PERIOD REALITY	Ⓡ **Puzzle Piece Law** 1pm – 4pm Weekly Appointments Offering Support with: - Family Matters - Child Arrangements - Financial Orders
Create Your Own Vision Board 9th March 1pm – 2pm Come in and create your own vision board	Ⓡ **Happy Healthy Homes** Starting 10th March x 5 weeks 12:30pm – 2:30pm A course designed to help develop family resilience.	Ⓡ **Care Proceedings:** 11am -12pm **Domestic Abuse Specialist:** 12:30pm – 1:30pm	**Intergenerational Tales Performance** 12th March 1pm – 2pm Come along & watch the performance from our intergenerational tales project.	**Tomorrow's Women Weekly Creative Group** From 1.30pm All welcome! Singing, drama & creativity.
Ⓡ **Berkson Family Law Solicitors** 2nd and 16th March 2pm-4pm Support with Family law, care proceedings, divorce, non-molestation orders	Ⓡ **Housing Advice & Support Drop-In** 10th March 1pm – 3pm	**Smear Tests** 4th March - 1pm – 3:30pm BOOKING ESSENTIAL	**SILK Support Drop In** 5th and 19th March 1pm – 3pm Are you supporting a loved one with a substance misuse issue? Come& see what support is available for you	**Creative Writing Group** 13th March 2pm – 3pm All Welcome
Guided Meditation Blissful deep relaxation Weekly drop in 2:15pm–2.45pm A great way to start the week	Ⓡ **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.	**Reading Group** Weekly 1-2pm A great way to meet new people, share a story with a cuppa.	**Jam Session Weekly Session** 1.30-2.30pm Bring along your instruments & have some fun	**Guided Meditation** Blissful deep relaxation Weekly drop in 2:15pm–2.45pm A great way to start the weekend

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

WIRRAL CARERS HEALTH & WELLBEING SERVICE

Carer Linkworkers Making Caring Visible, Valued & Supported



Read More



MORE INFO

WIRRAL CARERS HEALTH & WELLBEING SERVICE

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BREEZE PROGRAMME

FOR PEOPLE MANAGING LONG-TERM HEALTH CONDITIONS



Are you living with a physical or mental health condition or are you a carer? Then Breeze Programme might be for you it offers a free self-management course designed to empower you to:

- Increase your confidence
- Make informed decisions
- Set health goals
- Manage low mood, stress, and anxiety
- Develop coping skills
- Find practical solutions
- Improve your resilience

What are Self-Management Programmes?

Self-Management Programmes (SMP) improve your quality of life by giving you new skills and information to help you manage your condition better on a daily basis.

What is the Breeze Programme?

Breeze is a free self-management course for carers or people living with physical or mental health conditions. Breeze has been running for 15 years helping people to take control and improve their quality of life allowing participants to move forward with their condition. Breeze is an informative and friendly course that for many people is life-changing.

Breeze will help you to:

- Set health goals to improve your wellbeing and quality of life
- Develop skills and techniques to cope with daily challenges
- Gain practical solutions for day-to-day issues
- Cope with feelings of anger and frustration
- Get more out of the conversations with your healthcare team, job centre advisors, family and friends
- Find ways to be more active and eat healthier
- Improve your levels of motivation
- Connect with your community
- Share experiences with others in similar situations to find solutions

Where are Breeze courses held?

In your local areas and in Job Centres and Community centres.

How long is the course?

The course runs one session per week for 4 weeks

Do I have to pay?

NO! Breeze is completely free

Can Carers Access the Breeze Course?

Yes, they can

Can I take part in the Breeze course?

Breeze is available to anyone living or working in Wirral who is over 18 and living with any health condition regardless of what it is, such as Diabetes, Arthritis, Asthma, Depression and Anxiety.

How do I get a place?

To book your place on Breeze simply contact Health Junction on:

info@healthjunction.org.uk

Alternatively, you can speak to your Job Coach

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CCB MENTAL HEALTH

CONFIDENT. COMPETENT. BETTER.

MENTAL HEALTH COUNSELLING FOR CHILDREN & YOUNG PEOPLE

CCB can deliver aspects of Inclusion, Personal Development and Well-Being (part of the new Ofsted Framework) allowing every young person to belong & thrive.

We provide therapy for local primary, secondary and alternative education settings in multiple ways, including:



Qualified & Registered Therapists offering therapeutic targeted support i.e. low mood, trauma, neurodiverse related challenges.

Bespoke Formats
1-1 or in small groups for peer support

Subsidised/ part funded provision available

Specialists in therapy from age 7+

Flexible Therapists
on site for fixed periods e.g. one day a week for a term.

Online CBT Courses & Signposting

MORE INFO

For more information please email contact@ccbmentalhealth.com or phone 0151 662 0715

branch

Children & Young People's Mental Health Coalition

We're part of your FAMILY TOOLBOX

WIRRAL CARERS HEALTH & WELLBEING SERVICE

Carer Linkworkers Making Caring Visible, Valued & Supported

CHASING THE STIGMA

We're on a mission to normalise and humanise mental health

With lived experience at our core, we aim to create a society where there is no stigma around mental health and people have clear pathways to support.







ind Support | Make a Donation

There is always hope

We are the UK's largest mental health support directory. Whether you want to find a service to help you feel better or you want to support someone who is struggling, we can help.



Support for young people (25 & under) ⊕



Support for adults ⊕



Urgent help in an emergency ⊕

Psychosis & hearing voices



Sometimes stress and feelings of being overwhelmed, often linked to past traumatic experiences (see Trauma & post-traumatic stress) can lead us to become confused or preoccupied, and we may begin to dissociate from what most people consider to be reality.

Trauma & post-traumatic stress



Terrible events and circumstances are very hard to deal with. Grief, numbness, anger, anxiety and shame are all very common reactions to traumatic events such as a serious road accident or a violent personal assault – and also to ongoing traumatic experiences such as domestic violence or homelessness, or childhood experiences of abuse or neglect.

Beat
Eating disorders



Supporting a partner with an eating disorder.

Join Kim, one of our experienced eating disorder clinicians, for our next free POD webinar.

Details: Wednesday 1st April, 12:00-13:00. Hosted on Zoom

Book here

Book here

This session will cover:

- What eating disorders are and how they can affect your partner
- How you can support your partner to seek and engage with help
- What the recovery journey may look like
- Your role within treatment and recovery
- The impact on your relationship
- How to look after your own wellbeing

Can't attend live? No problem — the session will be available afterwards on our Webinar Recordings page.

Please share this information with your contacts and networks.



Ambassador of Hope

Ambassador of Hope is an award-winning mental health training programme created and delivered by national mental health charity Chasing the Stigma. Written from a lived experience point of view, the training aims to normalise and humanise conversations around mental health.

The training is not intended to make someone an expert in mental health but instead offers the essential information and a toolkit that can be used to feel more confident about the topic and, most importantly, to make the routes to help and support as clear as possible using Chasing the Stigma's Hub of Hope.

Ambassador of Hope focuses on four key areas:

- ✓ What is mental health
- ✓ Having a conversation about mental health
- ✓ Finding the experts
- ✓ What to do in an emergency

By wrapping all the essential information into one 60-minute session, the training is able to equip participants with the basic skills to engage in conversations and effectively and confidently find mental health support.

Everyone should be aware of how to manage their own mental health and how to access support if ever it is needed.

Training date:

Tuesday 14th April 2026
11 AM - 12 PM

The session will run via Zoom and is free of charge to attend.

You will be sent a confirmation and post session email along with all materials.

To register your interest please book via the link here

If you have any questions please email aoh@chasingthestigma.co.uk

CHASING THE STIGMA
Charity Number: 1170757

Registered with FUNDRAISING REGULATOR

@ChasingStigma
chasingthestigma.co.uk
info@chasingthestigma.co.uk

WIRRAL CARERS HEALTH & WELLBEING SERVICE

Carer Linkworkers Making Caring Visible, Valued & Supported

Who We Are

A community-led support network, supporting neurodivergent adults and people experiencing mental health challenges.

Our Services

Support groups, coaching, and skill-building workshops.

How We Help

Boost confidence, wellbeing and community connection.

Get In Touch

Join, volunteer, or partner — reach out today!

Our Mission

We are here to:

- *Empower individuals to recognise their strengths*
- *Reduce stigma around neurodiversity and mental health*
- *Build community and connection*
- *Provide safe spaces for learning and healing*

Srchng fr mssng prsns; pls jn nd hlp.
Sprd th wrd, brng hlpfl rslts.

Even when some things appear missing, we still try.

Become a Digital Search Hero

missing people

missing people
DIGITAL SEARCH HEROES

INDIGO SURVEY

Helping improve cancer care for your family, friends and anyone affected

- Have you had cancer?
- Did you finish your initial treatment before 2025?

Tell us about your life after treatment by filling out an **online survey** and help support future patients

bitly

INDIGO SURVEY



CONTACT US

imperial.patients.indigo.trial@nhs.net

NHS IMPERIAL

End of Life Partnership: Wirral palliative care survey

The End of Life Partnership is gathering feedback with a Wirral palliative care survey to better understand people's experiences of end of life care across Cheshire and Merseyside. Your insights will help them improve the quality and compassion of care for individuals and families in the future.

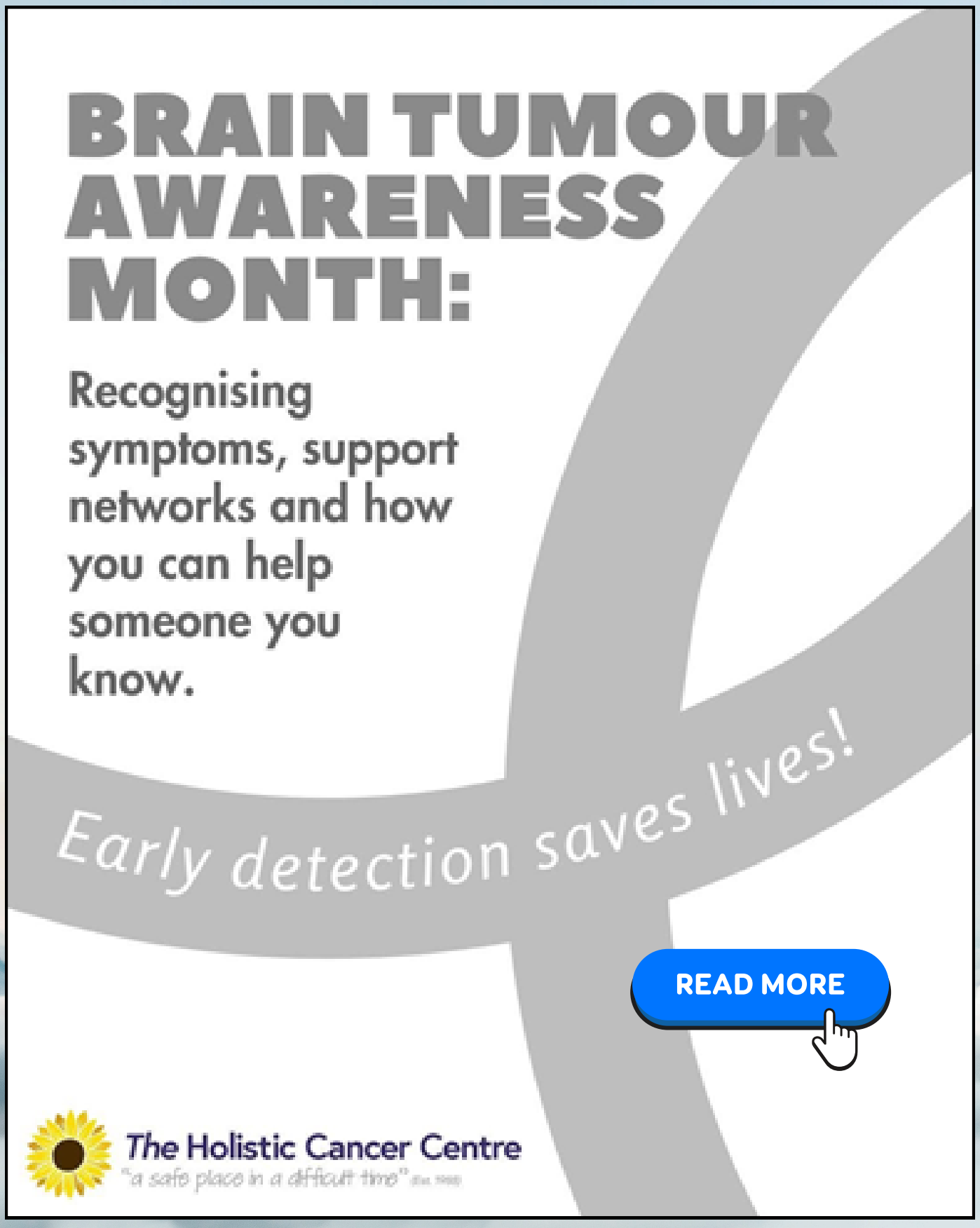
If you are experiencing palliative or end of life care, or have a loved one who has experienced palliative or end of life care in the last two years, then NHS Cheshire and Merseyside wants to hear from you.

There are three different surveys available for:

- People currently receiving care
- Their relatives and friends
- Those who have been bereaved

The Wirral palliative care survey is available to complete until 31 March 2026.

Take part by clicking here


BRAIN TUMOUR AWARENESS MONTH:
Recognising symptoms, support networks and how you can help someone you know.
Early detection saves lives!
READ MORE
The Holistic Cancer Centre
"a safe place in a difficult time"

WIRRAL CARERS HEALTH & WELLBEING SERVICE

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World Parkinson's Day 2026 resource guide

World Parkinson's Day is Saturday 11 April. We've got everything you need to make the most of your plans.

GET STARTED →



Parkinson's UK
For every Parkinson's journey

Parkinson's UK
Excellence Network

2025 UK Parkinson's Audit - Executive Summary

Parkinson's UK
Excellence Network

Transforming care: report of the 2025 UK Parkinson's Audit

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carersUK

carersUK factsheet

Assessments

Your guide to getting help and support in England

Local councils can offer you support if you're caring for someone, as well as care and support for anyone you're looking after. They can make decisions about the support they can provide by carrying out assessments.

Contents

Introduction.....2

If you're an adult caring for an adult/ adults:

A carer's assessment – for adult carers of adults who need support.....2

A needs assessment – for adults who need support.....12

If you're an adult caring for a child/ children:

A parent carer needs assessment – caring for a 'child in need'.....20

A Children's Act assessment – support for a 'child in need'.....24

If you're a young carer looking for support:

How to get support through a young carer's assessment.....28

Transition assessments

For young carers and people needing care as they approach 18.....33

Moving areas.....36

Charging.....37

Complaints.....41

Some helpful aids and tools to help with assessments.....42

2025/26 carersuk.org

carersUK making life better for carers

Tips from carers

Power of attorney



A power of attorney is a document that legally allows 'appointed people' to make decisions on your behalf for when you are no longer able to. It may help to consider arranging one for someone you care for. If you're unsure where to start, these tips could help.

Getting a power of attorney

1 Consider arranging one sooner rather than later

A power of attorney (POA) can be set up by anyone over the age of 18, provided they have capacity to do so. For more information on capacity, visit carersuk.org/managing-someones-affairs

"I have POA for myself even though I hope no one will need to use it for a good few years yet! I always say that by the time you know you need it, it may already be too late – your loved one has to be deemed to have the capacity to agree to it."



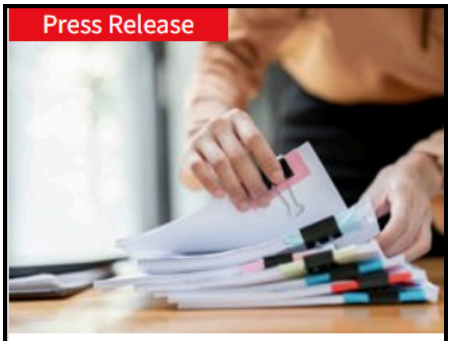
2 Talk it through if you're setting one up for another

Getting a POA is understandably a big step to take and you should talk it through carefully with the person you care for.

"The first thing is to have the agreement of the person you care for to act on their behalf. In the early days, I set up a POA over my husband's affairs and my daughters also have POA over mine just in case."



Press Release

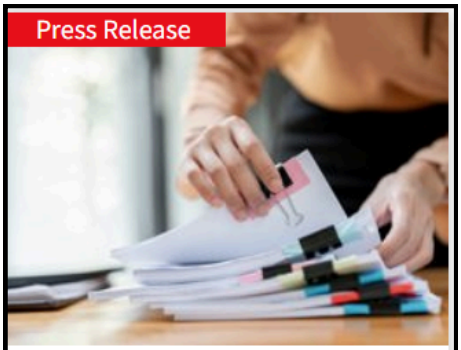


Work and Pensions Committee evidence: Carer's benefits beyond the Sayce Review

Carers UK would like to see a full review into Carer's Allowance and its eligibility rules to ensur…

Read more

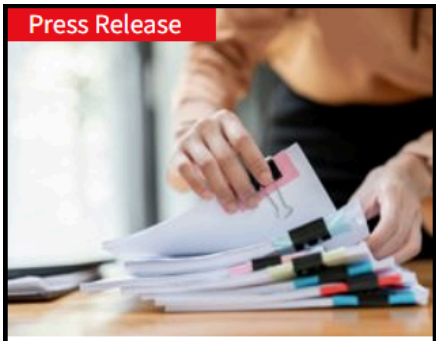
Press Release



Carers UK comment on Chancellor's Spring state ment

Read more

Press Release



State pension age rise to 67 set to cost unpaid carers £182 million in financial support

An inquiry into pre-pension income gaps ahead of the state pension age increase to 67 has…

Read more

WIRRAL CARERS HEALTH & WELLBEING SERVICE

Carer Linkworkers Making Caring Visible, Valued & Supported

carersUK
making life better for carers

Tips from carers

Health matters



These tips can help you get the most from health services when acting on behalf of someone you care for.

Appointments

1 Get registered with your GP as a carer

Being registered with your GP as a carer can provide you and the person you care for with more support.



"Register with your GP. Make sure the person's GP has you listed as that person's unpaid carer."

2 Be assertive

When making a non-urgent appointment, put yourself first.



"Try not to accept a date that will compromise something that you've been looking forward to – ring and change it to suit you."

3 Think ahead

"If someone you care for with dementia has a hospital appointment, it may be appropriate to ring the relevant department well in advance so that their condition can be flagged in the notes. This can give hope that any additional needs will be met."



Helping healthcare professionals relate to you

8 Keep composed

Remaining calm and polite (even when you feel deeply frustrated inside) will help you get what you need.



"My advice is always to be proactive and question care politely."

9 Keep track of key contacts

"I keep a file of all documentation so that it is all in one place. Whenever I speak to anyone, I ensure that I get contact details and write down the date I spoke to someone. If you do that systematically every time, you don't have to rely on memory when querying treatment or medication or just generally relaying information."

10 Showing appreciation helps

"I think it is essential to thank excellent care – which we always do. This includes paramedics, who in my view are often the unsung heroes."



11 Explain why you need flexibility

"I've had extensive experience of having to juggle appointments with work, which is quite exhausting. I always explain when making appointments that I am working and caring, and check if there can be some flexibility on the appointment time. Don't be shy to ask for that, as they won't know if you don't tell them your challenges."

12 Do your research

"I found that the more familiar I became with my husband's conditions, the more I could speak with confidence and I was able to gain healthcare professionals' trust."



13 Seek clarification

"My advice is don't be scared to speak to consultants – and don't be afraid to tell them to simplify their language and explain. Medical jargon can be confusing."

4 Take someone with you if you need support

Can you ask a friend or relative to be there at difficult times?



"When attending hospital appointments likely to contain complex information or a life-changing diagnosis or treatment, take a third party along and provide them with a designated notebook in which to take notes. Everything will then be in one place."

Ways to master medication

5 Plan ahead



"Have a list copied out (and possibly photocopied several times) of all the names of the medication and the daily doses etc, so that when someone goes into hospital the list can just be ready and handed over. This is also good to have to hand when dealing with appointments because it is difficult to remember the names and when the medication is taken."

6 Make notes



"At hospital appointments I also take a lot of notes so that I can understand at least a little of the medical jargon. It's essential to go back to these or to ring up again if you don't understand what a prescription is for etc."

7 Ask questions

"It's always important to ask about side-effects of drugs and remind medical professionals of existing medical conditions in case these have been missed in the notes."

"Remind medical staff about medication – and ensure that nothing is being prescribed that someone is allergic to."

General guidance

14 Be prepared when someone is ready to leave hospital

It's helpful to become familiar with your rights as a carer.

"My advice is, if possible, be at the hospital when someone is discharged and ask medical staff to slowly explain the medication and what after care will involve. Ask them to slow down while you take notes. Get phone numbers of who to call if you don't understand once you get home."

15 Keep a diary or calendar of progress to refer to



"I keep notes and records so I can refer back to a certain occasion or meeting. I found this so useful when I could refer back to care plans from a few years' previous."

Further resources

Some people find using Jointly helpful. This is an app by carers for carers designed to help families coordinate tasks, share responsibilities and communicate more easily. Find out more at carersuk.org/jointly

Our self-advocacy guide also offers tips on working with professionals and understanding your rights. See carersuk.org/self-advocacy

See our 'Coming out of hospital' guidance: carersuk.org/hospital

Let your GP know you care: carersuk.org/your-gp. They can also advise you about accessing online patient records.

We would welcome your feedback – please email comms@carersuk.org

carersUK

20 Great Dover Street, London SE1 4LX
T 020 7378 4999, E info@carersuk.org carersuk.org
@carersuk /carersuk Carers UK @carers_uk

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WIRRAL CARERS HEALTH & WELLBEING SERVICE

Carer Linkworkers Making Caring Visible, Valued & Supported

Regional Carer Support

Wirral Carers Alliance

CARERS TRUST
St Helens Carers Centre

CARERS TRUST
Cheshire and Warrington

carersUK



WIRRAL
Support for carers

Crossroads Together

Cheshire East

Cheshire West & Chester

Liverpool, Sefton, Warrington & Knowsley

NHS
Mersey Care
NHS Foundation Trust



WIRRAL CARERS HEALTH & WELLBEING SERVICE

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Local events!

ST ANDREWS UNITED CHURCH
Rowson Street, New Brighton CH45 2LY

SPRING FAIR

SATURDAY, 28 MARCH
11.00AM—1.00PM

FREE ENTRANCE

Refreshments, cake stall, crafts, chocolate stall, raffle and lots more!

COME AND JOIN THE FUN AT THE FAIR!



Kids Clothes Swap

When: 21 March 10am-12.30am
Where: Lower Bebington Methodist Church, CH63 7RA
What: Kids clothes, Newborn to Teen

Drop clothes off from 10am.
Book Early Bird Tickets online (10.15am Entry)
or general entry is from 10.30am!
£3 per adult, kids are free.

Craft Fair, preloved sale, hot drinks and cakes available too!



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BRACKENWOOD
GOLF CLUB
1935
BRACKENWOOD GOLF CLUB
MEMBERSHIPS AVAILABLE NOW!
No Joining Fee - No Proposer or Seconder
Regular & full competition schedule (March-November)
Outings & residentials
Friendly & relaxed atmosphere, great camaraderie amongst members
Currently playing over the fantastic Wirral Golf Club
Amazing clubhouse facilities at Brackenwood
Social events, community events & so much more!
LINK GOLF UK
Brackenwood Golf Course is proudly being transfered back after a lengthy battle to reopen it with LINK GOLF UK. Join now and be part of this exciting journey!
JOIN US TODAY!
Fur ther information:
Brackenwoodgolfclub@hotmail.com
or through Facebook Messenger

WIRRAL CARERS HEALTH & WELLBEING SERVICE

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ONE DAY AT A TIME

Dementia support group for carers

One Day at a time

We welcome carers who are looking after a loved one with dementia

What we offer

- free sessions, with refreshments and meet people in similar situations
- opportunity to ask questions, advice and tips supporting your journey
- information and pointing you in the right direction for local services

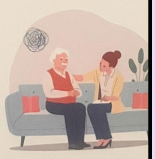
Tuesday 24th March 10am-12pm
Tuesday 7th April 10am-12pm
Tuesday 21st April 10am-12pm
Tuesday 5th May 10am-12pm
Tuesday 19th May 10am-12pm

https://www.one-day-at-time.uk

onedayatatimewirral@gmail.com

Onedayatatime

Inspire community cafe
Breck road, wallasey
Ch44 3BD





World Poetry Day

Saturday 21st March

Birkenhead Central Library

10:00-12:00

Editing Workshop

Bring along a poem to read, edit then re-read
Free but booking is essential:
wirrallibraries.eventbrite.co.uk



hosted by
Alison Schultz

Wirral Libraries Poet in Residence and National Year of Reading Ambassador

GO ALL IN.

WIRRAL wirrallibraries wirral_libraries

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MORE INFO



WIRRAL CARERS HEALTH & WELLBEING SERVICE

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REPAIR CAFE



DATE:
Saturday 21st March
10:00am - 12:00pm

PLACE:
St Mary's Church,
Upton
CH49 6JZ

Don't throw away those broken items, see if our volunteer experts can fix them - FREE OF CHARGE

WHAT TO BRING?

- Household items
- Clothes
- Small appliances
- Computers/ Laptops
- Upholstery Service
- Bikes
- Furniture/woodwork



LET US KNOW:

Complete this small survey and let us know about your item:
https://bit.ly/3u0tMg3?r=qr

Get in touch with us at:
0151 677 1186
St Mary's Upton
Faith for life in Jesus

SUMMER CLUB

Places available!

Wirral Mencap runs a 6 week summer activity club with a range of fun and engaging activities

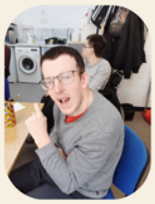
Dates: Friday 10th July until Friday 14th August
Day: Every Friday for 6 weeks

Activities include:

- Mini Golf
- Taekwondo
- Drama
- Dancing
- Bowling
- Boxing and much more!



Contact the office on 0151 666 1829 or pop into the office in to book your space!






The Finale

Wirral MakeFest

Saturday 25th April: 10am - 4pm



Explore STEAM with a sustainable edge & meet our 25 MAKERS!

Science, Technology, Engineering, Arts & Maths

Pop up cafe

Free! Inclusive! Fun!

Birkenhead Central Library
Borough Rd, Birkenhead CH41 2XB

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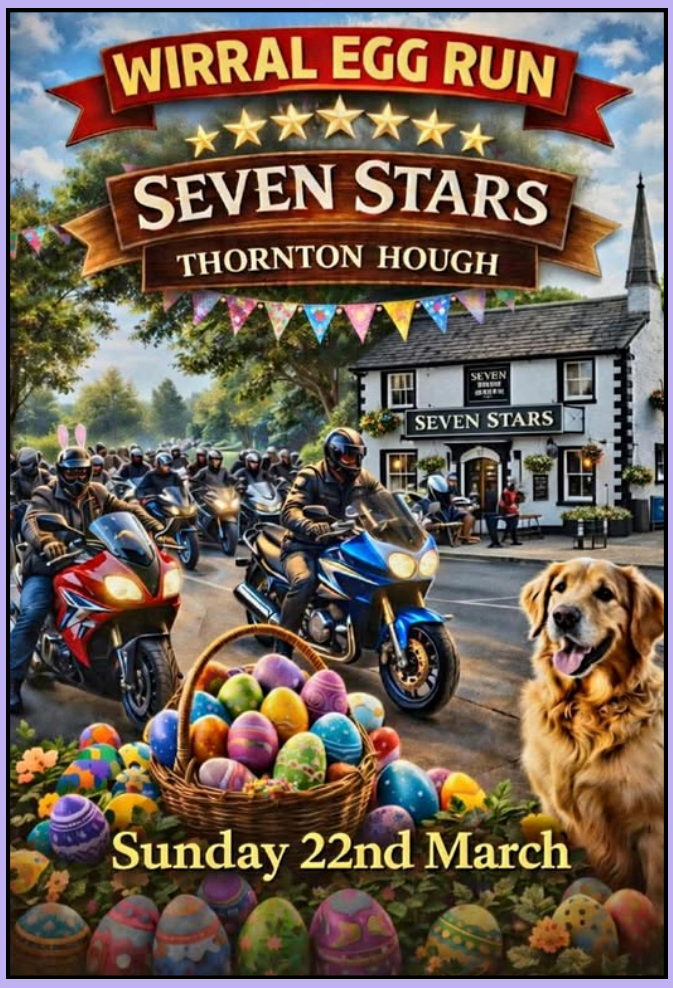

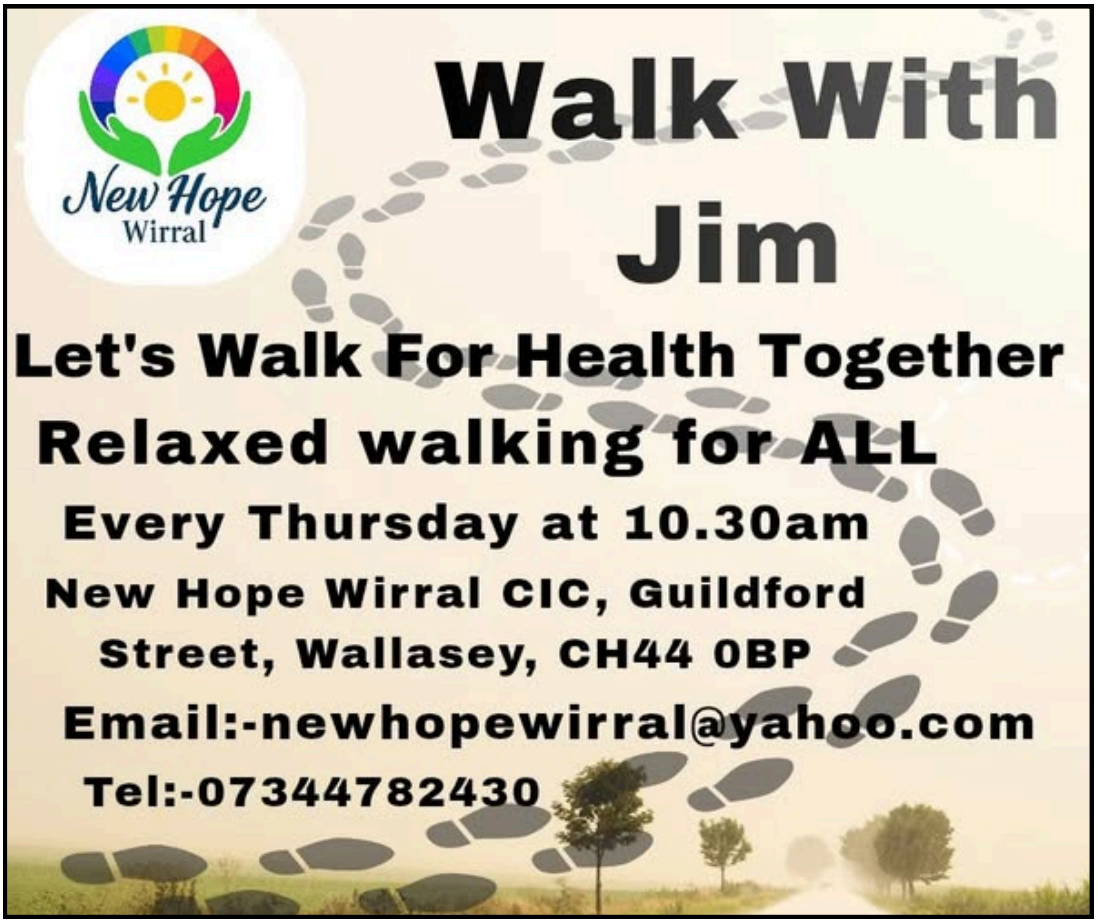

WIRRAL CARERS HEALTH & WELLBEING SERVICE

Carer Linkworkers Making Caring Visible, Valued & Supported





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Complete this small survey and let us know about your item:

https://bit.ly/3u0tMg3?r=qr

Get in touch with us at:
0151 677 1186
St Mary's Upton
Faith for life in Jesus

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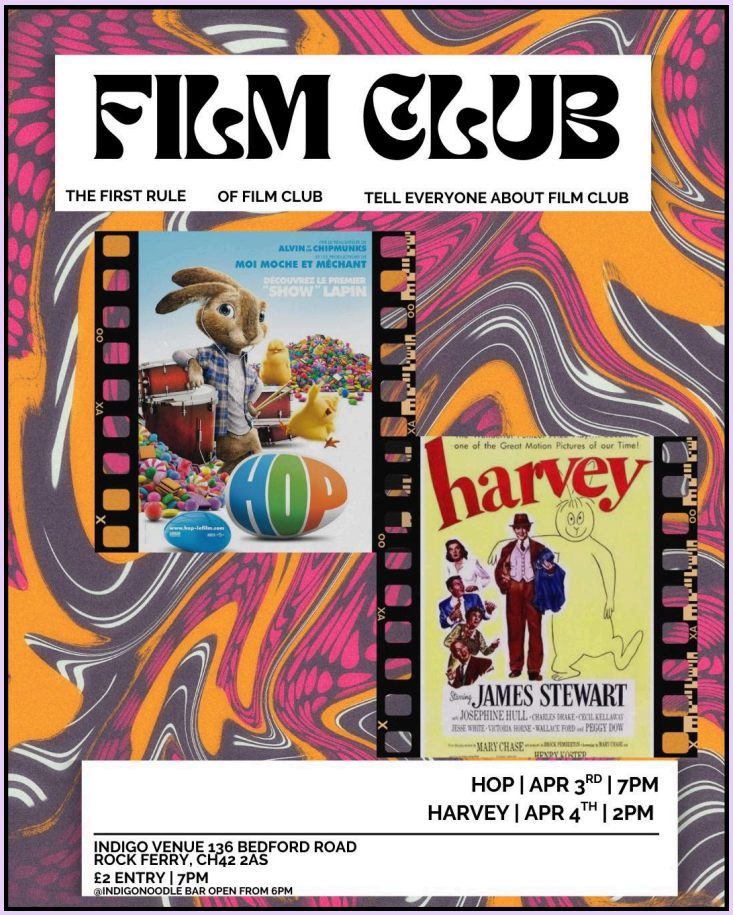
BRIGHTSIDE YOUTH CLUB

13.04	PIZZA & MOCKTAILS
20.04	MINDFULNESS & SENSORY ROOM
27.04	PARK & PICNIC
11.05	DJ WORKSHOP
18.05	DRAMA & IMPROV
01.06	SCAVENGER HUNT

BRIGHTSIDE YOUTH CLUB

08.06	THERAPY DOGS
15.06	SLIME/ ARTS & CRAFTS
22.06	ICE CREAM & WALK
29.06	JEWELERY MAKING
06.07	DIPS BBQ & ROUNDERS
13.07	BOWLING/LASER QUEST





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ROYAL LIVERPOOL PHILHARMONIC

Saturday 12 September 2026 Various Times
Liverpool Philharmonic Hall

Rumours of Fleetwood Mac 2026

BOOK TICKETS



ROYAL LIVERPOOL PHILHARMONIC

Saturday 30 May 2026 3pm
Liverpool Philharmonic Hall

Sensational 60s Experience

BOOK TICKETS

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National Museums Liverpool



On display

Vivienne Westwood: Designer in Focus

17 Apr 2025—17 Oct 2026

A captivating new display celebrating the groundbreaking fashion designer's remarkable career spanning over five decades.

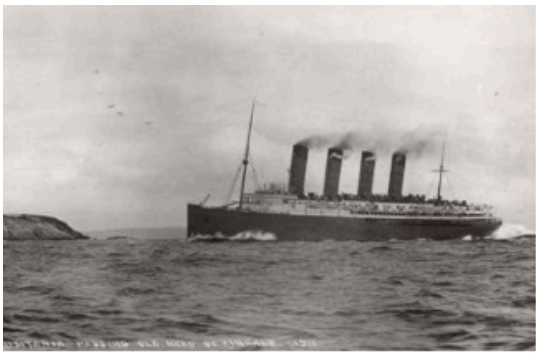
Walker Art Gallery



Antiquities

The museum holds approximately 80,000 artefacts from across the ancient world and is notable for its Egyptian, Greek, Roman and Anglo-Saxon collections. With the exception of numismatics, armoury and weapons our collections are from before approximately 1200 AD. **Please...**

World Museum



Lusitania collection

Reflecting Liverpool's close connections to RMS Lusitania, the Maritime Museum houses a significant collection of objects and archives relating to this notorious Cunard passenger liner.

Maritime Museum



Wild World: Dinosaurs and Natural History

Explore the story of life on Earth through a series of displays that will take you on a journey around the world and through time.

World Museum



Hartley Hut

Head inside one of Liverpool's Hartley Huts and discover the stories of the dock gatemen who used it as their shelter.

Museum of Liverpool

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Monthly Social Coffee Meet

At Thrive on Diversity, we believe that connection and community are an important part of wellbeing. That's why we hold a monthly social coffee meet where people can come together in a relaxed and supportive environment.

📍 Location: Inspire Café, Wallasey
📅 When: The last Monday of every month
Our coffee meets are a great opportunity to:
💛 Meet others in the community
🧠 Connect with fellow neurodivergent individuals
🌿 Have a friendly chat in a relaxed space

Everyone covers the cost of their own food and drinks. However, we want these meet-ups to be as accessible as possible. If you would like to attend but need support with attending or financially, please reach out to us — we're always happy to see how we can help.
Whether you'd like to stay for the whole time or just pop in to say hello, you're very welcome 🤗
#Community #Neurodiversity #ThriveOnDiversity #Wellbeing #Connection





Meatball Sub

SERVES: 4 **PREP & COOK: 30 mins & 25 mins** **TYPE: Easy**



INGREDIENTS

- 2 tbsp vegetable oil
- 8 pork sausages
- 1 tsp garlic puree
- 2 tbsp tomato puree
- 2 x 400g tinned tomatoes
- 1 tbsp dried oregano
- salt and pepper

To serve:

- 4 subway rolls
- 1 bag grated mozzarella cheese

Extra optional topping ideas:
Shredded lettuce / tomatoes / sweetcorn / jalapeños / red onions / black olives / cucumbers / gherkins / chilli sauce / Peri peri mayonnaise

METHOD

- Remove the sausages from the skins and divide each sausage into 3 and roll into balls.
- To a large deep sided frying pan add the olive oil then add the sausage balls and brown all over.
- Add the garlic, tomato puree, tinned tomatoes and oregano and season with salt and pepper. Bring to the boil then reduce to a simmer and leave to cook down for 20-25 minutes stirring regularly until the sauce is nice and thick.
- Place the baguettes onto a baking tray and place into the oven to part bake. Once ready, slice them open and spoon the meatball mix into the 4 baguettes.
- Add a handful of mozzarella to each and place into the oven for another 5 minutes until the cheese has melted.
- Top with whatever salad you like and enjoy!

WIRRAL CARERS HEALTH & WELLBEING SERVICE

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What is Shopmobility?

The Shop mobility services hires manual and powered wheelchairs and powered scooters to members of the public who have limited mobility. These can be used to shop or visit leisure, commercial and hospital facilities in the surrounding area.

Who can use Shopmobility?

Equipment can be hired by anyone with mobility issues, whether due to age, disability or injury, so irrespective of the nature of your mobility issue these services are available to you.

How does it work?

Visiting for the first time?

When you arrive, our friendly team of staff will welcome you and guide you through the process. They'll help you choose the most suitable equipment for your needs and provide full training so you can use it safely and confidently.

Test Driving a Scooter

Trying a scooter for the first time? No problem – **a quick test drive only takes a couple of minutes**.

One of our team members will chat with you to help decide which scooter best suits your needs. They'll ask a few simple questions like:

- Have you driven a scooter before?
- How confident are you with using one?
- What kind of journey do you plan to make?

This helps us make sure you feel comfortable and safe before heading out.

Birkenhead Centre

Birkenhead Shopmobility is ideally situated in Birkenhead town centre, just a 2-minute walk from Birkenhead Bus Station and within 5 minutes of three different train stations, making it incredibly easy to access. Additionally, we're only a short distance from the Birkenhead Park, offering a perfect blend of convenience and location.

Location: Wirral Independent Living and Carers Resource Centre, 5 St John Street, Birkenhead, Wirral, CH41 6HY

Tel: 0151 647 6162

Opening Times: Monday – Friday, 9am – 4.30pm, Saturday, 9:30am-4pm, Sunday, CLOSED

Liscard Centre (currently closed till early 2026 due to maintenance and building work)

Parking

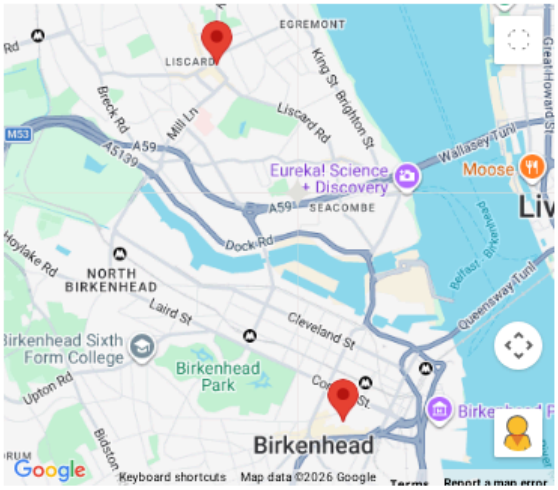
We have **FREE** parking at both our Birkenhead and Liscard locations for anyone using our Shopmobility Service.

Wirral Shopmobility

Most Frequently Asked Questions

- What training do we offer to all new scooter users?
- Do I need to test drive a mobility scooter?
- How easy is it to learn to drive a mobility scooter?
- Do I need a driver's license to operate a mobility scooter?
- Do I require an eyesight check for driving a mobility scooter?
- How far can a mobility scooter go on a full charge?
- What weight can a mobility scooter hold?
- What do I do if my Scooter doesn't move with the key switched on?

Locations



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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**

- **Radar keys - £4**

Opens more than 10,000 disabled toilets across the UK



- **Blue Badge Holders £4**

Protective wallet to protect your Blue Badge from wear and tear



Pop along and see us today!

- **Walking Sticks £14**

All different styles, shapes and sizes to suit



- **Walking Stick Ferrules £2**

A protective, typically rubber, cap that fits onto the bottom of a walking stick or crutch to provide essential grip, stability, and safety on various surfaces





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Government Launches Review of Mobility Scooter and Powered Wheelchair Laws

NEWS

The Government has launched a consultation to review and update the laws that cover mobility scooters and powered wheelchairs.

We encourage all ShopMobility centres, mobility scooter users, and powered wheelchair users to participate in the review by completing the questionnaire - click here.

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!





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

@ 5 St John Street, Birkenhead CH41 6HY

ShopMobility UK

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



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

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

DISCLAIMER

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