WIRRAL CARERS E-NEWS

Wired
Putting You First

Issue:9

30th April 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

CYBER CRIME SESSION

In partnership with Merseyside Police, we will be delivering a session on Cyber Crime Awareness and how you can protect yourself.

FRIDAY 8TH MAY, 1PM-3PM
ST JAMES CENTRE, 344 LAIRD STREET, BIRKENHEAD, CH41 7AL

The session will be covering...

- Digital footprint and data leakage
- Social media red flags
- Public Wi-Fi and rogue access points
- Advice from the bank
- Location tracking and DA victims
- Hacking and passwords
- Phishing
- Risk of online dating
- Sextortion
- Cyber bullying and offences
- Computer misuse acts
- Reporting cyber crime



CONTACT US TO BOOK - BOOKING IS ESSENTIAL

Wired Putting You First | 0151 670 0777 | cws@wired.me.uk | MERSEYSIDE POLICE



MHFA England

Wired Putting You First

Stress Management
Training for Unpaid Carers

Did you know that more than 80% of carers feel stressed or anxious, and over 50% feeling depressed or lonely?

WIRED deliver a short session delivered by Psychotherapist Sue Stinchcomb, that provides carers with some easy to use strategies and techniques to manage and reduce stress levels.



- Monday 18th May
- 1pm-3pm
- St James Centre, 344 Laird Street, Birkenhead, CH41 7AL

Contact us to book your FREE space
Booking is essential

Free refreshments will be provided

cws@wired.me.uk | 0151 670 0777

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 13th May

10am-12pm

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



How to book...

0151 670 0777

cws@wired.me.uk

Wired Putting You First

Ring 0151 670 0777 to book your place!

WIRRAL CARERS HEALTH & WELLBEING SERVICE

Carer Linkworkers Making Caring Visible, Valued & Supported



If you have attended any of our training sessions lately - please spare 5 minutes to submit feedback.

Just click this box to access!





Thank you! to everyone who kindly donated crockery & teapots to help support our Carer's Afternoon Tea - which is coming up during June Carer's Week! Look out for further details!



WIRRAL CARERS HEALTH & WELLBEING SERVICE

Carer Linkworkers Making Caring Visible, Valued & Supported

Wirral Carers Alliance

CoLLaB

Carer Connection Centre

WEDNESDAY 20th MAY - 10am to 6.30pm

GREASBY LIBRARY, CH49 3AT

Come and Connect with Support Services and other Carers that understand the highs and lows of caring for loved ones living with Dementia

WHO WILL BE THERE TO SUPPORT YOU?

Wirral Carers Alliance,
The Alzheimer's Society,
Dementia Together,
Age UK Wirral,
Citizens Advice, Social Prescribing,
People Plus,
Healthier West Wirral Primary Care,
NHS Breast Screening,
Cheshire & Wirral Partnership,
Stein Centre - Memory Service
Home Instead

Alzheimer's Society · Dementia Together Wirral · Wirral age UK · citizens advice Wirral · DEMENTIA ACTION WEEK · HEALTHIER West Wirral PCN · Wirral Social Prescribing Scheme · PeoplePlus · cwp Cheshire and Wirral Partnership NHS · Wirral and Chester Breast Screening Programme

A Safe Space of Support - We Care that You Care

Check out the website for more information or email the team to join the mailing list and receive bulletins

Commitment to Carers

www.wirralcarersalliance.com **info@wirralcarersalliance.org.uk**

Commitment to Carers

'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**

For more information and to book your place, scan the QR code to visit the website or email us below

www.wirralcarersalliance.com

info@wirralcarersalliance.org.uk

Wirral Carers Alliance

WIRRAL CARERS HEALTH & WELLBEING SERVICE

Carer Linkworkers Making Caring Visible, Valued & Supported

WirralGlobe



Wirral families encouraged to share views on SEND services in new survey

Families in Wirral are being encouraged to share their experiences to help shape the future of SEND services.

Read more



Merseyside crews support national Be Water Aware campaign

Merseyside Fire and Rescue Service supports Be Water Aware campaign to prevent drownings as crews engage with public at waterside spots.

Read more

wirralview

WIRRAL COUNCIL COMMITTEE UPDATE

Continuity confirmed for Tollemache Road short breaks

WIRRAL CARERS HEALTH & WELLBEING SERVICE

Carer Linkworkers Making Caring Visible, Valued & Supported

🎵 Help Us Celebrate Mia's Bell-Ringing and Support a Local Children's Cancer Charity

Mia was diagnosed with leukaemia at age seven and has faced an incredibly tough journey, including serious complications from treatment. Throughout it all, she has shown extraordinary strength and resilience.

During Mia's darkest days, the **Owen McVeigh Foundation** has been a lifeline for our family, creating precious moments of joy and normality through special experiences that meant more than words can express.

This May, Mia completes treatment.

To mark this milestone and her 10th birthday we are planning a music-festival-style celebration to mark her 'ringing the bell'.
As part of the celebration, we are fundraising to give back to the Owen McVeigh Foundation, so they can continue supporting other families across Wirral, Merseyside and into Cheshire.

How you can help

We are kindly asking whether you or business's would consider donating an item, voucher, or experience for a raffle or auction, with the draw taking place on 18 July 2026.

Donations might include (but are not limited to):

- **Gift vouchers or experiences**
- **Tickets or hospitality**
- **Beauty or wellness packages**
- **Family days out**
- **Hampers, bottles, or special treats**
- **Services or skills.**



Every contribution, big or small, will help us raise funds for this incredible charity



Owen McVeigh Foundation

Get in touch

If you are able to donate a prize please contact:
Lisa Buchanan
Lisa.Buchanan38@Googlemail.com

A letter of authority from the charity can be provided on request.
Thank you very much for helping us celebrate an extraordinary milestone and support a truly remarkable cause

Housing & Food Support

Rough Sleeper Initiative

Homeless outreach service, helping people access mainstream accommodation

Telephone/Text/Voicemail:
07821 125119

Email:
rsiteam@birkenheadymca.com

Housing Options

Advice, support & assistance on housing related matters

Monday - Friday
9 am - 5 pm

Phone (Weekdays):
0151 666 5511

Phone (Emergency Duty Team / Out Of Hours):
0151 677 6557

Email:
housingoptions@wirral.go.uk

Charles Thompson Mission

Food & clothing support
Monday, Tuesday, Wednesday, Thursday & Sunday

2 Hemmingford Street CH41 4AP
0151 673 1313

Nightingales

Free Hot Meals
Thursday after 4 pm
88 Argyle Street CH41 6AG
0151 647 0286

Diversity Hub

Free Surplus Food
Monday, Tuesday, Thursday, Friday & Saturday
10:30 am - 12 noon
6 Liscard Road CH44 6LN - 07938 688346

Spider Project
Compañeros

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FOOD DONATIONS!

We our finding ourselves very low on veg, more specifically greens and herbs! if anyone could drop by with lettuce, spring greens, cabbage, rocket, spinach ect, we would be extremely grateful 💚 This will not only feed our guinea pigs and rabbits, but also our chickens, pigs and more 🐓 Thank you all for your continued support, we appreciate every single one of you 🙏

it takes a village
Wirral Baby Bank



Big Ask For Little People

It takes a village
WIRRAL BABY BANK

We're currently looking for more Donations of prams for little ones in our community

READ MORE

WIRRAL CARERS HEALTH & WELLBEING SERVICE

Carer Linkworkers Making Caring Visible, Valued & Supported

Dementia Together Wirral

Social Support and Friendship

May 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

Please leave a voicemail if we are unable to answer your call

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

May 2026

1st 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

2nd Sat — **MEMORY CAFÉ (with activities)** at **Popsy's** HOYLAKE
First Saturday of each month at 2.00pm to 4.00pm
Popsy's, Hoylake Community Centre, The Parade, Hoyle Road, Hoylake CH47 3AG

5th Tues — **NEW ****** BAKING TOGETHER *****NEW** at **Beechwood Community Shop**
Trained chef will be assisting
First Tuesday of each month at 1.30pm to 3pm
Community Trust, Manor House, Beechwood Road, BEECHWOOD CH43 7ZU

7th Thur — ~~WEST KIRBY MEMORY CAFÉ – Marine Place~~
~~First Thursday of each month at 10.30am to 12pm~~
~~Join us Join us at Marine Lake Medical Centre Café~~
~~,Orrysdale Road,West Kirby CH48 5AA~~
POSTPONED

7th 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

8th 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

11th Mon — **AMENDED DATE FOR MAY 'SINGING TOGETHER' at Holy Trinity Church Spital**
Session will now take place on the second Monday of the month for May (instead of first Monday) at 11.00am – 12.30pm
Music and singing with Robin and Marie. Holy Trinity Church, Chorley Way, Spital CH63 9LS

12th Tues — **'WALKING FOR THE MIND'** Short walk around Arrowe Park
Second Tuesday of the month.
Meet in front of the golf Club House (behind the Toby Carvery) at 2pm
Tobery Carvery Arrowe Park Road, Birkenhead, Wirral, CH49 5LW
If the weather is poor, we will still meet and go for refreshments.

14th Thur — **MEMORY CAFÉ** at **Parkgate & Neston URC**
Second Thursday of the month at 2.00pm to 4.00pm
P&N URC Church, Moorside Lane (off Parkgate Road), Neston CH64 6UZ

DEMENTIA INTEREST EVENTS OFFERED BY OTHERS

INFORMATION STAND – ARROWE PARK HOSPITAL

Dementia information 'drop in' session at Arrowe Park Hospital **Wednesday 6th May** from **1.30pm to 4.30pm** first Wednesday in the month. (Through the main entrance. Left hand side in front of switchboard reception)). Help, advice and support from Dementia Together Wirral. If you prefer you can book an appointment by calling 07935 797445

WIRRAL CLASSIC CAR SHOW

We're delighted to share that Dementia Together Wirral has once again been chosen as Charity of the Year for the Wirral Classic Car Show.
There will be four events taking place between May and September, with the first event on **Sunday 10th May**, held in **Port Sunlight (near the Art Gallery, CH62 5ED)** from **11:00am to 3:00pm**.
Come along to enjoy a fantastic display of classic cars while supporting a great cause. We'd love to see you there!

THE LIGHT CINEMA –Dementia friendly showing of 'Back to the Future (40th Anniversary Re-Issue))' on Thursday 7th May.. A Lunch buffet provided by Iceland 30 mins before the show starts at 1.15pm Show has ani interval. The Light, Marine Point, King's Parade, New Brighton CH45 2HZ

WELCOME ME – Brain stimulating activities and good company.
Every Tuesday and Wednesday 10am to12pm (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

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

16th Sat — **MEMORY CAFÉ (with activities)** at **Popsy's** HOYLAKE
Third Saturday of each month at 2.00pm to 4.00pm
Popsy's, Hoylake Community Centre, The Parade, Hoyle Road, Hoylake CH47 3AG

19th 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

19th Tue — **MUSICAL MINDS** at **Windsor Close Community Centre**
With 'Steve Dean'
Third Tuesday of the month at 2.00pm to 3.30pm. Windsor Close Community Centre, Windsor Close, New Ferry CH62 5BZ

20th Wed — **NARROWBOAT TRIP – Christleton to Tattenhall meeting at 9:30am for 10:00am sailing. Lunch is included**
Booking is essential. Contact Nikky at: info@dementiatogetherwirral.org

26th 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

26th Tue — **MEMORY CAFÉ** at **Trinity Methodist Church** Ellesmere Port
Last Tuesday of each month at 12.00 to 1.45pm
Trinity Methodist Church, Whitby Road, Ellesmere Port CH65 0AB

26th 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

28th Thur — **Coach Trip to NORTON PRIORY**
Fourth Thursday of each month. Trip includes lunch.
Meet at **9.45am for 10.00am** departure from **Bus layby, Just past Hamilton Street Station, Chester Street Birkenhead CH41 DA. Second pick up Royal Oak, High Street, Bromborough CH62 7EZ 10.20am**
Booking is essential Contact Nikky on info@dementiatogetherwirral.org

28th Thur — **MEMORY CAFÉ (with activities)** at **Parkgate & Neston URC Community Hall**
Singing with Marie and Robin
NESTON Fourth Thursday of each month at 2.00pm to 4.00pm
P&N URC Church, Moorside Lane (off Parkgate Road, Neston CH64 6UZ

29th 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

30th Sat — **NEW************** BOWLING TOGETHER **************NEW**
Last Saturday of each month 2.00pm to 4.00pm
The Manor Care Home, Moreton Road, Upton, CH49 4NZ
Booking is essential. Contact Nikky at: info@dementiatogetherwirral.org

LIVERPOOL JOHN MOORES UNIVERSITY

NHS
The Clatterbridge Cancer Centre
NHS Foundation Trust

If you are an informal carer looking after a person with cancer and you have a long-term health condition/s, please help us with our research

CLICK HERE

What is the research about?

This study explores the views and experiences of informal carers (e.g. family member or 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 3 interviews with a researcher over a period of 8 months.

What do you need to do?

If you would like to be involved, please scan the QR code here, which takes you to a form, and fill in the details for the research team, so we can contact you. On that form, you will also find links to more information about the study.

What will happen with the results?

We hope the results 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.

To find out more about the study, please contact:

Dr Lynda Appleton, Senior Researcher, The Clatterbridge Cancer Centre
Tel: 07787 253584
Email: Lynda.appleton@nhs.net

Thank you for taking the time to read this leaflet.

V 1.1 24/04/2025 IRAS: 339958

WIRRAL CARERS HEALTH & WELLBEING SERVICE

Carer Linkworkers Making Caring Visible, Valued & Supported

Looking after an elderly relative?

READ MORE



Download our FREE eBook for essential tips to plan ahead and reduce risks

ASK THE COMMUNITY

What's one thing you feel guilty for, but sometimes just need to say?

I feel guilty that Dad had to go into a care home. He and Mum had been together for 80 years. Separating them feels so cruel.

Carents®

ASK THE COMMUNITY

What's the one thing you wish people truly understood about your life?

Even my free time fills with caring tasks. I've neglected my own life for so long I barely notice.

Carents®

DEAF AWARENESS WEEK 2026

UK Council On Deafness

RIGHT TO UNDERSTAND

4 – 10 MAY



TOGETHER, WE BREAK BARRIERS

info@ukcod.org

#DAW2026

www.ukcod.org

WIRRAL CARERS HEALTH & WELLBEING SERVICE

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Help improve NHS appointments for people with disabilities.

If you have a disability, or support someone who does, please complete our short survey about GP appointments and health checks.

Your feedback will help us make services easier to access.

To take the survey CLICK HERE **or scan the QR code below!**

Health Check Appointments



Thank you for helping us improve NHS care.

(All Age Independence and Provider Services, Wirral Council)

Alzheimer's Society

Meet with a Dementia Adviser



The Stein Centre, Derby Road, Birkenhead CH42 0LQ

Dementia Information and Support

Open to Wirral residents who have received or are awaiting a dementia diagnosis. Carers are also welcome.

What to Expect

- **Free** sessions run by Dementia Advisers from Alzheimer's Society
- Information following a dementia diagnosis or for those awaiting a diagnosis
- Information on **local services** in the community, including **benefits** and **support groups**
- **One-to-one** support •

Resource pack

Where and When:

- First Wednesday of every month, 15.00 – 16.30
- Booked in up to October 2026
- @ Stein Centre at St Catherine's



Booking not required, but please call or email us if you can, to let us know which session you're planning to attend.

0151 420 8198

07720 152202

wirral@alzheimers.org.uk

WIRRAL CARERS HEALTH & WELLBEING SERVICE

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people's health trust

Men's Health Is Everybody's Business



There are stark inequalities in men's health across the country

Men born in the country's most deprived areas can expect to die up to 10 years earlier than those born in a wealthy areas. They will also spend on average nearly 19 years more of their lives in poor health, because of stark inequalities that exist across the country (ONS, 2026). These inequalities reflect "the building blocks of health" - the social and economic conditions shaping daily life. In addition, men are disproportionately affected by cancer, cardiovascular disease, type 2 diabetes and suicide - yet are less likely to ask for, or accept, help - than women.

These men are not just statistics, they are our dads, partners, sons, brothers, and colleagues, and they need our help.

Latest news - our new partnership

We've partnered with the UK Government and Movember on a major new initiative. The Men's Health Community Fund will deliver £6.3million to support men facing the sharpest health inequalities across England.

Read more >





News

Rents soaring fastest in England's most disadvantaged regions while health-harming housing persists

17 April, 2026

Learn more

ENERGISE
Powering Lasting Careers

catch 22 Supported by

A 4-week programme delivered by Catch22 and funded by Shell, to support people facing barriers into jobs and apprenticeships that support the energy transition.



Participants will receive:

- Automatic access to a 4-week energy transition programme, delivered remotely.
- A dedicated Career Coach providing 1-2-1 tailored support to break down barriers.
- Financial support for employment-related costs, such as: DBS checks, SIA Badges, CSCS cards, and more.
- In-work support once participants secure employment, including funding for travel expenses, PPE, and more.
- A dedicated partnerships team working with employers to provide exclusive job vacancies.

Contact: energise@catch-22.org.uk for more information.

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UNLOCK YOUR POTENTIAL WITH

LIFE COACHING

PERSONAL GROWTH

- Discover your values & purpose
- Build confidence & self-awareness

ACHIEVE YOUR GOALS

- Set clear, actionable goals
- Stay focused & motivated
- Celebrate your progress

IMPROVE WELLBEING

- Find work-life balance
- Manage stress effectively
- Build healthier habits

For more information, please contact Jayne on 07963 089704

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growth platform

Health & Life Sciences

LIVERPOOL CITY REGION
COMBINED AUTHORITY



Don't miss your chance to apply for the Liverpool City Region Life Sciences Innovation Zone grant call

Eligible Health and Life Sciences organisations can secure up to £55,000 to deliver collaborative proof of concept projects with access to expert research partners, specialist facilities and tailored support to develop and scale new technologies.

Apply now

Skills & Talent

Do you know anyone looking for work experience this summer?

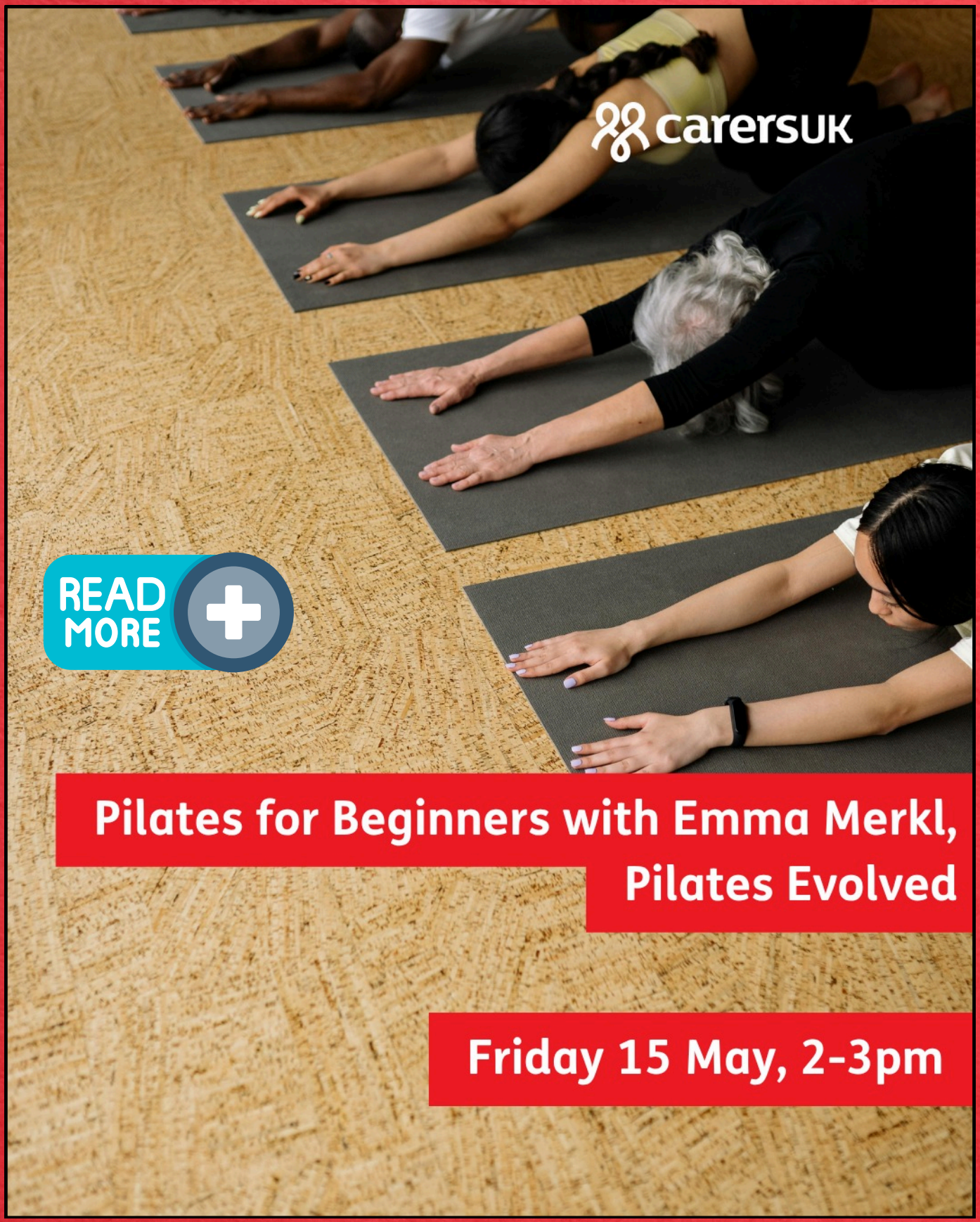
KQ Interns offers students hands-on opportunities to develop real-world skills, grow their confidence and connect with leading businesses and industry experts in Liverpool's world-class innovation district.

Find out more

WIRRAL CARERS HEALTH & WELLBEING SERVICE

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carersUK



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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!

the light New Brighton



Back to the Future (40th Anniversary Re-Issue) PG

Book now for **New Brighton**

Thu 7 May | Thu 21 May

Click a time to book

13:15
DEMENTIA FRIENDLY

Marty McFly, a 17-year-old high school student, is accidentally sent 30 years into the past in a time-traveling DeLorean invented by his close friend, the maverick scientist Doc Brown.

To mark Dementia Action Week (18 - 24 May 2026), The Light is delighted to offer an extra dementia friendly screening in partnership with Alzheimer's Society on Thursday 21 May. Alzheimer's Society representatives will be there with information about support available for families in the Wirral.

Director
Robert Zemeckis

Duration
1 hour 51 minutes

Cast
Christopher Lloyd, Lea Thompson, Michael J. Fox, Crispin Glover, Thomas F. Wilson

Genre
Adventure, Comedy, Science Fiction

DEMENTIA FRIENDLY EVENT

WIRRAL CARERS HEALTH & WELLBEING SERVICE

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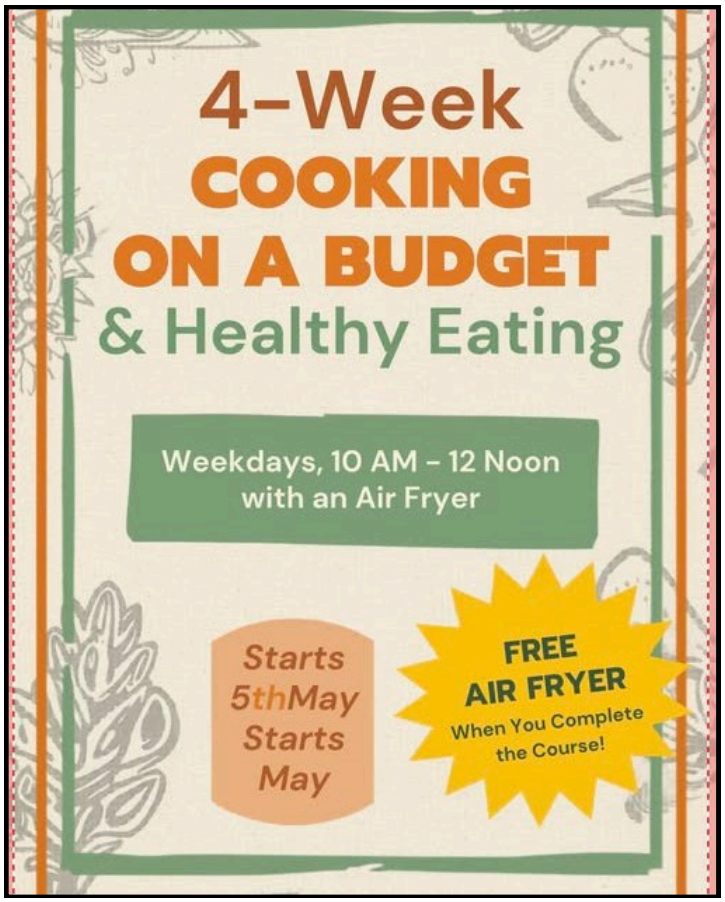






WIRRAL CARERS HEALTH & WELLBEING SERVICE

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A free 4-week air fryer cooking course is starting soon, supporting people to prepare healthy, budget-friendly meals.

The course includes: Healthy eating made simple, budget-friendly cooking tips, hands-on learning.

🎁 A free air fryer is provided on completion of the course.

📅 Tuesday 5th May 2026

⏰ 10:00am–12:00 noon

👉 To find out more or book a place, contact the organisers directly:

📩 laura.akcommunity@gmail.com

⚠️ Places are limited.



WIRRAL CARERS HEALTH & WELLBEING SERVICE

Carer Linkworkers Making Caring Visible, Valued & Supported

Women of the Wirral

UPCOMING EVENTS

We've got a beautiful line-up of gatherings coming up – spaces to connect, relax, learn and enjoy time together 💛



Friday 8th May
VE Day Celebrations

- St Stephen's
- 1:00 – 3:00
- £6

Join us for food, music and (fingers crossed!) a sunny afternoon as we come together to celebrate.



Wednesday 13th May
Brazil Night

- Callister Gardens
- 7:00 – 9:00
- £10 (only 3 places left!)

Enjoy food and music, with Yasmin sharing her experience of travelling to Brazil with the Katumba drummers.



Monday 18th May
Sound Bath & Well-being Session

- Callister Gardens
- 11:30 – 2:30
- £10

Relax and restore with a sound bath from Anam Cara, followed by a calming well-being session.



Wednesday 10th June
Paint a Garden Pot with Prosecco

- Callister Gardens
- 7:00 – 9:00
- £10

Enjoy a relaxed evening painting your own garden pot, with a glass of prosecco and good company.



Monday 22nd June
Summer Solstice Celebration

- Callister Gardens
- 12:00 – 3:00
- £5

Celebrate the longest day of the year together with a relaxed, uplifting afternoon in nature.



Thursday 9th July
Well-being Day

- Callister Gardens
- 10:00 – 2:00
- £20

A nourishing day for mind and body:

- Talk from Lyndsey, Medical Herbalist
- Hands-on activity
- Lunch included
- Well-being & meditation sessions



Wednesday 15th July
Summer Party

- Callister Gardens
- 7:00 – 9:00
- £10

A joyful get-together before we break for summer:

- Quiz
- Food
- Music

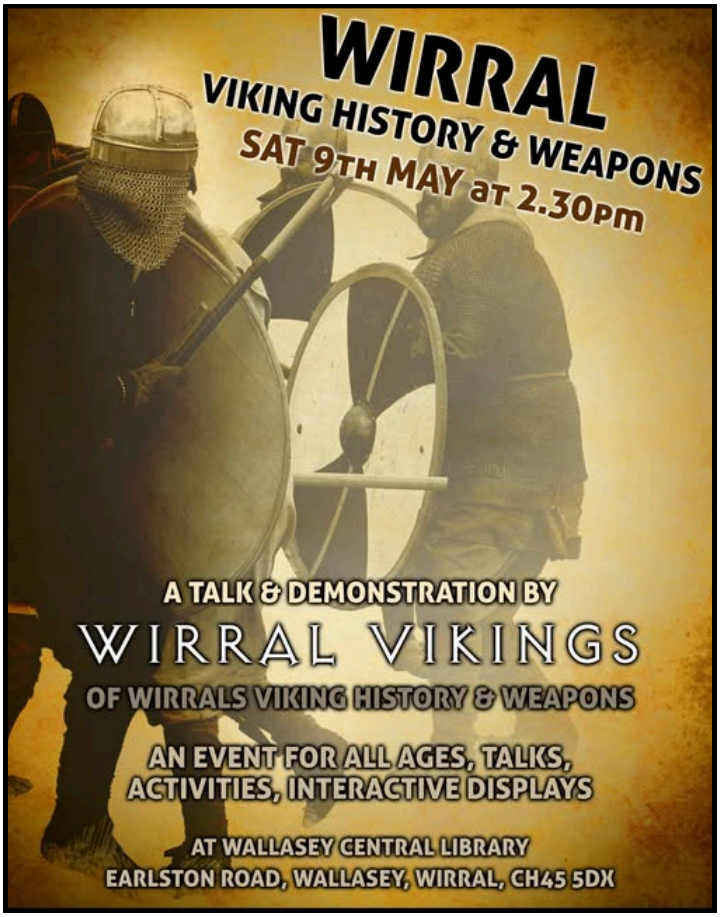
These events are all about connection, community and creating space for women to feel supported and uplifted.

Message to book your place – we'd love to see you there! 💛

WIRRAL CARERS HEALTH & WELLBEING SERVICE

Carer Linkworkers Making Caring Visible, Valued & Supported









WIRRAL CARERS HEALTH & WELLBEING SERVICE

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BOAT TRIPS 2026

EXPLORE. RELAX. ENJOY THE JOURNEY.







5/5/2026 TUES
CHESHIRE CAT TO TATTENHALL CROW'S NEST
SHORT DAY
ON: OVER THE RAINBOW

9/6/2026 TUES
CHESHIRE CAT TO WHARTON'S LOCK
FULL DAY
ON: OVER THE RAINBOW

9/7/2026 THURS
CHESHIRE CAT TO COW LANE BRIDGE
FULL DAY
ON: POT OF GOLD

11/8/2026 TUES
CHESHIRE CAT TO BEESTON SHADY OAK
FULL DAY
ON: OVER THE RAINBOW

8/9/2026 TUES
CHESHIRE CAT TO TATTENHALL
SHORT DAY ON: OVER THE RAINBOW

ALL TRIPS £25
£10 DEPOSIT

FOR MORE DETAILS AND TO BOOK,
please phone:
0151 336 7805

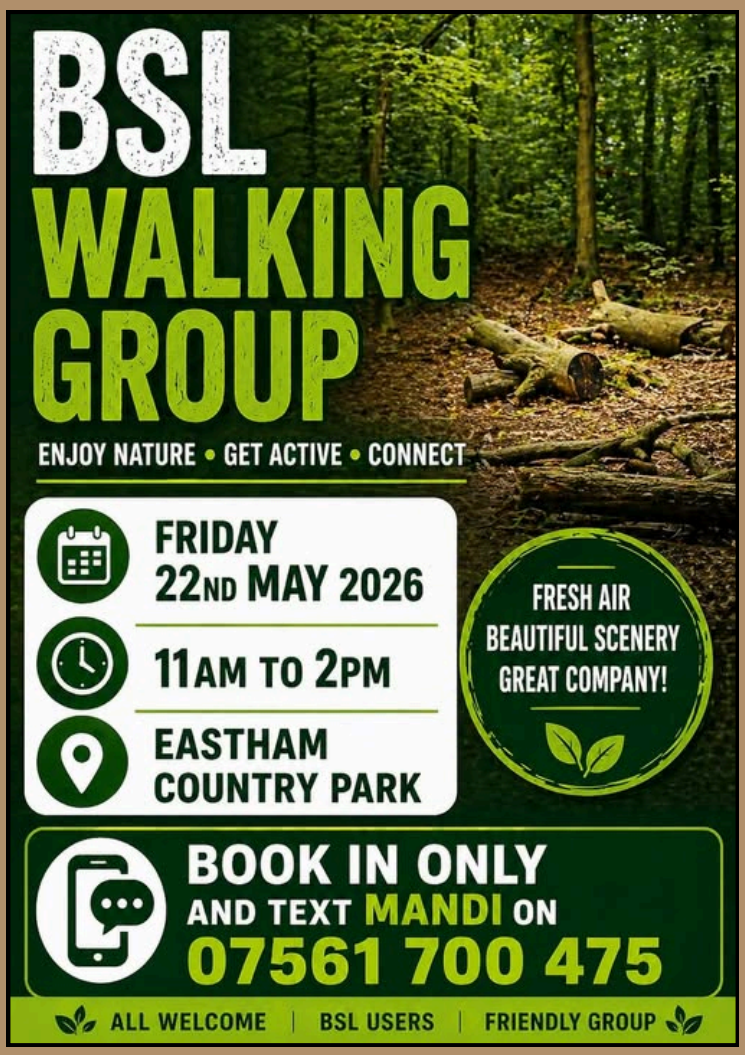
Neston Angels

NCVC

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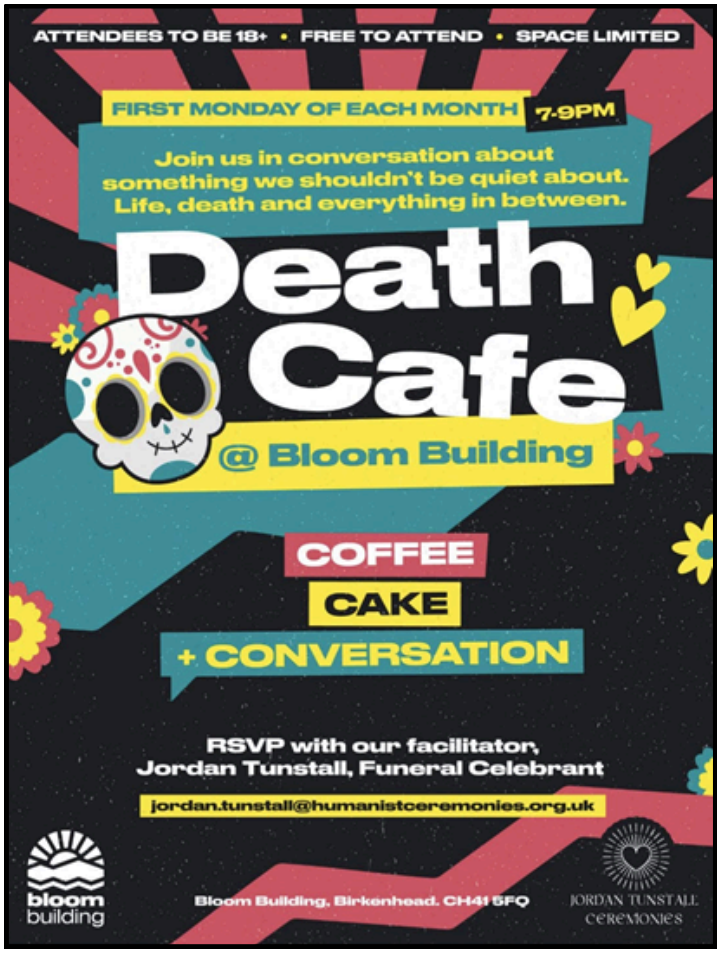


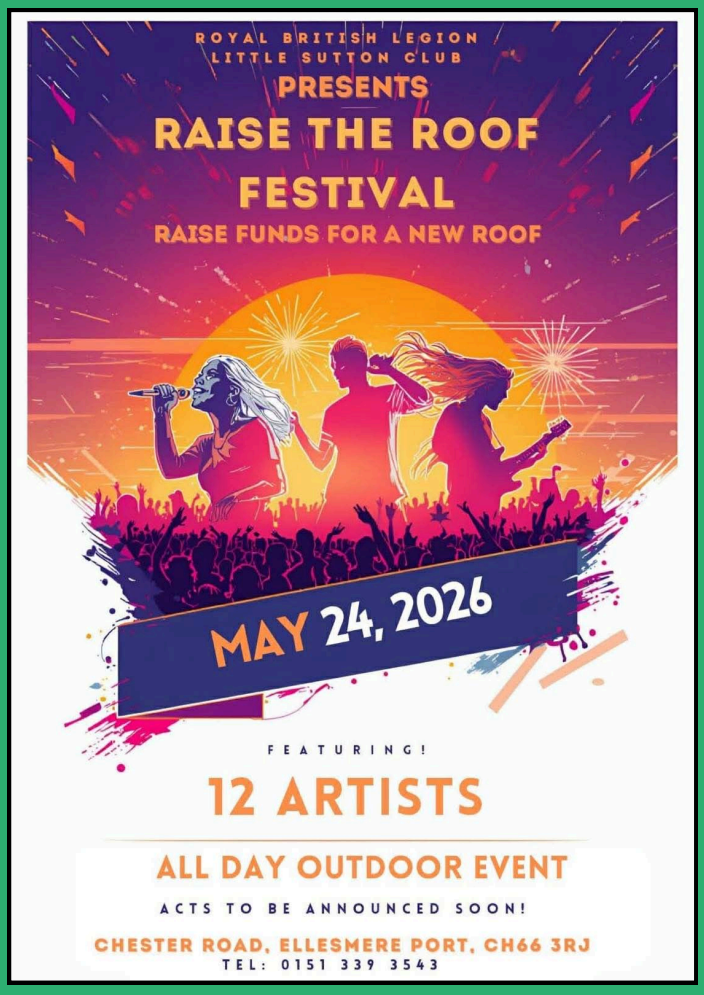




WIRRAL CARERS HEALTH & WELLBEING SERVICE

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Wirral Veterans Breakfast Club has re-started and now meets every Wednesday from 1000-1200 hrs at The Quirky Cafe, 124e Market Street, Hoylake. Come and join us for good food good companionship and plenty of good chatter.

CALLING ALL MILITARY VETERANS.



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MNDA
CHARITY BALL

6th June 2026
From 7PM until late

Join us for an unforgettable evening

A black tie ball in aid of MNDA Wirral
Prenton Golf Club

What to expect:
- Live entertainment
- Buffet
- Raffle

A fantastic night for a meaningful cause



Dress Code:
Black Tie
(with a touch of blue)

Contact:
lucydemps@hotmail.co.uk
07809564185

£20 a ticket
Buy tickets now

Neston Neurodivergent Get-Together

For neurodiverse people 18+

Wednesdays 1.30-3pm
Neston Community Centre,
Burton Road, Neston



In the Welcome Space (opposite reception)

- A low-pressure social group in a safe, inclusive space.
- Board games, colouring provided.



- Socialise or share the space with others silently.
- Fidget toys available
  - and/or bring your own sensory aids



Inculsive to all abilities, gender identities, sexualities, races

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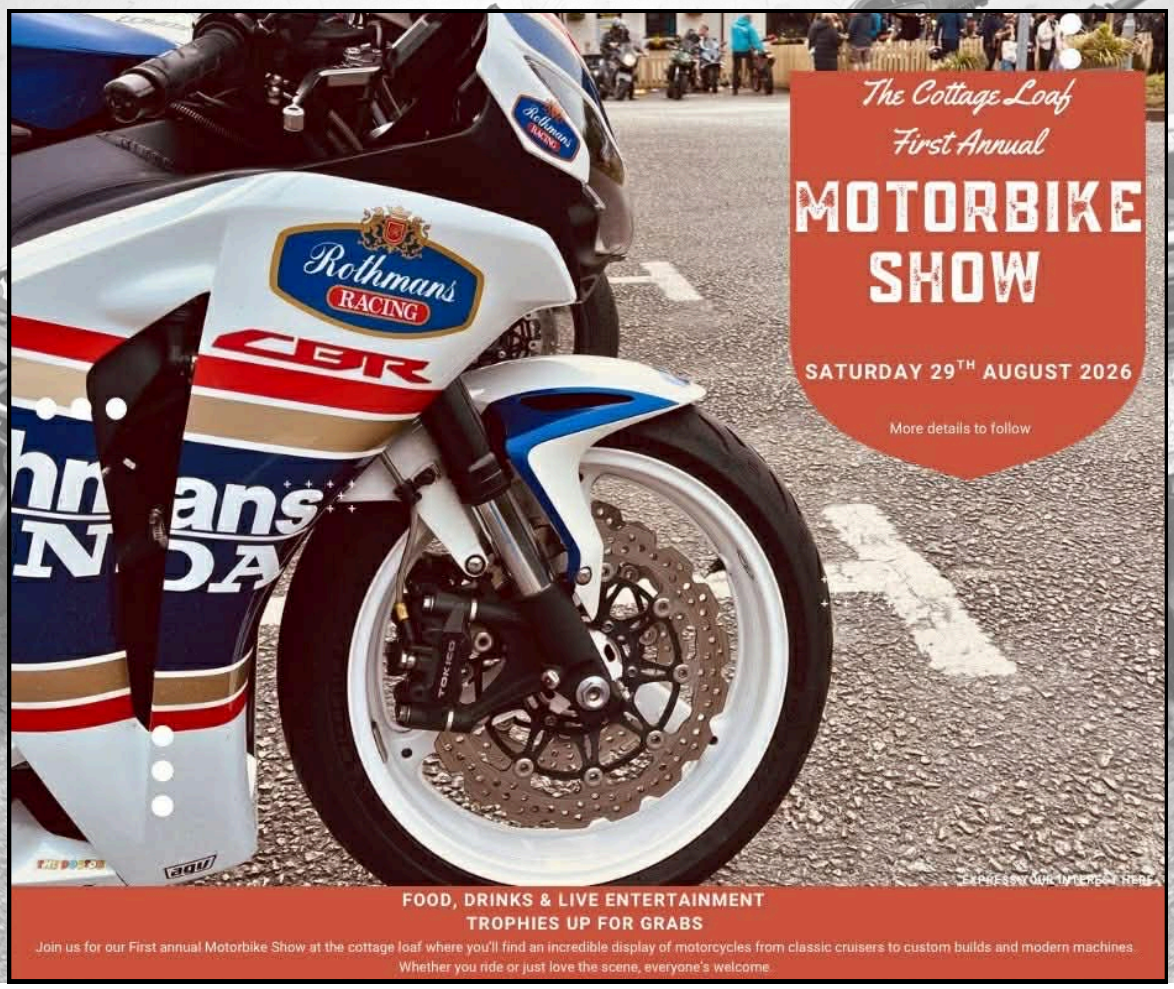






WIRRAL CARERS HEALTH & WELLBEING SERVICE

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Lifeline Productions
presents

THE LION, THE WITCH AND THE WARDROBE

Music by
Irita Kutchmy

Book and lyrics by
Irita Kutchmy

Based on the novel by
C.S.Lewis

Thursday 7th to Saturday 9th May 2026

Evening performances (Thursday & Friday) 7.30 pm
Saturday matinee 2pm
(Doors open 30 minutes before start)

Tickets £13 adults / £8.50 children and concessions

The Carlton Little Theatre, Grange Road West, Birkenhead

Tickets via www.ticketsource.co.uk/lifeline-productions
or 0151 513 2636

This amateur production is presented by arrangement with
Music Theatre international
All authorised performance materials are also supplied by MTI
www.mtishows.co.uk

THE GREASBY MARKET 2026

The Greasby Centre, CH49 3AT

ARTS & CRAFTS

9-12pm
1st Saturday of the month (from Feb)

Sat 2nd May
Sat 6th Jun
Sat 4th Jul
Sat 1st Aug
Sat 5th Sep
Sat 3rd Oct
Sat 7th Nov
Sat 5th Dec

Celestial Events

Enquiries at:
celestialevents22@gmail.com
Wai San 07900254056

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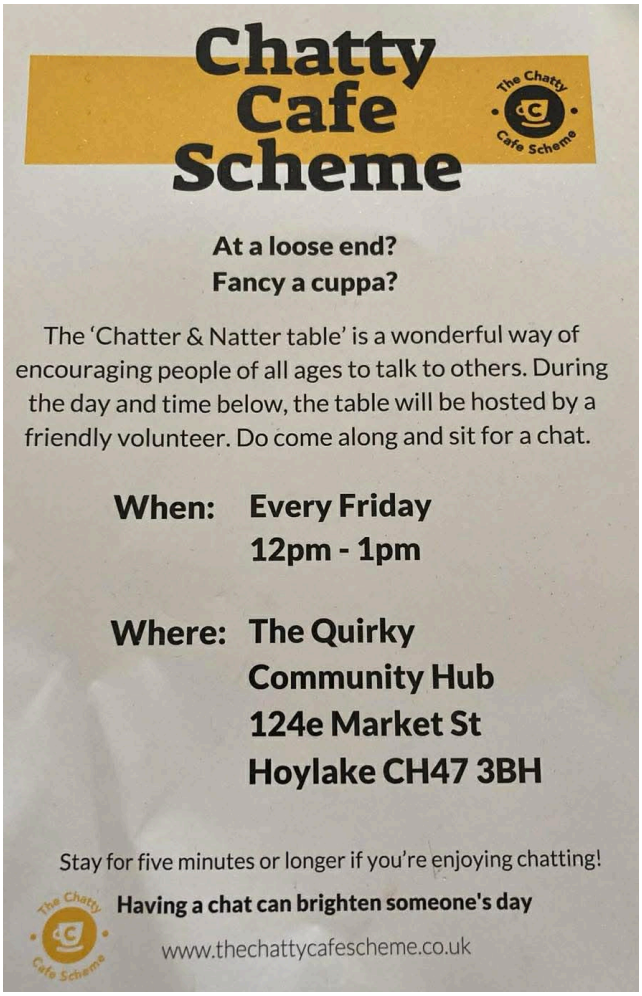




WIRRAL CARERS HEALTH & WELLBEING SERVICE

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Ham and Egg Fried Rice

SERVES: 4 **COOK: 20 mins** **TYPE: Easy**



INGREDIENTS

- 200g long-grain rice
- 4 eggs
- 3 tbsp reduced-salt soy sauce
- 2 tbsp vegetable oil
- 2 red onions, finely chopped
- 1 red pepper, finely chopped
- 300g tin garden peas, drained and rinsed
- 125g pack cooked ham slices, cut into 1cm chunks
- 10g fresh coriander, finely chopped
- 1 red chilli, thinly sliced

METHOD

- Cook the rice to pack instructions. Drain and set aside.
- Meanwhile, whisk together the eggs and 1 tbsp soy sauce to combine.
- Heat 1 tbsp oil in a frying pan over a medium-high heat, then cook the eggs for 2-3 mins, gently folding the eggs back on themselves until set.
- Transfer to a bowl and set aside.
- Heat the remaining 1 tbsp oil in the pan over a medium heat and cook the onions and pepper for 5 mins or until starting to soften, stirring frequently.
- Mix in the cooked rice, peas and ham and cook for 1-2 mins, tossing frequently, until piping hot.
- Drizzle over the remaining soy sauce, then stir through the eggs, breaking them up into smaller chunks.
- Scatter with the coriander and chilli to serve.

WIRRAL CARERS HEALTH & WELLBEING SERVICE

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Wirral Shopmobility

NEWS

Our NEW shopmobility advert. Click to watch now!



- **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



- **Walking Sticks £14**

All different styles, shapes and sizes to suit



Pop along and see us today!



- **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



WIRRAL CARERS HEALTH & WELLBEING SERVICE

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Wirral Shop Mobility

Birkenhead ◆ New Brighton ◆ Liscard

Do you have mobility issues or care for someone who has mobility issues?



What is Shopmobility?

Shopmobility is a scheme that loans manual and powered wheelchairs and powered scooters to members of the public who have limited mobility.

These can be used to visit facilities in the local area. Staff and volunteers will help you to decide what equipment to hire and ensure that you receive training to use it safely.

Who can use Shopmobility?

Anyone with limited mobility. So whether you have a permanent impairment, have broken your ankle or are pregnant these services are available to you.

Memberships and Fees

A membership scheme is in operation at all our centres. Casual users are welcome and are charged for each visit.

Joining Fee: £30.00
Annual Renewal Fee: £25.00

Membership Hire: £5 per hire
Non Membership Hire: £9 per 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.

Locations

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

Liscard - Liscard Shopmobility, Liscard Crescent, Wallasey, CH44 1AE

New Brighton - Marine Park, Kings Parade, New Brighton, Wirral, CH45 2NY

Contact us...

contact@wired.me.uk

0151 647 6162

www.wired.me.uk

Like us on Facebook...

Search 'Wirral Mobility Scooter Hire and Shopmobility Service' or **SCAN** our **QR Code**

Wired

WIRRAL CARERS HEALTH & WELLBEING SERVICE

Carer Linkworkers Making Caring Visible, Valued & Supported

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

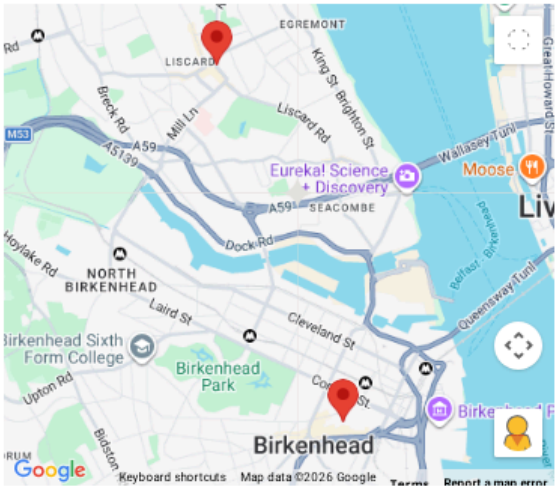
We have **FREE** parking at both our Birkenhead and Liscard locations for anyone using our Shopmobility Service.

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



WIRRAL CARERS HEALTH & WELLBEING SERVICE

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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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Independent Living and Carers Resource Centre
(inc Birkenhead Shop Mobility)

5 St John Street
Birkenhead, Wirral
CH41 6HY

0151 670 0777