Wired
Putting You First

WIRRAL CARERS E-NEWS

Issue: 8

15th April 2026

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

SAVE THE DATE!

Carers Week 8-14 June 2026

carersweek.org

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



Click the image to view our new ad!





WIRRAL CARERS HEALTH & WELLBEING SERVICE

Carer Linkworkers Making Caring Visible, Valued & Supported



15TH APRIL 1989

WIRRAL CARERS HEALTH & WELLBEING SERVICE

Carer Linkworkers Making Caring Visible, Valued & Supported

Wirral Carers Alliance

Wirral Carers Alliance

CoLLaB

Carer Connection Centre

EVERY WEDNESDAY - 10am and 3pm

GREASBY LIBRARY, CH49 3AT

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

APRIL SESSIONS

22nd - Financial, Legal and Carers Rights

'Power of Attorney' Day and Citizens Advice Support

29th - Health & Wellbeing

Resilience Session with Health Junction 1-3pm

and Active Wirral Health & Wellbeing Support

A Safe Space of Support - We Care that You Care

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

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"

wirralview



Wirral is being showcased to audiences across the country this spring as part of VisitEngland's 'All on the North West Coast' campaign, which is promoting some of the region's most distinctive coastal destinations.



New partnership to support textile recycling in Wirral

It will soon be easier for residents to clear out their unwanted textiles as Wirral Council joins forces with Roberts Recycling to install 15 new recycling banks across the borough.

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)

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youth fed learning

All Courses and sessions are free to attend

refer to the booking page for T&Cs



Courses for those aged 19+

Safeguarding Young People Online
Monday, 20 April, 2026
Liscard Youth Space, Wallasey,
CH44 5UE

Equality & Diversity
Monday, 18 May 2026
Liscard Youth Space, Wallasey,
CH44 5UE

Basic Health & Safety
Monday, 15 June 2026
Liscard Youth Space, Wallasey,
CH44 5UE

Want to find out more? Email Mike at
Michael.Jones@Youthfed.org
or search for "Youth fed Learning" at
www.eventbrite.co.uk

Sign up here

WIRRAL

dates are subject to change, please refer to booking page for latest information

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WIRRAL EARTH FESTIVAL

VOLUNTEERS NEEDED

It takes a lot of people to set up and run the festival on the day, so if you think you have the skills or the strength to help out please do get in touch:
earthfestwirral@gmail.com

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Wellbeing of Women

"Just a period"



What is Ovarian cancer?



WELLBEING OF WOMEN

What are the causes?

We don't fully know what causes ovarian cancer, but it's known to start when cells in the ovary or fallopian tube fall and spread through the abdominal cavity.

These cells then attach to the abdominal cavity's lining or other oragns and grow into tumour deposits.

What are the symptoms?



What are the risk factors?

The biggest risk factor for ovarian cancer is age - the risk rises steeply from the age of 45.

You might also have a higher risk if you have a family history of ovarian cancer. This is because some ovarian cancers are caused by an inherited faulty gene - BRCA1 or BRCA2.

Early detection of symptoms can be crucial

If you notice symptoms that could be ovarian cancer, don't ignore them - speak to your GP.

While symptoms aren't always signs of cancer, it's important to spot them early and get checked.

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ACTION
FOR **YOURSELF.**
FOR **SOMEONE ELSE.**
FOR **ALL** OF US.

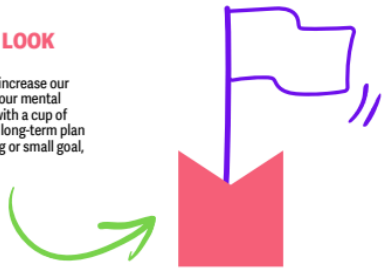
MENTAL HEALTH FOUNDATION
MENTAL HEALTH AWARENESS WEEK
11-17 MAY 2026

Our top ten actions to support good mental health

These simple actions may help lift your mood and improve your ability to cope with life. Try a couple and find which works best for you.

1. PLAN SOMETHING TO LOOK FORWARD TO

Making plans for things we enjoy can increase our sense of hope, which is important for our mental health. It could be a plan to sit down with a cup of tea and take a quiet five minutes, or a long-term plan for an ambitious trip. Whether it's a big or small goal, the important thing is to plan it.





2. EAT WELL

One of the simplest ways to improve mental health is by eating a healthy, balanced diet. Not only can it support your emotional health, but introducing small habits, such as staying hydrated or having fruit snacks, can help make changes stick easier.

ACTION
FOR **YOURSELF.**
FOR **SOMEONE ELSE.**
FOR **ALL** OF US.

MENTAL HEALTH FOUNDATION
MENTAL HEALTH AWARENESS WEEK
11-17 MAY 2026

Eight actions to improve mental health in the long term

Taking action to support your mental health can help you feel better in the present moment. But it can also have long-term benefits, helping you to manage better in the future.

Creating sustainable mental health actions that fit into your daily or weekly routine is important for making them into habits that stick. Here are eight long-term mental health strategies to help you make sustainable, positive changes to your wellbeing:

1. PRIORITISE YOUR HEALTH

Being physically active, sticking to a healthy, balanced diet, and getting enough sleep play a big part in maintaining good mental health as well as physical health.





2. CONNECT WITH OTHERS

Regularly spending time with friends, family and loved ones is great for preventative mental health care. Staying socially connected can help you feel less lonely, allow you to share positive experiences with others, and may also lower the risk of serious health problems in the future.

3. BE PRESENT

Paying attention to the present moment, sometimes known as 'being mindful', can boost your wellbeing and help you see things from new perspectives.



ACTION
FOR **YOURSELF.**
FOR **SOMEONE ELSE.**
FOR **ALL** OF US.

MENTAL HEALTH FOUNDATION
MENTAL HEALTH AWARENESS WEEK
11-17 MAY 2026

Ten quick actions to boost your mental health

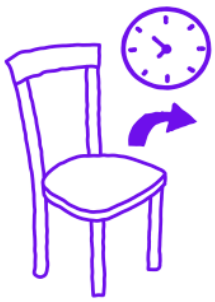
Quick, easy daily habits are a great way to boost your mood and wellbeing, even on days when your energy levels might be low.

Here are ten quick actions to try that may improve your mood and mental wellbeing.

1. OPEN THE WINDOWS

For a quick mental health boost, try opening your windows. Letting fresh air in and stale air out can allow natural light to come in, help you feel closer to nature and lift your mood.





2. TRY CHAIR YOGA

Chair yoga lets you enjoy the health benefits of yoga while sitting down. It's a great way to reduce stress quickly, help you sleep, and improve mood fast.

Click each image to read more...

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Stress and sleep



#StressAwarenessMonth

MENTAL HEALTH FOUNDATION

Sleep problems are common when you're struggling with stress, and can even make the symptoms of stress worse. These problems include:

- Poorer quality sleep
- Shorter sleep duration
- Awkward sleeping patterns

When we sleep well, our brains process emotions more effectively, our immune systems function better, and we're able to think clearly and better handle stress.

Therefore, it is important to try to get adequate rest for dealing with stress.

Our free sleep guide is filled with tips to help you sleep better, which will also help you better manage with stress for a copy visit:

mentalhealth.org.uk/how-sleep-better



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Click any image to read more

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ROY CASTLE
LUNG CANCER
FOUNDATION

NO EXPERIENCE NEEDED!

Introducing Time to Tap: a fun challenge you can do from home with easy step-by-step routines. Want to try something new, get moving or prioritize YOU? This is your moment!

- Learn something fresh
- Boost your mood instantly
- Be part of a community that cares

READ MORE »

deafPLUS

NEWS+

MORE INFO

Click here for the BSL format.

Community. Growth. Impact.

March has been a powerful month for deafPLUS.

We've come together as a team, strengthened partnerships, and taken big steps forward to improve access and support for Deaf people.

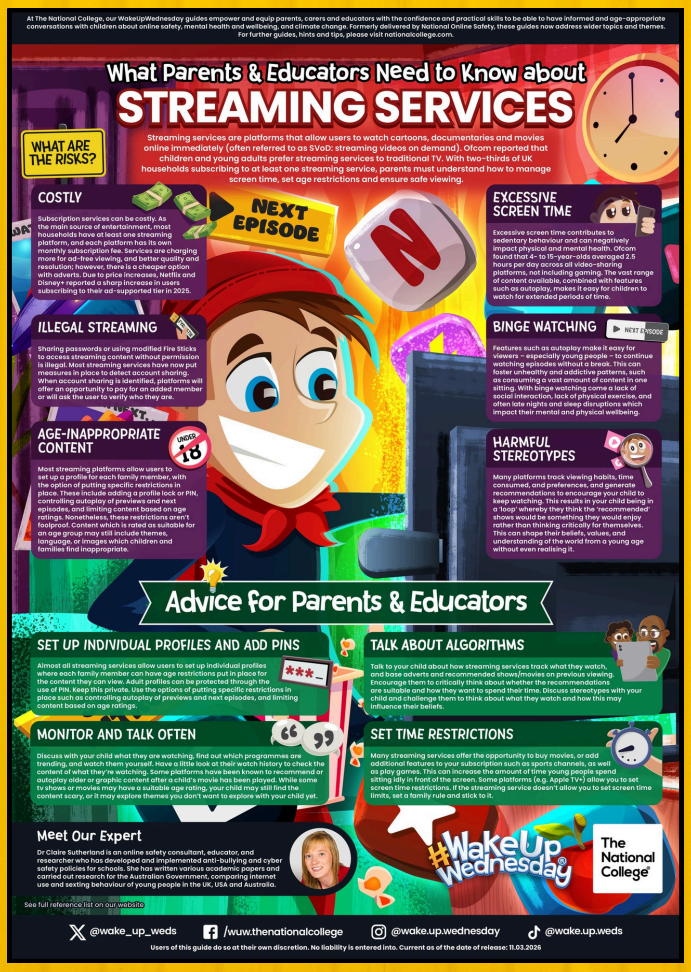
ACTION DEAFNESS
DEAF-LED CHARITY

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You're an **autistic person** who went through **cancer care**? Or you **supported** someone in that situation?

We want to hear your experience!

We are looking for autistic patients or relatives of autistic patients who have experienced cancer care in the **Northwest in the last 12 months**.

Participation can be **one** or **both** of: a one-hour **interview** (online or in person), and/or a three-hour **workshop** (in person). **Both opportunities are compensated.**

The aim of the project is to co-develop recommendations and guidance for cancer services in the Northwest region and to create information tailored to autistic individuals to help prepare for cancer care services.





Interested in Participating? Contact us!

Dr. Jo Clough:
j.clough4@liverpool.ac.uk, or 0151 795 5364
Or Principal Investigator
gcherry@liverpool.ac.uk , or 0151 795 5364

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SURFERS® AGAINST SEWAGE

SEWAGE IN OUR SEAS IS MAKING US SICK. LITERALLY. ADD YOUR NAME IF YOU'VE HAD ENOUGH OF WATER COMPANIES PUTTING OUR HEALTH AT RISK WHILE THEY POCKET BILLIONS.

LEARN MORE



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Mirror

Five new rules that will make visiting the vet less expensive



What's happened

Competition watchdogs say pet owners are too often left in the dark about soaring vet costs. The Competition and Markets Authority (CMA) is now **bringing in new rules** to make prices clearer and treatment easier to navigate

The five new rules

VETS MUST PUBLISH FULL PRICE LISTS

Practices will have to **clearly display prices** for consultations, common procedures, tests, prescriptions and cremation services - online and in-practice

PRESCRIPTION FEES WILL BE CAPPED

Written prescription fees will be limited to **£21 for the first medicine** and **£12.50 for each additional item**, stopping practices charging £30+ per script

CLEAR OWNERSHIP LABELS

Vets must state whether they are **independent or part of a chain**, with ownership details shown both in-practice and online.

EASIER COMPARISON OF LOCAL VETS

Prices and ownership info must be uploaded to the **RCVS "Find a Vet"** service and shared with comparison sites, making it simpler to compare clinics.

WRITTEN ESTIMATES FOR COSTLY TREATMENT

Any treatment expected to **cost £500+** must come with a written estimate upfront, plus an itemised bill afterwards. Emergency care is the only exception.



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Exam revision 2026

BBC BITESIZE



Timetables and planning

Our Mind Set study and revision coaches an experts look at revision timetables and how to plan your study time for your National or GCSE exams.

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Connected Together

Have you heard about the switch to digital landlines?



BT

READ MORE

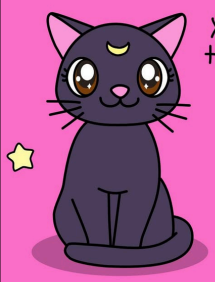
Weekly Self-Care Review

Check in with how things have been going so far this week!

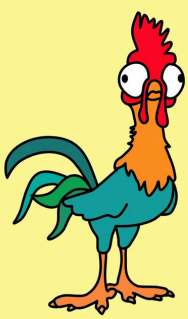
Self-Care Check-In		Terrible				Great
1	How was your mental health?					
2	How was your hydration?					
3	How did you sleep?					
4	What was your stress level?					
5	What was your energy level?					
6	How are your boundaries?					
7	What was your overall mood?					

SelfLoveRainbow

Before you go to bed tonight, do one thing that will make tomorrow a little easier or less stressful for you.
SelfLoveRainbow



You are brave and capable and you can get through this.
SelfLoveRainbow



You don't have to have everything figured out. It's okay to just wander around and enjoy yourself.
SelfLoveRainbow

carersUK

carersUK

A carers' manifesto: Local elections 2026

It's time councils renewed their commitments to ensure all unpaid carers are identified and supported.



carersUK

POWER OF ATTORNEY DAY



Thinking about applying for power of attorney but don't know where to start?

We can explain why it's important, dispel any myths or worries and help you understand the process.



Find out more at
powerofattorneyday.org.uk



carersUK

Power of Attorney Day -
Carers UK, 20 Great Dover Street, London SE1 4LX
powerofattorneyday.org.uk

Registered charity number 246329 (England & Wales) and SC039307(Scotland)
Company limited by guarantee registered in England and Wales number 864097

In partnership with
Standard Life

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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



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Local events!







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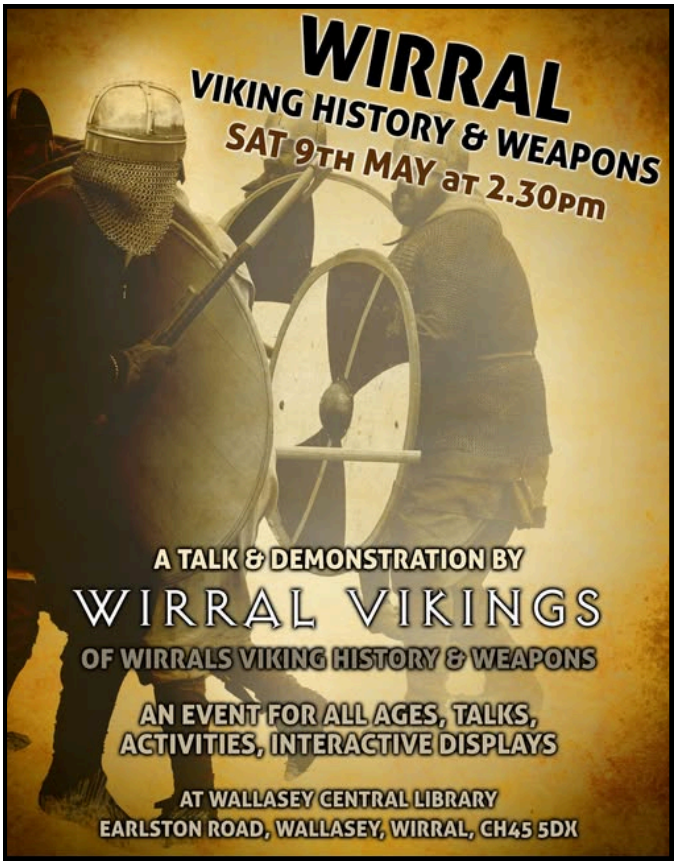




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National Museums Liverpool

1986 - 2026

40

On display

National Museums Liverpool at 40

3 Apr 2026—28 Feb 2027

World Museum

MORE INFO

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FREE SOCIAL BIKE RIDES ACROSS WIRRAL



🚲📍 Social Cycling in Wirral 🚲📍

Discover the beauty of Wirral at a social pace suitable for your needs. We are a supportive group that's all about enjoying the journey-not the stopwatch. Whether you're new to cycling or just looking for a friendly group to ride with, these rides focus on helping you to:

- Build cycling confidence
- Improve fitness in a low-pressure setting
- Boost wellbeing with fresh air and gentle exercise

Thursdays: 1pm 📍 Arrowe Golf Hub
Sundays: Fortnightly 📍 Various start locations

Energise Cycles

Join via the free Spond app
using code: RIUDJ
or
Scan the QR code for more info

SCAN ME

FREE Adult Fitness Classes

ACTIVE WIRRAL

@ The Little Centre, Beechwood

Join Celsie for CheerFit - a fun, energetic cheer-inspired workout combining cardio, strength and balance

💃 Mondays: 9:30–10:30am
🎶 Thursdays: 11:30–12:30pm

📍 Location: The Little Centre, Beechwood
📞 To book, Call: 0151 606 2010 or Email: activeyou@wirral.gov.uk

mind Wirral Motiv8!

ACTIVE You

CHAIR BASED EXERCISE

BARNCROFT

LARCHWOOD CLOSE PENSBY

LET THE CHAIR TAKE THE STRAIN AS YOU JOIN US FOR S SERIES OF GENTLE EXERCISES AND CREATIVE MOVEMENTS, DESIGNED TO HELP MAINTAIN STRENGTH AND MOBILITY, CO-ORDINATION AND POSTURE AS WELL AS YOUR GENERAL HEALTH AND WELLBEING.

THE GROUP IS ALSO A GREAT SOCIAL OPPORTUNITY TO MEETS WITH OTHERS AND HAVE FUN

EVERY MONDAY 2 PM TILL 3PM

£4.50 PER SESSION

PLEASE CONTACT THE HEALTH AND ACTIVITY TEAM AT AGE UK ON 0151 48 3456

OR SPEAK DIRECTLY TO GEORGINA ON 07840665224

ageUK

For further information, please contact Wellbeing Services
0151 482 3456 / ageukwirral.org.uk

ACTIVE WIRRAL

GAUTBY

ACTIVE You

CIRCUITS & STEP CLASS



FREE ADULT CLASSES

TUESDAYS
STEP CLASS 9:15 - 10:15

CIRCUITS 10:15-11:15
📍 Location: Gautby Road Community Centre
📞 To book,
Call: 0151 606 2010

Scan QR code to create an account to book!

WIRRAL activewirral.com/activeyou WELLBEING

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Together we can make the Menopause a positive experience!!

WIRRAL MENOPAUSE COMMUNITY CIC

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The Quirky Community Hub

124 E Market Street Hoylake



Please Come Along and Support us !

THIS SUNDAY !!!!

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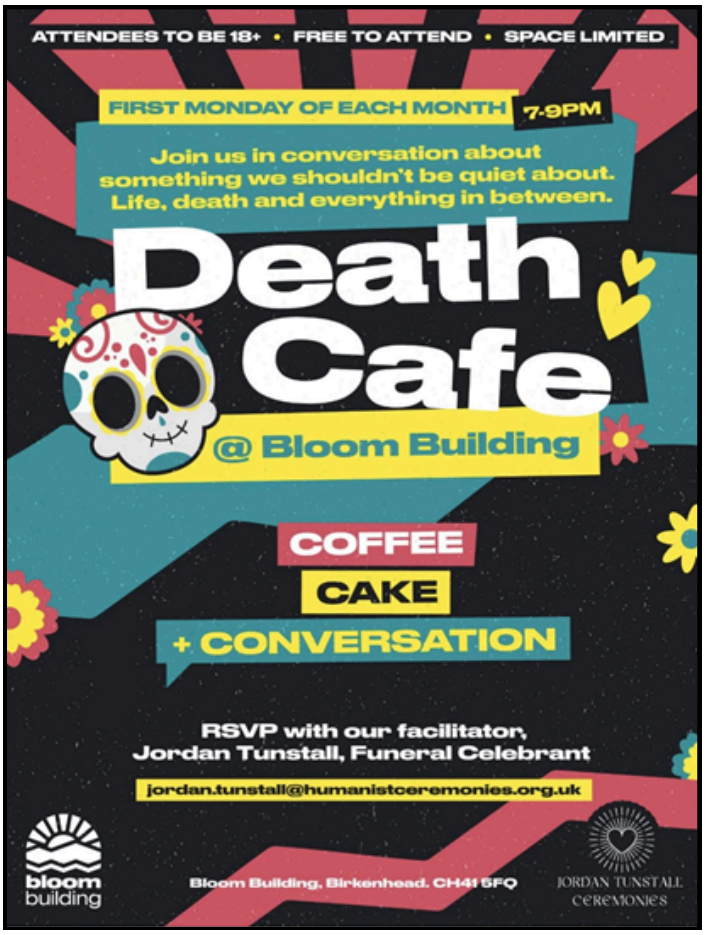


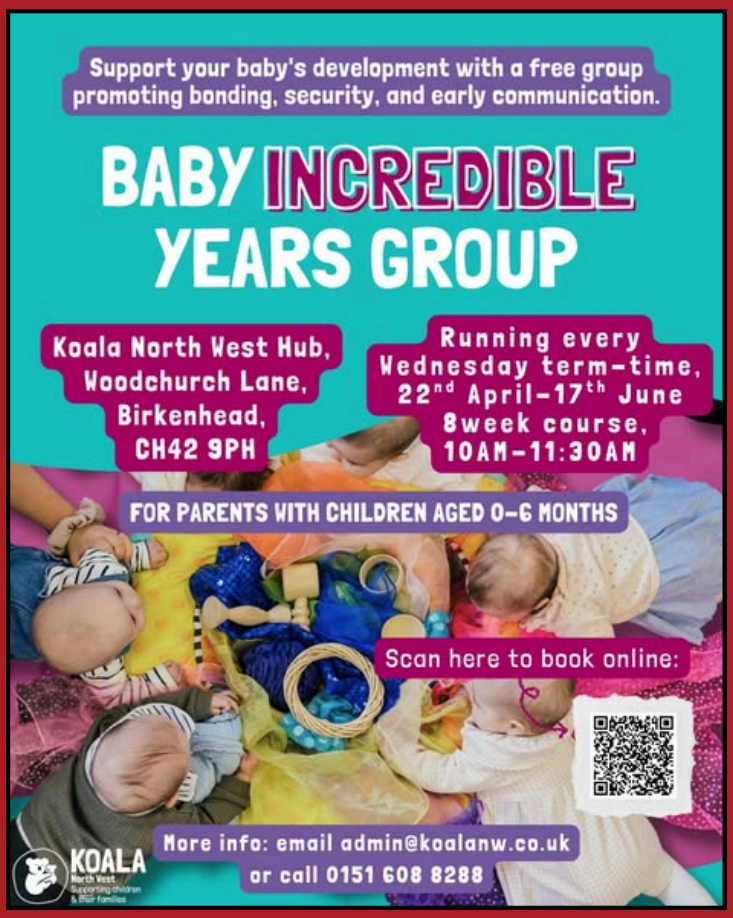




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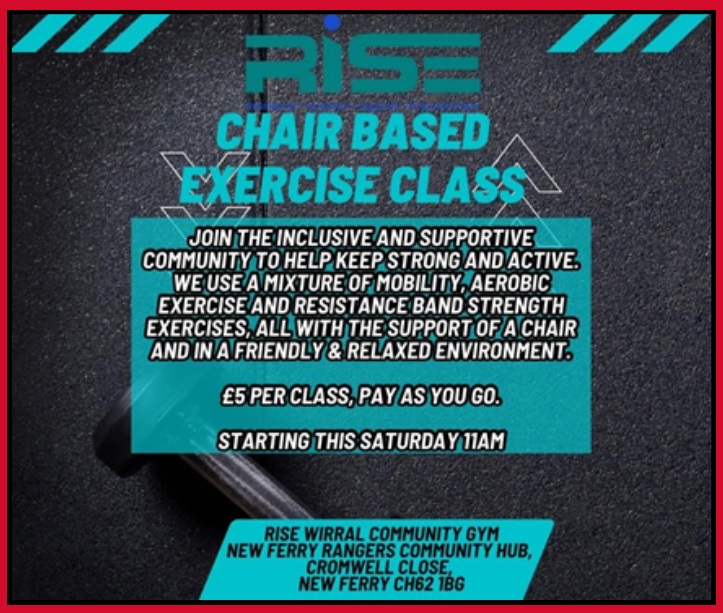






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FOBK SPRING YARD SALE

Saturday 25th April

11:30am Till 2.30pm

At Birkenhead Kennels
Corporation Road
Birkenhead
CH414JZ

- Sale items
- Tea & coffee
- Kids drinks & snacks
- Tombola
- Cake sale
- Hotdogs



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REPAIR CAFE



DATE:
Saturday 18th April
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

One Day at a time

Dementia support group for carers

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

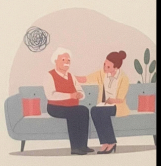
What we offer

- 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



Memory Cafe & Baking

Moments to Treasure: Cook, Create, Connect

If you're living with dementia (or memory issues) or supporting someone who is, we'd love for you to join us.

First Tuesday Every Month 1.30pm – 3pm

- Enjoy a Cuppa and a Friendly Chat
- Food Memories Through Baking
- Creative Crafts and Activities

A welcoming café offering cooking and creative activities, designed to support wellbeing, connection, and joyful moments together.

All Welcome... no booking required

For further information please contact Julia on 07841 048873

Community Shop Beechwood, Manor House, Beechwood Dr, CH43 7ZU

Community Hub
Dementia Together Wirral
Social support & friendship
Paxton Medical Group

Parkinson's UK Wirral Branch

DROP-IN CAFÉ

2ND MONDAY OF EVERY MONTH

10:30AM - 12:30PM



Relaxed meet-up for people with Parkinson's, family, friends and carers

Refreshments provided

Good mobility access and parking available

UPTON CRICKET CLUB, OLD GREASBY ROAD, UPTON, WIRRAL, CH49 6LT

EVERYONE WELCOME - WE'D LOVE TO SEE YOU THERE!

For more info, email: paul.wirralpuk@gmail.com

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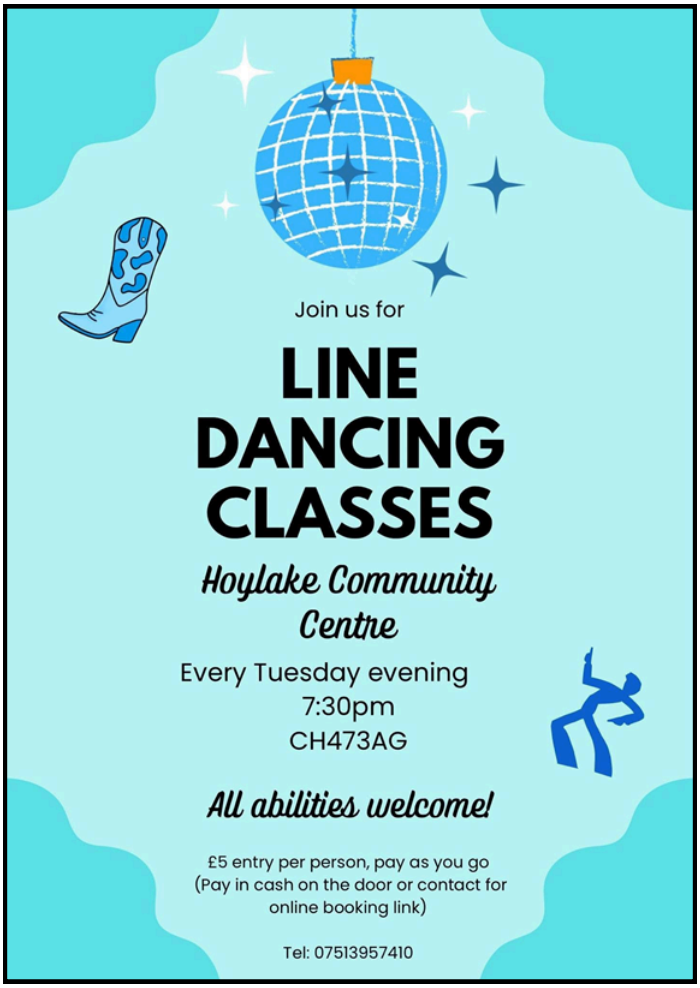


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SANCTUARY DROP-IN

COFFEE CAKE AND CHAT

FRIDAYS
10 AM – 12 NOON

ST. ANDREW'S UNITED CHURCH
NEW BRIGHTON CH45 2LY

EVERYONE WELCOME

CONTACT: LORRAINE 0151 792 0972
FOR MORE INFORMATION

Caritas Community Groups

STRONGER TOGETHER

Caritas know that life can be overwhelming and difficult at times. Our friendly staff are here to offer advice and support, where needed, or just a friendly chat.



Drop in for a cuppa, no appointment needed

Where you can join us...

Mondays, 9.30am – 12pm, St. Joseph's Centre, Greenbank Road, Birkenhead CH42 7JT

Tuesdays, 9.30am – 12pm, St. Barnabas Centre, Church Square, Bromborough CH62 7AB

Thursdays, 9.30am – 12pm, The Quiet Space, Hoylake Community Centre, Hoyle Road, Hoylake CH47 3AG

CALL LISA 07394 568 254 OR LINDA 07824 329 340

@CaritasWirral

CARITAS

TOOLBOX

TODDLER GROUP

£1 PER FAMILY

ALL PRESCHOOL BABIES AND TODDLERS ARE WELCOME

NO NEED TO BOOK

ST LUKE'S METHODIST CHURCH, HOYLAKE

WEDNESDAYS AT 1.30PM-3PM (DURING TERM TIME)

ST LUKE'S HOYLAKE
A Family Of Faith

WIRRAL CARERS HEALTH & WELLBEING SERVICE

Carer Linkworkers Making Caring Visible, Valued & Supported



ANDYS MAN CLUB LEASOWE - WIRRAL

You don't have to explain yourself.
You don't even have to talk.
Just walk through the door and take it one step at a time.

@ANDYSMANCLUBUK

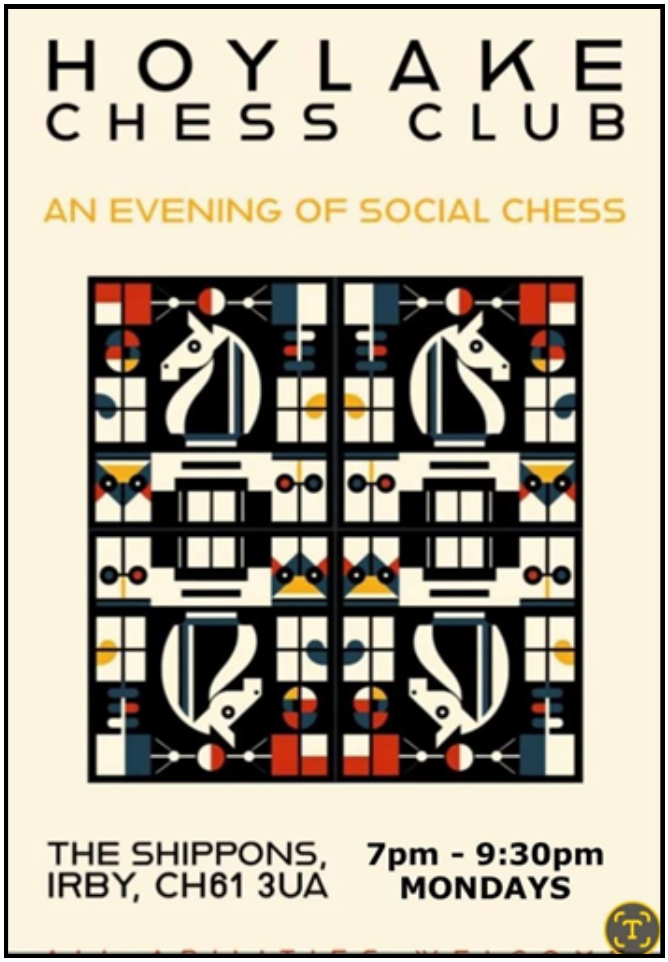
LEARN MORE

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The Pause and Talk Group

A safe place with people who understands

If you feel you need to talk to someone about your drinking?
If you feel you are drinking a bit to much and you would like to have a chat to someone who understands in a safe confidential place. Brenda would love to chat to you .



Thursdays at 1-30 pm
The Quirky Community Hub



Mature Cheddar & Serrano Ham Croquettes

SERVES: 4 **PREP & COOK: 20 & 25 mins** **TYPE: Easy**

INGREDIENTS



- 6 Spring Onions
- 100g pack Sonetta Serrano Ham
- 80g British Mature Cheddar Cheese
- 4 slices White Bread
- 2 Large Eggs
- 800g Red Potatoes
- 40g Plain Flour
- Sea Salt & Black Pepper
- Sunflower Oil to fry
- Green or red pesto to serve

METHOD

- Peel and chop the potatoes into chunks, then boil in some salted water for 15 minutes until tender – drain well and mash.
- Wash and trim the spring onions, finely chop and add to the mashed potato.
- Finely chop the ham, grate the cheese and stir into the potato mix.
- Season with some black pepper and mix well.
- Divide the mixture into 12 balls – about 60g each.
- Flatten slightly to make a sausage shape.
- Make some breadcrumbs in a food processor.
- Crack the eggs in a bowl and whisk well. Place 3 dishes in a row next to each other starting with the flour, then the whisked eggs, and lastly the breadcrumbs.
- Dip the balls first into the flour, then the egg and then the breadcrumbs.
- Allow to chill in the fridge for 15 minutes.
- Heat some oil in a frying pan and sauté the croquettes for about 10 minutes – turning as you cook – until golden brown.
- If cooking in batches, keep them warm in the oven while you cook the rest.
- Serve with a side salad plus a generous serving of your favourite green or red pesto for dipping!

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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

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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

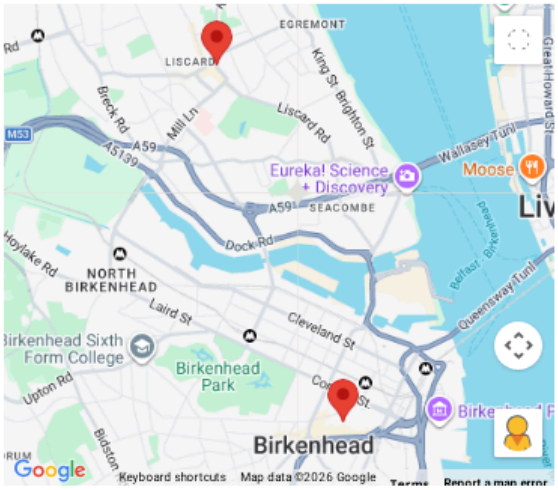
We have **FREE** parking at both our Birkenhead and Liscard locations for anyone using our Shopmobility Service.

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



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

5 St John Street
Birkenhead, Wirral
CH41 6HY

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