WIRRAL CARERS E-NEWS

Wired
Putting You First

Issue:10

14th May 2026

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

NEW

ACTIVE WIRRAL
STRONGER HEALTHIER HAPPIER

Wired

ACTIVE You

Free Activity Sessions for Carers

Active You is a brand new project aimed at encouraging residents to be active through building strength, balance and coordination to reduce falls in later life.

WIRED have teamed up with **Active You** to promote the Active You sessions to carers and also to offer some sessions just for carers.

Free sessions available to carers include:

- **Cheer-fit**
- **Chair based Strength/Conditioning**
- **Yoga**
- **Over 50s Dance**
- **Strength and Balance for Caring**



If you would like to attend any of these sessions please click the link that accompanies this advert to register for the sessions.

Once you have registered you will be able to use the Active Wirral booking portal to see when and where sessions are taking place in your local area and book on to any sessions that you would like to attend.

*Due to the capacity of the venues any carers wishing to attend these sessions need to complete the registration process by clicking the registration link. If you need any further support please call WIRED on 0151 670 0777 or email cws@wired.me.uk

CLICK HERE

WIRRAL activewirral.com/activeyou WELLBEING

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









Ring 0151 670 0777 to book your place!

WIRRAL CARERS HEALTH & WELLBEING SERVICE

Carer Linkworkers Making Caring Visible, Valued & Supported

CARERS WEEK @ WIRED

CARING ABOUT EQUALITY

Carers Week

8th - 14th June 2026

Wired Putting You First

Programme of Activities for Carers Week 2026

Wired Putting You First

Monday 8th June

Commitment to Carers Conference - Eureka! Science + Discovery Victoria Place, Wallasey CH44 6QY - 10am to 7pm

Tuesday 9th June

Carers Craft Workshop - St James Centre 344 Laird Street Birkenhead Ch41 7AL - 10am to 3pm

Wednesday 10th June

Carers Information Pop Up Market Place - Greasby Library, CH49 3AT, 10am-6.30pm

Thursday 11th June

Carers Week Afternoon Tea - Beechwood Social Club, 22 Beechwood Drive, Beechwood, Wirral, CH43 7ZU, 11am-3pm

Friday 12th June

Online General Knowledge Quiz, 12pm

Saturday 13th June

Carers Pop Up Market Place - Greasby Library, CH49 3AT, 12pm to 5pm

Monday 15th June - Saturday 20th June

Daily Narrowboat Trips - The Cheshire Cat, Whitchurch Rd, Christleton, Chester CH3 6AE, 10am-3pm

Contact us to find out more or book your space today 👇

0151 670 0777 | cws@wired.me.uk | www.wired.me.uk

WIRRAL CARERS HEALTH & WELLBEING SERVICE

Carer Linkworkers Making Caring Visible, Valued & Supported

Commitment to Carers

CoLLaB

Carer Connection Centre

WEDNESDAY 20th MAY - 10am to 6pm

GREASBY LIBRARY, CH49 3AT

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

citizens advice Wirral

Wirral, Liverpool & Sefton ageUK Let's change how we age

Dementia Together Wirral

Alzheimer's Society
Together we are help & hope for everyone living with dementia

Wirral Social Prescribing Scheme

HEALTHIER West Wirral PCN

cwp Cheshire and Wirral Partnership NHS Foundation Trust

DEMENTIA ACTION WEEK

Wired Putting You First

home instead

PeoplePlus skills for growth

Wirral and Chester Breast Screening Programme

Wirral Carers Alliance

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

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

FREE TICKETS

- ✓ Hear from inspiring speakers
- ✓ Discover local support services
- ✓ Connect with fellow Carers
- ✓ Have your voice heard
- ✓ Meet with Health & Social Care Teams
- ✓ Participate in the Carers Strategy Review

FREE PARKING

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

Commitment to Carers

www.wirralcarersalliance.com

"WE care that YOU care"

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WirralGlobe

Campaigner against Peak Cluster pipeline plans speaks out



wirralview



Looking for work? Meet over 30 employers at next Wirral jobs fair

Community Advice Hub

Open Every Thursday
9.30 am - 12.30 pm
Drop-In Only

The Liberty Centre
7 Whetstone Lane, Charing Cross, Birkenhead.
CH41 2QS {By the pram shop}

Feeling lost and in need of support?

Benefits **Debts**
Utility Bills **Council Tax**

A Wirral Community Advocates initiative

citizens advice Wirral

christians against poverty CAP

ENERGY PROJECTS PLUS
towards a sustainable future

involve northwest
involving communities & inspiring change

WIRRAL CHANGE
FOR ALL ETHNIC MINORITY PEOPLE

WIRRAL CARERS HEALTH & WELLBEING SERVICE

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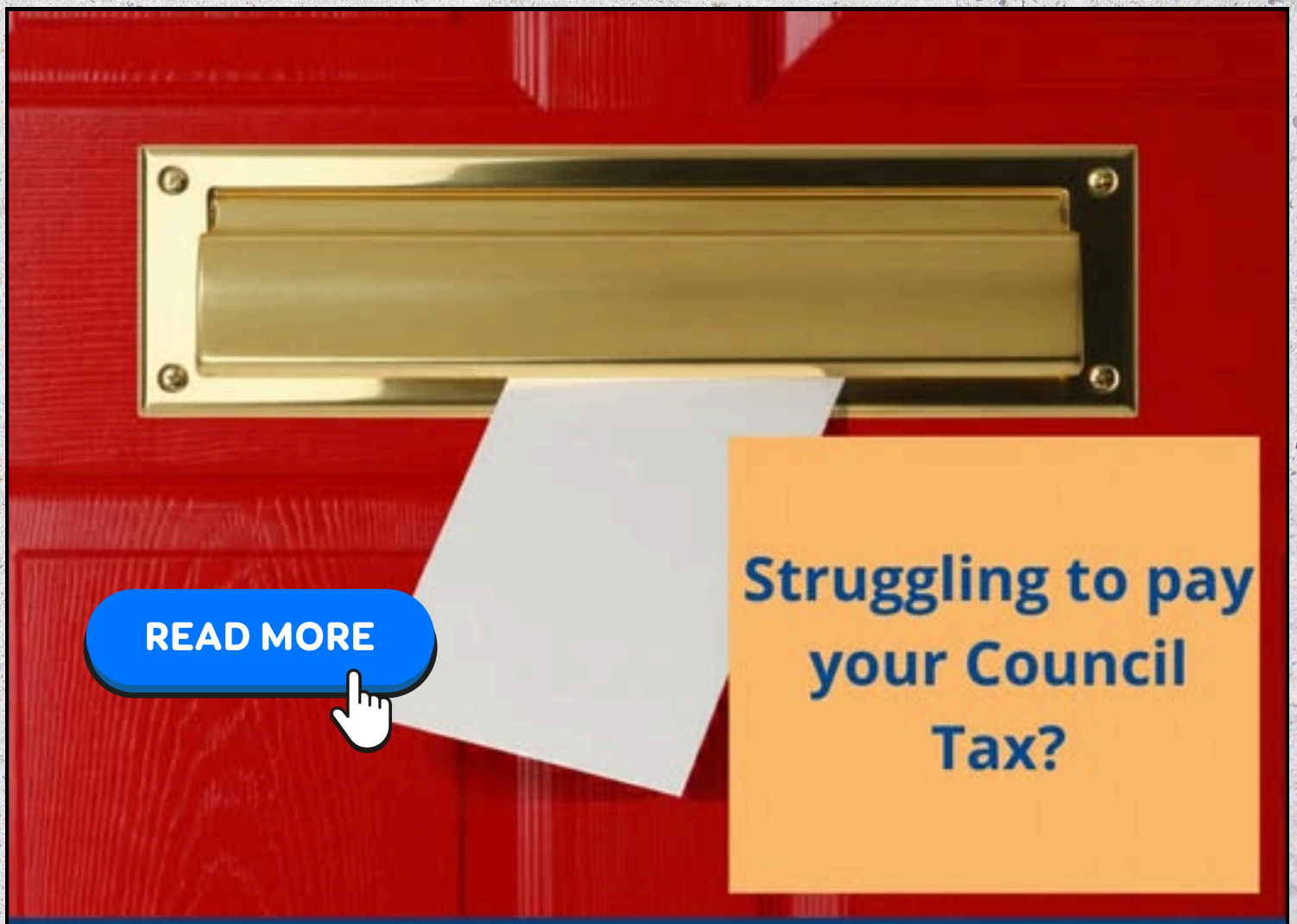
citizens advice Wirral

We give people the knowledge and confidence they need to find their way forward - whoever they are, and whatever their problem. For everyone, for over 80 years.



With recent changes to Council Tax in Wirral, it's more important than ever to open your letter, check what you owe, and understand your options.

citizens advice Wirral

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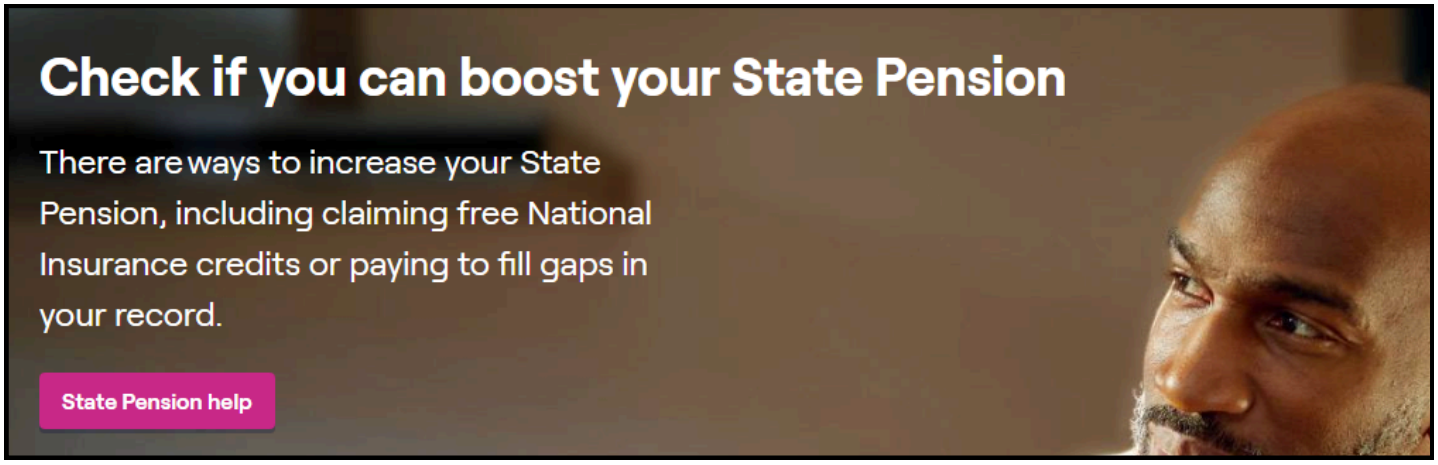
Money Helper

Click on each item below to read more...





Benefits calculator

If you're living on a low income or have had an income shock, use our benefits calculator to quickly find out what you could be entitled to.



Travel insurance directory

Find a travel insurance provider if you have a serious medical condition.

Are you being scammed?

Have you been contacted by someone claiming to be from the Money and Pensions Service or MoneyHelper, offering unexpected services or asking for a fee? If so, it's a scam. We'll never contact you out of the blue or charge anyone for our services.

If you're concerned, call our Financial Crimes and Scams Unit on 0800 015 4402 or report scams to the FCA

Learn more about spotting scams.

CHESTER PARENT CARER

DROP-IN SESSIONS

These are relaxed, supportive gatherings where parents can drop in for advice, connect with others facing similar experiences, and access free resources.

FREE RESOURCES PROVIDED TO SUPPORT YOUR CHILD

SEND AND SLEEP PRACTITIONER ATTENDING FOR ADVICE AND TO PROVIDE RESOURCES

FRIENDLY FACES AND A WELCOMING ATMOSPHERE

REFRESHMENTS AVAILABLE

CHILDREN WELCOME!



EVERY TERM TIME FRIDAY

9:30AM - 11AM

VICTORIA CHILDREN'S CENTRE, CHEYNEY RD, CHESTER CH1 4BR

THRIVING FAMILIES

KOALA North West Supporting children & their families

WIRRAL CARERS HEALTH & WELLBEING SERVICE

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internet matters.org

Staying secure online starts with understanding the risks.

Use this **Digital Matters at Home** activity to explore the consequences of sharing personal information online.

Through Once Upon Online, your child can make real-life choices in a safe space, helping them to build their confidence and know what to do if something goes wrong.

Give them the skills to stay safe, before they need them.

CLICK HERE


10 Top Tips for Parents and Educators
HELPING NEURODIVERGENT CHILDREN NAVIGATE THE ONLINE WORLD
1 TREAT ONLINE LIKE THE REAL WORLD
2 MODEL RESPONSIBLE USE
3 KNOW YOUR LIMITS
4 CONSIDER AGES AND STAGES
5 KEEP CONVERSATIONS OPEN
6 BUILD YOUR KNOWLEDGE
7 SET CLEAR BOUNDARIES
8 UNDERSTAND AI CONTENT
9 EXPLAIN AI LIMITATIONS
10 CLARIFY AI RELATIONSHIPS
Meet Our Expert
#WakeUpWednesday
The National College
@wake_up_weds
/www.thenationalcollege
@wake.up.wednesday
@wake.up.weds

At The National College, our WakeUpWednesday guides empower and equip parents, carers and educators with the confidence and practical skills to be able to have informed and age-appropriate conversations with children about online safety, mental health and wellbeing, and climate change. Formerly delivered by National Online Safety, these guides now address wider topics and themes. For further guides, hints and tips, please visit nationalcollege.com.

What Parents & Educators Need to Know about

ONLINE GROOMING

WHAT ARE THE RISKS?

Online grooming is when someone builds a relationship with a child or young person online to gain their trust for the purpose of sexual abuse, exploitation, radicalisation, or criminal activity – such as county lines or financial scams. According to the NSPCC, police in the UK recorded over 7,000 offences involving sexual communication with a child in a single year - an increase of 89% since 2017/18.

STRANGERS USING FAKE IDENTITIES

Groomers often pose as children or teenagers online to build trust. They may create convincing fake profiles, share photos stolen from real people, or mimic the interests of the child. By pretending to be someone their age, they make conversations feel safe and relatable. Over time, they may ask for personal details, photos, or suggest meeting in person, exposing children to significant emotional and physical harm.

EXPLOITATION THROUGH GIFTS AND FLATTERY

To gain trust quickly, groomers often send gifts, gaming credits, or money. Alongside material offerings, they use excessive compliments, affection, and attention to create emotional dependency. These tactics make children feel valued and special, lowering their defences. Once trust is secured, groomers may escalate their requests, often asking for photos or private conversations, making the child feel pressured or indebted to continue.

GROUP CHATS AS HIDDEN PATHWAYS

Unmonitored group chats on platforms like WhatsApp or Discord provide a cover for groomers. They can watch how children interact, identify those who seem vulnerable, and then move conversations into private messaging. This transition makes detection difficult for trusted adults. The seemingly harmless group setting often masks the presence of predators, giving children a false sense of security.



THE RISE OF SEXTORTION

Sextortion involves pressuring children into sharing explicit content, then blackmailing them for more. Offenders may claim to have hacked a child's device, threaten to share images with friends or family, or demand money. Many victims remain silent out of fear and shame. This growing crime is particularly dangerous because children often feel trapped, believing there's no safe way to escape the situation.

GAMING PLATFORMS AS GROOMING GATEWAYS

Games like Roblox, Fortnite, or Call of Duty, which include live chat features, are frequent targets for groomers. Conversations often begin casually during gameplay and can become manipulative over time. Groomers may offer in-game gifts, credits, or exclusive add-ons to build rapport. Children using headsets or private chat features are especially at risk, as conversations are harder for adults to monitor.

CRIMINAL & RADICALISATION RISKS

Grooming is not always sexual. Some offenders manipulate children into criminal activities such as drug running or online fraud. Others attempt to radicalise young people with extreme ideologies. Groomers often use fear, money, shame, or promises of belonging to control their victims. These forms of exploitation can be just as harmful as sexual grooming, and often leave lasting psychological and social consequences.

Advice for Parents & Educators

KEEP CONVERSATIONS REGULAR

Rather than having one "big talk" about online safety, weave conversations into everyday life. Ask questions about children's online friendships and interests. Share real-life examples to make discussions relatable and encourage honesty instead of secrecy. When children feel comfortable discussing their digital lives, they are far more likely to share concerns or admit when something feels wrong, reducing the chance of risky interactions going unnoticed.

CREATE A "TELL ME" CULTURE

Children often keep silent because they fear being punished or losing access to their devices. Reassure them that coming forward with concerns won't get them into trouble. Emphasise that you are there to help, not judge. Creating a safe, open environment encourages children to speak up if something feels wrong, and helps to ensure they don't suffer in silence when facing potential grooming risks.

UNDERSTAND THE PLATFORMS CHILDREN USE

Take time to learn about the apps, games, and social platforms children are on. Familiarise yourself with privacy settings, parental controls, and group chat features. Use resources like The National College guides or conduct quick searches to stay updated. By understanding how these platforms operate, you'll be better equipped to set boundaries, guide safe use, and notice any unusual or concerning online behaviour early.

STAY ALERT TO WARNING SIGNS

Be attentive to both behavioural and digital red flags. Sudden secrecy, mood swings, or new online contacts may signal a problem. Watch for unexplained gifts, new social media profiles, or changes in sleep patterns. Increased anxiety or reluctance to attend school can also be indicators. Regularly checking in and showing interest in those whom they communicate with online help prevent small issues from escalating into serious risks.

Meet Our Expert

Staffordshire Police is dedicated to keeping people safe and tackling crime across both the physical and digital world. The force continues to strengthen its digital investigation and safeguarding capabilities to protect children and vulnerable people online, working in partnership with local, regional and national organisations, schools, and the wider community.

STAFFORDSHIRE POLICE

#WakeUpWednesday®

The National College®

See full reference list on our website

@wake_up_weds /wuw.thenationalcollege @wake.up.wednesday @wake.up.weds

Users of this guide do so at their own discretion. No liability is entered into. Current as of the date of release: 18.03.2026

WIRRAL

YOUTH GUARANTEE
Funded by UK Government

Launch your career with the Youth Guarantee Trailblazer

Are you 18-21 and not currently in employment, education or training?

The Youth Guarantee is here to help you take your next step - from personalised support to live job opportunities with local employers.

Get in touch

To find out how we can support and help you build your future, scan the QR code or visit
https://forms.cloud.microsoft/e/hJLiKV8xc6
or email **infoyouthtrailblazer@wirral.gov.uk**



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Do you use AI for benefits advice?

Here's why you should be cautious.

SCOPE



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Dementia UK

Dementia: what next?

An online programme for people affected by dementia.

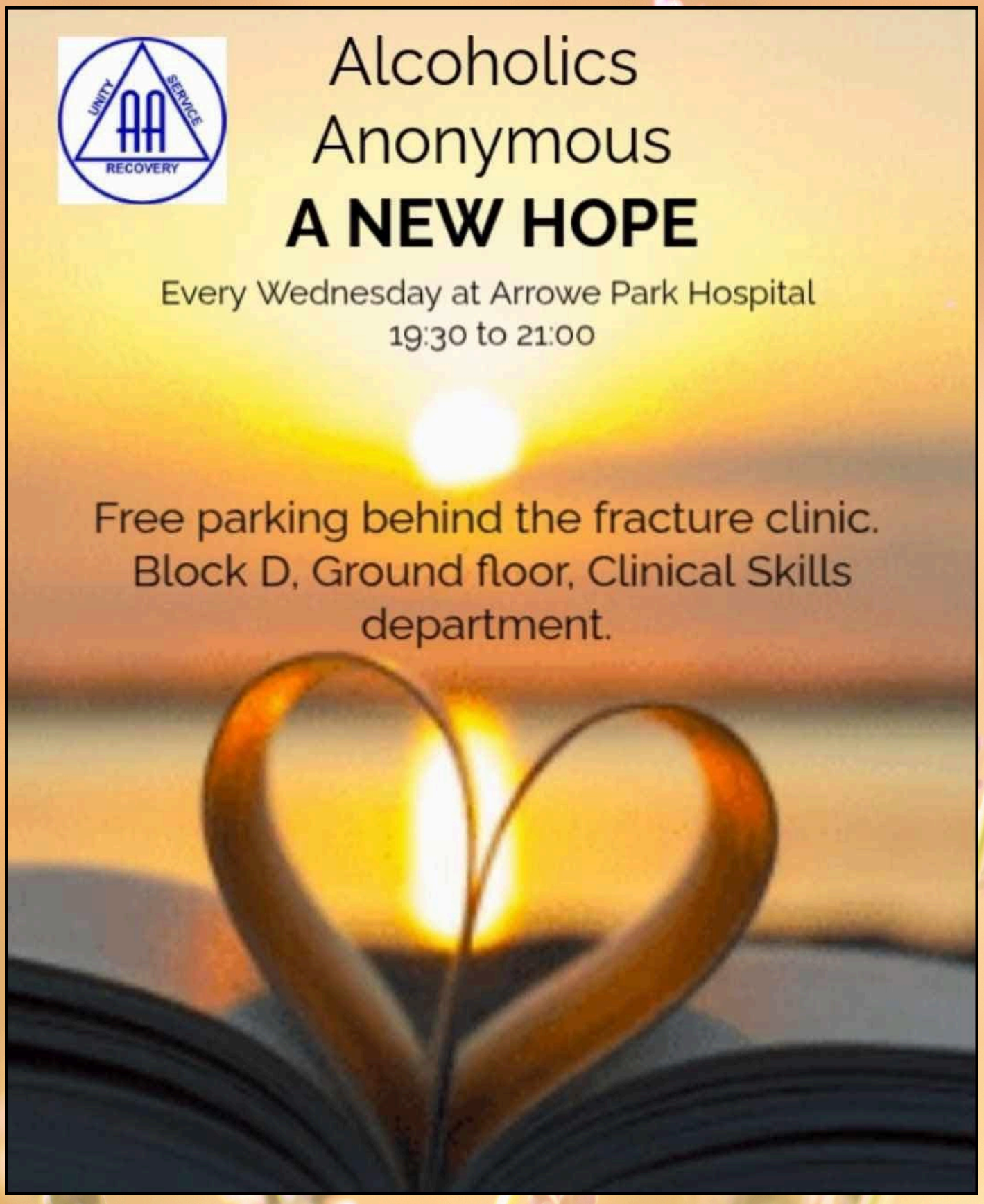
Register for your place



Explore the My House of Memories app this Creative and Wellbeing Week

Creativity and Wellbeing Week is a great time to explore the My House of Memories app. Co-created with people living with dementia, the app features a rich digital collection of museum and everyday objects, brought to life with sound, music and interpretation. It's designed to help people with dementia and their carers explore, connect and spark meaningful conversations. You can also save favourite items to a digital memory tree, box or timeline, and upload their own photos using the 'My Memories' feature.

Learn more


Alcoholics
Anonymous
A NEW HOPE
Every Wednesday at Arrowe Park Hospital
19:30 to 21:00
Free parking behind the fracture clinic.
Block D, Ground floor, Clinical Skills
department.

WIRRAL CARERS HEALTH & WELLBEING SERVICE

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Advice and support for your child's development

From pregnancy to childcare right through to starting school.

UK Government

NHS

For parents' questions, BIG & small.



What childcare support is available?



Can I dye my hair if I'm pregnant?

Who can I ask for help with breast-feeding?

NHS

Safer sleep starts here

- ✓ Place your baby on their back to sleep
- ✓ Use a firm, flat mattress in a cot or Moses basket
- × Avoid pillows, cot bumpers and loose bedding



Visit **Best Start in Life** for advice and support

BEST START IN LIFE

NHS

Where your baby sleeps matters

- ✓ Sleep your baby in a cot in the same room as you for the first 6 months
- ✓ If you do share the bed with your baby, ensure they cannot fall out or become trapped
- × Never fall asleep on a sofa or armchair with your baby



Visit **Best Start in Life** for advice and support

BEST START IN LIFE

Childcare support checker

Enter your details to help find out how you can save money on your childcare.

→

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Sunflower Challenge 2026

Sunflower Growing Guide



What You Have Been Given

- A small pot
- Compost (soil)
- Sunflower seed(s)



How to Plant Your Sunflower

1. Fill your pot. Add compost to your pot, leaving a small gap at the top.
2. Water the soil. Make the soil slightly damp (not too wet).
3. Plant your seed. Push 1 seed into the soil about 1–2 cm . deep.
4. Cover it up. Gently cover the seed with soil and pat it down.
5. Water again. Give it a little water to help it settle.
6. Put it somewhere sunny. A windowsill or bright outdoor spot is perfect.

You will have till the 1st Aug to provide photo proof of your measured sunflower

Send Photo proof to admin@thriveondiversityuk.com

Sunflower Challenge 2026

Sunflower Growing Guide



Looking After Your Plant

- Water every few days to keep the soil moist (not soggy)
- Keep in a warm, sunny place
- Seedlings should appear in 7–14 days



When to Move to a Bigger Pot

Your sunflower will need more space when:

- It is about 10–15 cm tall
- It has a few proper leaves
- Roots start showing at the bottom
- The soil dries out quickly

This is usually 2–3 weeks after it starts growing



How to Move Your Plant

1. Water the plant first
2. Gently remove it from the pot
3. Place it into a bigger pot or the garden
4. Add fresh compost around it
5. Water well

You will have till the 1st Aug to provide photo proof of your measured sunflower

Send Photo proof to admin@thriveondiversityuk.com

Birkenhead Park

DISCOVER FISHING DAY

Join us for a fun, family-friendly day celebrating fishing and our park lakes!

Sunday 24th May, 10am – 2pm
at Birkenhead Park Visitor Centre

- Learn about fish & freshwater wildlife found in the park
- Chat with local anglers & organisations
- Find out how to get started fishing
- Fish-themed crafts, activities & colouring for all ages
- Discover the lakes & conservation work in the park

PLUS: Angling Exhibition in the Gallery
19th May – 7th June

Free event – just drop in!

Birkenhead Park

FISHING PERMITS

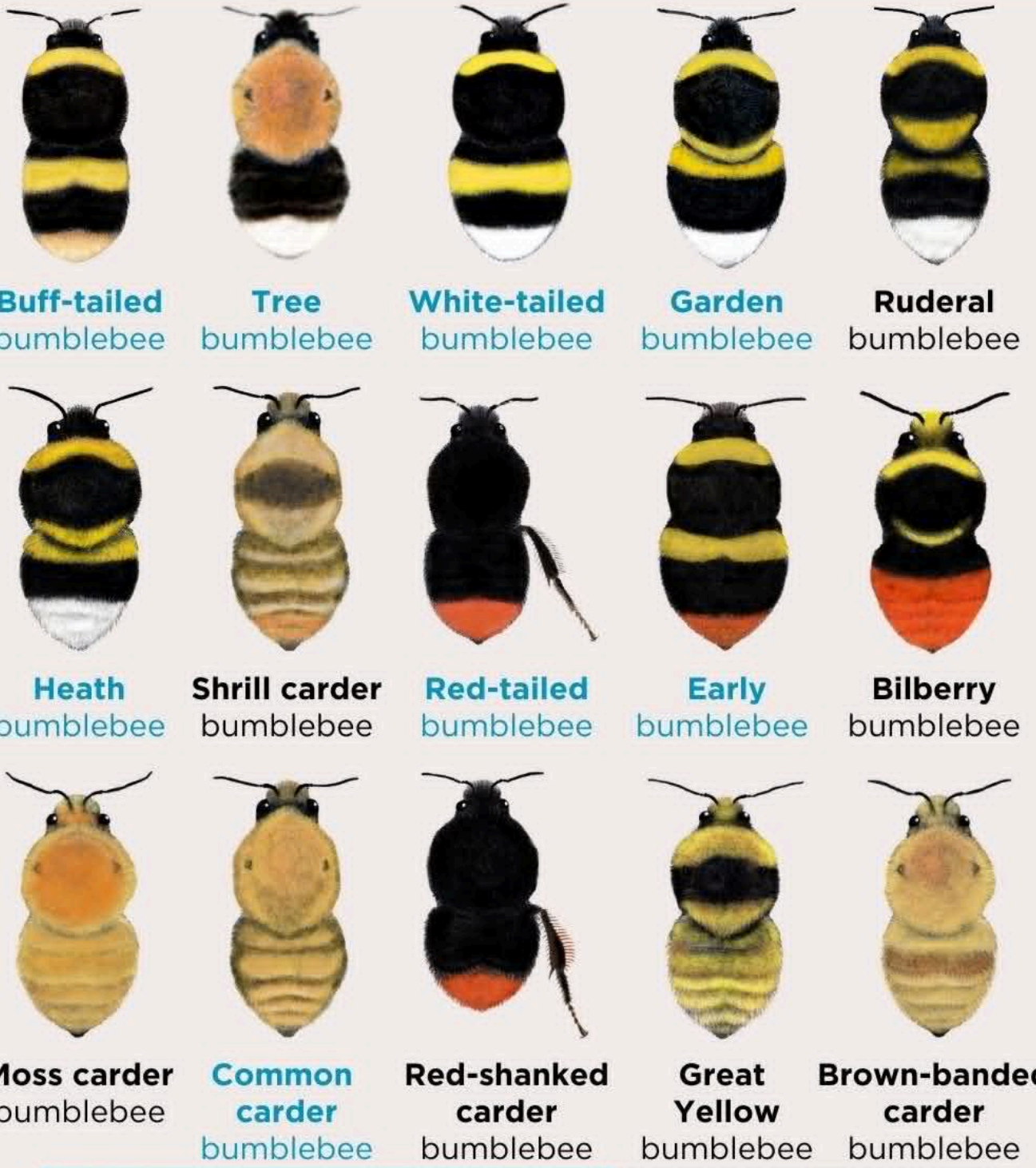
A Wirral Community Anglers permit is required to fish at Birkenhead Park Lower Lake.

Permits can be purchased at the Visitor Centre (cash only) or online via Clubmate:

For more information email:
birkenheadpark@wirral.gov.uk
or call 0151 652 5197

LEARN MORE

UK bumblebees to see in May



Big Eight common and widespread | Rare and less common

www.bumblebeeconservation.org/identifying-bumblebees

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mind Wirral

See the human not the condition



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Every day, you have two choices: To focus on what's wrong or to embrace what's right. Choose gratitude. Choose joy. Choose to see the beauty in the little things, and life will become even more incredible than you imagined.

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carersUK

carersUK factsheet

Carer's Allowance

Carer's Allowance is the main benefit for unpaid carers. If you are looking after someone for 35 hours a week or more, you may be eligible.

This factsheet applies to people living in England, Wales and Northern Ireland. **In Scotland**, a new benefit called 'Carer Support Payment' has replaced Carer's Allowance. See our information page to find out more.

Contents

What is Carer's Allowance? 2
Who can claim Carer's Allowance? 2
Carer's Allowance and other benefits 10
Protecting your National Insurance (NI) record 16
How to claim Carer's Allowance 18
The decision 20
Challenging the decision 20
What to do if your circumstances change 20
Further help 24

carersUK factsheet

Personal Independence Payment (PIP)

pip

If you are looking after someone who has a disability or illness and is aged from 16 to below their State Pension age, they may be entitled to Personal Independence Payment (PIP).

This information covers England, Wales and Northern Ireland. In Scotland, please see our factsheet about Adult Disability Payment instead.

Contents

What is PIP? 2
Who can claim PIP? 3
When can you claim PIP? 4
How much is PIP worth and how is it assessed? 4-13
How to claim PIP 14
If you have a terminal illness 18
What happens if you already get Disability Living Allowance (DLA)? 19
The decision 20
Challenging a decision 21
What to do if your circumstances change 22
Other help you may qualify for 24
Residence and presence 26
Further help 28

Click each image to read more...

carersUK factsheet

Help with Council Tax

This factsheet will help you understand how Council Tax is worked out, looking at what help is available and what to do if you disagree with a Council Tax decision.

This information covers England, Wales and Scotland. In Northern Ireland, there is a different system of domestic rates.

Contents

Understanding Council Tax 2
Discounts and exemptions 3
Help if you're on a low income 8
Support if you're severely disabled 9
If you cannot pay your Council Tax bill 10
Challenging a decision 11
Further help 13

carersUK factsheet

Attendance Allowance

If you have a long-term disability or illness and have reached State Pension age, you may be entitled to this benefit.

This information covers England, Wales and Northern Ireland. In **Scotland** a benefit called Pension Age Disability Benefit has replaced Attendance Allowance. Find out more at Pension Age Disability Payment - mygov.scot.

Contents

What is Attendance Allowance? 2
Who can claim Attendance Allowance? 3
How much is Attendance Allowance worth? 3
Do I satisfy the tests? 4
How to claim Attendance Allowance 7
If you have a terminal illness 12
The decision 13
Challenging the decision 13
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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!



Monthly Morning Coffee Meet

THRIVE ON DIVERSITY
EST 2025

Inspire Community Cafe
The Spire
Breck Road
Wallasey
CH44 3BD

Monday 18th May
10am - 12pm

WIRRAL CARERS HEALTH & WELLBEING SERVICE

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Higher Bebington British Legion MONDAY CLUB

Future dates for our **Monday afternoon social** doors open at **12:30**, first bingo starts 1:15 pm (£5.00 pay on door, includes a free game of bingo). We also have further bingo, raffles, dancing, & lots of fun. **Bring your own food** enjoy the afternoon **meeting friends old and new, the bar will also be open.**

Monday 18th May: Dave Mack
A popular entertainer to get us all dancing.

*****

Monday 1st June: Joe Stewart.
A fabulous local artist.

*****

Monday 15th June: A Special Summer Afternoon Disco
Dance to the greatest hits of the decades. Get your dancing shoes!

Monday 29th June: MONDAY CLUB'S 3rd BIRTHDAY
Entertained by SOUL JAM (by popular demand)

This is an all-ticket event, £10.00 each.
Tickets available at the bar or from Peter Welch on 07768366736.







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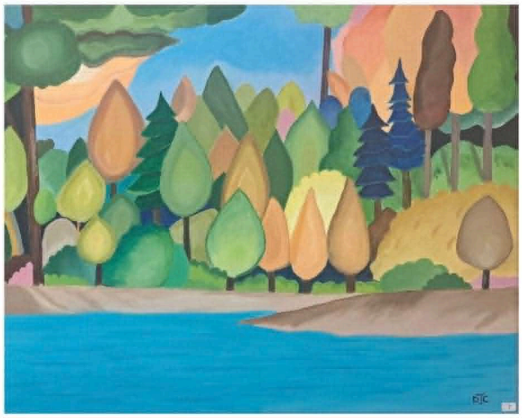
IRBY ARTISTS EXHIBITION



Winner of November 2025 Exhibition Visitor's Choice Award - Debbie Clarke

SATURDAY
16TH MAY 2026
10am - 5pm

St Chad's Hall, Roslin Road, Irby CH61 3UH

FREE ADMISSION
Refreshments Available

Live Background Music by **KYLEMORE COLLECTIVE**

Friends of Black Horse Hill School



SATURDAY 6th JUNE
11am-1pm

Stall holders wanted!
Please email
friendsofbhhs@gmail.com
for more info and to book a stall.

Black Horse Hill Junior School,
Saughall Massie Road, West Kirby

BANANAS BINGO



Date: Thursday 21st May

Place: A&K Community Hub, 310 Park Road North, Birkenhead, CH41 8AE



Time: 7.00 'til late

Everyone is welcome, bring friends and family!

Its a night of bingo, great prizes and lots of fun!



Only £5 for your bingo book.
Loads of great prizes to be won!

Wirral mencap

Charity Number: 1153742

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🎵 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

WIRRAL CARERS HEALTH & WELLBEING SERVICE

Carer Linkworkers Making Caring Visible, Valued & Supported









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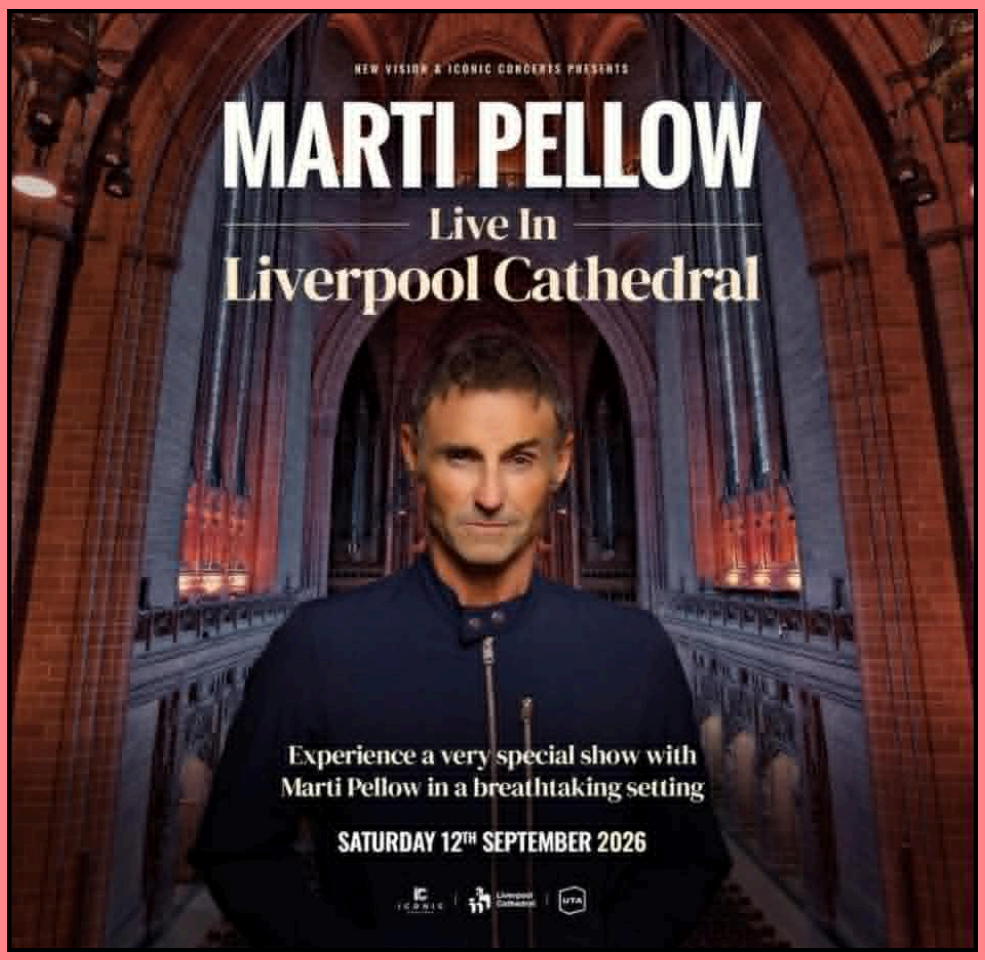





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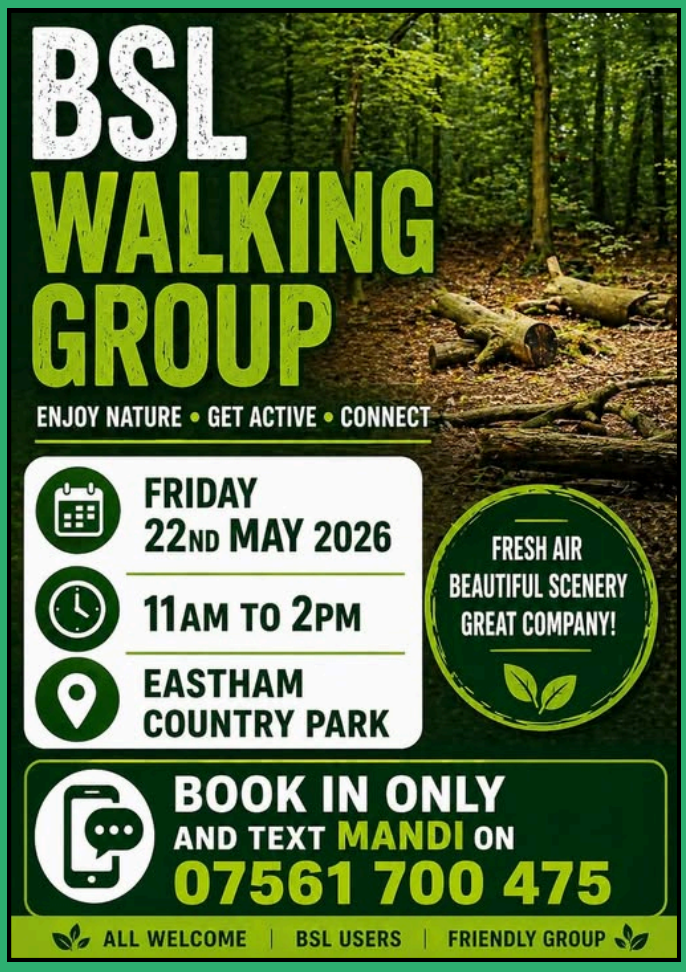





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MNDA
CHARITY BALL

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

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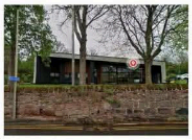
Neston Neurodivergent Get-Together

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



Inclusive to all abilities, gender identities, sexualities, races

Dance AEROBICS

(low impact)

balance work

and toning

(seated using bands)

THURSDAYS 12.15-1

at HOYLAKE PARADE COMMUNITY CENTRE

£6 PAY AND GO

BEGINNERS WELCOME

BROMBOROUGH POOL CAFE & SHOP

May half term

Weekdays from 10am until 3:00pm

£1 kids meal with every adult meal purchased

Cafe open 9am - 3:30pm
Monday 25th May to Friday 29th May

Join us daily

Mug decorating
£2.60

Ceramic models
Large models - £1.50

Coaster decorating
£1.50

Outdoor games
Free!

Monday, Wednesday & Friday - 10:30am - 2pm

Pizza making
£3

Tuesday & Thursday 10:30am - 2pm

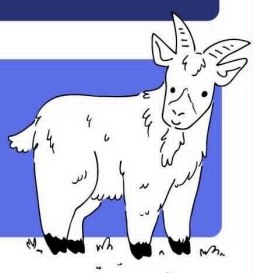
Pancake decorating
£2

Meet our animals

Rabbit and guinea pig village display
All day!

Rabbit petting
11am - 12pm

Goat petting
1pm - 3pm



Children must be supervised by parent or guardian at all times

3 -4 The Green, Bromborough Pool Village, CH62 4TT

UPSTAIRS AT INDIGO
1-4PM
SATURDAY 16TH MAY

INDIGO CAFE
136 BEDFORD ROAD,
ROCK FERRY
CH42 2AS

Indigo CLOTHES SWAP

BRING ALONG ANY CLOTHES THAT ARE CLOGGING UP YOUR WARDROBE AND SWAP THEM OUT FOR SOMETHING NEW-TO-YOU! ALL FOR FREE!

WWW.INDIGOROCKFERRY.COM
FOR ALL THE INFO!



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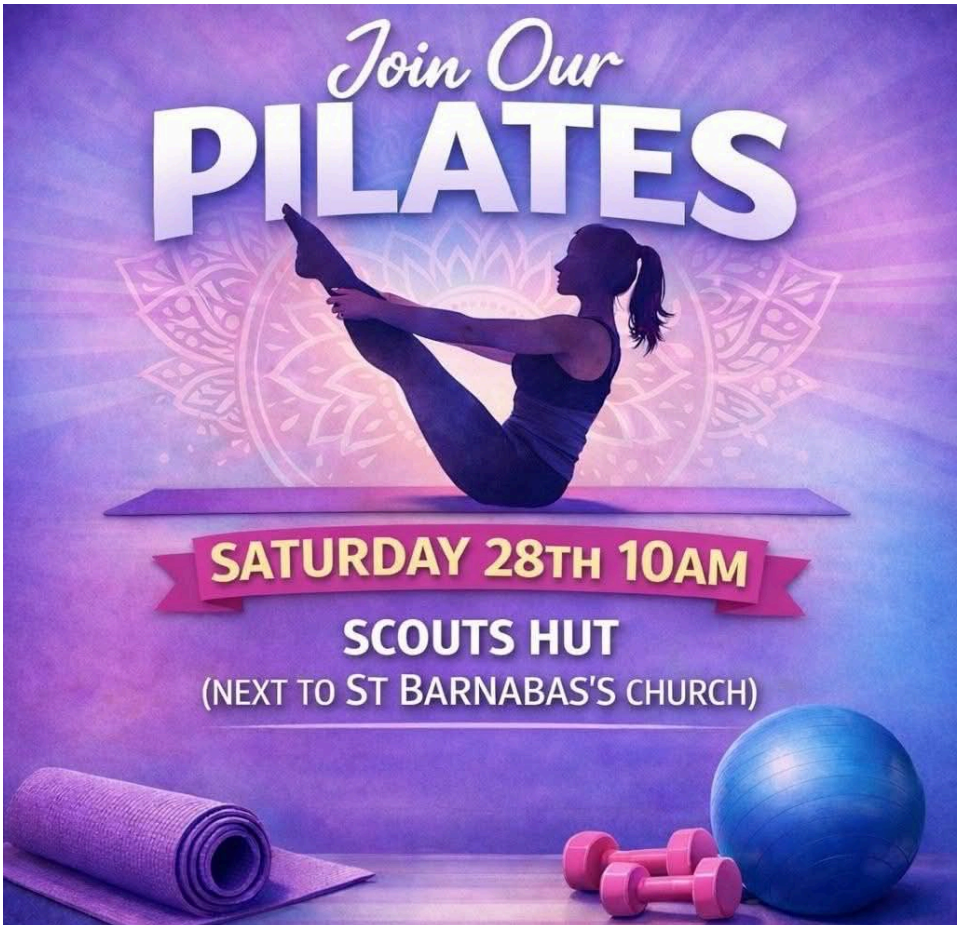



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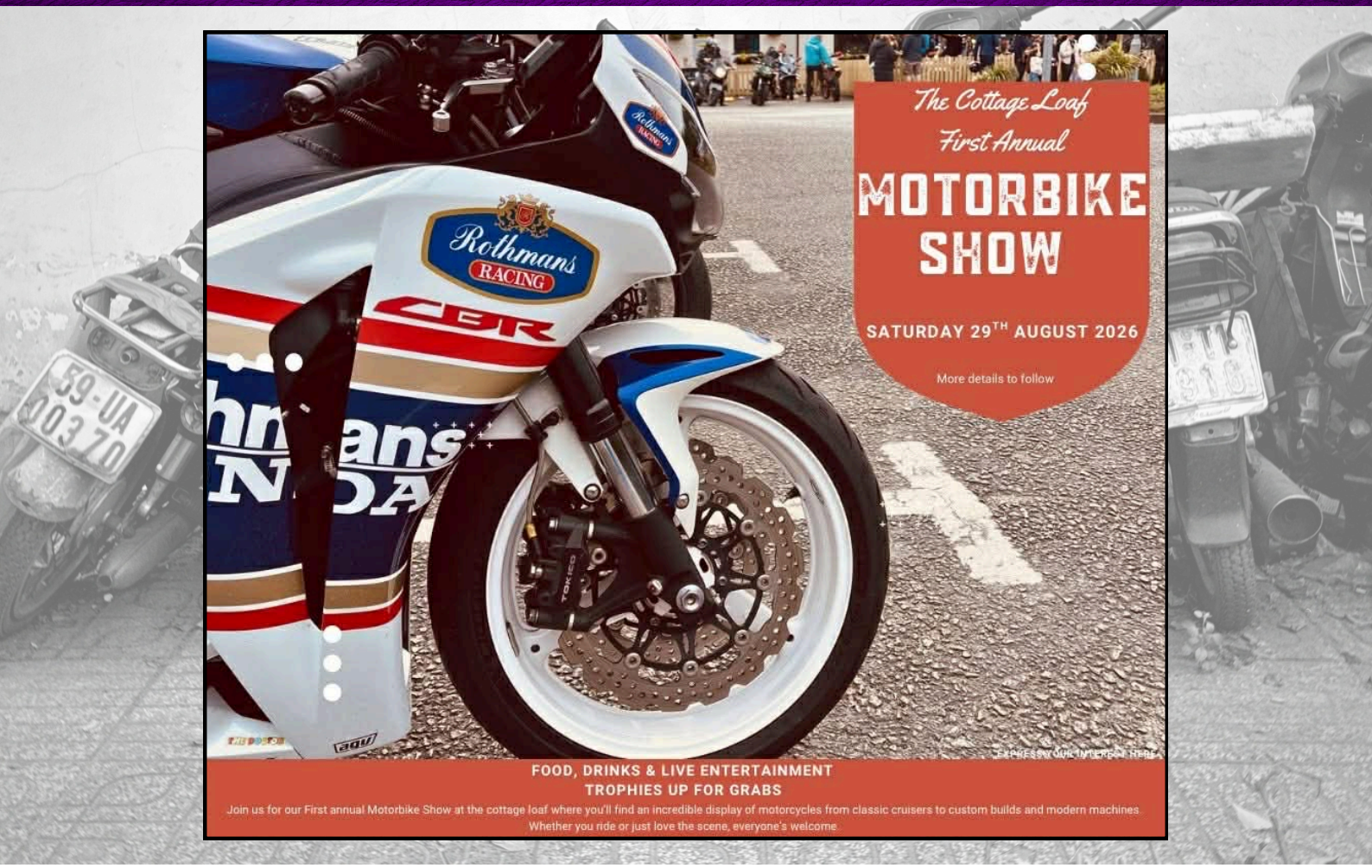

OXTON VILLAGE MARKET

SHOP, STROLL & SOAK IN THE ATMOSPHERE

Fresh Local Produce, Artisan Food
& Unique Finds

SUNDAY, 31ST MAY | 9AM-1PM

RAFA CLUB, OXTON, CH43 1UU

THE GREASBY MARKET 2026

The Greasby Centre, CH49 3AT

ARTS & CRAFTS

9-12pm

1st Saturday of the month (from Feb)

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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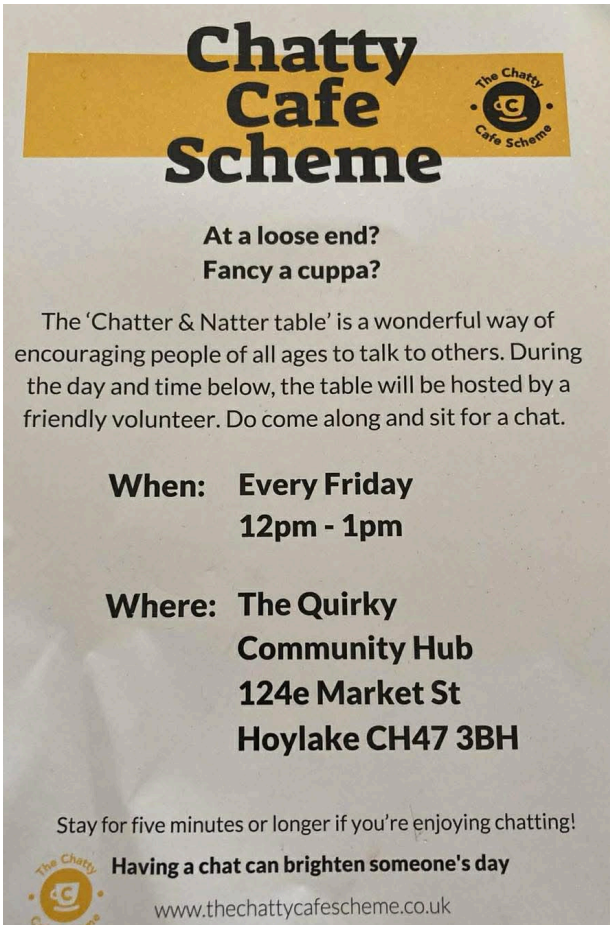





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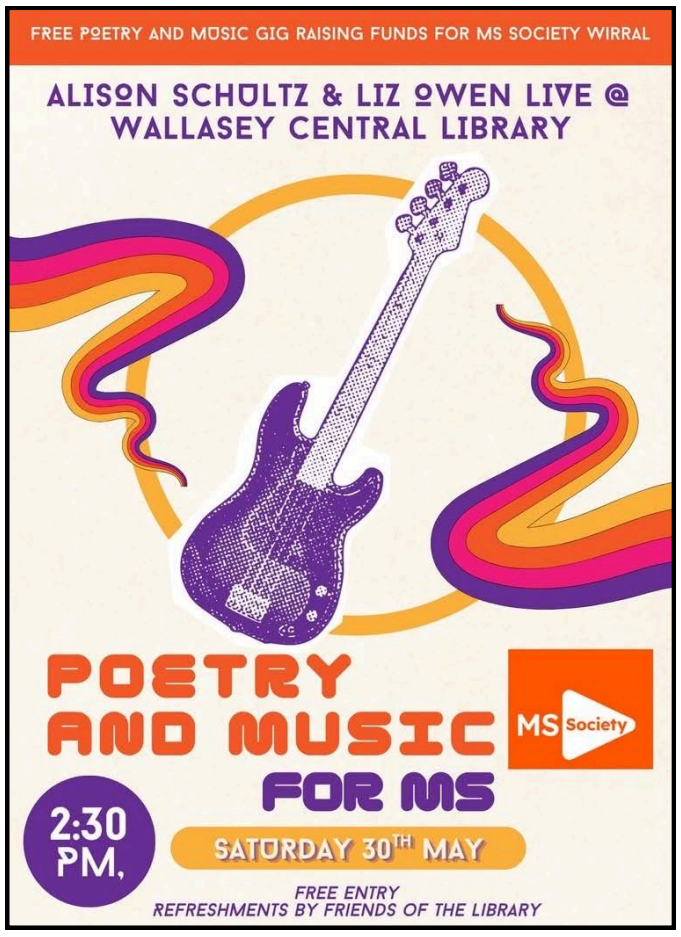



PIZZA BAGELS

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

INGREDIENTS



- 4 Bagels
- 250 g Grated mozzarella

For the sauce:

- 250 g (9 oz) Passata
- 1 tsp Garlic granules
- 1 tsp Dried oregano
- Sea salt and freshly round black pepper

Toppings of your choice

METHOD

- Halve the bagels and put them on a baking sheet.
- Mix the sauce ingredients together in a bowl and spread the sauce evenly on top of them.
- Sprinkle the cheese evenly between the pizzas.
- Add your chosen toppings.

To oven cook

- Bake for 14 – 16 minutes in a preheated oven at 180C/350F until golden brown and the cheese is melted.

To grill

- Cook for 3 – 5 minutes until golden brown and the cheese is melted.

To air fry

- Cook for 5 – 6 minutes at 200C/400F until golden brown and the cheese is melted.

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PIZZA BAGELS (picture method)

1



2



3



4



Recipe courtesy of tamingtwin.com

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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



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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)

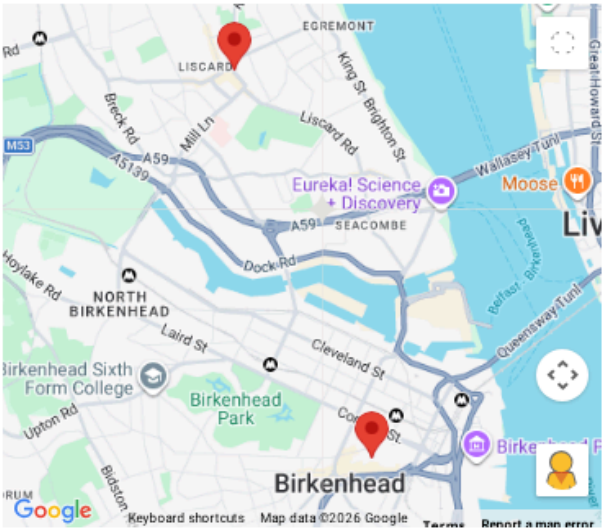
Parking

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

Wirral Shopmobility



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

Carers enews is part of the Carers Health and Wellbeing Service. WIRED make every effort to ensure that the information in the e news bulletin is correct. In order to develop each edition of the e news, WIRED obtain information from a wide range of sources and partner organisations. Due to the volume of content and frequency of publication of the e news, WIRED cannot accept any liability for errors and omissions within any information included in the e news that does not directly relate to a WIRED service or event. Additionally, WIRED cannot offer recommendations on products or services and the views and opinions expressed in the e news are not necessarily those of WIRED.

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

5 St John Street
Birkenhead, Wirral
CH41 6HY

0151 670 0777