Wired
Putting You First

WIRRAL CARERS E-NEWS

Issue:11

3rd June 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

Dementia Awareness Training

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

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





NEXT SESSION:

Thursday 18th June

10am - 1pm

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

To book your **FREE** place or for more information, please contact us on our Carers Helpline

cws@wired.me.uk

0151 670 0777

Ring 0151 670 0777 to book your place!

FIRE RISK AWARENESS SESSION:

STAYING SAFE AT HOME AND DANGERS OF EMOLLIENTS

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





Friday 26th June

10am-12pm

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

Free refreshments provided

How to book...

0151 670 0777

cws@wired.me.uk

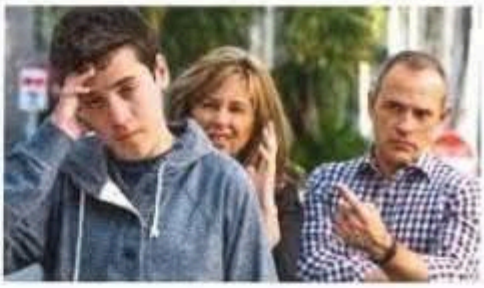
MERSEYSIDE FIRE & RESCUE SERVICE

Wired Putting You First

Talking Teens Programme

Based on the most recent research on adolescence, the groups provide a positive view of teenage development and focus on relationships within the family, communication, negotiating, decision-making and strategies to reduce conflict. The programme consists of four sessions, to increase parents' understanding of teenagers' feelings and behaviour, and deliver key strategies for maintaining and improving relationships.





Key topics:

- Exploring the importance of parents for teenagers
- Developing parents' understanding of teenage development and the influence of brain development on behaviour
- Developing parents' understanding of the importance of listening, verbal and non-verbal communication
- Promoting positive approaches to boundary setting and problem-solving
- Providing an opportunity for parents to share their experience with other parents

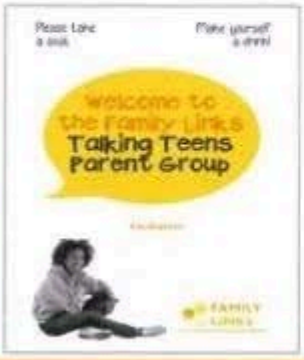
Our next 4 week Talking Teens Programme is starting

Monday 8th June

9.30am-12pm

Caritas Head Office, Wheatland Lane,

Wallasey, CH44 7ED



If you would like more information or to reserve a place, please contact our office on 0151 652 1281



WIRRAL CARERS HEALTH & WELLBEING SERVICE

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The Uk's first Dementia Friendly DAB radio station

24 hours, 7 days a week

Music from 40s to 90s

Encouraging self care

Community focused



Merseyside Dementia Friendly Radio

Find us on DAB, Alexa or MDFR.co.uk

WAYS TO KEEP YOUR DOG, CAT AND SMALL PETS SAFE IN HOT WEATHER

Overheating in hot weather can be dangerous for dogs, cats and small pets but there are ways we can make them safe and comfortable.

Always provide fresh, clean water for all pets.

Make hydrating home-made treats by freezing dog friendly fruits overnight.



Avoid walking your dog in the hottest part of the day or avoid a walk altogether if it's too warm.

Use a paddling pool or washing up bowl to keep your dogs paws cool.



Give your dog a cool place to sit and lie down with a cooling mat.

pdsa

THE VET CHARITY FOR PETS IN NEED



WAYS TO KEEP YOUR DOG, CAT AND SMALL PETS SAFE IN HOT WEATHER

Fill a waterbottle up and freeze overnight, cover with a towel or sock and place it next to your bunnies or small pets' home. It'll give them something nice and cold to lie against when taking their summer nap.

Keep your bunnies cool and entertained with tunnels and cardboard boxes.





Tiles or small-pet-safe cooling blocks provide the perfect cool, snoozing spot.





Give your small pets' a bit of a treat with some fresh fruit and veg to help them stay hydrated.





pdsa

THE VET CHARITY FOR PETS IN NEED



JOIN ME FOR A

LIVE TALK

at Charlotte's Brightside

Tiny Tools
FOR BIG FEELINGS

UNDERSTANDING SEND & EHCP

A PARENT TALK WITH TINY TOOLS

A supportive and practical session for parents and carers navigating the world of SEND, EHCPs and school support.



TUESDAY 9TH JUNE

9.30AM

CHARLOTTE'S BRIGHTSIDE

Let's break down the jargon, share practical advice, and help you feel more confident advocating for your child.

WE'LL COVER:

EHCP BASICS
What it is and what it should include.

SCHOOL SUPPORT
What schools should be doing (and what to ask for).

PARENT RIGHTS
Your rights and what the law says.

APPEALS & TRIBUNALS
When things go wrong and what your options are.

EMOTIONAL SUPPORT
Looking after you while you advocate.

YOU ARE NOT ALONE.
We're in this together.

ALL PARENTS & CARERS WELCOME!
No judgement. Just support.

TINY TOOLS SEND SUPPORT — SUPPORTING FAMILIES. EMPOWERING PARENTS. CHANGING OUTCOMES.

CAREERS ALERT

NHS
North West Ambulance Service
NHS Trust



Emergency Medical Technician Apprenticeship
- opening soon -

Every second counts ... be the one to make it matter

WHAT YOU'LL NEED

- 5 GCSEs, grade 4-9 (or level 2 equivalent) inc English, maths and a science; OR
- GCSEs, grade 4-9 (or level 2 equivalent) in English and maths with relevant healthcare experience; AND
- A full UK manual driving licence with provisional or full C1 category

Do you want to learn more?

Join an online Support Session ...

SCAN ME!

You must have either a full or provisional C1 in place at application - for more info on applying for your provisional C1 go to www.dvla.gov.uk

Which?

MONEY SAVING TIPS

Supercharge your savings this year

The 1p Saving Challenge

Put away 1p on day one, 2p on day two, and add a penny every day after. By New Year's Eve, those tiny increments **add up to a massive £667.95.**



The 365-Day Challenge

Save £1 on Monday, £2 on Tuesday, and build up to £7 on Sunday. This routine bags you £28 every week, **resulting in a fantastic £1,456 annual total.**

The 52-Week Challenge

Save £1 in week 1, £2 in week 2, and keep increasing your deposit by a pound each week. By the time you hit the final £52 week, **you'll have banked £1,378.**

WIRRAL CARERS HEALTH & WELLBEING SERVICE

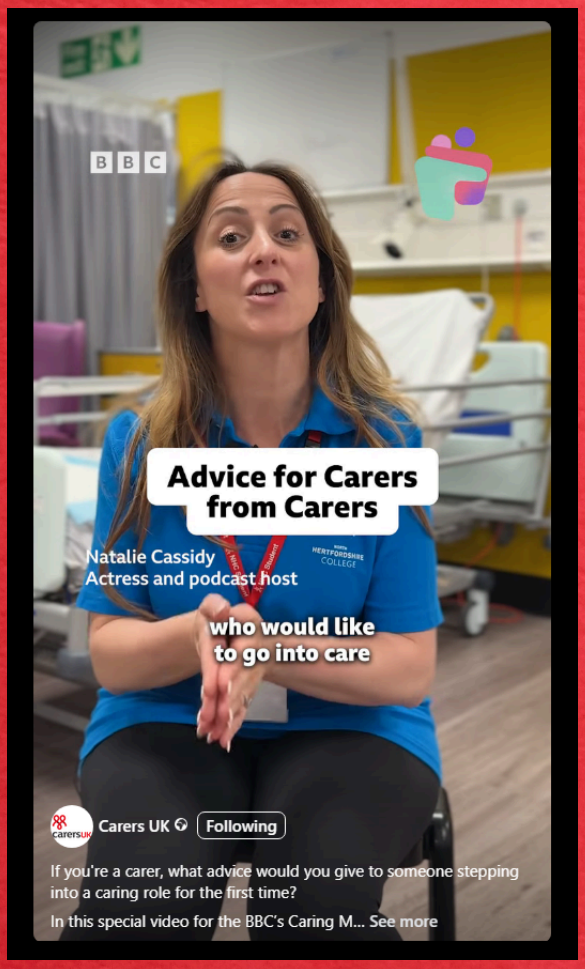
Carer Linkworkers Making Caring Visible, Valued & Supported

carersUK

Carers UK
29 May at 16:00 ·

Journalist Jane Hill chaired our recent State of Caring Conference earlier this month. After the event, she shared her reflections on the discussion and insights shared... See more







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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!







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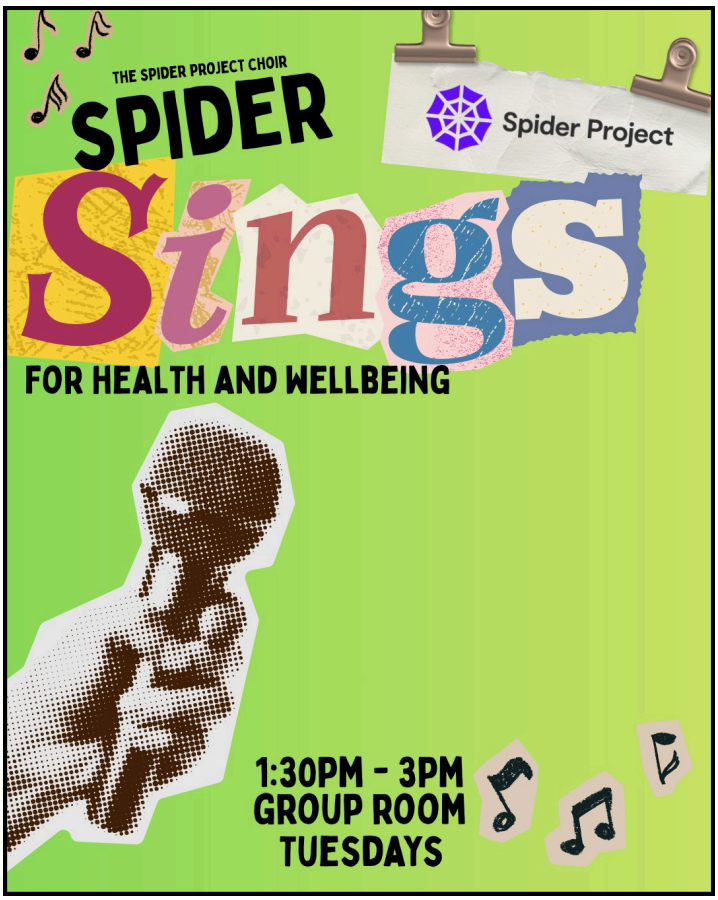







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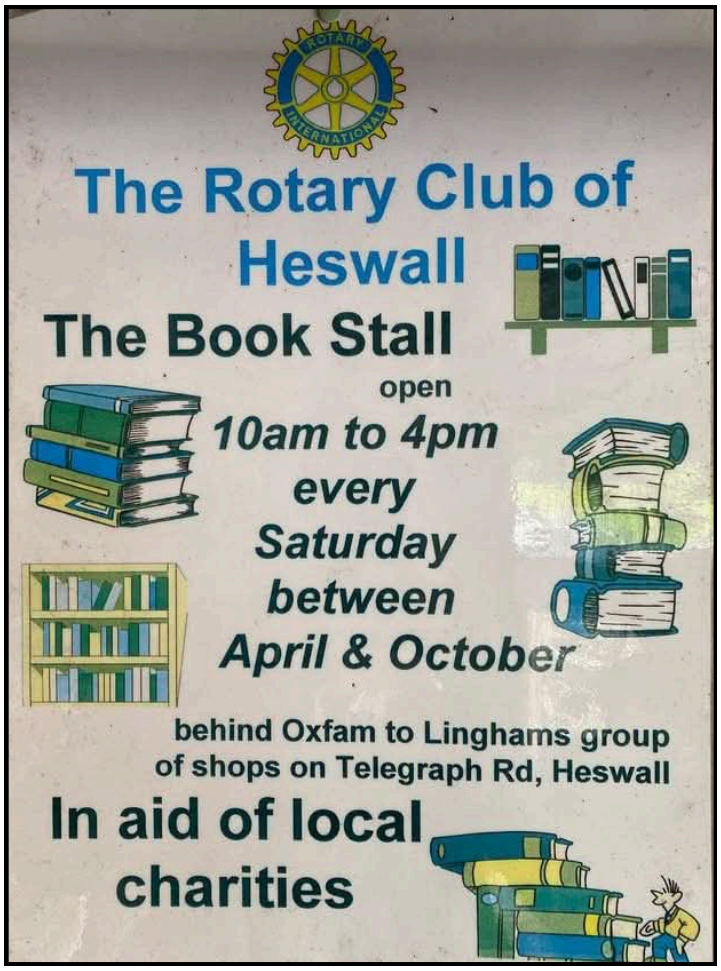





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Art and craft club

Emmanuel Christian Fellowship

Every Tuesday

1:45 - 3:45

£1 per week

First week free of charge

128 Claughton Road
Birkenhead
CH41 6EY

Ark Angels Animal rescue1177664

Invite you to visit our stand and the dog show on June 13th 2026 at

Dunkirk Lane, Ellesmere Port, CH65 6QF

Email: arkangelsanimalrescue@mail.com

www.facebook.com/ArkAngelsRescue

Ark Angels will be ready to welcome you to the dog show

Ark Angels will be setting up their famous tombola.

There will be lots of bargains at our dog stall. The dogs can come for a cool off and enjoy a paddle !!

Whilst youngsters can try to Hook a Duck and win a prize. Everyone is a winner on our Hook a Duck

Bring your dog and register for one or more of our fun classes at our family dog show start at 1.00

TRANMERE ROVERS IN THE COMMUNITY

'HIDDEN VOICES PROJECT'

HIDDEN VOICES PROGRAMME

AT THE

PRENTON PARK LEGENDS ROOMS

CH42 9PY

"BY WOMEN FOR WOMEN"

LAUNCHING TUESDAY 9th JUNE 2026

OPEN TO ALL FEMALE VETERANS

ACROSS ALL SERVICES

TUESDAYS 11AM - 1PM

FREE ENTRY

JOIN US FOR A CHAT & LIGHT REFRESHMENTS

For More Information Email :

KatieB@tranmererovers.co.uk

THE ARMED FORCES COVENANT FUND TRUST
Funded by HM Government

WIRRAL CARERS HEALTH & WELLBEING SERVICE

Carer Linkworkers Making Caring Visible, Valued & Supported






SUMMER FAIR
AT
FAIRFIELD
NURSING HOME HESWALL
10 Quarry Road East, Heswall CH61 6XD
4TH OF JULY
11AM TILL 3PM
LIVE ENTERTAINMENT
12.00 – 1.45PM
A-Z SAFARI PARTY
2.00 – 3.00PM
BBQ
LOTS OF
DIFFERENT STALLS
BOUNCY CASTLES
KIDS GAMES
ALL MONEY
RAISED IS GOING
TOWARDS OUR
RESIDENTS
FUNDS
EVERYONE
is
WELCOME!


SAVE THE DATE!
OUR
4TH
YEAR!
2nd Bebington Scouts and Brighter Bebington
SCARECROW TRAIL
19/09 - 30/09
Winner of this Scarecrow Trail
will be announced at our Autumn Fair.
Join us at Mayer Hall on
26th September 2026
11 to 2pm
for fun, food, games
and to vote for your
favourite scarecrow!
Once we have a list of those
taking part we will provide
a map of the trail
For further information and
to take part please email
BebingtonScarecrow@outlook.com
FOLLOW US ON FACEBOOK FOR UPDATES! #ScarecrowTrail

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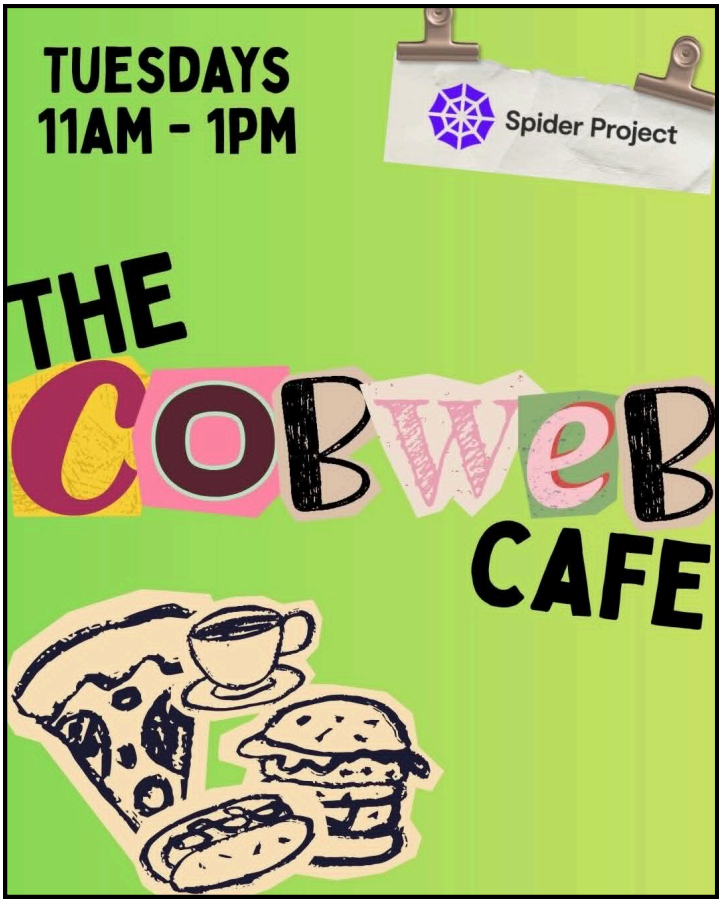



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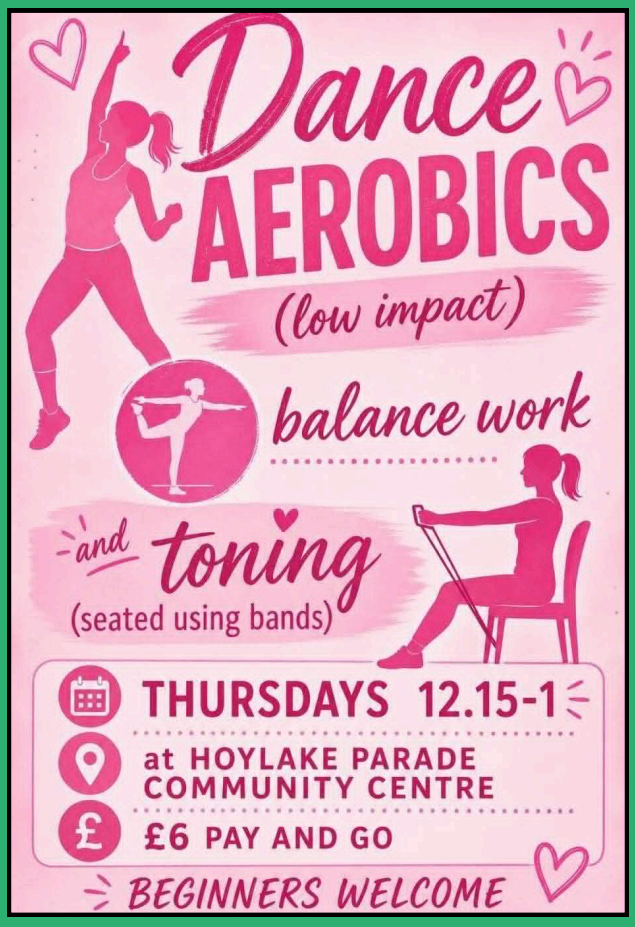





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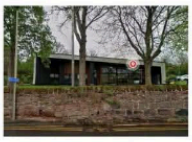
Neston Neurodivergent Get-Together

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

TAKING STRIDES presents

THE FITNESS BOUTIQUE
PILATES • FITNESS • DANCE

CHAIR-BASED PILATES WITH Karen



BROMBOROUGH VILLAGE HALL

EVERY THURSDAY

11:00 AM – 12:00 PM

Gentle, friendly chair-based Pilates to improve strength, flexibility & wellbeing.

Suitable for all abilities

Tea & biscuit afterwards included!

SUGGESTED DONATION: £3 PER SESSION

PAY WHAT YOU CAN – EVERYONE WELCOME

Come along, move your body, and feel good with your community!

BABY BABBLE AT CASTLEWAY

FREE BABY SENSORY GROUP FOR UNDER 12 MONTH OLDS

EVERY TUESDAY DURING TERM TIME 10:00AM – 11:00AM

ALL ARE WELCOME!

Castleway Primary & Nursery School
Castleway North, CH46 1RN
(0151) 677 2953 | www.castleway.wirral.sch.uk

BE KIND. BE CONFIDENT. BE YOUR BEST.

Community Social Lunch Club

THURSDAYS 11:30AM - 1:30PM

£6.50 for 2 course meal, Bingo, Quizzes & Entertainment



FRIENDS - FOOD - FUN TIMES - LAUGHTER

Equilibrium

Livingstone Street Play and Community Centre,
130 St Anne St, Birkenhead CH41 6JX

WIRRAL CARERS HEALTH & WELLBEING SERVICE

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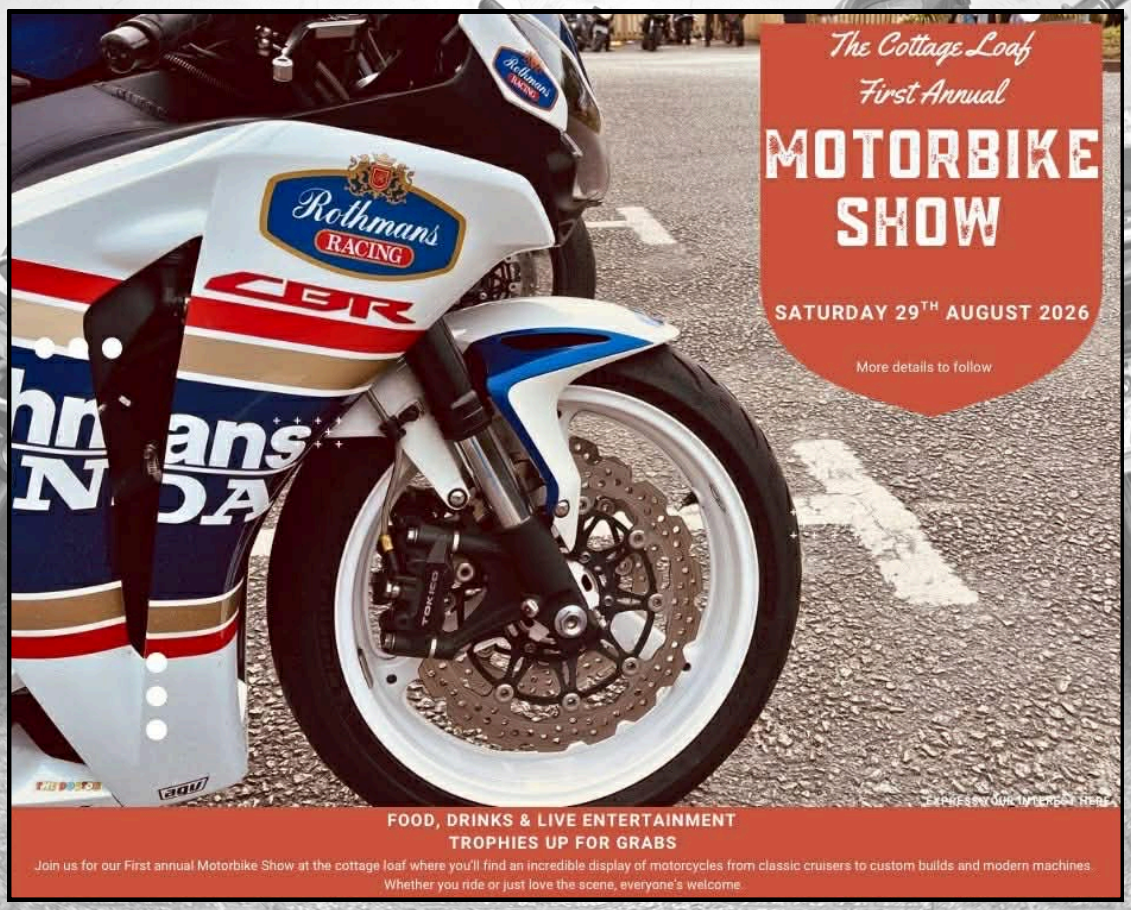

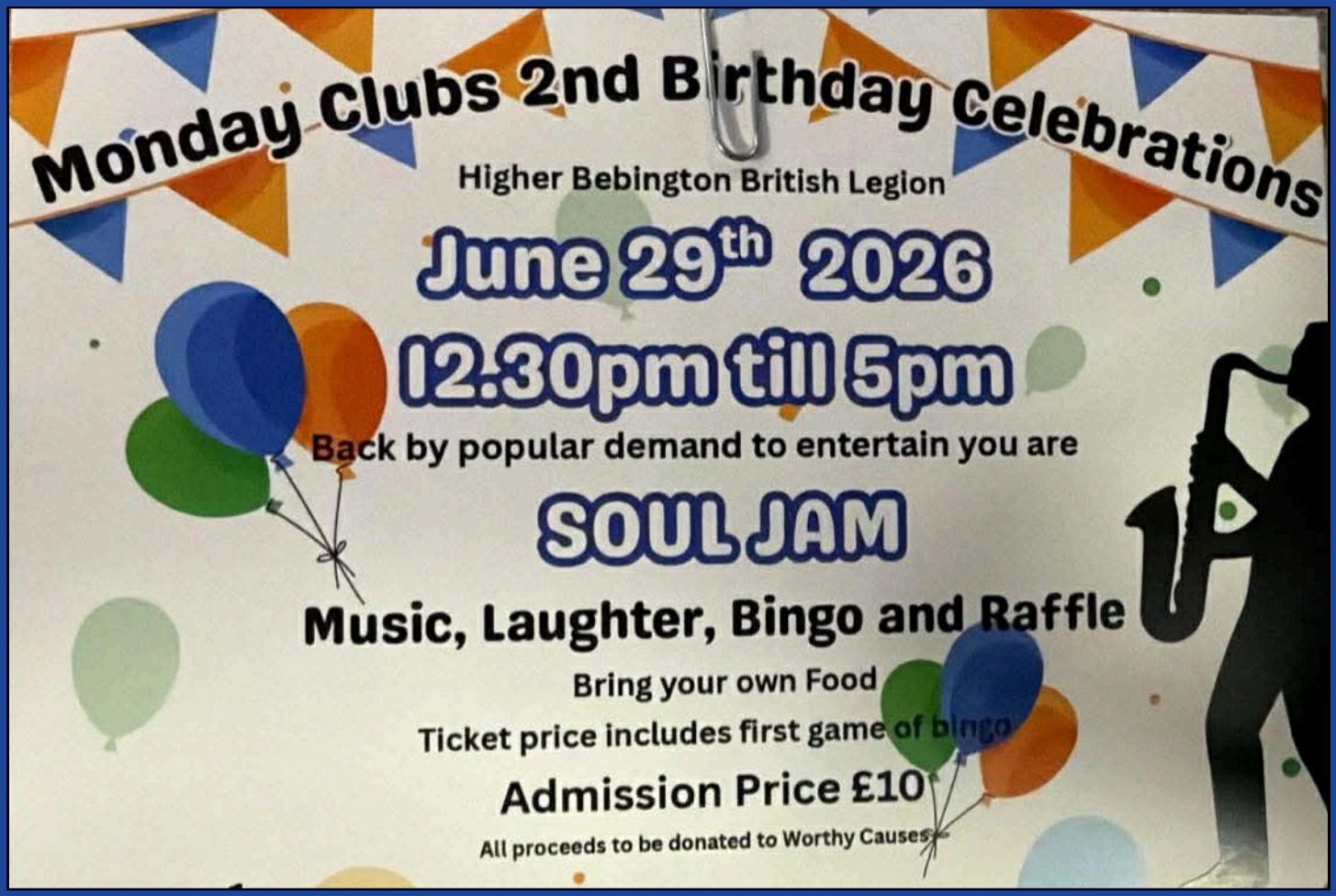

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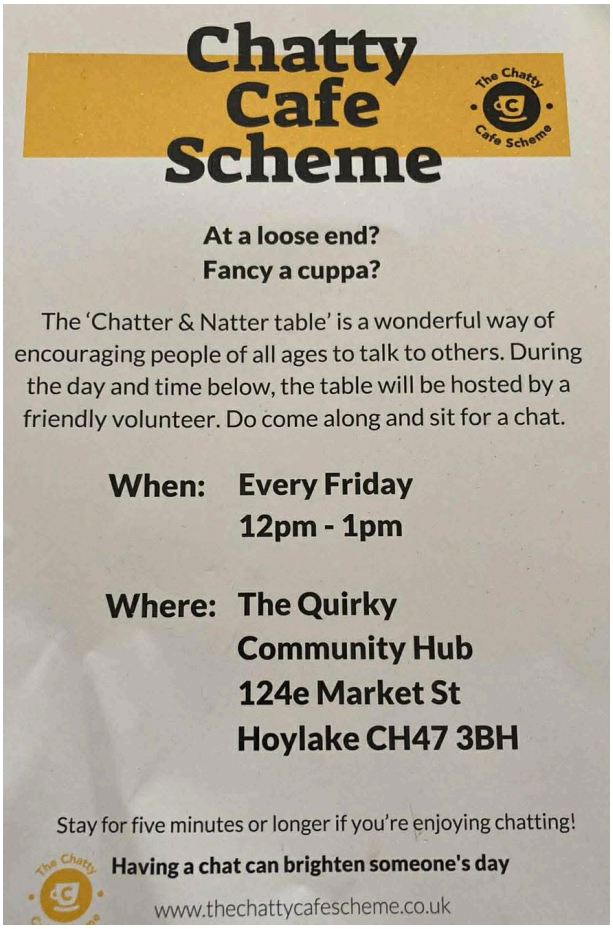





Chicken Parmigiana

SERVES: 4 **COOK: 10 Prep & 20 mins** **TYPE: Easy**



INGREDIENTS

- 2 large-sized chicken breasts
- 165 g plain flour
- 3 egg (beaten)
- 135 g breadcrumbs
- 2 tsp dried oregano
- 2 tsp paprika
- Sauce:
- 2 tsp vegetable oil
- 1 tsp garlic puree
- 2 tbsp tomato puree
- 2 x 400g tins chopped tomatoes
- 2 tsp dried basil

METHOD

- Place the chicken breasts between two large sheets of baking paper and using a rolling pin, or a saucepan, smack the chicken breasts until it has halved in thickness and is the same width all over. Half each of the flattened chicken breasts to give you 4 fillets.
- Add the flour to a shallow bowl, the eggs to another shallow bowl and the breadcrumbs, oregano and paprika to a third shallow bowl.
- Season the flour and egg well with salt and pepper.
- Take the flattened chicken fillets and one by one dredge in the flour, then egg and then breadcrumbs, taking care to cover well at each stage. As you go, lay the breaded chicken on a baking paper lined tin. Repeat until you have prepared all of the chicken.
- To make the tomato sauce:
- Add the olive oil, garlic, tomato puree, chopped tomatoes and basil to a saucepan. Bring to the boil then reduce to a simmer and cook for 15 minutes.
- If cooking now:
- Preheat the oven to 220°C. Drizzle the chicken with olive oil and place into the oven for 20-25 minutes until golden and cooked through.
- Cook the spaghetti according to the packet instructions. Once the chicken is cooked, remove from the oven. Stir the tomato sauce through your cooked spaghetti, top with mozzarella and serve up with the chicken alongside. Serve with a salad of red onions and tomatoes.

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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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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)

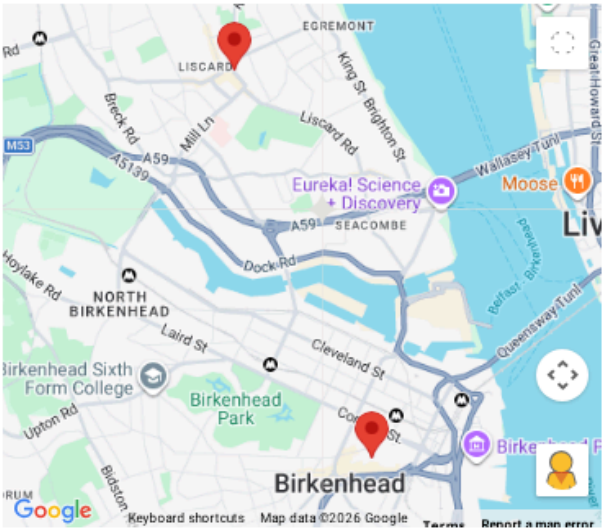
Parking

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

Wirral Shopmobility



Locations



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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