

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



**AUGUST 2026**

FOR UNPAID CARERS ACROSS WIRRAL

## Your August Calendar

Free sessions, practical support and friendly groups — **every one of them free.**

**ST JAMES CENTRE** 344 Laird Street, Birkenhead, CH41 7AL

**WED  
12**

### Fraud Awareness Session

Spot scams, with Merseyside Police

**10am – 12pm**

**THU  
13**

### Dementia Awareness Training

Information, advice and support

**10am – 1pm**

**WED  
19**

### Crafty Carers Club

Get creative and unwind

**10am – 3pm**

**FRI  
28**

### Fire Safety Session

With Merseyside Fire & Rescue

**10am – 12pm**

### CARER GROUPS & YOGA

**EVERY TUESDAY**

#### Carers Yoga

11am – 12.30pm

Wallasey or on Zoom

**13 & 27 AUG**

#### Wallasey Support Group

1pm – 3pm

Inspire Café, The Spire

**THU 20 AUG**

#### West Kirby Drop-in

10am – 12pm

Age UK Café, Marine Place

**BOOK YOUR FREE PLACE**

Carers Health & Wellbeing Team

**0151 670 0777**

[cws@wired.me.uk](mailto:cws@wired.me.uk)



# WIRRAL CARERS HEALTH & WELLBEING SERVICE

Carer Linkworkers Making Caring Visible, Valued & Supported

## Fraud Protection Session

Join the Economic Crime Team from Merseyside Police for an informative session to help you **stay safe** and **protect yourself** from fraud and scams.

**Did you know**  
1 in 4 of us become a victim of fraud?

**Would you know**  
What to do if you realised you were a victim of a scam?

**THIS SESSION WILL COVER:**

- Courier fraud
- Romance fraud
- Door to door/bogus traders
- 'Hi Mum' fraud
- Investment fraud
- Preventative measures
- What to do if you are unsure
- How to report fraud
- Plus much more

**WEDNESDAY 12TH AUGUST** 10AM – 12PM

**ST JAMES CENTRE, 344 Laird Street, Birkenhead, CH41 7AL**

Delivered by the Fraud Protect Coordinator of Merseyside Police  
**Booking is essential for this session**

[cws@wired.me.uk](mailto:cws@wired.me.uk) 0151 670 0777



**KNOW IT. SPOT IT. STOP IT.**

## Dementia Awareness Training

We run quarterly **Dementia Awareness Sessions** for unpaid carers across Wirral, looking after someone with dementia.

This training session helps provide carers with **information, advice and support** to help them within their caring role.

**1 in 2** of us will care for someone with dementia, or need dementia care ourselves.

**NEXT SESSION**

**THURSDAY 13TH AUGUST** 10AM – 1PM

**ST JAMES CENTRE, 344 Laird Street, Birkenhead, CH41 7AL**

**THIS SESSION WILL HELP YOU:**

- Understand more about dementia
- Feel more confident in your caring role
- Learn practical tips and strategies
- Connect with others in a similar role

**BOOK YOUR FREE PLACE TODAY** 0151 670 0777 [cws@wired.me.uk](mailto:cws@wired.me.uk)



## FIRE RISK AWARENESS SESSION

WIRED, in partnership with Merseyside Fire & Rescue Service, is offering a **FREE session for unpaid carers**.

Join us to learn simple steps to keep you and the people you care for **safe at home**.

**STAY SAFE AT HOME**  
PROTECT YOUR HOME AND YOUR LOVED ONES

**WE'LL COVER:**

- How to prevent fires at home
- The hidden dangers (moisturising creams)
- What to do in an emergency
- Top tips and expert advice
- Q&A – ask the experts your questions

**SESSION DETAILS**

**Friday 28th August**

**10am – 12pm**

**St James Centre, 344 Laird Street, Birkenhead, Wirral, CH41 6HY**

**FREE REFRESHMENTS PROVIDED**

**BOOK YOUR FREE PLACE TODAY!**  
Places are limited – booking is essential.

0151 670 0777 [cws@wired.me.uk](mailto:cws@wired.me.uk)

*Stay safe. We're here to help.*



## WILLS AND TRUSTS ADVICE SESSION

In partnership with **Morecrofts Solicitors**, WIRED are running a **FREE Wills and Trusts advice session** to **unpaid carers registered with WIRED**.

The session will cover information, advice and guidance on:  
**Wills, Probate, Power of Attorney and Trusts.**

**Wednesday 2nd September**

**10am-12pm**

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

**How to book...**

0151 670 0777 [cws@wired.me.uk](mailto:cws@wired.me.uk)

**Morecrofts SOLICITORS**



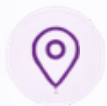


# WIRRAL CARERS HEALTH & WELLBEING SERVICE

Carer Linkworkers Making Caring Visible, Valued & Supported

## Wired Carer Support Groups

Local support groups across Wirral for unpaid carers to connect, relax and get support.



### WALLASEY CARERS SUPPORT GROUP

 Inspire Café, The Spire, Breck Road, Poulton, Wallasey, CH44 3BD



**2nd & 4th Thursday**  
of the month, 1pm–3pm



Free tea and coffee  
is provided



### WEST KIRBY CARERS DROP-IN

 AGE UK Cafe, Marine Place, Marine Lake Medical Centre, Orrysdale Rd, West Kirby, CH48 4HX



**3rd Thursday** of the  
month, 10am–12pm



Free tea and coffee  
is provided



### CRAFTY CARERS CLUB

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



**3rd Wednesday** of the  
month, 10am–3pm



Free refreshments  
provided



### CARERS YOGA

#### Face-to-Face



#### All Things Must Pass Centre for Wellness

134 Borough Rd, Wallasey, CH44 6NH



**Every Tuesday**, 11am–12:30pm



Free hot drinks provided and a chat at  
the end of the session with other carers

#### Online



#### Zoom



**Every Tuesday**,  
11am–12:30pm

Meeting ID: 771 767 3139  
Passcode: 1008

0151 670 0777

cws@wired.me.uk

www.wired.me.uk

*Wired*  
Putting You First



# WIRRAL CARERS HEALTH & WELLBEING SERVICE

Carer Linkworkers Making Caring Visible, Valued & Supported

## Our lovely yoga group last week!



## CARERS YOGA

Face-to-face and Online

Elevate your wellbeing with our transformative yoga classes FREE to unpaid carers registered with WIRED.

There is also the opportunity to stay for a hot drink and chat after the session is finished. You can either join face-to-face or on Zoom.

 **Every Tuesday, 11am-12:30pm**

 All Things Must Pass Centre for Wellness,  
140b Borough Road, Wallasey, Wirral,  
CH44 6NH

 **Zoom:** Meeting ID: 771 767 3139  
Passcode: 1008

### How to book...

 0151 670 0777  [cws@wired.me.uk](mailto:cws@wired.me.uk)

 <https://wired.me.uk/carers-support/carers-yoga/>

 **Wired**  
Putting You First





# WIRRAL CARERS HEALTH & WELLBEING SERVICE

Carer Linkworkers Making Caring Visible, Valued & Supported



## Wirral Carers Alliance



**'WE Care that YOU Care'**

WELCOME TO

**Wirral Carers Alliance**

We are Wirral Carers Alliance, a team of 'Family & Friend' Carers and Volunteers working in collaboration with Wirral Council, the NHS, Charities, Carer Support Groups and 3rd Sector Organisations to ensure Carers are included when improving the support available to communities on Wirral

Join Us in being part of ensuring Carers are seen as 'partners in care', ensure there is focus on Carers own support needs and where Carer voices are valued in the future development of local services, resources and policy review

Please scroll for more info

Please scroll for more info

**WCA Engaging Carers with**  
our *Six Carer Principles*  
**Ensuring Carers Voices are**  
**Stronger, Significant and Supported**



**Wirral Carers Alliance**  
**The Six Carer Principles**



Prioritise and Facilitate Carer Identity and Awareness



Compassionate Involvement and Collaborative Teamwork



Promote Supportive Care Resources and Skills Training



Champion Assistive Health and Wellbeing



Identify, Review and Assess Outcome Improvements



Celebrate and Share Success with Lived Experience

## Join the Wirral Carers Alliance Mailing List

Hear News from the Forums, 'What's On' at CoLLaB, Developments from the Carers Partnership Board and Updates on the 2026 'Commitment to Carers Conference'

Email the team at [info@wirralcarersalliance.org.uk](mailto:info@wirralcarersalliance.org.uk)

Alternatively use the 'Get in Touch' form at the bottom on the page



# wirralview

Look out for an email checking  
who's registered to vote  
at your address

Make sure you respond  
by the deadline.

The  
Electoral  
Commission

## FOOD WASTE UPDATE



Food waste collections: a few quick reminders



## Shared Lives carers



Shared Lives is a unique service that supports people in a family setting. Shared Lives carers welcome adults with care and support needs in their own home, to be cared for as part of their family. A little bit like Foster Care.

## Who can benefit from Shared Lives?

Shared Lives is a very flexible service that can support people from the age of 16 with a personal care need or 18 without. The people we support thrive in their carefully matched families. Shared Lives can offer the following care and support-

- long term placements
- short term placements (perfect for building independent skills)
- respite holidays
- respite holidays for Unpaid carers
- day support

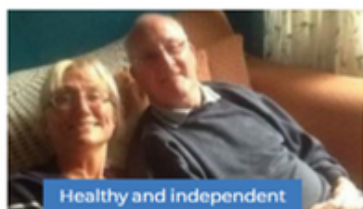
READ MORE



## Could you be a Shared Lives carer? Your questions answered



Read More



Healthy and Independent

### "He instantly became part of the family": How Shared Lives gave one family peace of mind

24 July 2026

When Lynne started planning her wedding, there was one thing she couldn't stop worrying about – who would care for her dad, Harold. For Lynne, Shared Lives offered something different.



READ MORE



# WIRRAL CARERS HEALTH & WELLBEING SERVICE

Carer Linkworkers Making Caring Visible, Valued & Supported



Tomorrow's  
Women

Women supporting women

Wirral: 0151 647 7907 Chester: 01244 906 494

## TOMORROW'S WOMEN WIRRAL EMPOWERING TIMETABLE

| MONDAY                                                                                                                                                                                                        | TUESDAY                                                                                                                                                                                                                                                                                                                  | WEDNESDAY                                                                                                                                                                                                                                                           | THURSDAY                                                                                                                                                                                                                                                                                                                                   | FRIDAY                                                                                                                                                                                                                                                          |
|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>Gardening Group</b> - 9:30am – 12:30pm.<br>Support the continued growth of our beautiful garden with Sandra & Liz<br>                                                                                      | <b>L2 Volunteering</b><br>Starting 11 <sup>th</sup> August x 3 weeks<br>9:30am – 2:30pm <ul style="list-style-type: none"> <li>Learn the role of volunteers and how organisations work</li> <li>Build teamwork and practical volunteering skills</li> <li>Understand responsibilities and how to get involved</li> </ul> | <b>Gardening Group</b> - 9:30am- 12:30pm.<br>Support the continued growth of our beautiful garden with Sandra & Liz<br>                                                                                                                                             | <b>10am – 11am</b><br>Specialising in Family Law, Domestic & Care proceedings.<br>                                                                                                                                                                                                                                                         | <b>Gardening Group</b> - 9:30am – 12:30pm.<br>Support the continued growth of our beautiful garden with Sandra & Liz<br>                                                                                                                                        |
| <b>Healthy Relationships</b><br>August 17 <sup>th</sup> 10:30am – 11:30am<br>Discuss consent, recognising unhealthy or harmful behaviours, and where to access help and support<br>                           | <b>25<sup>th</sup> August 10am – 11am</b><br>Drop-in for advice and support with stopping smoking.<br>                                                                                                                                                                                                                   | <b>Police Advice Drop In</b><br>12 <sup>th</sup> August 9:30am – 11am<br>Needing some support or advice? Come and speak with a friendly officer in our centre.<br>                                                                                                  | <b>Alcohol &amp; Drug Awareness Weekly Group</b><br>10:30am – 12pm<br>A safe, non-judgmental space for women at any stage of recovery.<br>Place To Be - A Day retreat with Grace<br>27 <sup>th</sup> August 11am -2pm<br>Booking is Essential<br>                                                                                          | <b>Wellbeing and Me</b><br>Starting 7 <sup>th</sup> August x 4 weeks<br>10am – 11:30am<br>Looking at the impact of stress, anxiety, depression & emotional wellbeing.<br>                                                                                       |
| <b>Tomorrow's Women Recovery support group</b><br>Every Monday @ 10:30am<br>A safe, non-judgmental space for women at any stage of recovery.<br>                                                              | <b>Nature Walk</b><br>Weekly from 10am<br>Enjoy fresh air, good company and light movement.<br>                                                                                                                                                                                                                          | <b>Family Law Support</b><br>Weekly Appointments 10am – 11am<br>                                                                                                                                                                                                    | <b>Sound Bath with Grace</b><br>13 <sup>th</sup> August 11am – 12pm<br>Booking is Essential<br>                                                                                                                                                                                                                                            | <b>NHS Talking Therapies Drop In</b><br>28 <sup>th</sup> August 10am – 12pm<br>Feel like you might benefit from talking therapies?<br>Amy can help with getting referred in, explain the different types of therapy available & additional support offered.<br> |
| <b>10<sup>th</sup> and 24<sup>th</sup> August</b><br>11am – 12pm<br>Support with Family Law, Divorce & Financial issues<br>                                                                                   | <b>Belly Dancing with Cecile</b><br>10am -11am<br>Weekly Group<br>All abilities welcome!<br>                                                                                                                                                                                                                             | <b>Magenta Living Drop In</b><br>26 <sup>th</sup> August<br>10am – 12pm<br>                                                                                                                                                                                         | <b>TW Forum Meeting</b><br>13 <sup>th</sup> August from 12pm<br>Come along & have your say on what courses activities you would like to see in the centre.<br>                                                                                                                                                                             | <b>ACTIVE WIRRAL Drop-in</b><br>Visit the community room on Wednesday 5 <sup>th</sup> or Friday 7 <sup>th</sup> at 11am to get signed up before booking on to strength and conditioning class.<br>                                                              |
| <b>Pilates with Lucy</b><br>3 <sup>rd</sup> August<br>12pm – 12:45pm<br>Interested in Pilates? Book on and give it a try.<br>                                                                                 | <b>3D Training Information Drop In</b><br>4 <sup>th</sup> August 10am – 12pm<br>Interested in a course? Speak with staff to find out what's on<br>                                                                                                                                                                       | <b>RASA Support Drop In</b><br>5 <sup>th</sup> August<br>10am – 12pm<br>                                                                                                                                                                                            | <b>Wirral Met Info Drop In</b><br>6 <sup>th</sup> August 1pm – 2pm<br>Want to know what courses are on in the community? Come and speak with Alysha.<br>                                                                                                                                                                                   | <b>Lunch Club 12pm</b><br>*£4 donation<br>Come together to enjoy a good meal with great company<br>                                                                                                                                                             |
| <b>YOGA WITH DAWN</b><br>1pm – 2:15pm<br>Weekly throughout August<br>Booking is Essential<br>                                                                                                                 | <b>Testing &amp; Advice Drop In</b><br>4 <sup>th</sup> August 10am – 1pm<br>Get advice regarding harm reduction, safe sex practices & timescales for further testing.<br>                                                                                                                                                | <b>Community Connectors</b><br>11-12pm<br>Needing some support in your community? Speak with a community connector.<br>                                                                                                                                             | <b>Strength and Conditioning</b><br>August 20 <sup>th</sup> 1pm - 2pm<br>Circuit style exercise class<br>A full-body workout featuring a variety of exercise stations, combining cardio, strength and endurance exercises to improve overall fitness. All abilities welcome!<br>Pre-registration is required. Please see Friday dates.<br> | <b>Community Connectors</b><br>11-12pm<br>Needing some support in your community? Speak with a community connector.<br>                                                                                                                                         |
| <b>Finding Me - Domestic Abuse Course</b><br>Starting 10 <sup>th</sup> August x 6 weeks<br>1pm – 3pm<br>Explore healthy and unhealthy characteristics, traits and behaviours within relationships.<br>        | <b>msb</b><br>Support with Family Law<br>4 <sup>th</sup> and 18 <sup>th</sup> August 10am – 12pm<br>                                                                                                                                                                                                                     | <b>YOGA WITH GRACE</b><br>Weekly throughout August<br>11am – 12pm<br>                                                                                                                                                                                               | <b>Standguide Employability Drop-In</b><br>August 13 <sup>th</sup> & 27 <sup>th</sup> 1pm – 2pm<br>Ready to find a job that supports your health needs? Speak with Fleur and see what support is available.<br>                                                                                                                            | <b>Puzzle Piece Law</b><br>Weekly from 14 <sup>th</sup> August<br>1pm – 4pm<br>Offering support with Family Matters, Child Arrangements, Financial Orders<br>                                                                                                   |
| <b>Bereavement Support Group</b><br>3 <sup>rd</sup> and 17 <sup>th</sup> August<br>1pm – 2pm<br>                                                                                                              | <b>Total Training Drop-in</b><br>11 <sup>th</sup> August 11am – 1pm<br>Come and speak to Clare to find out more about their fully funded, flexible online L2 and L3 Courses<br>                                                                                                                                          | <b>Job Centre Plus Drop In</b><br>Weekly 11am – 1pm<br>Come and speak to Lesley to see what JCP has to offer.<br>                                                                                                                                                   | <b>Kandinsky Painting Workshop</b><br>August 20 <sup>th</sup> 1:30 – 3pm<br>Create abstract art inspired by the artist Kandinsky!<br>                                                                                                                                                                                                      | <b>Tomorrow's Women Weekly Creative Group</b><br>From 1.30pm<br>All welcome!<br>Singing, drama & creativity.<br>                                                                                                                                                |
| <b>Berkson</b><br>Family Law Solutions<br>3 <sup>rd</sup> and 17 <sup>th</sup> August 2pm-4pm<br>Support with Family law, care proceedings, divorce, non-molestation orders<br>                               | <b>Substance Use Midwife Drop-in with Jill</b><br>11 <sup>th</sup> August from 1pm<br>                                                                                                                                                                                                                                   | <b>Care Proceedings:</b><br>11am -12pm<br><b>Domestic Abuse Specialist:</b><br>12:30pm – 1:30pm<br><b>Morecrafts</b><br>Women of Wirral - Chatty Table<br>Every Wednesday From 12:30pm<br>Come along for creative activities with friendly and supportive chat.<br> | <b>Jam Session Weekly Session</b><br>1.30 - 2.30pm<br>Bring along your instruments & have some fun<br>                                                                                                                                                                                                                                     | <b>Creative Writing Group</b><br>14 <sup>th</sup> August 2pm – 3pm<br>Have you ever wanted to give writing a try but felt that you weren't a writer? Come to our monthly group and have a go.<br>                                                               |
| <b>Court Support Services</b><br>10 <sup>th</sup> & 24 <sup>th</sup> August 12pm – 2pm<br>Lauren can provide practical, reliable and compassionate support to help you navigate the family court process.<br> | <b>ENERGY PROJECTS PLUS DROP IN</b><br>11 <sup>th</sup> August 1pm – 2:30pm<br>Offering advice with: energy bills & debt, household costs, cold homes and more<br>                                                                                                                                                       | <b>Reading Group</b><br>Weekly 1-2pm<br>A great way to meet new people, share a story with a cuppa.<br>                                                                                                                                                             | <b>Guided Meditation</b><br>Blissful deep relaxation<br>Weekly drop in 2:15pm–2.45pm<br>A great way to start the weekend<br>                                                                                                                                                                                                               | <b>Guided Meditation</b><br>Blissful deep relaxation<br>Weekly drop in 2:15pm–2.45pm<br>A great way to start the weekend<br>                                                                                                                                    |
| <b>McKenzie Friend</b><br>10 <sup>th</sup> & 24 <sup>th</sup> August 12pm – 2pm<br>A great way to start the week<br>                                                                                          | <b>Better Solutions</b><br>5:30pm – 6:30pm<br>Session 1- Thinking & behaviour.<br>Session 2- Consequences<br>Session 3- Problem solving.<br>Rolling group. You can attend sessions as & when.<br>                                                                                                                        | <b>Smear Tests</b><br>19 <sup>th</sup> August<br>1pm – 3:30pm<br>Are you overdue your smear appointment? Book in today!<br>                                                                                                                                         | <b>Guided Meditation</b><br>Blissful deep relaxation<br>Weekly drop in 2:15pm–2.45pm<br>A great way to start the weekend<br>                                                                                                                                                                                                               | <b>Guided Meditation</b><br>Blissful deep relaxation<br>Weekly drop in 2:15pm–2.45pm<br>A great way to start the weekend<br>                                                                                                                                    |

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





## Home Is Where The Ark Is

It's time to tell a story about this place I know  
Feel like giving up on life, this is the place to go.  
No matter what your gender is, disability sex or race,  
All you have to do is come and show your face.  
The people there are friendly so if your life's a mess  
They'll offer up an ear to bend, relieve you of your stress.  
No matter if you're homeless, addict of drink or drugs  
They'll welcome you with open arms, accept their offered hugs.  
They'll offer up a shoulder to lean on when you cry  
They'll show you that your life has worth so don't give up and die.  
You might just need to have a chat, a warm bed, a nice hot meal.  
So come on down and make some friends, this place is real.  
The staff will help you get a job, get benefits, get a gaff.  
And when you finally leave the place, you'll have had the greatest  
laugh.  
So my friend, a final word, it's time to leave the dark  
But don't forget that when you're down, you can always use the ARK.

Lee Cavaghner - Former Resident

*Did you know...*

 Wirral Ark Leading the  
fight against homelessness

**44**

is the life expectancy of a  
homeless person

**1 in 3**

rough sleepers have been  
victims of violence

**5166**

homeless people  
accommodated by Wirral  
Ark since 1991





Speak **SEND**,  
Spark **Change**

If you want **change** too,  
you know what to do.



Weekly meetings at the **HIVE**  
for young people aged 15–25  
who identify as **SEND** to  
help **drive** changes to the  
**SEND** services on the Wirral.



@sendinwirral



wirralsend@gmail.com

SCAN ME





## Find your family's summer offer

The government is cutting VAT from 20% to 5% on family days out — from cinema and theatre tickets to attractions, and children's meals out. Less to pay, more summer to enjoy.

25 June – 1 September 2026, right across the UK

YOUR POSTCODE

p.g. EH21 6SY

WHAT KIND OF PLACE?

All places

Cinema & Theatre

Soft play

Adventure & theme park

Museum & heritage

Food

Other attractions

SORT BY

☒ Nearest first

☐ Best match for

Find offers →

Free to use · No account needed



# WIRRAL CARERS HEALTH & WELLBEING SERVICE

Carer Linkworkers Making Caring Visible, Valued & Supported



## Parkinson's Ninja CIC runs FREE exercise classes for people with Parkinson's.

The aim to improve mobility, balance, strength, speech and confidence in a safe and professional environment.

### Tuesday

**Time:** 9.30-10.30

Intermediate class, created around boxing, sprinkled with Taekwondo floor work, spiced with physical games.

**Where:** Wallasey, Universal Taekwondo Academies, Sovereign Way, Dock Road, CH41 1DL

**Price:** Free

**Time:** 10.45-11.30

Low intensity class aimed for those with problems with mobility and/or balance. Mostly seated exercises to accommodate those less confident.

**Where:** Wallasey, Universal Taekwondo Academies, Sovereign Way, Dock Road, CH41 1DL

**Price:** Free

### Thursday

**Time:** 9.30-10.30

Mixed ability group with some boxing, lots of games, and even more fun! Seated exercises offered for the less confident.

**Where:** Wallasey, Universal Taekwondo Academies, Sovereign Way, Dock Road, CH41 1DL

**Price:** Free

**Time:** 10.45-11.30

This session is aimed at those who have young-onset Parkinson's or are able to take part in high-intensity exercise that will push them to their limits.

**Where:** Wallasey, Universal Taekwondo Academies, Sovereign Way, Dock Road, CH41 1DL

**Price:** Free

### Saturday

**Time:** 13.15-14.15

Mixed ability class and is pay as you go.

**Where:** Bromborough, Universal Taekwondo Academies  
Unit 7, Grisedale Road, Bromborough, CH62 3QA

**Price:** £10





Wirral University  
Teaching Hospital  
NHS Foundation Trust

## KNITTED HEARTS APPEAL

SMALL GESTURE. LASTING COMFORT.



*Wirral University Teaching Hospital invites you to support a meaningful part of our Making Memories Programme by donating knitted or crocheted heart pairs to offer comfort to patients receiving end-of-life care and their loved ones.*



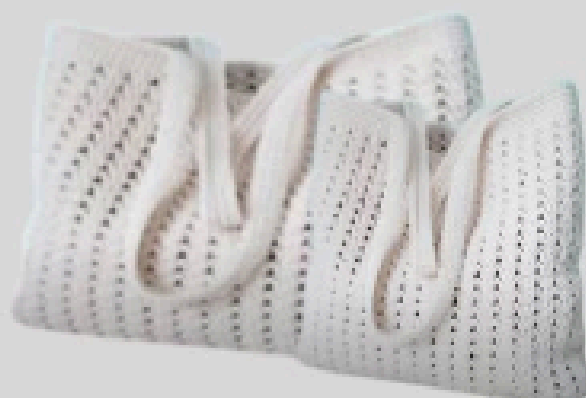
Drop off at: WUTH Switchboard Office (APH Main Entrance)



Wirral University  
Teaching Hospital  
NHS Foundation Trust

## Possession Bag Appeal

WHEN A LOVED ONE PASSES, HOW THEIR BELONGINGS ARE RETURNED MATTERS DEEPLY. THESE MATERIAL BAGS HELP US HAND BACK PERSONAL ITEMS IN A WAY THAT FEELS CONSIDERED AND RESPECTFUL.



*Wirral University Teaching Hospital invites you to support a meaningful part of our Making Memories Programme by donating fabric or crochet bags, tote-style in plain, neutral colours.*

All items should be clean and unused



Drop off at: WUTH Switchboard Office (APH Main Entrance)



# September support should not start in September.

**BOOK NOW**



## Tiny Tools

FOR BIG FEELINGS

### Transition Support Sessions



**Saturday 15th August –**  
Year 6 to Year 7 Transition



**Thursday 20th August –**  
Year 6 to Year 7 Transition



**Saturday 22nd August –**  
School Transition Support



Small, trauma-informed, SEND-aware groups using the STILL Method. Children receive practical tools and a workbook to take home, helping them carry support into September.



High  
anxiety  
support



SEND-  
aware



Small  
tailored  
groups



Take-home  
workbook  
and tools



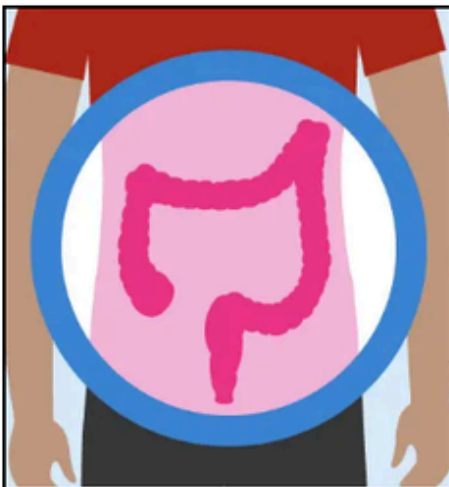
**Book now via Bookwhen**

Spot cancer early



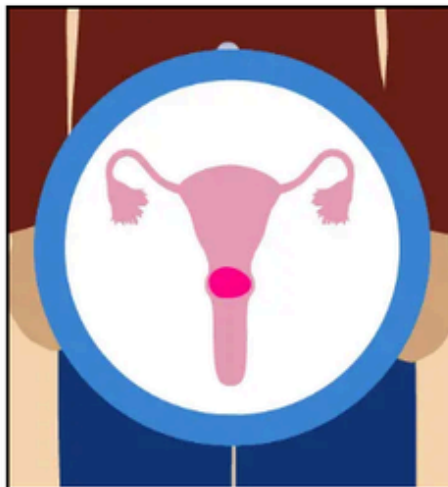
## Cancer screening

Find out about cancer screening in the UK – what it is, who it's for, and what the screening process involves.



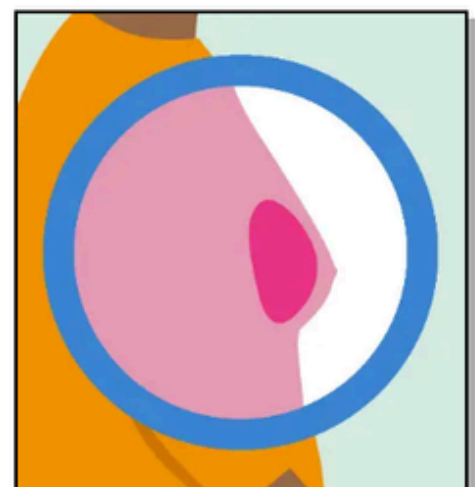
**Bowel screening**  
for people aged  
50-74 (starting  
age depends on →  
where you live in  
the UK).

Aims to prevent bowel cancer, or find it at an early stage. You'll be sent a poo testing kit, which you can do in your own home and return in the post.



**Cervical screening**  
for women and  
some trans men →  
and non-binary  
people aged  
25-64.

Aims to prevent cervical cancer from developing in the first place. You'll be invited to an appointment where a nurse takes a sample of cells from the cervix.



**Breast screening**  
for women and  
some trans and →  
non-binary  
people aged  
50-70.

Aims to find breast cancer at an early stage. You'll be invited to an appointment where X-rays (mammograms) are taken of your breasts or chest.

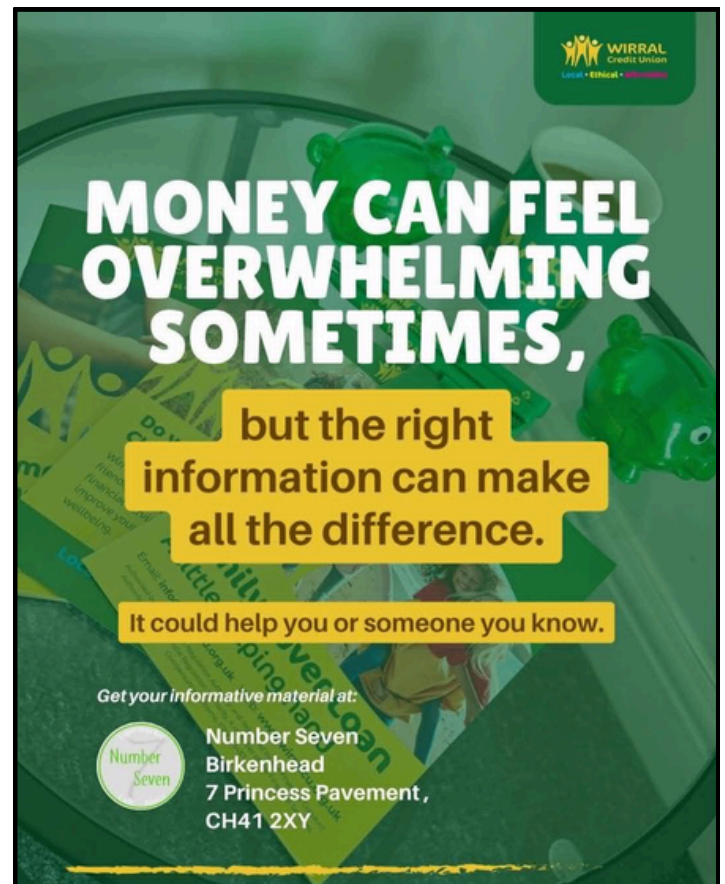


**Click above to find out more...**



# WIRRAL CARERS HEALTH & WELLBEING SERVICE

Carer Linkworkers Making Caring Visible, Valued & Supported

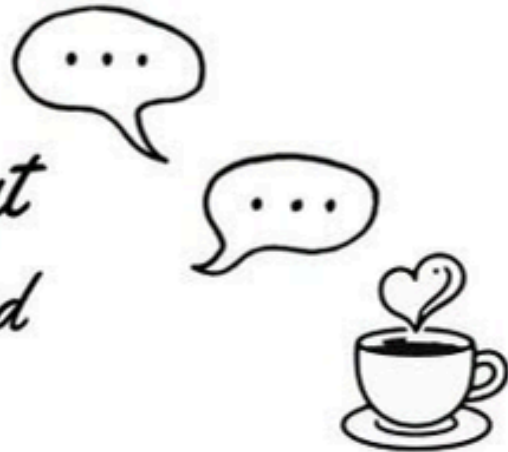




# Long Covid? Drop in!



*for coffee and a chat  
with people who understand*



Thursday  
13<sup>th</sup> August 2026  
10am - 4pm

Birkenhead Park  
Visitor Centre  
Park Drive  
Birkenhead  
CH41 4HY

✉ Email: [longcovidwirral@gmail.com](mailto:longcovidwirral@gmail.com)

📘 Search: Wirral Long Covid Support group on Facebook



## YOUNG WOMEN'S HARMONY HUB

A safe space to grow, heal and thrive



### Who is it for?

Young women aged 13-16 years.



### What is Harmony Hub?

A trauma-informed youth empowerment project offering a safe, welcoming and supportive space for young women to build confidence, resilience and emotional wellbeing.



### What we offer



Weekly supportive group sessions



One-to-one listening & coaching appointments



A personalised welcome session



A safe space to be heard and supported



### Together we'll explore



Confidence & self-esteem



Emotional regulation



Coping strategies



Building resilience



Healthy relationships



Life skills



Finding your voice



Creating brighter futures



### When?



Summer Holidays (August)  
Tuesdays & Thursdays  
11:00am-1:00pm



From September  
Tuesdays & Thursdays  
6:00pm-8:00pm

Groups begin from 6th August.



Interested or want to make a referral?

Call: 0151 653 3771



# WIRRAL CARERS HEALTH & WELLBEING SERVICE

Carer Linkworkers Making Caring Visible, Valued & Supported



WIRRAL  
MET  
COLLEGE  
SINCE 1855

**FREE\***  
**ADULT COURSES**

**NEVER.  
STOP.  
LEARNING.**

\*Subject to eligibility

## Flexible Learning for Your Next Step

Whether you want to progress in your career, return to work, gain new qualifications or develop a personal interest, our adult courses are designed to fit around your life.

We offer a wide range of courses for adults aged 19 and over, delivered at our campuses and in community locations across Wirral.

Whatever your reason for learning, we will help you find the right



# Tell us about your recent visit...

We are looking at how we can **improve hospital care** for children across Cheshire and Merseyside.

We want to **understand your experience** and would really value any feedback you would like to share with us.



Scan below if you are a parent, carer or family member.



Scan below if you are a child or young person.



CLICK HERE



# WIRRAL CARERS HEALTH & WELLBEING SERVICE

Carer Linkworkers Making Caring Visible, Valued & Supported

## How Can We Help?



### One-to-One Support

Counselling and Support with One of our First Person Project Team Members



### Recovery Coaching

Planned Activities based around the Specific Recovery needs.



### Counselling

A Safe Place to Talk about how and why Gambling has Affected your Life



### Family Support

Counselling and Support is also Available for Family and Friends



### Recovery Groups

Confidence Building Activities with Shared Experiences.



### Practical Support

Building Positive Pathways around Debt, Housing, Benefits, Employment.

Scan QR code



C.I.C.

## Breaking The Odds

At First Person Project we understand that gambling harms can affect anyone.

You don't have to be in debt and you don't have to identify as having a gambling addiction to benefit from support.

## What Can Gambling Harms Affect In Life?

- Mental health
- Relationships
- Physical wellbeing
- Employment
- Housing
- Education
- Family life
- Confidence
- Self-esteem



Gambling Harms Support Across Liverpool City Region



## BREAKING THE ODDS

- Do You Spend More Money Gambling Than You Intended?
- Do You Hide Your Gambling From Family or Friends?
- Do You Gamble When Feeling Stressed, Anxious or Low?
- Have you tried to stop and Found it difficult?

If You're Asking Yourself Any Of These Questions

You Are Not Alone

[CLICK HERE!](#)

**Is Gambling Affecting You?  
It May Be Worth Talking To Someone?**

CONTACT US

Scan QR Code



C.I.C.



**0151 345 1212**



[info@firstpersonprojectcic.co.uk](mailto:info@firstpersonprojectcic.co.uk)

## How Do Our Services Work?

### Step 1

Get in touch.

You can contact us yourself or ask someone to refer you



### Step 2

We'll arrange an initial conversation.

This is an opportunity to understand what's happening and discuss how we might help.



### Step 3

Together we'll develop a personalised support plan.

Your support will be based on your individual goals.



### Step 4

Working alongside you throughout your recovery. Recovery takes time, and we'll support you every step of the way.

**You Don't Have To Reach Crisis Before Asking For Help**



**If Gambling is Affecting Your Finances, Relationships, Mental Health, or Simply Causing You Concern, We're Here To Help**

**Our Service Offers Compassionate, Confidential and Non-judgemental Support for Anyone Experiencing Gambling-related Harm**



C.I.C.

**Talk to First Person Project for Free Gambling Harm Support**



# WIRRAL CARERS HEALTH & WELLBEING SERVICE

Carer Linkworkers Making Caring Visible, Valued & Supported

## Physical activity for early years

(birth - 5 years)

Active children are healthy, happy, school ready and sleep better



Get Strong. Move More. Break up inactivity

## Physical activity

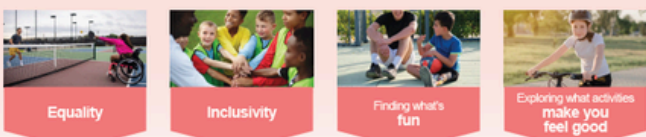
for children and young people (5-18 Years)



Find ways to help all children and young people accumulate an average of at least 60 minutes physical activity per day across the week

## Physical Activity for Disabled Children and Disabled Young People

Getting and staying active is about



Benefits of physical activity



How much physical activity should I do?



UK: Chief Medical Officers' Physical Activity Guidelines for Disabled Children and Disabled Young People 2022. This infographic was co-produced with disabled children, disabled young people, parents and carers.

## Physical activity for adults and older adults

Any level of activity is linked to health benefits



## Be active everyday





# WIRRAL CARERS HEALTH & WELLBEING SERVICE

Carer Linkworkers Making Caring Visible, Valued & Supported



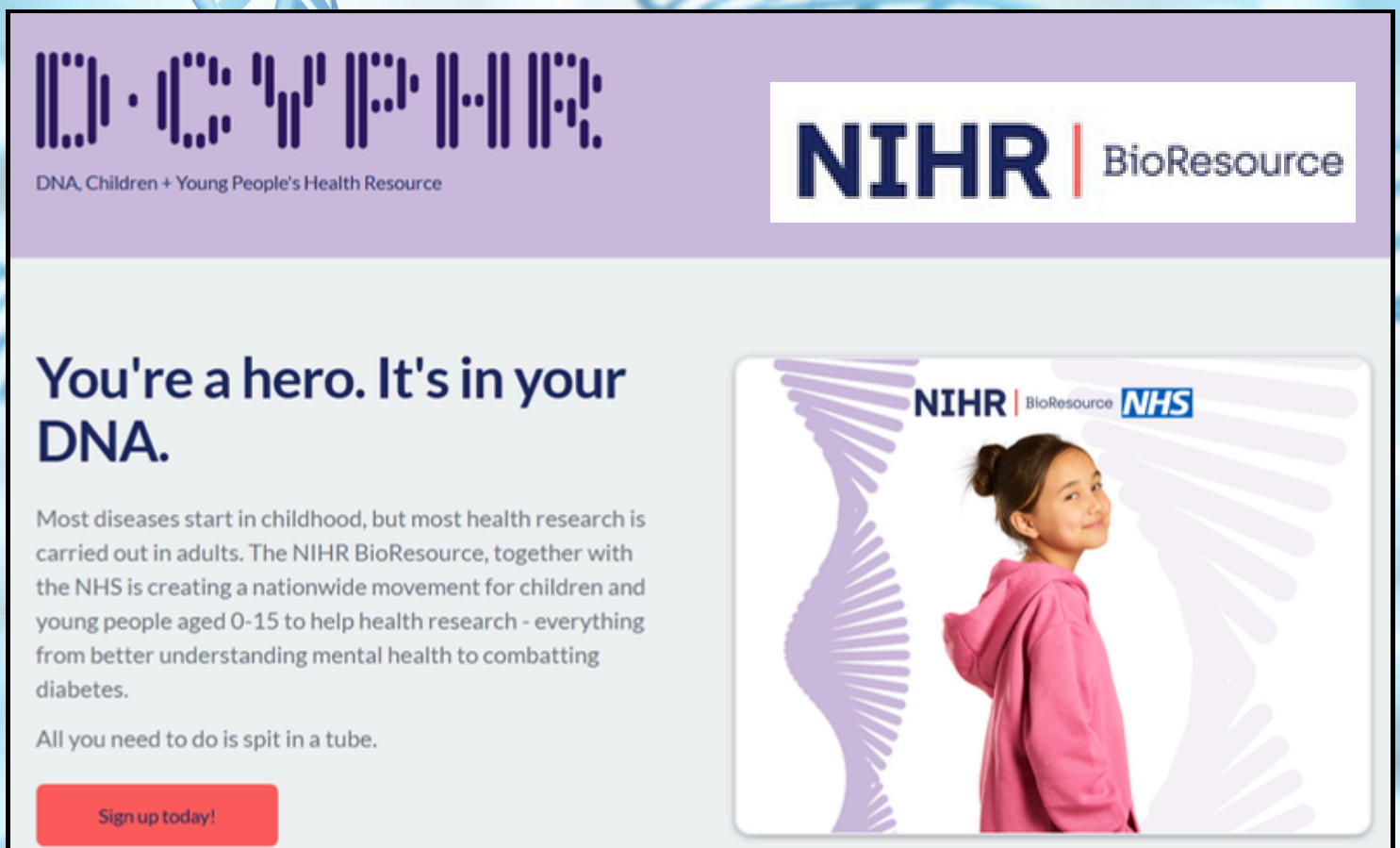
**'Nurse'**  
**title to be**  
**protected**  
**by new law**

NHS  
FIT FOR THE  
FUTURE

**Open call for  
evidence**

**Using the  
professional  
title 'nurse'**

**MORE  
INFO**



**NIHR** | BioResource  
DNA, Children + Young People's Health Resource

**You're a hero. It's in your  
DNA.**

Most diseases start in childhood, but most health research is carried out in adults. The NIHR BioResource, together with the NHS is creating a nationwide movement for children and young people aged 0-15 to help health research - everything from better understanding mental health to combatting diabetes.

All you need to do is spit in a tube.

**Sign up today!**

NIHR | BioResource NHS



# WIRRAL CARERS HEALTH & WELLBEING SERVICE

Carer Linkworkers Making Caring Visible, Valued & Supported

## THE 2026 SOLAR ECLIPSE

Everything you need to know

Another solar eclipse is rolling around very soon and it'll be the most significant eclipse the UK has seen in almost 30 years. Here's what you need to know.



### WHEN IS THE 2026 SOLAR ECLIPSE?

It'll occur on

**WEDNESDAY, AUGUST 12 2026.**



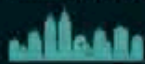
### WHAT TIME WILL THE ECLIPSE HAPPEN IN THE UK?

It'll depend on what part of the UK you're in. People in Edinburgh and Glasgow will be among the first to witness the partial eclipse and those down in Truro will be the last. Here's when the eclipse maximum (when most of the sun is covered) will happen in each region, according to the Royal Museums Greenwich:



Edinburgh and Glasgow

**7.05pm**



Manchester and Liverpool

**7.10pm**



Norwich

**7.11pm**



London, Bristol and Cardiff

**7.12pm**



Truro, Cornwall

**7.16pm**



### WILL THE UK GET A FULL SOLAR ECLIPSE?

Unfortunately, we won't witness the full solar eclipse from the UK. What we will be able to see is a deep partial eclipse whereby around 90 percent of the sun will be covered by the moon. That's the most coverage seen from the UK and Ireland since the 1999 solar eclipse.



The further southwest you are, the more coverage of the sun there'll be.



Viewers in Cornwall will see roughly **95 percent**.



Spectators in Pembrokeshire will see around **94 percent**.



### BEST PLACES TO SEE THE FULL ECLIPSE

If you want to see the full eclipse, you'll have to be in either Greenland, the western tip of Iceland or the north of Spain.



Make sure not to look directly at the eclipse – find a pair of special eclipse glasses or make yourself a pinhole projector which will allow you to see the eclipse by projecting the sun's light, and the chunk of it being blocked, onto another surface.



### HOW OFTEN DO SOLAR ECLIPSES HAPPEN?

Total solar eclipses are super rare – they tend to only occur once every 400 years at any given location. Partial solar eclipses are more common, typically occurring at an average of twice per year.



### WHEN WILL THE UK GET A FULL SOLAR ECLIPSE?

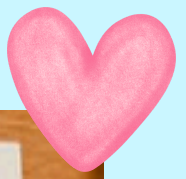
Not for a long, long time. The British Isles won't witness a full solar eclipse until **SEPTEMBER 23** in the year **2090**.



**STAY SAFE: NEVER LOOK DIRECTLY AT THE SUN.** Use proper eye protection or a pinhole projector to enjoy the eclipse safely.



## Remember...



You don't  
need  
superpowers  
to be a  
superhero.



You are  
beautiful  
just the way  
you are.



What makes  
you different  
makes you  
beautiful.



You are  
stronger  
than you  
think.



You are always enough.



Don't look  
back.  
You're not  
going that  
way.



You are  
amazing!

Never be afraid to  
shine bright.



You are making a  
difference.



Be kind to yourself.



# WIRRAL CARERS HEALTH & WELLBEING SERVICE

Carer Linkworkers Making Caring Visible, Valued & Supported



“We see people struggling in their homes looking after a partner or a relative.

“It can break people if they’re kind of left without the support that they need.

“In fact, it does break people, and that needs to be recognised.”

Prime Minister Andy Burnham



Andy Burnham ©House of Commons



factsheet

## Attendance Allowance



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

See [carersuk.org/about-us/updates-for-specific-updates-relating-to-Attendance-Allowance-and-the-COVID-19-pandemic](https://carersuk.org/about-us/updates-for-specific-updates-relating-to-Attendance-Allowance-and-the-COVID-19-pandemic)

This information covers (England, Wales, Scotland and Northern Ireland)

### Contents

|                                         |    |
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| Other help you might qualify for        | 13 |
| Residence and presence                  | 16 |
| Further help                            | 17 |



factsheet

## Personal Independence Payment (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).

See [carersuk.org/about-us/updates-for-specific-updates-relating-to-Personal-Independence-Payment-during-the-COVID-19-pandemic](https://carersuk.org/about-us/updates-for-specific-updates-relating-to-Personal-Independence-Payment-during-the-COVID-19-pandemic)

This information covers (England, Wales, Scotland and Northern Ireland)

### Contents

|                                                                    |    |
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| What happens if you already get Disability Living Allowance (DLA)? | 16 |
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| Further help                                                       | 24 |

## Regional Carer Support



Cheshire and  
Warrington



**DO YOU HAVE CARING RESPONSIBILITIES?**

 Wirral Carers Partnership Board, in collaboration with WIRED, are working together to identify and support unpaid carers in Wirral.

If you support a family member, partner or friend who cannot manage without your help due to illness, disability, or age-related needs, you are entitled to guidance and support. Register now to access wellbeing services, carers' rights advice and resources.

Visit <https://www.surveymonkey.com/r/CPBQRCODE> to sign up



Support for  
carers



Cheshire East

Cheshire West & Chester

Liverpool, Sefton, Warrington & Knowsley





## Pepperoni pizza jacket potatoes

SERVES: 4

COOK: 15 mins prep & 45 mins cook

TYPE: Easy



### INGREDIENTS

- 4 baking potatoes, scrubbed clean and pricked all over with a fork
- 1 tbsp extra-virgin olive oil
- 4 tbsp tomato and basil sauce
- 30g pizza pepperoni slices, roughly chopped
- 4 mushrooms, thinly sliced
- 125g ball mozzarella, drained and roughly torn
- 10g basil leaves or 1 tsp dried basil

### METHOD

- Preheat the oven to gas 7, 220°C, fan 200°C.
- Put the potatoes on a plate and microwave on high for 15 mins. Carefully turn over, using a pair of tongs, and microwave for a further 10-15 mins until they are soft in the centre. Cook for a little longer if your potatoes are particularly large.
- Once the potato is cool enough to handle, rub the skin with the oil then cut a cross in the top, and mash the inside with a fork until fluffy. Spoon the tomato sauce over the potato and top with the pepperoni, mushrooms and mozzarella. Bake in the oven for 10-15 mins until the potato skin is crisp and the mozzarella is melted and golden.
- Serve topped with basil leaves/dried basil and a grind of black pepper.
- **Air-fryer tip:** For easy jacket potatoes that are extra crispy, prick the skin, rub evenly with oil and a pinch of sea salt and place in the air-fryer basket. Cook at 200°C for 20 mins, before turning and cooking for another 10 mins until a knife passes easily through the flesh.



# WIRRAL CARERS HEALTH & WELLBEING SERVICE

Carer Linkworkers Making Caring Visible, Valued & Supported

## Local events!



**HAMILTON SQUARE COMMUNITY**

# PICNIC

15 Aug | 10-3 p.m.

Face Painting  
Mascots  
Music

Bouncy Castle  
Crafts  
Community

Hamilton Square, Birkenhead

**PRIDE IN PLACE**  
LED BY YOU - BACKED BY UK GOVERNMENT



## Summer CONCERTS @ St. Hildeburgh's

Every Sunday at 4pm. Refreshments will be served before and after the concerts from 3pm onwards  
Each concert will last approx. 40 minutes

9<sup>th</sup> Aug **Chester Male Voice Choir**

16<sup>th</sup> Aug **Neil Jackson (Concert)**

23<sup>rd</sup> Aug **Rock Choir**

There is no entry charge for these concerts, we simply ask that you donate as generously as you can afford. All retiring donations will be split between St. Hildeburgh's and the Musicians / Singers.

St Hildeburgh's Church, Stanley Road, Hoylake. CH47 1HL. Tel: 0151 632 5339  
sthildeburgh.parish.office@gmail.com



**THE CENTRE BROMBOROUGH**

# Pay as you feel. ♥

SUPPORTING OUR COMMUNITY  
Everyone welcome.

**FOOD ♥**

**TOILETRIES ♥**

**AT THE CENTRE ♥**  
MONDAY - FRIDAY  
9.30 - 2.00 PM  
Come and stock up.

**THURSDAY MORNINGS ♥**  
**FUSS & FUPS**  
Come and collect a previously used but high quality school uniform.

**FREE TEA & COFFEE every day.** ♥

**FRIDAY AT 12. NOON ♥**  
**PAY AS YOU FEEL SOUP** ♥

REDUCE WASTE | SUPPORT FAMILIES | BUILD COMMUNITY ♥

Small change. Big difference. ♥



# WIRRAL CARERS HEALTH & WELLBEING SERVICE

Carer Linkworkers Making Caring Visible, Valued & Supported



**New Hope Wirral CIC**

## Knit & Natter

All welcome, beginners to lifelong knitters, crocheters also welcome.  
Refreshments available

**Wednesdays**  
1pm – 2.30pm

**ALL WELCOME** **REFRESHMENTS AVAILABLE** **FRIENDLY COMPANY**

Come along, have a chat and enjoy some time for you!

New Hope Wirral CIC, Egremont Mission,  
Guildford Street, Wallasey, CH44 7NF



You're not alone. You matter too.

**ONE DAY AT A TIME**

**YOU CARE FOR THEM, We're here for YOU.**

**FOR CARERS AND THEIR RELATIVES**

**DEMENTIA SUPPORT GROUP FOR CARERS AND THEIR RELATIVES**

You're invited to a friendly, welcoming space for both carers and the people they care for.

**A SPACE TO...**

- SHARE** your experiences and feelings
- TALK** with others who understand
- RELAX** in a safe, supportive environment
- FIND** practical advice, resources and hope

**WHETHER YOU COME ALONE OR TOGETHER, YOU'LL FIND understanding, support and friendship.**

**GROUP 1 - Supportive Environment**  
WHEN: Every Tuesday (Fortnightly)  
10am – 12pm  
WHERE: Brook Rd, Wallasey CH44 2BD  
The Spire Community Café

**GROUP 2 - Supportive Environment**  
WHEN: Every Saturday (Fortnightly)  
Starting on 13th June  
12.30pm – 2.30pm  
WHERE: Diversity Hall, 6 Liscard Road, CH44 6LN

**ALL CARERS AND RELATIVES WELCOME**  
Together, we can face the journey.

**GET IN TOUCH**  
VISIT OUR WEBSITE: <https://www.newhope-wirral.co.uk>  
FOLLOW US ON FACEBOOK: [new hope Wirral](https://www.facebook.com/newhope-wirral)  
EMAIL US: [info@newhope-wirral.co.uk](mailto:info@newhope-wirral.co.uk)  
FREE BEVERAGES for everyone who comes!



## REMINDER NEW VENUE

### AFTERNOON TEA FRIDAYS 2PM - 5PM

**ST.ANDREWS HALL,  
NOCTORUM  
AVENUE  
CH43 9YU**



**ENW Equilibrium NORTH WEST CIC**  
A Community Interest Company

Creating Pathways to Understanding

## OUR WEEKLY EVENTS

|                  |                                                                                                                  |                                                                                                                  |
|------------------|------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------|
| <b>MONDAY</b>    | <b>ZEST SOCIAL CLUB ART &amp; CRAFTS</b><br>11:00am start<br><b>£5pp</b>                                         | <b>AFTER SCHOOL CLUB</b><br>3:30pm – 4:45pm<br><b>FREE</b><br>Includes tea for all the family                    |
| <b>TUESDAY</b>   | <b>UNIVERSE &amp; ME PLAYGROUP</b><br>11:00am – 12:30pm<br>Lunch included for every child<br><b>£6 per child</b> | <b>YOUTH CLUB</b><br>4:00pm – 5:45pm<br><b>FREE</b><br>Can purchase snacks from tuck shop – bring cash           |
| <b>WEDNESDAY</b> | <b>BABY SENSORY</b><br>9:30am – 12:00pm<br><b>£3 per child</b><br>Sibling discounts available                    | <b>WELLNESS WEDNESDAY</b><br>FREE wellbeing workshop<br>11:00am – 12:00pm                                        |
| <b>THURSDAY</b>  | <b>NATURE TOTS</b><br>10:30am – 12:00pm<br><b>£3 per child</b>                                                   | <b>LUNCH CLUB 2 COURSE MEAL</b><br>11:30am – 1:30pm<br><b>£6.50pp</b>                                            |
| <b>FRIDAY</b>    | <b>FREE COMMUNITY BREAKFAST</b><br>10:00am – 11:30am                                                             | <b>YOUTH CLUB</b><br>4:00pm – 5:45pm<br><b>FREE</b><br>Tuck shop available – bring cash                          |
|                  | <b>CHILDRENS GROUP</b><br>9:30am – 11:15am<br><b>£5 per child</b>                                                | <b>PLAYGROUP</b><br>12:30pm – 2:00pm<br><b>£5 per child</b>                                                      |
|                  | <b>OUR SOCIAL SUPERMARKET</b><br>Affordable food & household essentials for everyone in our community.           | <b>OUR SOCIAL CAFE</b><br>Great food, drinks and a warm welcome. Every penny spent goes back into our community. |



# WIRRAL CARERS HEALTH & WELLBEING SERVICE

Carer Linkworkers Making Caring Visible, Valued & Supported



**THE ARMED FORCES COVENANT FUND TRUST**  
Funded by HM Government

**HIDDEN VOICES PROGRAMME**

**AT THE PRENTON PARK LEGENDS ROOMS CH42 9PY**

**"BY WOMEN FOR WOMEN"** **OPEN TO ALL FEMALE VETERANS & THEIR FAMILIES ACROSS ALL SERVICES**

**Tuesdays 11am-1pm**

**TRANMERE ROVERS IN THE COMMUNITY**

**FREE ENTRY**

**TRANMERE ROVERS IN THE COMMUNITY ARMED FORCES COMMUNITY HUB**

**Food Drink Social Support**

**For More Information Email : [KatieB@tranmererovers.co.uk](mailto:KatieB@tranmererovers.co.uk)**

**St Vincent's Community Garden**

## WILDLIFE GARDENING COURSE

*Learn, explore and grow with nature!*

Join horticulturist **Andy** for a friendly six-week course exploring how nature-rich gardens are designed, managed and cared for.

Discover how to create beautiful gardens that support wildlife and people.

**During the course you'll explore:**

- Wildlife-friendly garden design**  
Learn how to plan spaces that work for both people and wildlife.
- Plants for pollinators, birds and other wildlife**  
Discover the best plants to provide food, shelter and seasonal interest.
- Composting and healthy soils**  
Build fertile, living soil using natural techniques and compost.
- Creating habitats for wildlife**  
Learn simple ways to provide homes and safe places for a wide range of species.
- Visits to inspiring gardens and woodlands**  
Get ideas, learn from others and see wildlife gardening in action.
- Learn alongside a friendly group of volunteers**  
Share ideas, ask questions and enjoy a relaxed and supportive environment.

**STARTS FRIDAY 14th AUGUST**

**10am - 1pm**

**6-WEEK COURSE**

**FREE** Everyone welcome  
No gardening experience needed

Tea, coffee and refreshments provided

**To book your place or find out more:**

Contact Rick  
07917 922207  
[rickp@svp.org.uk](mailto:rickp@svp.org.uk)  
St Vincent's Community Garden  
St Joseph's Parish Centre  
Wheatland Lane  
Seacombe  
CH44 7ED

**St Vincent de Paul Society**  
Birkenhead & Wirral Area

**ESTUARY BOTANICALS**

**OUR FUTURE**

**Premier League Kicks**

**Join our four-week project from 3rd August and explore positive opportunities through youth-led activities.**

**Monday 4pm-6pm**  
West Kirby Youth Club, CH48 4HX

**Monday 6:30pm-8:30pm**  
Moreton Youth Club, CH46 7TS

**Tuesday 5:30pm-7:30pm**  
Shaftesbury Youth Club, CH42 8NU

**Thursday 4pm-6pm**  
Gautby Road Youth Club, CH41 7DS

**Thursday 6:30pm-8:30pm**  
Eastham Youth Space, CH62 0AN

Wallasey Outreach & Detached Service, CH44 0BS

**IF YOU'D LIKE TO GET INVOLVED GET IN TOUCH WITH YOUR LOCAL YOUTH CLUB**



**OUR PLACE**

**OUR CLUB, OUR COMMUNITY**

**Premier League Kicks**

**JOIN OUR FOUR WEEK CREATIVE YOUTH VOICE PROJECT STARTING ON THE 3RD AUGUST**

**Tuesday 12pm-2pm**  
Beechwood Little Centre, CH43 9LB

**Wednesday 12pm-2pm**  
Birkenhead Youth Club, CH41 3PY

**Thursday 1pm-3pm**  
Equilibrium Centre NW, CH41 3HX

**IF YOU'D LIKE TO GET INVOLVED GET IN TOUCH WITH YOUR LOCAL YOUTH CLUB**





# WIRRAL CARERS HEALTH & WELLBEING SERVICE

Carer Linkworkers Making Caring Visible, Valued & Supported



**SAVE THE DATE!**  
**SUMMER Fun Day**

**When:** Sunday 9th August 2026 **Time:** 11:00am - 4:00pm  
**Where:** Birkenhead Park Rugby Club

**SWEET STALLHOLDER NEEDED!**

We're looking for sweet treat businesses to join our amazing Summer Fun Day!

- Great footfall
- Family friendly event
- Support local & be part of a fantastic community day!

**BOOK YOUR STALL TODAY!**

**SHOW OFF YOUR SWEET CREATIONS TO THOUSANDS!**

**SPACES LIMITED!**

**LIVE MUSIC** **BOUNCY CASTLES** **AMAZING STALLS** **FOOD & DRINK** **FUN FOR ALL AGES!**

Organized by **THE CORNER House**  
FAMILY & COMMUNITY FOR ALL

**SUPPORTING OUR COMMUNITY  
MAKING A DIFFERENCE TOGETHER**

**TO BOOK OR FIND OUT MORE PLEASE MESSAGE US!**



Emmanuel Christian Fellowship

*Art and craft*

**EVERY TUESDAY  
1:45PM - 3:45PM  
£1 EACH WEEK  
FIRST WEEK FREE**

*See you there!*

**128 Claughton Road  
Birkenhead  
CH41 6EY**



**WIRRAL RECOVERY COMMUNITY  
RECOVERY FEST 2026**

**THURSDAY 10TH SEPTEMBER 2026  
10:00AM - 5:00PM**

**LIVE MUSIC • ART & FILM EXHIBITIONS •  
WELLBEING SESSIONS • CREATIVE WORKSHOPS  
• STORYTELLING • SPOKEN WORD & POETRY •  
WIRRAL RECOVERY AWARDS**

**BIRKENHEAD MARKET**

**WIRRAL** **RESPONSE** **VMCA** **NIGHTINGALES** **Recovery Works** **Rek41** **ab!** **citizens advice** **Change Group Live** **WIRRAL CHANGE** **Mind Wirral** **WIRRALWAYS**

**WWW.WIRRALWAYS.ORG.UK/RECOVERY-FEST**



# WIRRAL CARERS HEALTH & WELLBEING SERVICE

Carer Linkworkers Making Caring Visible, Valued & Supported



**St Vincent's COMMUNITY GARDEN**

## SUMMER PICNICS

Join us each week during the summer holidays for an afternoon of:

- Gardening and harvesting
- Nature activities
- Outdoor learning
- Wildlife discovery
- Crafts and games
- Healthy snacks and a picnic in the garden

get in touch to book a Free Place for you and your child

Wheatland Lane, St Joseph's Parish centre, St Vincent's Community Garden, Seacombe, CH44 7ED

Contact Rick on 07917922207  
rickp@exp.org.uk

Wednesdays 1pm - 3pm

**SVP** **COMMUNITY FUND**



**Edsential** **WIRRAL**

## SUMMER TIMETABLE 31ST JULY - 27TH AUGUST

**Schools Out!**  
Come join us for a summer of food, fun and adventures. Making memories!

**Tuesdays**  
Forest school @Callister Gardens with nature crafts, whittling, campfire cooking and more!

**Wednesdays**  
Learn new skills and join in the fun with Cooking, Crafts, Messy Play and much more!

**Thursdays**  
Wheels Extreme, pop out for Joytime in New Brighton, Adventure Day at Manley Mere and Funday!

**Fridays**  
Join us for usual Afternoon Communi-Tea with karaoke, magician, face painting and games!

**Reminders**  
Free provision for children and young people eligible for benefit related Free School Meals!

Follow us on Facebook for a form to register.



## REAL MEN TALK. STRONG MEN SUPPORT.

WHATEVER YOU'RE CARRYING, YOU DON'T HAVE TO CARRY IT ALONE.

COME FOR A BREW AND A CHAT.

VENT, LISTEN OR JUST BE AROUND GOOD BLOKES.

NO JUDGMENT. JUST SUPPORT.

**JOIN US AT OUR NEXT MEETING!**

| WHEN?                                      | WHERE?                               | WHO?                                | WHY?                                   |
|--------------------------------------------|--------------------------------------|-------------------------------------|----------------------------------------|
| Check our page for upcoming dates & times. | A safe, welcoming space for all men. | Any man. Any story. You're welcome. | Because talking can change everything. |

**TURN UP. HAVE A BREW. BE YOURSELF. YOU'LL BE GLAD YOU DID.**

**MEN'S PATH SUPPORT**  
GUIDING MEN FORWARD, TOGETHER

*#StrongerTogether*

## Upcoming Meeting Dates:

- AUG 11** Hoylake 11 August
- AUG 13** Liverpool Uni 13 August
- AUG 25** Hoylake 25 August
- AUG 27** Liverpool Uni 27 August
- SEP 8** Hoylake 8 September
- SEP 10** Liverpool Uni 10 September

**It's time to make a change, men.**  
Don't fear the group, fear staying stuck where you are.

**Catherine and Martina Catholic Church, 41 Birkenhead Road, Hoylake, Wirral, CH47 5AF**



# WIRRAL CARERS HEALTH & WELLBEING SERVICE

Carer Linkworkers Making Caring Visible, Valued & Supported

HIGHER BEBINGTON ROYAL BRITISH LEGION

## MONDAY CLUB

DOORS OPEN 12.30...

ENTERTAINMENT, LAUGHTER, FRIENDSHIP, FUN..

every other WEEK  
at your LOCAL CLUB

# COME AND JOIN THE FUN...

starting @ 1.15pm

 ENTERTAINMENT

 FRIENDSHIP

 LAUGHTER

 DRINKING

 DANCING

 FANTASTIC ENTERTAINMENT WITH BRILLIANT ACTS.

★ ENTRANCE £5 ON DOOR - 1 FREE BINGO TICKET & RAFFLE

★ WATCH THIS SPACE FOR MORE UP-COMING EVENTS

∴ follow us on F/b + Bring own food.

OVER 70 GOLFERS FROM THE BEECHWOOD SOCIAL CLUB

WILL TAKE PART IN THE

# JOHN ROBBO GOLF DAY

ON THE 7th OF AUGUST THIS YEAR

RAISING MONEY FOR

## CLATTERBRIDGE CANCER HOSPICE

We will be having the

# PRESENTATION

BACK AT THE BEECHWOOD SOCIAL CLUB

AT 7PM

where we will have

LIVE MUSIC FROM DANNY O'SHEA

FOLLOWED BY A RACE NIGHT

THEN MORE LIVE MUSIC

EVERYONE IS WELCOME

COME AND HELP US RAISE SOME MONEY FOR AN AMAZING PLACE!

THE GOLF DAYS AND NIGHTS ARE ALWAYS THE BEST

# MONDAY NIGHT QUIZ

THE OXTON HILL • 8PM • £100 CASH PRIZE

## PLUS BIG CASH RAFFLE

TV • TRIVIA • ENTERTAINMENT  
MUSIC • FILM • GENERAL KNOWLEDGE



**DJ MILKY'S QUIZ NIGHTS**

Formerly The Queens, Oxtan



# Beach Party

30th August 2026

More Info to follow soon!

Royal British Legion Little Sutton Club

Chester road, Ellesmere Port, CH66 3RJ  
0151 339 3543





# WIRRAL CARERS HEALTH & WELLBEING SERVICE

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*Did you know?*

**ON FRIDAY 21ST AUGUST 2026,**  
THE VALE PARK BANDSTAND CELEBRATES ITS

**100 YEARS**  
OF THE  
**BANDSTAND!**

*A century of memories and many more to come...*

**1926 • 100 YEARS • 2026**

As fate would have it, this very special milestone falls on a Joytime day, so of course  
**AARON HAYES AND THE CREW** want to celebrate in style!

**WE'RE LOOKING FOR THESE STALL HOLDERS**  
**FOR OUR CENTENARY CELEBRATIONS!**

**SWEETS**  
to complement our cake stall already attending

**SAUSAGE ROLL, PIE OR SAVOURY FOOD STALL**

**GIFT STALLS**

**HOLISTIC AND WELLBEING STALLS**

**Could your stall be PART OF THE MAGIC?**

**INTERESTED? GET IN TOUCH!**  
[Joytime.wirral@gmail.com](mailto:Joytime.wirral@gmail.com)

LET'S MAKE THIS ONCE-IN-A-CENTURY CELEBRATION ONE TO REMEMBER!

**JOYTIME**



# WIRRAL CARERS HEALTH & WELLBEING SERVICE

Carer Linkworkers Making Caring Visible, Valued & Supported

## ENJOY.....

SOCIALISING  
IN A



TEA &  
COFFEE



£2 BACON  
BUTTIES



50P (per slice)  
TOAST AND  
PERSERVE



### THE SOCIAL SUPERMARKET

EVERY TUESDAY 10:00 – 12:00  
IN ST HILDEBURGH'S  
CHURCH HALL

## Chatty Cafe Scheme



At a loose end?  
Fancy a cuppa?

The 'Chatter & Natter table' is a wonderful way of encouraging people of all ages to talk to others. During the day and time below, the table will be hosted by a friendly volunteer. Do come along and sit for a chat.

**When:** Every Friday  
12pm - 1pm

**Where:** The Quirky  
Community Hub  
124e Market St  
Hoylake CH47 3BH

Stay for five minutes or longer if you're enjoying chatting!



Having a chat can brighten someone's day

[www.thechattycafescheme.co.uk](http://www.thechattycafescheme.co.uk)



MERSEYSIDES  
BIGGEST

# wellness FESTIVAL

12TH & 13TH SEPTEMBER 2026

BIRKENHEAD PARK



**FREE  
ENTRY!**



**SAVE  
THE  
DATE!**



OVER 100+  
TRADERS



LIVE FITNESS  
CLASSES



GUEST  
SPEAKERS



LIVE DOG  
SHOWS



MUSIC  
& DJ'S



FOOD  
TRUCKS

JOIN THOUSANDS CELEBRATING HEALTH, WELLNESS, COMMUNITY & CONNECTION



# WIRRAL CARERS HEALTH & WELLBEING SERVICE

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## OVER 50? MOVE IT OR LOSE IT!®

Our classes aim to improve your **balance, strength, mobility and fitness.**  
Using a mixture of low impact aerobics, strength, balance and flexibility exercises every session.

**STRONG TODAY, SAFER TOMORROW**



**FABS**  
Flexibility | Aerobic | Balance | Strength

**GOOD BALANCE IS LINKED TO:**

- ✓ Lower fall risk
- ✓ Greater independence
- ✓ Better brain health
- ✓ Longer, healthier life

**Come along and have a go,**  
no commitment, just **£6** a class!

**COME ALONG AND HAVE A GO, NO COMMITMENT, JUST £6 A CLASS.**

**Stay active. Stay strong. Stay independent.**

Any questions? Contact Christine 07411 949185

**TUESDAYS 10-11 AM**  
Moreton Community Centre

**TUESDAYS 1:30-2:30 PM**  
Kylmore Community Centre, Pensby

**WEDNESDAYS 9:45-10:45 AM**  
Harrison Hall Wallasey (North Hall)

**WEDNESDAYS 11:30-12:30 PM**  
A&K Community Hub, Park Rd North, Birkenhead

**THURSDAYS 9:30-10:30 AM**  
Prenton Rugby Club

## WOW Women of the Wirral Ladies Group

Supporting Communities

**Starting Tuesday 15th September**

**955 Sports & Social - Community Day**

**1pm-3pm | £5 per session**

Join us for creativity, wellbeing and friendship

All sessions include wellbeing, creativity, friendship and gentle chat.

**WEEK 1** Week 1 - 15th September  
**DECORATE A WINE BOTTLE**

**WEEK 2** Week 2 - 22nd September  
**MAKE A BRACELET**

**WEEK 3** Week 3 - 29th September  
**MAKE FLOWERS FROM PAPER AND SCRAPS**

**WEEK 4** Week 4 - 6th October  
**MAKE DENIM POTS**

*Waste to Wonder activities*

## Summer Offer

### 3G 5-A-SIDE CAGES

**ONLY £10 PER HOUR FOR JUNIORS**

**Bidston**

**Guinea Gap**

£10 per pitch per hour for Juniors only.  
Mon-Fri, 9am-5pm & Sat-Sun, All day

To book call: **0151 606 2010**

**SPORTS SPACE**

## Summer Holidays

Weekdays from 10am until 2:30pm

**BROMBOROUGH POOL CAFE & SHOP**

**Monday 20th July to Monday 31st August**  
No booking required!  
Children must be supervised at all times by an adult.

Cafe open 9:00 until 3:30

**Daily activities**

|                                                                    |       |                                              |  |
|--------------------------------------------------------------------|-------|----------------------------------------------|--|
| Mug Decorating                                                     | £2.60 | Guinea pig display village                   |  |
| Coaster Decorating                                                 | £1.50 | Free outdoor games                           |  |
| Ceramic Model Decorating                                           | £1.50 | Variety of Activity Kits Individually priced |  |
| Pizza Making (11am-2:30pm)                                         | £3.00 |                                              |  |
| Make your own mocktail (Raspberry, Strawberry, Watermelon, Orange) | £2.00 |                                              |  |

**£1 kids meal** with every adult meal purchased.

**Wednesdays**

|                                     |       |                                                            |       |
|-------------------------------------|-------|------------------------------------------------------------|-------|
| Purchase a Lei necklace             | £1.00 | Fruit Kebab Making (11am-2:30pm)                           | £2.00 |
| Make a Hawaiian Pizza (11am-2:30pm) | £3.00 | Coconut Shy (Win 1 coconut if you knock all 5 off the shy) | £1.00 |

**Fridays**

Jac's disco 1:30pm - 3pm

For more information call **0151 643 1359**  
**3-4 The Green, Bromborough Pool Village, CH62 4TT**



# WIRRAL CARERS HEALTH & WELLBEING SERVICE

Carer Linkworkers Making Caring Visible, Valued & Supported

**FREE  
LOCAL  
EXERCISE  
GROUPS!**

|                                                                                     | VENUE                                     | DAY       | TIME              | ACTIVITY                                         | INSTRUCTOR    |
|-------------------------------------------------------------------------------------|-------------------------------------------|-----------|-------------------|--------------------------------------------------|---------------|
|    | The Little Centre, Beechwood              | Monday    | 9:30am - 10:30am  | Cheerfit                                         | Celsie        |
|    | Windsor Close Community Centre, New Ferry | Monday    | 9:45am - 10:45am  | Chair Based                                      | Elliott       |
|    | Windsor Close Community Centre, New Ferry | Monday    | 11:00am - 12:00pm | Chair Based                                      | Elliott       |
|    | Floral Pavillion, New Brighton            | Monday    | 10:00am - 11:00am | 4 week Intro to Nordic Walking (Starts 10/08/26) | Graham        |
|    | Floral Pavillion, New Brighton            | Monday    | 11:00am - 12:00pm | Nordic Walking (Starts 03/08/26)                 | Graham        |
|    | Prenton Rugby Club                        | Tuesday   | 4:00pm - 5:00pm   | Yoga                                             | Mohan         |
|    | Argyle Community Fitness Centre           | Tuesday   | 6:00pm - 7:00pm   | Yoga                                             | Dionne        |
|    | Upton Victory Hall                        | Wednesday | 10:00am - 12:00pm | Stronger for Caring                              | Michelle      |
|    | Pilgrim Street                            | Wednesday | 10:30am - 12:00pm | Over 50's Dance                                  | Claire        |
|   | The Little Centre, Beechwood              | Thursday  | 11:30am - 12:30pm | Cheerfit                                         | Celsie        |
|  | Argyle Community Fitness Centre           | Friday    | 10:00am - 11:00am | Circuit - Low to Intermediate                    | Patrick       |
|  | Birkenhead Park                           | Friday    | 10:00am - 11:00am | 4 week Intro to Nordic Walking (Starts 14/08/26) | Graham        |
|  | Birkenhead Park                           | Friday    | 11:00am - 12:00pm | Nordic Walking (Starts 14/08/26)                 | Graham        |
|  | Royden Park                               | Saturday  | 8:00am - 9:30am   | Men's Outdoor Fitness - Intermediate             | Tom & Anthony |

## PRE SEASON RETURNS

Join us to get fit and prepare for the 2026/27 season! As we enter a new league in NC2 we're looking for players, new and old to join us!

- \*No experience or equipment needed!
- \*Join us to get fit, make new friends and have fun!

 Every Wednesday starting 15<sup>th</sup> July

 7:00pm - 8pm

 Birkenhead Park RFC  
Upperpark, Birkenhead, CH41 8AA



SCAN HERE

JOIN NOW

 07886398925

 Birkenhead Park Rugby Club, CH41 8AA



**CLIMATE CONSCIOUS FAMILY FUN DAY**

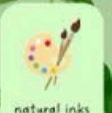
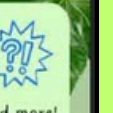
**22.08.26** SATURDAY AUGUST 22<sup>ND</sup> 10AM - 4PM

JOY, 2 CLEVELAND STREET, BIRKENHEAD

Tickets: [WhereJoyLives.com](https://www.wherethejoylives.com)

A FUN FILLED DAY FOR THE WHOLE FAMILY. FREE (TICKETED) EVENT. PAY-AS-YOU-FEEL, PAY IT FORWARD AVAILABLE TICKETS AVAILABLE ONLINE.

 community mural
  potting & planting
  on site cafe
  safe space
  junk journaling workshop
  climate friendly marketplace

 quiet spaces
  natural inks painting
  outdoor space
  mending & upcycling sessions
  specialist sensory spaces
  and more!

\*Kids will receive a free lunchbox meal with the purchase of an adult meal



# WIRRAL CARERS HEALTH & WELLBEING SERVICE

Carer Linkworkers Making Caring Visible, Valued & Supported

## MAMMA MIA!

#1 ABBA DUO • Live DJ After Party • Delicious Tapas Included!

**FRIDAY 11TH SEPTEMBER • 7PM - LATE**



TICKETS ONLINE AT  
[www.JUMPINJOSEPHS.co.uk](http://www.JUMPINJOSEPHS.co.uk)



### Fox Workshops for Children & Families

Wednesday 12th, Tuesday 18th  
& Wednesday 26th August  
10.30am - 12 noon

Come to WEN  
for a morning  
of fun with  
Wirral Fox Rescue!

Includes a talk,  
activity and  
refreshments

Donation  
basis -  
pay what you feel

Open to  
children  
aged 5 - 9

Must be  
accompanied by a  
parent or  
carer



Wirral  
Environmental  
Network

Email [wen@la21.net](mailto:wen@la21.net) to reserve a place  
or book through Eventbrite:  
[wirral-environmental-network.eventbrite.com](http://wirral-environmental-network.eventbrite.com)

Wirral Environmental Network,  
Sandon Building, Falkland Road, Wallasey, CH44 8ER





# WIRRAL CARERS HEALTH & WELLBEING SERVICE

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## BYRNE AVENUE BATHS HERITAGE TOURS

Tour and Tea - Thursday 13<sup>th</sup> August

For more info and booking visit: [byrneavenuebaths.org/events](http://byrneavenuebaths.org/events)



CAN YOU ESCAPE?



## BOARD GAME BEDLAM!

SOLVE THE PUZZLES. BRAIN TEASERS  
AND CONUNDRUMS TO BREAK OUT!

St Andrew's church hall  
24<sup>th</sup>-26<sup>th</sup> Aug





# WIRRAL CARERS HEALTH & WELLBEING SERVICE

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**SUMMER HOLIDAY CLUB**  
**EQUILIBRIUM**  
**NORTH WEST**

**AUGUST 2026**  
**MONDAY - THURSDAY**

**5-16S**  
**10AM TO 2PM**

**JOIN FUN ACTIVITIES**

DANCE \* SPORTS \* ARTS & CRAFTS \* MUSIC  
WITH BREAKFAST \* LUNCH & MORE

[WWW.EQUILIBRIUMNW.CO.UK](http://WWW.EQUILIBRIUMNW.CO.UK)

**FREE ENTRY FOR ANYONE ON BENEFIT**  
**RELATED FREE SCHOOL MEALS**

**HOLIDAY**  
**Activities with Food**

Play Soccer Learn Soccer Love Soccer  
**WE ALL PLAY**  
**SOCCER @ SCHOOL**

**CO-OP BEBINGTON HIGH SCHOOL**  
**SUMMER SOCCER SCHOOLS**



**WEEK 4**  
**4 DAY SOCCER SCHOOL**  
MON 10<sup>TH</sup> AUGUST - THURS 13<sup>TH</sup> AUGUST

**WEEK 5**  
**4 DAY SOCCER SCHOOL**  
MON 17<sup>TH</sup> AUGUST - THURS 20<sup>TH</sup> AUGUST

All Soccer Schools held @ Co-Op Bebbington High School  
Each day runs 9am till 3pm  
£75 (4 days) or £22 per day  
Open to Boys and Girls aged 5-12  
Children can attend individual days

Children will be coached in various skills including:  
dribbling, passing, shooting and small sided games.

Please bring a packed lunch with drinks.  
Football kit, warm jumper, rain jacket and football boots & trainers.

**BOOK ONLINE**  
**[WWW.SOCCERSCHOOLWIRRAL.COM](http://WWW.SOCCERSCHOOLWIRRAL.COM)**

  
**BYRNE AVENUE BATHS**

**We're Back!**



**Summer 2026 Holiday Club**

**Tue 28th July to Fri 21st Aug**  
**9.30am to 1.30pm**  
**For ages 8-12**

**Including Lunch & Activities**

Book through **EEQU.org**- Byrne Ave  
Limited places available.  
Free for those on FSM. Self funded option also available.

Stay and Play option 1.30pm to 4.00pm booked separately

  
**HOLIDAY Activities and Food**


**BEST START IN LIFE**  **Funded by UK Government**



# WIRRAL CARERS HEALTH & WELLBEING SERVICE

Carer Linkworkers Making Caring Visible, Valued & Supported



## ACTIVE **ALLSPORTS** DISABILITY HOLIDAY PROGRAMME

**Jump into SUMMER 2026**

**Mon 10 - Thurs 13 August  
and Mon 17 - Thurs 20 August**

**For ages 5-19**

**Jump** into our Summer Holidays  
with **AFFORDABLE** activities!



# ACTIVE KIDS

ACTIVE WIRRAL Leisure Centres have a variety of activities, sessions and programmes on offer for children of all ages and abilities to keep active, fit and healthy throughout the year.

View the selection of activities we have on offer.

HOLIDAY ACTIVITY AND FOOD PROGRAMME  
(HAF)

ACTIVE WIRRAL HOLIDAY CLUB

ACTIVE ALLSPORTS DISABILITY  
HOLIDAY PROGRAMME

FAMILY FOOTGOLF OFFER

SUMMER HOLIDAY SWIMMING  
POOL PROGRAMME

GOLF FOR JUNIORS AND ALL THE FAMILY

SOFT PLAY FOR AGES 0-7 YEARS

CHILDREN'S SWIMMING LESSONS

FREE FRIDAY NIGHT FOOTBALL

JUNIOR AND STUDENT INVIGOR8  
MEMBERSHIPS

JUNIOR FACILITY PRICES

WEST KIRBY MARINE LAKE LICENCES

JUNIOR FOOTBALL PITCHES

TENNIS LESSONS / LTA OPERATOR

JUNIOR GYM ACCESS ACROSS LEISURE  
CENTRES



# WIRRAL CARERS HEALTH & WELLBEING SERVICE

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**ARROWE PARK  
ABSEIL  
2026**

Arrowwe Park and  
Clatterbridge Hospitals  
**WUTH** Charity

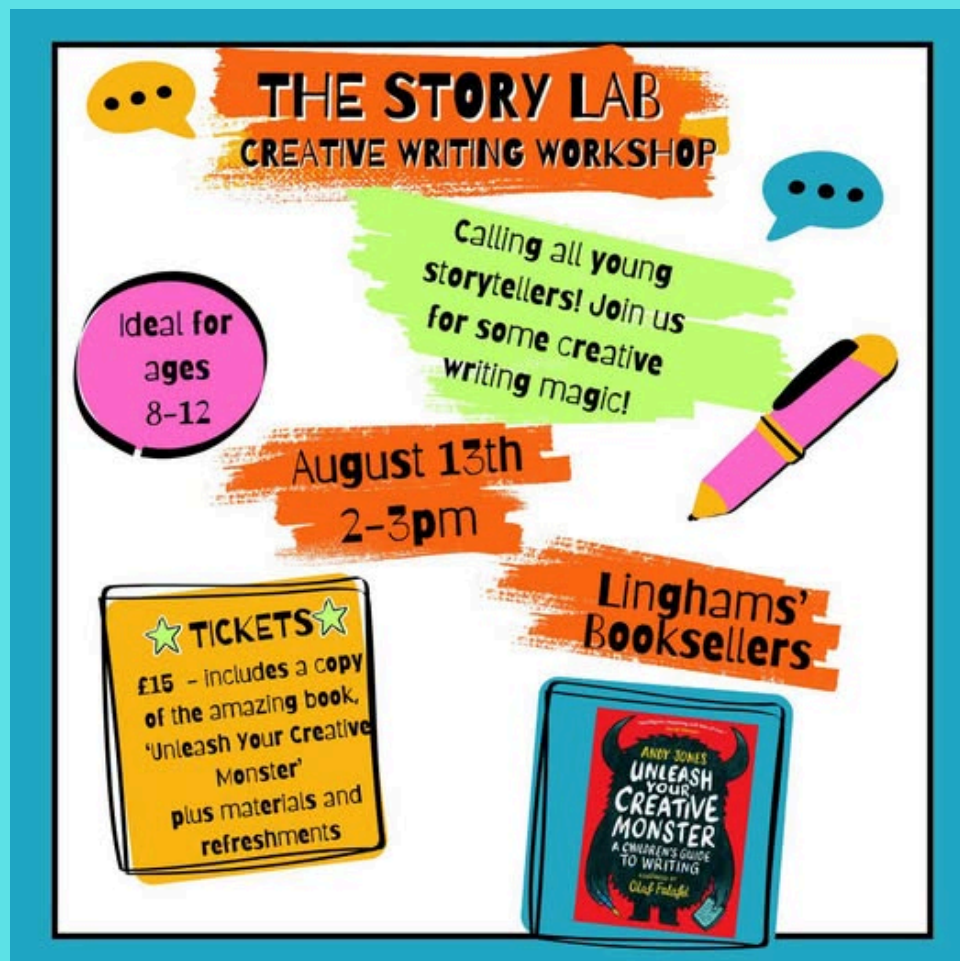
**FRIDAY  
18TH  
SEPTEMBER**

TAKE YOUR FUNDRAISING  
TO **NEW HEIGHTS** AND  
TACKLE OUR FAMOUS ABSEIL

TO SIGN UP:  
CALL 0151 482 7788  
EMAIL [wuth.charity@nhs.net](mailto:wuth.charity@nhs.net)

SPONSORED BY  
**Merseyrail**

The poster features a cartoon star character with a smiling face, wearing purple pants and red sneakers, holding a green rope. The background shows a cityscape with a bridge and a building. The text is in a bold, stylized font with a mix of white, yellow, and pink colors.



**THE STORY LAB**  
CREATIVE WRITING WORKSHOP

Calling all young  
storytellers! Join us  
for some creative  
writing magic!

Ideal for  
ages  
8-12

August 13th  
2-3pm

Linghams'  
Booksellers

**TICKETS**  
£15 - includes a copy  
of the amazing book,  
'Unleash Your Creative  
Monster'  
plus materials and  
refreshments

**UNLEASH YOUR CREATIVE MONSTER**  
A CHILDREN'S GUIDE TO WRITING  
GREAT FANTASY

The poster is colorful and playful, featuring a pink speech bubble, a blue speech bubble, and a pink pencil. The text is in a bold, stylized font with a mix of orange, green, and pink colors. The background is white with colorful brushstrokes.



# WIRRAL CARERS HEALTH & WELLBEING SERVICE

Carer Linkworkers Making Caring Visible, Valued & Supported



**MAGIC Moment**  
**SOCIAL AFTERNOONS**

**FUN • FRIENDSHIP • COMMUNITY**

Join us for a fantastic afternoon of *music, laughter and great company!*

-  **LIVE MUSIC**
-  **MEET NEW FRIENDS**
-  **A GREAT SOCIAL AFTERNOON OUT**
-  **CHEAP BAR AVAILABLE**
-  **BRING YOUR OWN SNACKS**

**WHERE?**

|                                                                                                  |                                                                            |
|--------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------|
| <b>1st &amp; 3rd Monday of every month</b><br><b>THE LEVER CLUB</b><br>Port Sunlight<br>CH62 4XB | <b>Once a month</b><br><b>PLUS THE BRONZE CLUB</b><br>Wallasey<br>CH44 2AG |
|--------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------|

**TIME**  
12:30pm – 4:15pm

**PRICE**  
Just **£7** per person

For more information or to book:  
**MAGIC MOMENTS** 07974 401914

More venues coming soon!

Run by **TDL Events**



**"THESE GUYS ARE AWESOME" - Michael Stipe**

Heswall Hall

**R.E.M. BY STIPE**  
the definitive tribute

Heswall Hall

**RETURNING FROM A TOUR OF AUSTRALIA  
THE MUST-SEE R.E.M. TRIBUTE BAND**

**SATURDAY 12<sup>TH</sup> SEPTEMBER**  
Doors 6:30pm / Start 8pm

**BOOK NOW**

BLND P.G.



**JourneyMEN** PRESENTS

**CROWN GREEN BOWLING CLUB**

**EVERY THURSDAY FROM 10.00AM.**

- ✓ All skill level's catered for.
- ✓ Bowl's, green fee's & tuition included.
- ✓ Local club supporting our community

**GLADSTONE BOWLING CLUB**

**BOOK NOW**

**Rek41**

Call For More Information  
Book Via WhatsApp Link.



# WIRRAL CARERS HEALTH & WELLBEING SERVICE

Carer Linkworkers Making Caring Visible, Valued & Supported

ACTIVE WIRRAL  
STRONGER HEALTHIER HAPPIER

ACTIVE  
You

FREE CARERS SESSION

## GET STRONGER FOR CARING



**WEDNESDAYS 10AM-12PM**

📍 LOCATION: UPTON VICTORY HALL

AN INSTRUCTOR LED INTRODUCTION TO EXERCISE SESSION, FOCUSING ON STRENGTH, BALANCE AND LIGHT CARDIOVASCULAR MOVEMENTS.

YOU ARE WELCOME TO STAY FOR A HOT DRINK PROVIDED & CHAT AFTERWARDS TOO!

PLEASE SCAN THE QR CODE TO MAKE AN ACCOUNT TO BOOK ONLINE  
OR  
📞 CALL: 0151 606 2010



WIRRAL

[activewirral.com/activeyou](https://activewirral.com/activeyou)

WELLBEING

ACTIVE WIRRAL  
STRONGER HEALTHIER HAPPIER

ACTIVE  
You



FREE CHAIR BASED & SUPPORTED CLASS

MONDAYS WITH ELLIOT

9:45 - 10:45

11AM - 12PM

📍 Location: Windsor Community Centre

CH62 5BZ

Please Scan the QR code to make an account to book online  
OR

📞 Call: 0151 606 2010



WIRRAL

[activewirral.com/activeyou](https://activewirral.com/activeyou)

WELLBEING

EN ENGLAND  
NETBALL

## WALKING NETBALL!

Walking  
Netball

*Move more. Have fun.  
Feel great.*



### EASY ON THE BODY

A gentler way to stay active



### FRIENDLY & SOCIAL

Meet new people and have a laugh



### FUN & INCLUSIVE

No pressure, just good vibes



### GOOD FOR YOU

Great for your mind and body



MONDAYS  
6:00 - 7:00PM



WIRRAL GRAMMAR  
GIRLS SCHOOL  
CH63 3AF



STARTS  
MONDAY 15TH JUNE  
FOR 6 WEEKS  
OUTDOOR COURT



£5



ALL LADIES  
WELCOME!

CONTACT LOUISE:

📞 07726692701

📧 [louise.moss@englandnetball.co.uk](mailto:louise.moss@englandnetball.co.uk)



## LINE DANCING SOCIAL

Every Thursday

7pm - 10.30pm

Line dance tuition from 7pm - 8pm

LIVE MUSIC | DRINK | DANCE

**Beginners welcome!**

Poulton Victoria Social Club

Poulton Bridge Road

CH44 5SW

£6 members | £8 visitors



Leasowe Castle CWM Official





# WIRRAL CARERS HEALTH & WELLBEING SERVICE

Carer Linkworkers Making Caring Visible, Valued & Supported



**Dance AEROBICS**  
(low impact)

balance work

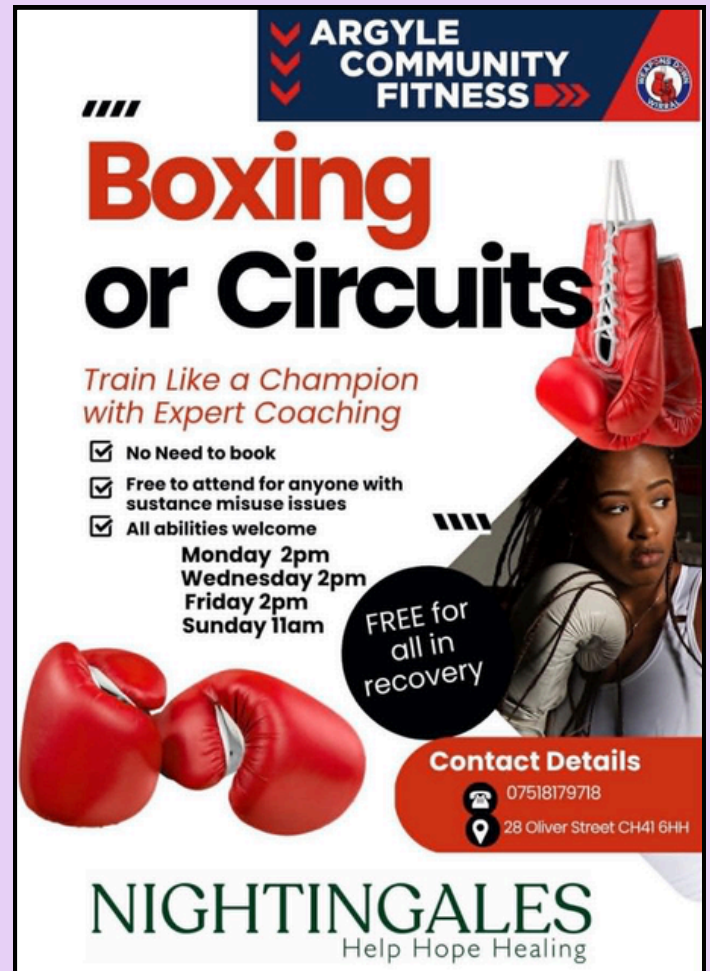
and toning  
(seated using bands)

**THURSDAYS 12.15-1**

at HOYLAKE PARADE COMMUNITY CENTRE

£6 PAY AND GO

BEGINNERS WELCOME



**ARGYLE COMMUNITY FITNESS**

## Boxing or Circuits

Train Like a Champion with Expert Coaching

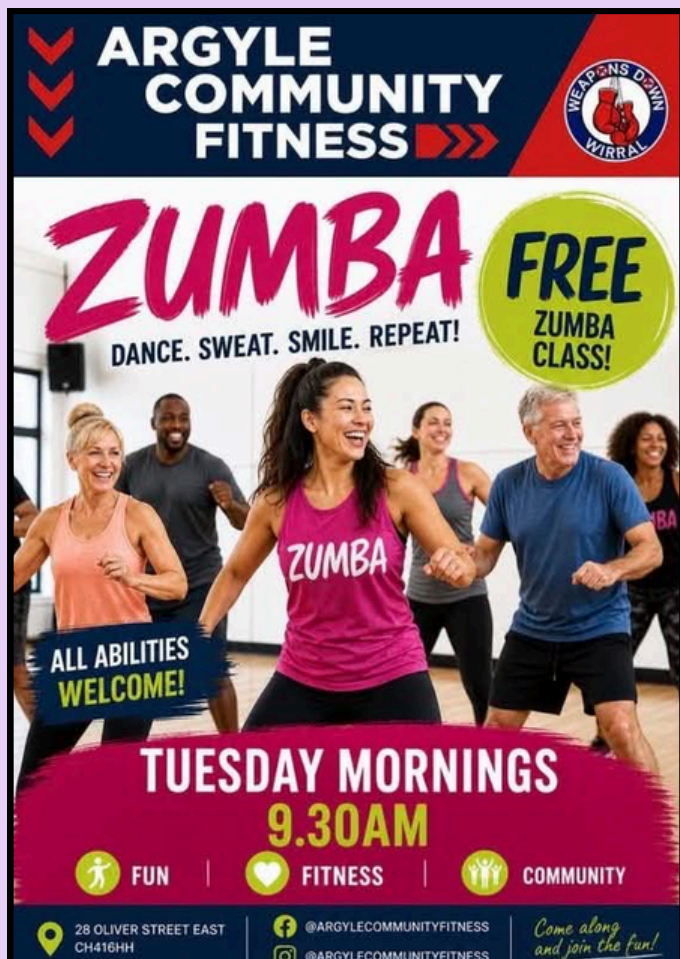
- ✓ No Need to book
- ✓ Free to attend for anyone with substance misuse issues
- ✓ All abilities welcome

Monday 2pm  
Wednesday 2pm  
Friday 2pm  
Sunday 11am

FREE for all in recovery

**Contact Details**  
07518179718  
28 Oliver Street CH41 6HH

**NIGHTINGALES**  
Help Hope Healing



**ARGYLE COMMUNITY FITNESS**

# ZUMBA

DANCE. SWEAT. SMILE. REPEAT!

**FREE ZUMBA CLASS!**

ALL ABILITIES WELCOME!

**TUESDAY MORNINGS 9.30AM**

FUN | FITNESS | COMMUNITY

28 OLIVER STREET EAST CH416HH

@ARGYLECOMMUNITYFITNESS

Come along and join the fun!



**WOW Women of the Wirral**

## Tuesday AFTERNOON WELLBEING GROUPS

1.00pm - 3.00pm

Two welcoming groups to support your wellbeing, creativity and connection

**THE DELL COMMUNITY CENTRE, PRENTON**  
*Our new group!*

Enjoy an afternoon of:

- Wellbeing activities
- Food and refreshments
- Crafts and creativity
- Friendship and support

**BROMBOROUGH EVANGELICAL CHURCH HALL**

Enjoy an afternoon of:

- Wellbeing and mindfulness
- Crafts and creative activities
- Food and refreshments
- Opportunities to connect with other women

**£5 PER SESSION**

You are Welcome Here

Whether you're looking to make new friends, learn something new or simply take time for yourself, we'd love to welcome you!

CONNECTION | WELLBEING | FRIENDSHIP | COMMUNITY

For more information contact:  
[vicki@womenofthewirral.org](mailto:vicki@womenofthewirral.org)



# WIRRAL CARERS HEALTH & WELLBEING SERVICE

Carer Linkworkers Making Caring Visible, Valued & Supported



## HESWALL CONCERT BAND



### SUNDAY 16TH AUGUST 2026

— 2:00PM – 4:30PM —

**A FREE EVENT FOR EVERYONE!**

*All welcome!*

REFRESHMENTS AVAILABLE AT THE COMMUNITY CAFE

BRING A PICNIC & A CHAIR

COMPLETELY INCLUSIVE & ACCESSIBLE

FACILITIES ON SITE

**VALE PARK**  
OFF MAGAZINE LANE, NEW BRIGHTON, CH45

THIS EVENT SPONSORED BY  
**Trevor and Julie Dickson**  
ORGANISED BY VALE PARK VOLUNTEERS 2026

FOLLOW US ON FACEBOOK  
VALE PARK VOLUNTEERS 2026

EMAIL US  
VALEPARKVOLUNTEERS2026@GMAIL.COM

LET'S MAKE THIS SUMMER ONE TO REMEMBER!  
*See you in the park!*



## CAR BOOT Sale

Every Saturday | 8am-12pm  
The Cottage Loaf, Thurstaston

Email: [cottageloaf@epkgroup.co.uk](mailto:cottageloaf@epkgroup.co.uk) to book your pitch

Free Entry  
£7 per pitch (cars only)  
Ts & Cs Apply

Starts  
Sat 18th  
July

# Summer Switch Up

## Juniors

**Every Wednesday**

**2pm – 6pm**

From Wed 29<sup>th</sup> July | Until Wed 26<sup>th</sup> Aug

**FREE ENTRY FOR JUNIOR MEMBERS**

**FREE ENTRY**

**FREE FOOD**  
A hot meal provided!

**FUN FRIENDS & ACTIVITIES**  
Something for everyone!



Funded by UK Government



Core PROJECT

HOLIDAY ACTIVITIES with Food

Trips and movie visits

**Come join us**

## free summer fun

July 20th till end of summer

**Video game room**

**Petting zoo visit**

- free breakfast and lunches
- free arts and crafts
- free days out
- free fun days
- free build a bear days
- make goldfish bowls
- clay art, plant making and rock painting
- build a car and design your own water bottle and so much more...

~ DANCE AND THEATRE INSTRUCTORS FOR DANCE ROUTINES ON TUESDAYS AND THURSDAYS

~ SPORTS AND FITNESS INSTRUCTORS FOR SPORTS AND WELLBEING

~ MUSIC INSTRUCTORS FOR MUSIC

Join us on our facebook page: core project Birkenhead CIC or scan the QR code to sign up today!

**Graffiti Art Painting**

**Keyboards and tap drums**

**Water fun days**





# WIRRAL CARERS HEALTH & WELLBEING SERVICE

Carer Linkworkers Making Caring Visible, Valued & Supported



**So Sew Then!**  
**Teen Sewing Classes**  
(10-16yrs)

Bow Pillows  
Scrunchies  
Canvas Bags  
Felt Foodies

Classes in July & August  
West Kirby & Heswall

Small class sizes | DBS qualified teacher

Check Insta or email for dates & prices  
@sosewthen  
sosewthen@gmail.com

QR code: @SOSEWTHEN



ALL THE FAMILY WELCOME!

**SUMMER FAIR**

Tomorrow's Women

15<sup>TH</sup> AUGUST 2026  
11AM - 2PM  
TOMORROW'S WOMEN  
WIRRAL, BIRKENHEAD, CH41 3JE

ADULTS: £2 CHILDREN: FREE

**STALLS - MUSIC - FOOD -  
PERFORMANCES - GAMES - & MORE!**



**WIRRAL MENCAP**  
**EVENTS 2026**

Join us, have fun and help make a difference!

Wirral **men**cap  
The voice of learning disability

|                                                                                     |                                                            |                                                          |                                                                                       |
|-------------------------------------------------------------------------------------|------------------------------------------------------------|----------------------------------------------------------|---------------------------------------------------------------------------------------|
|  | <b>Saturday 8th August - Dog Show</b>                      | Bring your pooch, enter the competition and win prizes!  |  |
|  | <b>Saturday 12th September - Leasowe Lighthouse Abseil</b> | Sign up to abseil down Leasowe Lighthouse!               |  |
|  | <b>Saturday 17th October - Inspiration on the Menu</b>     | A fabulous evening of food, inspiration and fundraising! |  |

Get involved, have fun and help us support local people with learning disabilities.

Thank you for your support!



# WIRRAL CARERS HEALTH & WELLBEING SERVICE

Carer Linkworkers Making Caring Visible, Valued & Supported

**Wirral**  
Environmental  
Network



## Weekly Walks

Accessible walks exploring streets, trees, verges, parks, coast, wildlife and nature.

 **Every Tuesday** | **1.30 until 3ish**  
(leave when you need to)



**Everyone welcome**

- Join when you can.
- Sensible footwear and clothes suitable for the weather.
- Walks will be adapted for the group each week.

In conjunction with  
Wirral Environmental Network

 Sandon Bldg, 100 Falkland Rd,  
Wallasey CH44 8ER

 0151 639 2121

 wen@la21.net

 <https://wirralenvironmentalnetwork.org.uk/>

Walks will be adapted for the group each week.

Facilitated by Wirral Forest: Wellbeing CIC

 07718 282960

 wirralforest@gmail.com



**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!* ♥





## The Quirky Community Hub

# Hola!

## Beginners Spanish Lessons!

**Thursday's 2.00 pm**

**Donations Welcome!**







**Liverpool's Over 30s Indie Daytime Party Returns**

# **An Afternoon of Indie**

**Saturday 13th June, 3pm-7pm**

[arts club]

[arts club]



***Ellesmere Port***

***Market***

***Craft & Gift Fairs***

***10th October***

***FREE ADMISSION***

***21st November***

***10am to 4pm***

***wheelchair  
accessible***

***dog  
friendly***



***marissa@memorylanefairs.com***



# WIRRAL CARERS HEALTH & WELLBEING SERVICE

Carer Linkworkers Making Caring Visible, Valued & Supported

## Community Mondays

**WILLIAMSON**  
ART GALLERY AND MUSEUM

### Chatty Table @10-12pm

Come along and boost your  
wellbeing, make friends & enjoy a  
warm and welcoming space.

♥ Friendly chat ♥ Creative activities  
♥ Connection and support

£3 per session, refreshments available in café

## Summer Sounds

Easy listening favourites



Every Sunday in August 2026  
Free entry  
2pm - 4pm Heswall Hall

Relaxed performances  
featuring local artists  
Hosted by musician  
Michael Mehmet

Refreshments available  
Free entry - audience  
welcome to drop-in

Sun, 2 Aug at 14:00 and 4 more

### Summer Sounds

111 Telegraph Road, CH60 0AF Heswall, United Kingdom

1 person going

☆ Interested



# WIRRAL CARERS HEALTH & WELLBEING SERVICE

Carer Linkworkers Making Caring Visible, Valued & Supported





# WIRRAL CARERS HEALTH & WELLBEING SERVICE

Carer Linkworkers Making Caring Visible, Valued & Supported

A colorful poster for the 'Scarecrow Trail' event. The background is a soft-focus image of white daisies. The poster itself has a light cream background with autumn-themed illustrations: orange and yellow leaves in the top left, a small house with a red roof in the middle, and a scarecrow in a red and black plaid shirt and a brown hat in the foreground. A green circular badge in the top right corner says 'OUR 4TH YEAR!'. The main text 'SAVE THE DATE!' is in large, stylized green and orange letters. Below it, '2nd Bebington Scouts and Brighter Bebington' is written in blue, followed by 'SCARECROW TRAIL' in large blue letters. A yellow banner contains the dates '19/09 - 30/09'. Text below the banner states: 'Winner of this Scarecrow Trail will be announced at our Autumn Fair.' To the left, there are three icons: a leaf, two people, and a location pin, each followed by text. The bottom of the poster features a Facebook icon and the text 'FOLLOW US ON FACEBOOK FOR UPDATES! #ScarecrowTrail' with a small leaf icon.

**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](mailto:BebingtonScarecrow@outlook.com)

 FOLLOW US ON FACEBOOK FOR UPDATES! #ScarecrowTrail

A promotional poster for 'Christmas at the Movies' by The Great British Film Orchestra. The background is a vibrant, stylized illustration of a snowy village at night. A steam train is visible in the distance, and a large, brightly lit Christmas tree stands on the right. In the foreground, a man in a top hat and a reindeer are walking. The text 'THE GREAT BRITISH FILM ORCHESTRA PRESENTS' is at the top, followed by 'CHRISTMAS AT THE MOVIES' in large, ornate gold letters. Below that, 'THE GREAT BRITISH FILM ORCHESTRA' is written in smaller white letters. At the bottom, the title 'CHRISTMAS AT THE MOVIES' is repeated in large white letters. To the right of the title is a white button with the text 'BUY TICKETS'. At the very bottom, there is small text about multiple dates and times, and the location 'St George's Hall, Liverpool, L1 1JJ' with a location pin icon.

THE GREAT BRITISH FILM ORCHESTRA PRESENTS

**CHRISTMAS AT THE MOVIES**

THE GREAT BRITISH FILM ORCHESTRA

**CHRISTMAS AT THE MOVIES** BUY TICKETS

Multiple dates and times

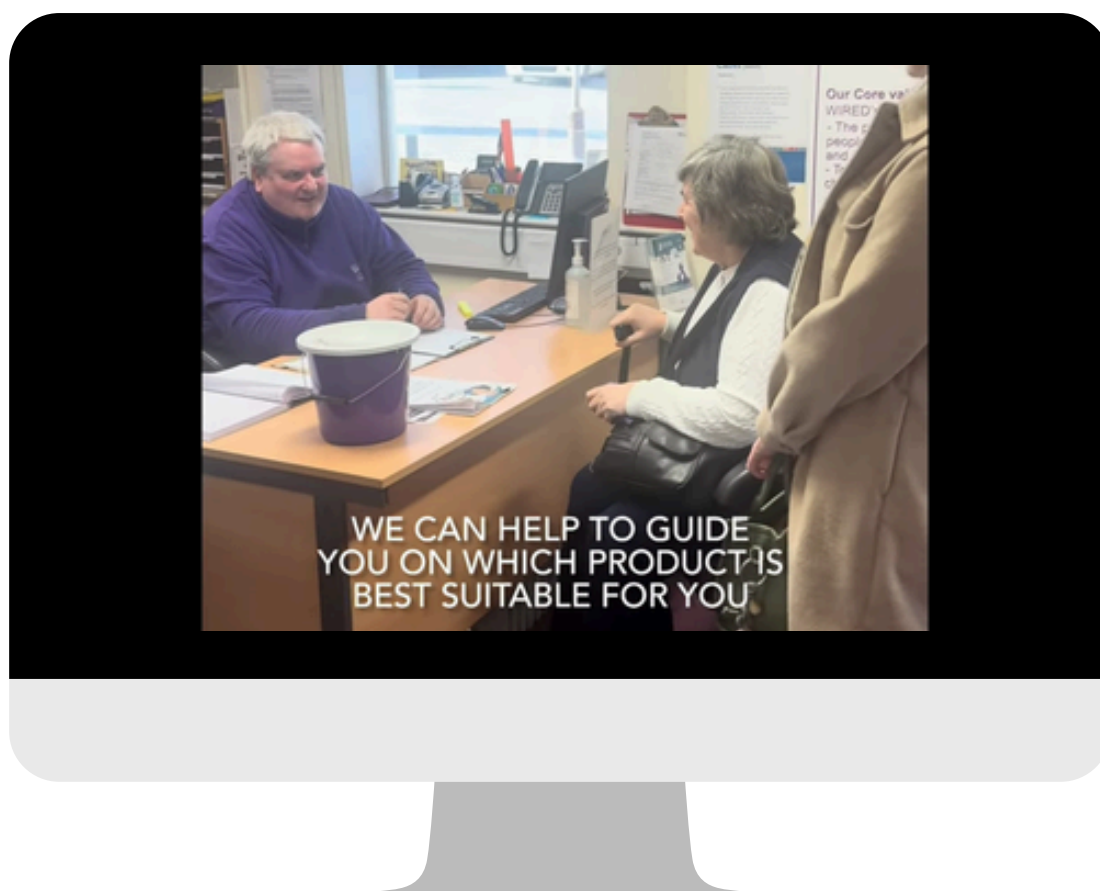
St George's Hall, Liverpool, L1 1JJ





## NEWS

Our NEW shopmobility advert. Click to watch now!



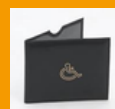
- **Radar keys - £4**

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



- **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



*Pop along and see us today!*





# 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        | Membership Hire: £5 per hire     |
| Annual Renewal Fee: £25.00 | 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](mailto:contact@wired.me.uk)

☎ 0151 647 6162

🌐 [www.wired.me.uk](http://www.wired.me.uk)

## Like us on Facebook...

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



*Wired*



# WIRRAL CARERS HEALTH & WELLBEING SERVICE

Carer Linkworkers Making Caring Visible, Valued & Supported

## 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 & WELLBEING SERVICE

Carer Linkworkers Making Caring Visible, Valued & Supported

## 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





# WIRRAL CARERS HEALTH & WELLBEING SERVICE

Carer Linkworkers Making Caring Visible, Valued & Supported

## Questions or comments?

E-mail us: [wsco@wired.me.uk](mailto:wsco@wired.me.uk) or visit our website: [www.wired.me.uk](http://www.wired.me.uk)

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

5 St John Street  
Birkenhead, Wirral  
CH41 6HY

0151 670 0777