

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

You're invited!

MACMILLAN COFFEE MORNING

Come for the cakes, the chat and the cause ♥♥



Wednesday
9 September
10AM-3PM



WIRED Carers Hub
St James Centre
344 Laird Street
CH41 7AL



FREE
DRINKS



CAKES
AVAILABLE
TO BUY



All money raised will help
Macmillan Cancer Support
be there for everyone living
with cancer.

Wired
Putting You First

MACMILLAN
CANCER SUPPORT
RIGHT THERE WITH YOU



WIRRAL CARERS HEALTH & WELLBEING SERVICE

Carer Linkworkers Making Caring Visible, Valued & Supported

CYBER CRIME SESSION



STAY SAFE.
STAY AWARE.
STAY PROTECTED.

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

FRIDAY 11TH SEPTEMBER, 1PM-3PM

ST JAMES CENTRE, 344 LAIRD STREET, BIRKENHEAD, CH41 7AL

The session will be covering...

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



CONTACT US TO BOOK - BOOKING IS ESSENTIAL



0151 670 0777

cws@wired.me.uk



Wired health Junction

Caring with Confidence Course



Session 1

A **FREE** course designed to support carers



Build confidence in your caring role



Support your health and well being



Connect with other carers



NEXT SESSION:
Tuesday 15th & 29th September



1pm - 3pm



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



Following sessions:
Tuesday 6th October,
Tuesday 13th October

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

0151 670 0777

cws@wired.me.uk



Stress Management Training for Unpaid Carers

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

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

**Monday 21st September**

**1pm-3pm**

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

**Contact us to book your FREE space**
Booking is essential

**cws@wired.me.uk**

**0151 670 0777**





FIRST AID TRAINING FOR UNPAID CARERS

**FRIDAY 25th September**

**11AM-1PM**

**THE STEIN CENTRE**
St Catherine's Health Centre, Derby Road, Birkenhead, CH42 7HB

**BASIC FIRST AID**

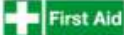
**CHOKING**

**UNRESPONSIVE (BREATHING/NOT BREATHING)**

**HEART ATTACKS**

**QUICK RESPONSES**

**THE WORKSHOP IS NOT ACCREDITED, BUT IS A FREE AND SIMPLE WAY TO IMPROVE FIRST AID KNOWLEDGE AND BUILD CONFIDENCE**

**BOOKING IS ESSENTIAL FOR THIS SESSION**

**0151 670 0777**

**cws@wired.me.uk**



**Our Moorcroft's Wills & Trust
information session was fully
booked as usual!**



WIRRAL CARERS HEALTH & WELLBEING SERVICE

Carer Linkworkers Making Caring Visible, Valued & Supported



Wirral Carers Alliance



Wirral Carers Alliance

Carer Connection Centre

EVERY WEDNESDAY

Pop-in anytime between **10am and 6pm**

GREASBY LIBRARY, CH49 3AT

Different Informative Support Sessions Each Week in September

9th - Practical Support & Resources

16th - Training, Education and Employment

23rd - Financial, Legal and Carers Rights

30th - Health & Wellbeing

Come and Connect with Support Services and meet other Carers that understand about caring for loved ones

Visit the WCA Website for more information

www.wirralcarersalliance.com

Scan you QR to get updates and support

Email the team to join the update bulletins

info@wirralcarersalliance.org.uk



Commitment to Carers



The Carers Consortium is the newest of the WCA forums

These meetings are held the last Thursday of every month

The group currently meets online via TEAMS, with plans for in-person meetings that will be available in 2026

This collaboration enables organisations to meet with the Wirral Carers Alliance and network with other carers services, hear about themes and trends coming out of the WCA Carers Forums and help shape change for the future, improving the lives of our Wirral Community in their caring roles and beyond.

This is a unique opportunity for organisations, charities, the voluntary and faith sectors, including community groups to connect and hear what is important to Carers and work together to improve support and resources for Carers on Wirral.



Wirral Carers Alliance

THE MAYOR'S CHARITY TEA DANCE

In aid of the Mayor's Special Charity Appeal

**16 SEPTEMBER • 1.00 PM–4.00 PM
WALLASEY TOWN HALL**



Wirral Carers Alliance would like to invite Carers as their guest to meet the Mayor and enjoy afternoon tea, dancing and great company with Ballroom Blitz.

Tickets are £10 per person

Wirral Carers Alliance is donating FREE tickets for Carers.

- UNLIMITED TEA AND COFFEE
- A DELIGHTFUL SELECTION OF CAKES
- LIVE MUSIC AND DANCING
- RAFFLE PRIZES

FREE TICKETS are limited, please email the team by Friday 10th September at:

info@wirralcarersalliance.org.uk

wirralview

New Government funding set to help end rough sleeping in Wirral

LATEST NEWS

Efforts to tackle rough sleeping in Wirral have received a major boost after the council secured almost £500,000 in new Government funding.



Choosing a secondary school? Plan your visits with Wirral's open evenings

26 August 2026

Choosing the right secondary school is an important step for families. Open evenings and school tours give you the opportunity to explore classrooms, meet staff and pupils, and get a real feel for each school.

WIRRAL CARERS HEALTH & WELLBEING SERVICE

Carer Linkworkers Making Caring Visible, Valued & Supported



Social, Community and Citizens Supermarket opening times.

Social, Community and Citizens Supermarket opening times. Please check with individual organisations as opening times may vary.

Quirky Life Tree, Birkenhead Road, Hoylake
Please check facebook page for details.

St Paul's Church Seacombe
Thursday – Friday 2pm - 3pm
Sundays 12.15pm - 1pm

Claremount Hub, Claremount Methodist Church,
Sandy Lane, Wallasey
Thursday 2pm - 4pm, Friday 10.30am - 2pm

Charlotte's Brightside, New Brighton
Monday 12pm - 3pm,
Tuesday 11am - 2pm
Wednesday 11.30am - 1.30pm
Thursday 9.30am - 12.30pm

New Hope Centre, Wallasey
Monday - Friday 11am - 3.30pm

Leasowe Community Centre
Monday, Wednesday & Friday 9am - 3pm

Seacombe Childrens Centre
Monday 10am - 11.30am
Can open other times if needed

Diversity Club 67, 6 Liscard Road, Wallasey
Monday, Tuesday, Thursday, Friday, Saturday
10.30am-12 noon

Community 1st Wirral
397 Poulton Road, Wallasey
Monday to Friday 9am - 4pm
Saturday 10am - 12noon

Supporting the Peeps Wirral CIC, Moreton
Please contact their Facebook page for opening times.

Bargain Bag social supermarket
Youth Resource Centre
97 Poulton Road, Wallasey
Monday to Friday 10am - 12.30pm

Number 7 Citizens Supermarket
7 Princes Pavement, Grange Precinct, Birkenhead.
Members only.
Monday - Friday 8.30am - 3pm

The Gate Social Supermarket
5 Woodchurch Road, Oxtan
Monday - Friday 9am - 11am

Charles Thompson's Mission
Hemingford Street, Birkenhead
Wednesday 10-11am for food bags.

The Community Shop, Beechwood
Manor House, Beechwood Drive
For membership information:
<https://www.companysshopgroup.co.uk/Profile/CommunityMember>

St Peter's Church, Noctorum
Monday, Wednesday and Thursday
9.30am - 12.30pm

49 Christchurch Rd, Oxtan
Monday - Friday
9.30am - 11.30am & 2.30pm - 4.30pm
Saturday TBC.

The Little Centre, Beechwood
Monday - Friday 9.30am - 2.30pm

The Oak Community Project, Christ the King
Church, St Anne's Street, Birkenhead
Tuesday and Wednesday 11am - 1.30pm
Thursday 10am - 2pm

Core Project, 29 Clover Drive, Bidston
Wednesday 11am - 2pm
Friday 12pm - 4pm

Hoole Road Hub, Woodchurch
Monday, Tuesday, Thursday 10am - 2pm

Shaftesbury Youth Club, Prenton
Monday & Thursday 10am - 2pm
Tuesday 10am - 12.30pm

Make It Happen, 72 Market Street Birkenhead
Monday -Friday 9.00-5.00pm
Saturday 9.30-1.30pm

Nightingales Cafe, Argyle Street, Birkenhead
Monday - Friday 9am - 2pm

Beaconsfield Community House, Rock Ferry
Monday - Friday 11.30am - 2pm

Noctorum Community Pantry
Crea8ing Community
Tuesday - Friday 10am - 5pm.

Taking Strides - Bromborough
Please check facebook page for more information.

Ganney's Pantry
Ganney's Meadow Nursery and Family Centre,
New Hey Road, Woodchurch
Open Monday - Friday 2.50pm

Delamere Community Centre
Tuesday 1.30pm - 3pm
Wednesday 5.30pm - 6.30pm

Co-op Academy Woodslea
Mondays, Wednesdays and Fridays
Before and after school

Byrne Ave Baths
Saturday- Thursday

Equilibrium North West - Livingstone Street Play
and Community Centre
Open during centre opening times

Shine Together, Wallasey
Monday, Wednesday and Friday 10am - 4pm

Gautby Road - Play, Youth and Community
Centre
Tuesday & Thursday 10am - 1pm
Friday 3.30pm - 6pm

Lumi Place, New Ferry
9a Bebington Road, CH62 5BE
Check Facebook page for opening times

Woodchurch Methodist Church
Monday 12.30pm - 2.30pm
Wednesday 9.30am - 11.30am

Grove Street Family Hub
New Ferry
Wednesday 8.45am - 10.30am

St Barnabas Centre, Bromborough
Monday - Friday 9.30am - 2pm See less

**Information courtesy of
Birkenhead Community
News Facebook Page**



Community FAMILY LINK

OPEN DAY

ALL ARE WELCOME!

Free Baby Essentials

Free Tea & Cakes

Free Household Supplies

and much more

10AM - 2.00PM

Wednesday 16th September 2026

Gautby Road Community Centre

69 Gautby Road, Birkenhead, CH41 7DS

For more information contact us at 0151 558 0029

or Email admin@gautbycommunity.org.uk

**GRAB A
CUPPA**

**WEEKLY
VOUCHERS
AND OFFERS**

**ACCESS OUR
SUPERMARKET,
FIND ADVICE &
SIGNPOSTING**

**ALL
FAMILIES
WELCOME**

**FAMILY
TOOLBOX**

*Because life doesn't
come with a manual*

WIRRAL CARERS HEALTH & WELLBEING SERVICE

Carer Linkworkers Making Caring Visible, Valued & Supported



September: Suicide Prevention Month

POSSIBLE WARNING SIGNS



People who have been affected by suicide told us that being asked if they were having thoughts of suicide was the most important thing others could do, and that it gave them the permission to open up.

So if you are worried someone is thinking about suicide, ask them about suicide.



September: Suicide Prevention Month

Helplines

There are trained people who care and want to help anyone struggling with difficult feelings. There's no shame in reaching out.

Samaritans
call 116 123
jo@samaritans.co.uk
24/7

CALM
call 0800 58 58 58
5.00pm to midnight
everyday

SANE
call 0300 304 7000
info@sane.org.uk
4.30pm to 10.30pm
everyday

NHS 111
call 111
24/7

Papyrus
for people under 35
call 0800 068 4141
text 07786 209697
pat@papyrus-uk.org
9am to 10pm Mon - Fri

The Silver Line
for people over 55
call 0800 470 8090
24/7

Shout
text 'Shout' to
85258
24/7

Switchboard
for LGBT+ people
call 0300 330 0630
chris@switchboard.lgbt
10am to 10pm everyday

Mind
call 0300 123 3393
text 86463
info@mind.org.uk
9am to 6pm Mon - Fri

suicide can be prevented through
open and courageous conversation

Number Seven Birkenhead

Here
to help.
Here for
you.

Works with lots of local organisations
to help with the following:



EMPLOYABILITY

Support to help you
find training, build
skills and find work.



ENERGY SAVING ADVICE

Practical advice to
help you save energy
and reduce bills.



FINANCIAL PLANNING

Guidance to help you
plan for a more
secure future.



BUDGETING

Support to manage
your money and
make it go further.



SUPPORT AROUND LOAN SHARKS

Confidential help and
advice if you're worried
about loan sharks.



BENEFITS

Help to check you're
getting what you're
entitled to.



MAKING FRIENDS

Opportunities to meet new people,
get involved and feel part of
your community.

You're not
alone.

Pop in  **Monday - Friday**



7 Princes Pavement,
Birkenhead Town Centre



**Stronger together.
Better together.**



WIRRAL CARERS HEALTH & WELLBEING SERVICE

Carer Linkworkers Making Caring Visible, Valued & Supported

Charles Thompson's Mission

Annual 10th Sleep Out

Friday 4th September 2026



To book a place, please go to the link below
<https://charlesthompsonsmissionsleepout2026.eventbrite.co.uk>



Cheshire and Merseyside

Self-Harm Professional Resource Hub



Supporting children and young people experiencing self-harm

Seacombe Ethnic Community Workshops



PRIDE IN PLACE

LED BY YOU – BACKED BY UK GOVERNMENT

Do you come from an ethnic minority background and live in Seacombe?

Come along, meet others from your community, and share your experiences, ideas and and future hopes for the area.

Refreshments will be provided, and participants will receive a £10 voucher as a thank you for their time and contribution.

Workshop Times

Attend one of the workshops below:

- Friday 4th of September
11am to 1pm
- Monday 7th of September
11am to 1pm
- Tuesday 8th of September
11am to 1pm
*Youth Focused

Location

Wirral Change
12-14 St Laurence Drive
Bireknhead
CH41 3JD

Tel: 0151 649 8177

Email:

admin@wirralchange.org.uk

No booking required, just come along!

WIRRAL CARERS HEALTH & WELLBEING SERVICE

Carer Linkworkers Making Caring Visible, Valued & Supported



JOINTLY HOSTED

"Working in collaboration for the benefit of older people on the Wirral"



Cheshire and Wirral
Partnership
NHS Foundation Trust

FREE Older Adults Mental Health & Wellbeing Event



Wednesday 9th
September 2026
10am–3pm



Tesco Community Room
Bidston Link Road,
Birkenhead, CH43 7AA

Please ask Customer Services to direct you

What to expect



MORNING • 10am–12:30pm

Understanding mental health

- Welcome and introductions.
- How to access mental health services on the Wirral.
- Factors that can contribute to mental health difficulties.



LUNCH PROVIDED •
12:30pm–1:30pm



AFTERNOON • 1:30pm–3pm

Build your wellbeing toolbox

- Local mental health services will help you create a toolbox of practical strategies to support your wellbeing.
- Invitation to join the Wirral Older People's Parliament and closing remarks.



Please let us know you're coming

This is a free event however places are limited, so please book using the Eventbrite link or QR code.

<https://www.eventbrite.co.uk/e/older-adults-mental-health-and-well-being-event-tickets-1998414196658?aff=oddtcfcreator>



A free community event for older people across the Wirral



EMPOWERING
COMMUNITIES



Free Parenting Course: EPEC Being a Parent

For parents and carers of children
aged 2-11 in Wirral.

Are you looking for ways to:

- Feel more confident as a parent?
- Manage family stress more effectively?
- Build stronger relationships
with your child?

Scan to



Sign up today!



 **WIRRAL**


Family Hub

WIRRAL CARERS HEALTH & WELLBEING SERVICE

Carer Linkworkers Making Caring Visible, Valued & Supported

VIBRANTVILLAGE September Make It Happen.				
MON	TUES	WED	THU	FRI
	1st Autism Together (Pathway to Work) 10:30am - 12:00pm Healthy Heart Session 12pm - 2:30pm Community Stakeholders Meeting (Christmas Planning, Invite Only) 3:00 - 12:00	2nd Stein Centre Session 12:30pm - 3:45pm	3rd Community Creative Cooking & Meal 1pm - 4:30pm	4th Friday Wellbeing Walks 11am - 1pm Friday Social 1:30pm - 4pm
7th Community Give-Back sessions (Outdoor Activity) 1pm - 4pm	8th Autism Together (Pathway to Work) 10:30am - 12:00pm Healthy Heart Session 12pm - 3:00pm	9th CARE Drop-In Session Computer Skills 10am-12pm Stein Centre Session 12:30pm - 3:45pm Community Sewing Sessions 4pm - 6pm	10th Community Creative Cooking & Meal 1pm - 4:30pm	11th Friday Wellbeing Walks 11am - 1pm Friday Social 1:30pm - 4pm
14th Community Give-Back sessions (Outdoor Activity) 1pm - 4pm	15th Autism Together (Pathway to Work) 10:30am - 12:00pm Healthy Heart Session 12pm - 3:00pm CARE Drop-In Session 3pm - 5pm	16th Stein Centre Session 12:30pm - 3:45pm Community Sewing Sessions 4pm - 6pm	17th Food Hygiene Level 2 (limited space, contact us to book on) 9am - 1pm Community Creative Cooking & Meal 1:30pm - 4:30pm	18th Friday Wellbeing Walks 11am - 1pm Friday Social 1:30pm - 4pm
21st Community Give-Back sessions (Outdoor Activity) 1pm - 4pm	22nd Autism Together (Pathway to Work) 10:30am - 12:00pm Healthy Heart Session 12pm - 3:00pm	23rd CARE Get To Know More Session 10am - 12pm Stein Centre Session 12:30pm - 3:45pm Community Sewing Sessions 4pm - 6pm	24th Food Hygiene Level 2 (limited space, contact us to book on) 9am - 1pm Community Creative Cooking & Meal 1:30pm - 4:30pm	25th Friday Wellbeing Walks 11am - 1pm Community Members Meeting 2pm - 4pm
28th Community Give-Back sessions (Outdoor Activity) 1pm - 4pm	29th Autism Together 10:30am - 12:00pm Healthy Heart Session 12pm - 3:00pm CARE Drop-In Session 3pm - 5pm	30th Stein Centre Session 12:30pm - 3:45pm Community Sewing Sessions 4pm - 6pm		

Thursday 10/09/26 - 7:30pm

Female-led post-punk from the scouse underground.

Devils of The Lounge Society - ready to introduce their moody brand of punk and shake a claim for Liverpool in the post-punk world. DIY, unapologetic, and completely independent, their sound is championed by some figures like Steep Hillz (Big Jeanie / Decadence Fall) and the LOUD WITCHES collective.

LG&T POC DIY punk x

LED BY YOU - BACKED BY UK GOVERNMENT

Facebook - Birkenhead Pride in Place

CARE drop-in session:

Whether you're already part of the team already or looking to join, we'd love to see you!

For current volunteers: Drop by for a relaxed catch-up! We'll be exploring key components of CARE, and focusing on your personal growth and development.

Find Out More Sessions

For new volunteers: Curious about getting involved? Join our monthly induction session! It's the perfect place to ask questions or dive right into volunteering with us.

Ready to Start?

Get in touch with our CARE Coach Bee today:

- Call: 07458 302051
- Email: CARE@makeithappenbirkenhead.co.uk

ARGYLE INDEPENDENT QUARTER

Find out more about the Argyle Independent Quarters

Healthy Hearts Session

An opportunity to come along with Chris and the team, cook, eat a healthy meal, and learn about the benefits of the food on your body using the British Heart Foundation recipes.

Community Stakeholders meeting (INVITE ONLY):

Local Organisations and interested parties coming together to collaborate and undertake projects for the benefit of Birkenhead.

Community sewing Sessions:

Come and join Nigel as he shares over 60 years of sewing knowledge. Have clothes that need repairing? Want to fix a loose stitch? Come along, Nigel will show you how to "Make Do and Mend" save money, repurpose and learn a new skill.

Community Members Meeting and Meal (INVITE ONLY):

An open invite for everyone who uses the Vibrant Village Living Room coming together to collaborate and undertake the planning of the upcoming Calendars.

Community Creative Cooking and meal:

Come along to our new creative cooking sessions. This is a dual activity session. Whether your creative flare is in the kitchen, or in front of a camera this is the place for you. Help make a delicious meal for the community or help with our creative/social media. Come along, learn, share and grow!

Community Give-Back Sessions:

Come along with Make It Happen for a walk around the local area, where we will engage with fellow community members, participate in a litter pick, gardening, DIY sessions and all while strengthening our community and giving back!

Friday Wellbeing Walks:

Come along with Aeron as we go for a walk around the local beauty spots, share memories and have some fun and exercise together towards improved mental health and wellbeing.

Friday Social:

These sessions are for our community to plan their Vibrant Village Activities for the coming months, listen to feedback, share their thoughts and desires for the Vibrant Village Living Room. Refreshments are included.

Food Hygiene Level 2 Course:

Wirral Life Long Learning will be running a Food Hygiene Level 2 training course in the Vibrant Village Living Room. There is limited space for this course that requires you to attend both sessions. It's completely free, contact Aeron if you'd like to attend.

Are you in receipt of a disability benefit, such as PIP, AA or DLA?

We are looking for people to join our feedback group to help co-design disability awareness materials

[CLICK HERE](#)

**Wednesday the 9th of
September 2026 at
Make Hamilton**



Have your say and share your ideas



Register and attend to receive a £25 shopping voucher



Refreshments provided

Scan QR code to register and get further details. Limited places. You must register and attend to receive your voucher.



[CLICK HERE](#)



Wirral



We're
part of
your



WIRRAL CARERS HEALTH & WELLBEING SERVICE

Carer Linkworkers Making Caring Visible, Valued & Supported



**Wirral
Youth
Alliance**
WHERE YOU AT?
— EST. 2025 —



Wirral,
*your voice,
your future.*

**YOUNG PEOPLE,
PARENTS, CARERS,
PROFESSIONALS,**

**WE NEED TO HEAR FROM
YOU!**

**IT'S TIME TO HAVE
YOUR SAY!**



Complete the survey by the 30th of September 2026
to directly shape the future of youth provision and
outreach, borough-wide.

SCAN HERE



FREE

LEVEL 2 CHILDREN'S AND YOUNG PEOPLE'S MENTAL HEALTH

FACE TO FACE COURSE

Gain the knowledge and skills to help support children and young people.



SUPPORTING
YOUNG MINDS,
BUILDING A
BRIGHTER FUTURE



VENUE

The Cornerhouse
1 Berner Street
Birkenhead
CH41 4JY



ENROLMENT DATE

3rd September 2026

COURSE START DATE

7th September 2026



COURSE DETAILS

- ✓ 1 day a week – Mondays
- ✓ Face to Face Delivery
- ✓ 10:00am – 3:00pm
- ✓ Duration: 15 weeks
- ✓ Recognised Level 2 Qualification



WHO IS IT FOR?

This course is ideal for anyone working or volunteering with children and young people or looking to start a career in health and social care.



WHAT WILL THE COURSE INCLUDE?

- Understanding children and young people's mental health
- Factors that affect mental health and wellbeing
- Recognising signs and symptoms of common mental health conditions
- Positive mental health and emotional wellbeing
- Supporting children and young people to overcome challenges
- Effective communication and building trusting relationships
- Safeguarding and promoting resilience
- Signposting to specialist support services



GET IN TOUCH

For more information or to enrol, please contact:

✉ clare.miller@total-tp.com

☎ 07354 904 381



ELIGIBILITY REQUIREMENTS

- ✓ Learners must live in the Liverpool City Region
- ✓ Must be over the age of 19
- ✓ Must be eligible to work in the UK on day 1 of learning

▶ Get In Touch

✉ clare.miller@total-tp.com

☎ 07354 904 381



LIVERPOOL
CITY REGION
COMBINED AUTHORITY



WIRRAL CARERS HEALTH & WELLBEING SERVICE

Carer Linkworkers Making Caring Visible, Valued & Supported



**ARMY
CADET
FORCE**

ACQUIRE • BELONG • ACHIEVE

HOYLAKE DETACHMENT
MERSEYSIDE ARMY CADET FORCE

REOPENS 8TH SEPTEMBER

WE'RE LOOKING FOR NEW RECRUITS!



**AGED
12-18
JOIN**



**GET FIT
& STRONG**



**MAKE NEW
FRIENDS**



**BUILD
CONFIDENCE**



**DISCOVER
NEW SKILLS**



**BE PART OF
SOMETHING
BIGGER**



**HOYLAKE DETACHMENT REOPENS
8TH SEPTEMBER**



**Merseyside
Army Cadet Force**

JOIN TODAY

Find out more and sign up:

<https://armycadets.com/join-as-a-cadet/>

DISCIPLINE • TEAMWORK • RESPECT
— REAL SKILLS FOR REAL LIFE —

Grief is hard.
Death can impact
all of life.

The Bereavement
Journey
a place to talk

7 Sessions of films
and discussion
for anyone bereaved anytime

Topics include:

- Attachment, separation and loss
- The pain and responses of grief
- Anger and guilt
- Coping with others' reactions
- Delayed and suppressed grief
- Adjusting to change
- Moving forward healthily
- Faith questions – a Christian perspective (optional session)

To find out more visit:
thebereavementjourney.org

Running soon:

at St Michael's Church
Newton
West Kirby

Starting September 17th 2026

for 7 weeks; 10-12 noon

To register or find out more
call 0151 625 2739
or 07747022863
or email

office@stbridgetschurch.org.uk

Future dates starting
January 19th 10-12 noon
West Kirby URC

WIRRAL CARERS HEALTH & WELLBEING SERVICE

Carer Linkworkers Making Caring Visible, Valued & Supported



ALCOHOLICS ANONYMOUS

Wirral

PROFESSIONALS INFORMATION DAY

14TH OF SEPTEMBER 2026

A special event for healthcare professionals, social care staff, counsellors, therapists, occupational health teams, employers, clergy, recovery workers and other professionals interested in learning more about Alcoholics Anonymous and recovery from alcoholism.

You are not alone.



BIRKENHEAD



VENUE:

Kings Church Wirral

1 Victoria Fields, Birkenhead CH42 0PF



START TIME:

9.45am



CONNECT

with others in the professional and recovery community



LEARN

how AA works and how recovery is possible



SUPPORT

individuals and families on their journey to recovery



TEA / COFFEE AVAILABLE

Everyone welcome!



NO LUNCH PROVIDED

Please plan accordingly



ALL PROFESSIONALS WELCOME

Refreshments provided throughout the day

WHAT YOU WILL LEARN

- What Alcoholics Anonymous is and is not
- How AA supports recovery from alcoholism
- How professionals can refer individuals to AA

- The role of sponsorship and meetings
- How families can find support through Al-Anon
- First-hand experiences of long-term recovery



Al-Anon
Families & Friends find support too



ALCOHOLICS ANONYMOUS UK

AA HELPLINE 0800 9177650

We're here to help



PROGRAMME

9:45am – 10:00am



WELCOME & INDUCTIONS

Brenda

10:00am – 10:40am



1. KIERAN MORIARTY

Presentation – PowerPoint

10:40am – 10:50am



BREAK 10 MINS

Tea / Coffee Available

10:50am – 11:45am



2. DR JOE DELANEY

Presentation – PowerPoint

11:45am – 12:15pm



3. DR PETER – ESH

Presentation – PowerPoint

12:15pm – 12:45pm



BREAK 30 MINS

Tea / Coffee Available

NO LUNCH PROVIDED

12:45pm – 1:45pm



4. GRAHAM DUNCAN

Non-Alcoholic Trustee Presentation

1:45pm – 2:00pm



BREAK 15 MINS

Tea / Coffee Available

2:00pm – 2:45pm



5. JASON

- The History of AA
- How AA Started
- Our Big Book

2:45pm – 3:30pm



6. HENRY

- How AA Works
- How We Recover
- How Our Program Works
- How We Stay Sober

3:30pm – 4:00pm



3. AL-ANON SPEAKER

ALISON – ESH Talk

4:00pm – 4:30pm



Q&A

Open Discussion

4:30pm – 5:00pm



END

16:30 / 17:00pm

Child's progress checker

**Speech and
Language UK** 
Changing young lives.

Two million children currently struggle with talking and understanding words. Our progress checker is based on what we know about how babies and children develop skills. Choose the age of the child and then answer the questions. At the end, we will direct you to some helpful advice and resources.

[Let's get started!](#)

How to complete the SEND consultation

Our step-by-step guide to making your voice heard



Signs and symptoms

Learn more about the signs and symptoms children struggling with talking and understanding words may experience.

[Read more →](#)

Ages and stages

Our guide to the typical stages of speech and language development in babies, children and young people.

[Read more →](#)

Developmental Language Disorder (DLD) awareness

Watch our new video and share it to help us raise awareness of this lifelong condition. #2in30

[Read more →](#)

This Autumn, we'll deliver the petition directly to the Department of Health and Social Care. Adding your signature will help us build a stronger case for change.



New home-testing kit to help prevent cervical cancer



[READ MORE](#)

WIRRAL CARERS HEALTH & WELLBEING SERVICE

Carer Linkworkers Making Caring Visible, Valued & Supported

NHS

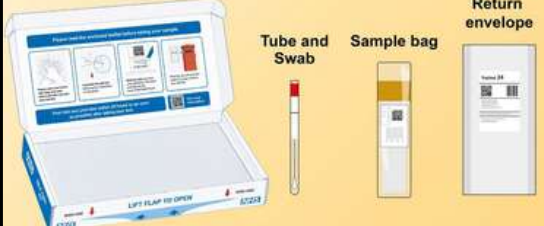
Missed your cervical screening?



The NHS may invite you to take an **HPV self-test** instead.

NHS

If invited, order your kit and take your sample yourself.



✓ At home or in private
✓ No appointment needed

NHS

What happens next?



Put your sample into the bag that's in your kit and then into the envelope. Send your sample back free by post.

NHS

If high-risk HPV is found, that doesn't mean you have cervical cancer.

You'll be invited for cervical screening to check for cell changes.

NHS



HPV self-testing invitations will be sent through the NHS App first. Download the NHS App and turn on notifications.

Menopause & Nutrition

Menopause & Nutrition

FREE 5-Day Course

FREE COURSE

Menopause & Nutrition: A Guide For Women Over 40

Take this FREE 5-day course to help yourself and other women combat common menopause symptoms.

Send My First Lesson

This course includes:

- | | |
|--|---|
|  On-demand videos |  Audio Transcripts |
|  Worksheets |  Access on mobile |
|  Podcast format |  Lifetime access |

WIRRAL CARERS HEALTH & WELLBEING SERVICE

Carer Linkworkers Making Caring Visible, Valued & Supported

WIRRAL MENOPAUSE COMMUNITY CIC

BIG NEWS!!!



We are thrilled to announce the launch of
Wirral Menopause Well Woman Community Hub.
A welcoming space for connection, care, and community.

WE ARE OPEN EVERY MON/WED/FRI FROM 12-2PM FOR DROP IN AND CHAT
Unit 5-7 Woodside Business Park, Shore Rd, Birkenhead, CH41 1EP

If you're navigating pre, peri or post-menopause and need a space to feel heard, supported, and celebrated - **this is for you.**

Whether you want to talk, share, connect - or simply be - our doors are open.

We also have monthly menopause cafes with hot topics and guest talks - go to our Facebook page for details - Wirral Menopause Support Group.

Wellbeing Studio

Drop In Lounge

Meno Cafes

Guest Talks

Why it matters - we're using funding from National Lottery Community Fund to offer subsidised* health and wellbeing support to those who need it most.

That includes - Specialist consultations, PT & exercise coaching, nutrition and lifestyle advice, reiki, reflexology, meditation & more.

*Needs assessed on an individual basis

We'll also be sharing real stories from women already supported by our community—**because your journey matters.**

Facebook group: **Wirral Menopause Community CIC**
Email: info@wirralmenopause.org.uk



2026

September



Sun	Mon	Tue	Wed	Thu	Fri	Sat
EVERY WEDNESDAY 10-11am Walk & Talk - meet at Woodside Hub		1	2 12-2pm Advice & support pop in at Woodside Hub	2 WEDNESDAY 6-7.30pm Evening Pop in at Woodside Hub	4 12-2pm Advice & support pop in at Woodside Hub	5 12-2pm Drop in Meno Cafe Woodside hub
6	7 12-2pm Advice & support pop in at Woodside Hub	8	9 12-2pm Advice & support pop in at Woodside Hub	10	11 12-2pm Advice & support pop in at Woodside Hub	12
13	14 12-2pm Advice & support pop in at Woodside Hub	15	16 12-2pm Advice & support pop in at Woodside Hub	17	18 12-2pm Advice & support pop in at Woodside Hub	19 Tiny Tools Unfiltered: Women, Hormones & Neurodivergence CONFERENCE - booking via Tiny Tools Eventbrite
20	21 11-1pm Drop in Meno Cafe Williamson Art Gallery	22 6-7.30pm Evening Pop in at Woodside Hub	23 12-2pm Advice & support pop in at Woodside Hub	24	25 12-2pm Advice & support pop in at Woodside Hub	26
27	28 12-2pm Advice & support pop in at Woodside Hub	29	30 12-2pm Advice & support pop in at Woodside Hub	30 WEDNESDAY 6-7.30pm Evening Pop in at Woodside Hub		



**Online Macular Disease Conference 2026
BOOK NOW FOR FREE!**

CLICK HERE 

Discover the latest advances in macular disease research and treatments and hear from some of the UK's leading eye-care professionals. It's online and free to attend! What are you waiting for?

Sign up now to secure your place at the Macular Disease Conference 2026 from 9.15am (BST) on Saturday 12 September.

contact *For families
with disabled children*

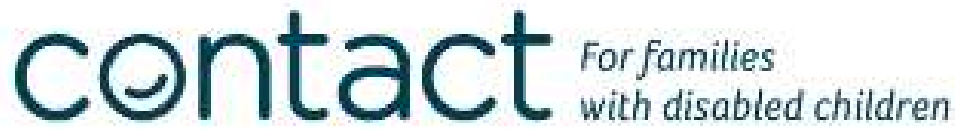
24-hour free bus travel for disabled people announced



Free bus travel for disabled people in England will extend to 24 hours a day, every day, from next April, [the government has announced](#).

Currently, disabled bus passes allow holders to travel for free around the clock on weekends but from 9.30am-11pm on weekdays. Campaigners have argued that this prevents disabled people working or going out late.

The government is currently looking at measures to help disabled people take up employment alongside introducing cost of living help.



Law Commission launches major review of transport accessibility laws

Disabled people and their families could shape the future of accessible transport as [the Law Commission begins a major review of the law](#) in England and Wales.

The review follows concerns the Transport Select Committee raised in 2025. The committee found that longstanding accessibility failings are having a significant negative impact on disabled people's lives. These failings are seen across all forms of transport.

The review will examine whether existing laws provide enough protection and support for disabled passengers. The Law Commission will consider whether:

- The law should be strengthened and made more consistent.
- Complaints and remedies are effective.
- Enforcement bodies have sufficient powers to hold transport operators to account.

The review, commissioned by the Department for Transport, began in Spring 2026 and is due to report in Spring 2029. It will place the lived experiences of disabled people at its heart.

Tell us about the transport barriers you face

We want to ensure families with disabled children and young people can contribute to this review in the early stages. This is an opportunity to raise any issues you face, including [transport to education](#).

Take a few minutes to [tell us about your experiences and what barriers you face](#) to accessible transport.

SHARE YOUR VIEWS ON ACCESSIBLE TRANSPORT

WIRRAL CARERS HEALTH & WELLBEING SERVICE

Carer Linkworkers Making Caring Visible, Valued & Supported

Save a life



BritishRedCross

Your kindness is powerful, it could save someone's life.

Your kindness is powerful, it could save someone's life.

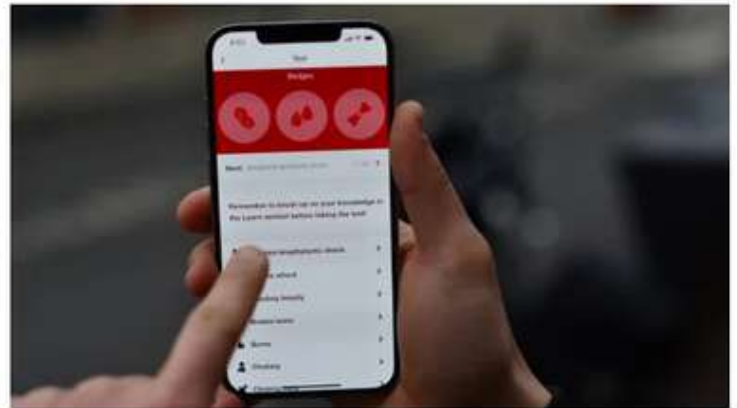
Learn first aid skills

Download the free British Red Cross first aid app, so you can build your confidence to be the person who helps in an emergency.

[Download from Google Play](#)

[Download from Google Play](#)

[Download from Apple Store](#) with the knowledge and skills you need, so that your kindness could save a life.



**British Heart
Foundation**

Learn CPR in 15 minutes for free with RevivR

Many of us will witness a cardiac arrest in our lifetime. Be ready for that day with RevivR, our fast, free and easy-to-use online tool.

[Start free online training](#)



WIRRAL CARERS HEALTH & WELLBEING SERVICE

Carer Linkworkers Making Caring Visible, Valued & Supported

Self-Care September 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
 1 Find time for self-care. It's not selfish, it's essential	2 Notice the things you do well, however small	3 Let go of self-criticism and speak to yourself kindly	4 Plan a fun or relaxing activity and make time for it	5 Forgive yourself when things go wrong. Everyone makes mistakes	6 Focus on the basics: eat well, exercise and go to bed on time	
7 Give yourself permission to say 'no'	8 Be willing to share how you feel and ask for help when needed	9 Aim to be good enough, rather than perfect	10 When you find things hard, remember it's ok not to be ok	11 Make time to do something you really enjoy	12 Get active outside and give your mind and body a natural boost	13 Be as kind to yourself as you would to a loved one
14 If you're busy, allow yourself to pause and take a break	15 Find a sooting, calming phrase to use when you feel low	16 Leave positive messages for yourself to see regularly	17 No plans day. Make time to slow down and be kind to yourself	18 Ask a trusted friend to tell you what strengths they see in you	19 Notice what you are feeling, without any judgement	20 Enjoy photos from a time with happy memories
21 Don't compare how you feel inside to how others appear outside	22 Take your time. Make space to just breathe and be still	23 Let go of other people's expectations of you	24 Accept yourself and remember that you are worthy of love	25 Avoid saying 'I should' and make time to do nothing	26 Find a new way to use one of your strengths or talents	27 Free up time by cancelling any unnecessary plans
 28 Choose to see your mistakes as steps to help you learn	29 Write down three things you appreciate about yourself	30 Remind yourself that you are enough, just as you are				

ACTION FOR HAPPINESS Happier · Kinder · Together

ACTION FOR HAPPINESS

10 Keys to Happier Living

Everyone's path to happiness is different. Based on the latest research, we have identified 10 Keys that tend to make life happier and more fulfilling.

 Giving Do kind things for others	 Relating Connect with people	 Exercising Take care of your body	 Awareness Live life mindfully	 Trying Out Keep learning new things
 Direction Have goals to look forward to	 Resilience Find ways to bounce back	 Emotions Look for what's good	 Acceptance Be comfortable with who you are	 Meaning Be part of something bigger



**75 or over? Protect yourself
from serious lung infection.**

If you are aged 75 or over,
contact your GP practice to book
in for your free respiratory
syncytial virus (RSV) vaccine.

Only one vaccine is needed for
protection for a few years.

Find out more: nhs.uk/rsv-vaccine

**THE
MONEY
CHARITY**

The Money Statistics



August 2026

READ NOW

themoneycharity.org.uk



“

You can't plan ahead for anything as you never know what's going to happen from one day to the next. I wish people would understand that caring can be 24/7 with no pay and very little respite."

- Marie, a sandwich carer



45%

of unpaid carers in employment
said Paid Carer's Leave
would mean they would be more
likely to remain in work



Regional Carer Support



**CARERS
TRUST**

Cheshire and
Warrington



Support for
carers



Store-cupboard fridge cake

SERVES: 10

COOK: 20 mins prep & setting

TYPE: Easy

INGREDIENTS

- 200g dark chocolate
- 150g unsalted butter (cold)
- 1 tablespoon golden syrup
- 200g gingernut biscuits
- 200g peanut & raisin mix
- 200g marshmallows
- Swap in your favourite store-cupboard ingredients – popcorn, desiccated coconut, or digestive biscuits all work a treat.



METHOD

- Snap the chocolate into a heatproof bowl. Roughly chop and add the butter with a small pinch of sea salt, drizzle in the golden syrup, then either melt over a pan of gently simmering water or for 30-second blasts in a microwave, stirring regularly.
- Snap or bash the biscuits into small chunks (putting a small handful of the finer bits aside for later) and roughly chop the peanuts, dried fruit and marshmallows, then tip into the melted chocolate mixture, stirring well to combine.
- Get yourself an appropriately sized container (I used a small loaf tin – 1 litre/1lb) that will act as a mould, and line it with a sheet of baking paper, leaving plenty of extra at the edges to fold over the top.
- Evenly spoon the mixture into the container, then place in the fridge for 4 hours to firm up.
- Once firm, use the baking paper to help you turn it out, then sprinkle over the reserved biscuit crumb and cut into chunky slices – this will keep for up to 5 days in an airtight container (if you can resist it for that long!).

Local events!

➔ The Soundagents

LIVERPOOL IRISH ORAL HISTORY

Do you have Irish heritage?
2nd/3rd Generation?

Come along to
ALLERTON LIBRARY
Monday 14th September
at 10:00am - 12:00pm
- FREE drop-in

Bring along a photograph or small object that reminds you of 'Home'

Moir & John
TheSoundagents.com

Liverpool City Council heritage open days

SING.

FEEL BETTER.

TRY OUR NEW
WIRRAL DAYTIME CHOIR

TUESDAYS • 11AM
FROM 15 SEPTEMBER

ST LUKE'S, HOYLAK

@connectedvoiceschoir

You're not alone. You matter too.

ONE DAY AT A TIME

YOU CARE. WE CARE. TOGETHER, we're stronger.

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

DEMENTIA SUPPORT GROUP FOR CARERS AND THEIR RELATIVES

FOR CARERS AND THEIR RELATIVES

FREE BEVERAGES for everyone who comes!

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 - 1 year notice period
WHEN: Every Tuesday (fortnightly)
10am - 12pm
WHERE: Brook Rd, Wallasey
CH44 2SD
The Spire Community Cafe

GROUP 2 - 2 year notice period
WHEN: Every Saturday (fortnightly)
Starting on 18th June
12.30pm - 2.30pm
WHERE: Dismal Rd, CH44 6LN

ALL CARERS AND RELATIVES WELCOME

Together, we can face the journey.

GET IN TOUCH

VISIT OUR WEBSITE
www.newhope-wirral.org.uk

FOLLOW US ON FACEBOOK
One Day At A Time

ENRAGE US
www.newhope-wirral.org.uk

THAT TIME FOR YOURSELF
Book an appointment

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

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

FREE ENTRY

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

Food Drink Social Support

For More Information Email : KatieB@tranmererovers.co.uk

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



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



Cheshire Canal Boat Adventure

This is a fantastic opportunity for our members to enjoy a full day out onboard Over The Rainbow on our historic canal system.

Saturday 10th October 2026 09.30am Limited Spaces Available So Be Quick To Book!!

WCHT JourneyMEN Working Together For Our Community



Emergency Services Day

Tuesday 8th September
10:30am - 1:00pm
Bromborough Pool Cafe

Special guests
Wirral Coastguard



20% discount on food and drink in the Bromborough Pool Cafe for emergency workers
Please show your Emergency Workers ID card



PRENTON PARK RECREATION CENTRE



TUESDAY TRICSTARS DANCE SESSIONS

Mini TRICstars
4:45 - 5:30pm, ages 5-6

£3



To register your interest: Call 0151608-2354 or Email FrankieW@tranmererovers.co.uk



TRIC SHAFTES FOOTBALL

FREE Free weekly open access football sessions for young people delivered by FA Qualified Coaches.

Ages: 8-16 Years Old

Starting Tuesday 8th of September

Shaftesbury Youth Club, CH42 8NU

For More Information Contact Maryf@tranmererovers.co.uk

WIRRAL CARERS HEALTH & WELLBEING SERVICE

Carer Linkworkers Making Caring Visible, Valued & Supported



SHARED READING DEMENTIA FRIENDLY



**Blue reading room The
Mansion House,
Calderstones Park
Liverpool, L18 3JB**

At Shared Reading groups, people connect and share experiences using stories and poems. There is no pressure to talk or read aloud. This group is open to all but particularly welcomes people living with dementia, their carers, family and friends.

**Shared Reading.
For Free, For Everyone.**

Come along on the day, speak to a member of Staff or email programmes@thereader.org.uk for more information

**Weekly, Wednesdays,
1:30pm - 2:30pm
Starting on
Wednesday 13th May
2026**

HIGHER BEBINGTON BRITISH LEGION MONDAY CLUB

Future dates for our Monday afternoon social, doors open at 12-30, first bingo starts 1-15 pay on the door (£5-00) this includes a free game of bingo. We also have further bingo, raffles, dancing & lots of fun. Bring your own food and enjoy the afternoon meeting friends old and new, the bar will also be open.

EVERYONE WELCOME!

MONDAY 14 TH SEPTEMBER	NEIL ONEILL, <i>returning popular singer</i>	
MONDAY 28 TH SEPTEMBER	PAUL ANDREW <i>will have you all dancing</i>	
MONDAY 12 TH OCTOBER	GARRY MURPHY, <i>fantastic artist not to be missed</i>	
MONDAY 26 TH OCTOBER	SOPHIE MARIE, <i>returning female entertainer</i>	
MONDAY 9 TH NOVEMBER	SURPRISE GUEST ARTIST, <i>not to be missed</i>	
MONDAY 23 RD NOVEMBER	JOE WALL, <i>Great artist, back by demand</i>	
MONDAY 7 TH DECEMBER	DAVE MAC <i>returning to get us all in the Christmas spirit</i>	

*Merry Christmas everyone & a special thank you
FOR SUPPORTING THE MONDAY CLUB.*

Call Peter Welch for further information on 07768366736



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



WWW.WIRRALWAYS.ORG.UK/RECOVERY-FEST

WIRRAL CARERS HEALTH & WELLBEING SERVICE

Carer Linkworkers Making Caring Visible, Valued & Supported



SEA CADETS
HOYLAKES & WEST KIRBY

JOIN OUR ADULT VOLUNTEER COMMUNITY

Step aboard and make a difference. Volunteering with Sea Cadets helps young people grow in confidence, skills and ambition — your support sets their course for success.

Volunteer & Inspire

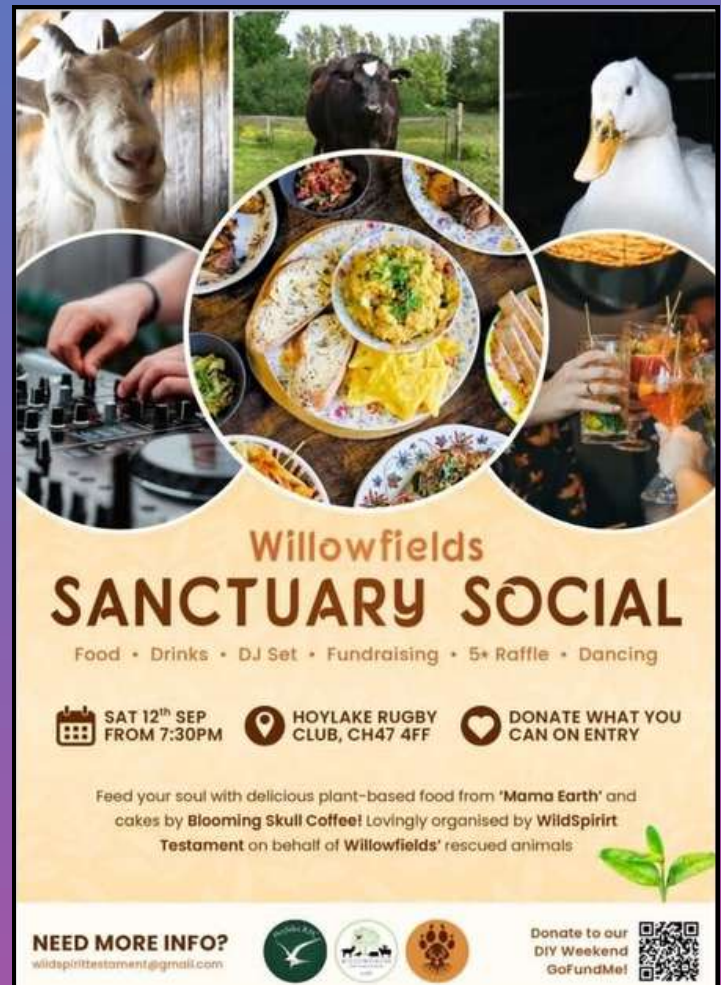
We Need Help For:

- Teaching & Instruction
- Admin & Unit Support
- Events & Fundraising
- Welfare & Committee Roles

STEP ABOARD. CHANGE A LIFE.

MAKE A DIFFERENCE IN THE LIVES OF YOUNG PEOPLES, GET IN CONTACT

Contact Us
JoinUs@hoylakewestkirbysc.org



Willowfields SANCTUARY SOCIAL

Food • Drinks • DJ Set • Fundraising • 5★ Raffle • Dancing

SAT 12th SEP FROM 7:30PM **HOYLAKES RUGBY CLUB, CH47 4FF** **DONATE WHAT YOU CAN ON ENTRY**

Feed your soul with delicious plant-based food from 'Mama Earth' and cakes by **Blooming Skull Coffee!** Lovingly organised by **WildSpirit**
Testament on behalf of Willowfields' rescued animals

NEED MORE INFO?
wildspirittestament@gmail.com

Donate to our DIY Weekend GoFundMe!



JourneyMEN
Working Together For Our Community

LLANDUDNO ROAD TRIP

22ND SEPTEMBER

107

WIRRAL CARERS HEALTH & WELLBEING SERVICE

Carer Linkworkers Making Caring Visible, Valued & Supported

ENJOY.....

SOCIALISING
IN A



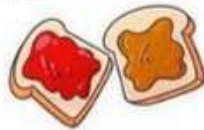
TEA &
COFFEE



£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



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

Carer Linkworkers Making Caring Visible, Valued & Supported

**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!





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?

1st & 3rd Monday of every month THE LEVER CLUB Port Sunlight CH62 4XB	Once a month THE BRONZE CLUB Wallasey 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**



**Wirral Environmental Network**

**WIRRAL FOREST WELLBEING CIC**
WALK • CONNECT • THRIVE

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





Dance AEROBICS

(low impact)



balance work



and toning

(seated using bands)

THURSDAYS 12.15-1

at HOYLAKES PARADE COMMUNITY CENTRE

£6 PAY AND GO

BEGINNERS WELCOME



WIRRAL CARERS HEALTH & WELLBEING SERVICE

Carer Linkworkers Making Caring Visible, Valued & Supported

ACTIVE WIRRAL
STRENGTH • HEALTH • HAPPINESS

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

WELLBEING

ACTIVE WIRRAL
STRENGTH • HEALTH • HAPPINESS

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

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



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

**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


ARGYLE COMMUNITY FITNESS


ZUMBA

DANCE. SWEAT. SMILE. REPEAT!





ALL ABILITIES WELCOME!

TUESDAY MORNINGS
9.30AM

 FUN
  FITNESS
  COMMUNITY

 28 OLIVER STREET EAST
CH41 6HH
  @ARGYLECOMMUNITYFITNESS
  @ARGYLECOMMUNITYFITNESS
 Come along and join the fun!


ARGYLE COMMUNITY FITNESS

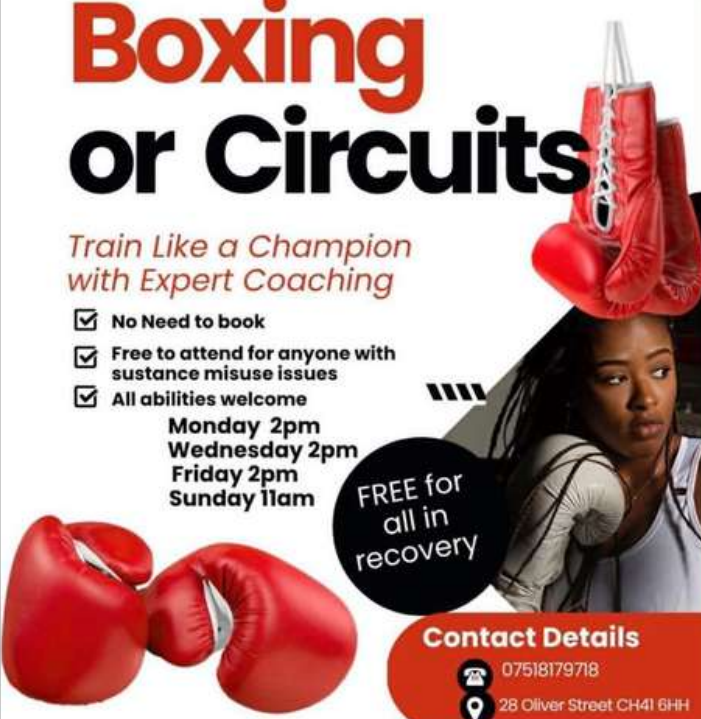

Boxing or Circuits

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

WIRRAL CARERS HEALTH & WELLBEING SERVICE

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Mind Maintenance Group

Every Tuesday from 10am - 1pm
This week: Personal development day

- Relationship building
- Personal development
- Self awareness
- Mental health support
- Self care and positive self talk
- Fun days out
- Mindfulness



LET'S TALK ABOUT IT



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

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

#StrongerTogether

✓ Upcoming Meeting Dates:

-  **8** **Hoylake 8 September**
-  **10** **Liverpool Uni 10 September**

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

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WIRRAL MENCAP EVENTS 2026

Join us, have fun and help make a difference!



Wirral
mencap

The voice of
learning disability



**Saturday 17th October –
Inspiration on the Menu**

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!





The Quirky Community Hub

Hola!

Beginners Spanish Lessons !

**Thursday's
2.00 pm**

**Donation s
Welcome !**



WIRRAL CARERS HEALTH & WELLBEING SERVICE

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MAGGIE'S WIRRAL, BRIMSTAGE FARM
PRESENTS
MAGGIE'S FEST
12PM LATE
SATURDAY 5TH SEPTEMBER
LIVE MUSIC, DJ'S & PERFORMANCES ALL DAY!
EARLY BIRD TICKETS AVAILABLE!

FOOD & DRINK 
FOR EVERYONE 
 **LIVE MUSIC**
 **FAMILY FUN**

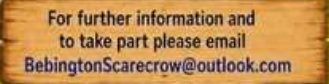
Event Sponsored by:
   **MAGGIE'S**
Everyone's home of cancer care



SAVE THE DATE! **OUR 4TH YEAR!**
2nd Bebington Scouts and Brighter Bebington
SCARECROW TRAIL
19/09 - 30/09
Winner of this Scarecrow Trail will be announced at our Autumn Fair.

 Join us at Mayer Hall on
26th September 2026
11 to 2pm
 for fun, food, games
and to vote for your
favourite scarecrow!

 Once we have a list of those
taking part we will provide
a map of the trail

 For further information and
to take part please email
BebingtonScarecrow@outlook.com

 **FOLLOW US ON FACEBOOK FOR UPDATES! #ScarecrowTrail** 

WIRRAL CARERS HEALTH & WELLBEING SERVICE

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SALE **MONTHLY CAR BOOT & INDOOR MARKET STALLS**

NEXT MONTH SATURDAY
19TH SEPTEMBER 2026

THE THIRD SATURDAY OF EACH MONTH!

**10AM – 1PM. ST HILDEBURGH'S CHURCH,
STANLEY RD, HOYLAKES CH47 1HL**

FREE ENTRY
**OUR FABULOUS CAFE WILL BE OPEN
THROUGHOUT**
HOT FOOD & DRINK AVAILABLE –
DOG WALKERS WELCOME!



To book your selling space
(just £10 per pitch)
contact our parish office on:
0151 632 5339 or sthildeburgh.parish.office@gmail.com



Starts
Sat 18th
July

THE COTTAGE LOAF

CAR BOOT

Sale

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

Email: cottageloaf@epkgroup.co.uk to book your pitch

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

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 cafe

WIRRAL CARERS HEALTH & WELLBEING SERVICE

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TIME TO THRIVE

WELLNESS WEDNESDAY

Take time out for you to learn techniques to destress and relax, then a free lunch in our beautiful Pear Tree café

Everyone is welcome and there is no need to book, just pop along!

FREE MINDFULNESS SESSION: 11AM-12PM, THEN FREE LUNCH

Get out, meet others, make new friends

with special thanks to Magenta Living



- Equilibrium North West CIC
- Livingstone Street Play and Community Centre 130 St Anne Street, Birkenhead CH41 3HX
- hello@equilibriumnw.co.uk
- 01516476044

SOUNDBREATHE

CHOIR

WELCOME NEW MEMBERS SEPTEMBER, JANUARY AND APRIL

Sing For Fun
Gentle Breathwork Every Session

- GREAT VARIETY OF SONGS
- IMPROVE FOCUS
- NO AUDITION
- ALL ABILITIES WELCOME
- LEARN AND IMPROVE SINGING TECHNIQUE
- ENJOY HARMONISATION
- AFFORDABLE MONTHLY SUBSCRIPTION

WEDNESDAY DURING TERM TIME
7:30PM
ST LUKES CHURCH, HOYLAK



Upton Library is turning

90

Thursday 10
September
10.30-11.30am
Upton Library

Everyone welcome



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Merseytravel

Take a Tunnel Tour

Get a unique behind the scenes look at the famous Queensway Mersey Tunnel which opened in 1934.

PARKFIELD LISCARD CRICKET CLUB
PRESENTS
PRESIDENTS DAY
SUNDAY 13TH SEPT
2 EPIC GAMES
12:00 PHOENIXES T20
15:00 PRESIDENTS XI V CLUB XI T20
BAR AND BUFFET
IT PROMISES TO BE A FANTASTIC DAY, COME ALONG AND ENJOY THE DAY!

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VINYL LISTENING CLUB

BEBINGTON CENTRAL LIBRARY
2ND THURSDAY OF EVERY MONTH
5:30PM - 6:30PM

A regular meet up to share your love of music.
Listening to & chatting about a classic album each month.

NO NEED TO BOOK

JUST DROP IN



Chatty CAFE

CHATTY CAFE .UK.

EVERY **THURSDAY**

AT **NUMBER SEVEN BIRKENHEAD**

Call in from **1.30PM** on Thursday afternoons for a cuppa and a *warm welcome*

Everyone Welcome!

AT **7 PRINCES PAVEMENT, BIRKENHEAD TOWN CENTRE**

FEEDING BRITAIN
A HUNGER FREE UK



SATURDAY LIVE MUSIC SESSIONS

Monthly
2:30-3:30pm

Back from 19th September

Sounds as you Browse!

Birkenhead Central Library

19th September - Erica Harwood & Laura Carr
17th October - Dawn Williams
14th November - The 64 N'ukes Entertainers

FREE

Refreshments will be available - donations to Friends of Birkenhead Library

[f](#) wirrallibraries [i](#) wirral_libraries **WIRRAL**

WIRRAL CARERS HEALTH & WELLBEING SERVICE

Carer Linkworkers Making Caring Visible, Valued & Supported

Where do Women of the Wirral hold our groups?

Building community, connection and well-being across Wirral

1 Williamson Art Gallery Oxtion
Creative crafts, chatty tables, journaling and more in the heart of Oxtion.

2 Callister Gardens Oxtion
Women of the World group, well-being sessions and special events.

3 955 Social Bromborough
Men's Group, Knit & Natter, Community Lunch and Women's Well-being Group.

4 Cafe 21 Bromborough
Coffee, catch ups and community connection in a warm welcome space.

5 Monks Cottage Eastham
Well-being, meditation, sound baths and creative craft sessions.

6 St Stephen's Community Hall Prenton
Weekly craft and well-being group in a friendly local space.

7 Tomorrows Women Birkenhead
Well-being support, meditation and group sessions.

For more information email info@womenofthewirral.org

♥ Together we thrive ♥

Different places, one community. All women welcome!

Brekky At The Rekky

10.00am to 11.30am

FIRST HOT DRINK FREE PLUS FREE TOAST.

50-54 MARKET STREET, BIRKENHEAD, CH42 5BT

JUST CALL IN!! SEE YOU THERE!!

COMMUNITY GARDEN CLUB

WEDNESDAY

1.00PM - GARDEN CLUB, EDWARD KEMP GARDENS

COME & JOIN US & OUR COMMUNITY PARTNER'S ON OUR FOUR PLOTS AT EDWARD KEMP GARDENS.

JOIN US!!

www.journeymencic.com

Friends of Birkenhead Park

WIRRAL CARERS HEALTH & WELLBEING SERVICE

Carer Linkworkers Making Caring Visible, Valued & Supported

The COMEDY CLUB

Sam Harland
Our Resident Host & Compere

Chris Cairns

Kevin Precious

Roger Monkhouse

FRIDAY 18TH SEPT

DOORS OPEN AT : 6.30PM
NO ENTRY AFTER 8PM

BOOK NOW!

Venue: Heswall Hall, Wirral

Heswall Hall **BLIND PG** STRICTLY OVER 18 ONLY

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

IMPROVE BALANCE BUILD STRENGTH MOVE BETTER FEEL BETTER

Friendly, social classes in a supportive environment

JUST £6 A CLASS

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

Stay active. Stay strong.
Stay independent.

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

Any questions? Contact Christine
07411 949185

HOT WATER COMEDY CLUB'S LIVERPOOL COMEDY FESTIVAL

MICK MILLER
IS PERFORMING AT
LIVERPOOL COMEDY FESTIVAL

SUNDAY 6TH SEPTEMBER 4PM

TICKETS ON SALE NOW

HOTWATERCOMEDY.CO.UK
15 BLACKSTOCK STREET
LIVERPOOL, L3 6ER

Charity Day Workshop & Social

Join Us For A Day Of Dance & Fun!

Afternoon workshop with Chris Jones & Evening social with "Natalie Thurlow"

Sat:- 10th October 26
12pm till 4.30pm

Either chill in hall or go home for break
7pm till 11pm

ST.DAVIDS CHURCH HALL EASTHAM WIRRAL

Bring own refreshments
Raffles/tombola
Plenty of fun!!
Tickets all day £15
Day £6
Evening £10

For tickets, Contact: Chris
07745458362
Or Facebook messenger

Lennox Children's Cancer Fund

WIRRAL CARERS HEALTH & WELLBEING SERVICE

Carer Linkworkers Making Caring Visible, Valued & Supported



Get in Touch:

- ✉ Rosieh.hockey@gmail.com (Ladies Captain)
- 📷 @Bebingtonhockeyclub
- 📘 Bebington Hockey Club Members

Bebington Ladies Hockey Club

We are looking for new players of all ages and abilities



Bob Shaw Photography

Training: The Oval, Tuesdays, 19:30 - 20:30
Games: Saturdays, Sep – Mar

Whether you're picking up a stick for the first time or returning to the game, we'd love for you to join our fun and welcoming team!

Work Experience Opportunity:

Volunteer Playlist Curator





Merseyside Dementia Friendly Radio

What we're after:
Experienced DJ or music playlist curator



Min. 2 hours per fortnight

What you'll gain:
develop technical and creative skills

Contribute to an inclusive, community driven radio station

Please email hello@mdfr.co.uk if interested!



Join us at WILLIAMSON ART GALLERY

Monday 7th September

10 TILL 12 CROCHET AND KNIT GROUP

10 TILL 12 CHATTY TABLE
Craft • Chat • Connect
Everyone welcome!

1 TILL 3 Painted Autumn Pebble Magnet
Create something beautiful to take home! ❤️



£5 ALL MATERIALS INCLUDED

A FUN, RELAXING AND CREATIVE SESSION
PERFECT FOR EARLY AUTUMN ❤️

Craft. Chat. Connect.
You belong here! ❤️

WILLIAMSON ART GALLERY
Birkenhead Park, Oxtan, CH43 4UE

info@womenofthewirral.org
www.womenofthewirral.org



SPOOKTACULAR HALLOWEEN EVENT!

★ SATURDAY 31ST OCTOBER ★

OPEN FROM 3PM
FOR TRICK OR TREAT SWEETS!



TRICK OR TREAT SWEETS FROM 3PM!

FROM 5PM - 7PM TICKETS ONLY!

DISCO CRAFTS PARTY GAMES

PLUS LOADS MORE FOR YOUR MONEY!

FANCY DRESS COMPETITION KIDS & ADULTS!

HALLOWEEN RAFFLE
FANTASTIC PRIZES TO BE WON!



SPECIAL GUESTS THROUGHOUT THE EVENT!

AGES 4 YEARS TO 16 YEARS OR 18 YEARS FOR THOSE WITH SEND
CHILDREN AND YOUNG PEOPLE MUST BE ACCOMPANIED BY AN ADULT AT ALL TIMES.

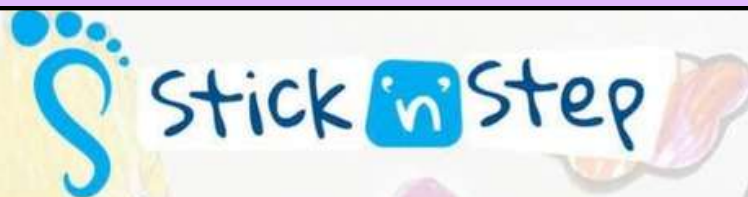
£2.50 PER CHILD  **£1.50 PER ADULT** 

PLEASE INBOX OR POP IN TO THE CENTRE FOR TICKETS.
PLEASE QUOTE "HALLOWEEN"

EGREMONT MISSION
GUILDFORD STREET, CH44 0BP

WIRRAL CARERS HEALTH & WELLBEING SERVICE

Carer Linkworkers Making Caring Visible, Valued & Supported



Kids' Kayak Challenge

Saturday 5th September, 10am - 4pm

West Kirby Marine Lake

Equipment provided

Suitable for children aged 8 - 17

£30 minimum sponsorship to participate

Contact

wirralkayakchallenge@gmail.com

to sign up today!

JOIN US FOR A

3 COURSE COMMUNITY Meal



STARTER



MAIN COURSE



DESSERT

PLUS LOTS OF FUN!



RAFFLE



BINGO



TOMBOLA

5TH SEPTEMBER

🕒 12.30 DOORS OPEN | FOOD SERVED AT 1PM

TICKETS JUST **£5**

Willaston Horticultural Society

Saturday 19th September

10am - 11.30 Memorial Hall



Tea & Coffee Morning

Cakes & Savory's

BRICABRAC

Raffle!!!

Bring & buy Plant Stall

WIRRAL CARERS HEALTH & WELLBEING SERVICE

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SATURDAY 5TH SEPTEMBER



The Impatient - White Ash - Red Dirt Bears - Knowones
Simple Folk - The Last Shanty - Run For Cover
Like A Hurricane - Music Club - Parker - Creakin' Gates
Soundwaves - The Terrible Vibes - Urban Nature
It Ain't Quaint - MGB - The Beating Sleepers
Rock Choir - Dads Club - Chasing Rainbows - The Mystics
Lunar Pull - Funk Skunk - GENERATION 4 - The Clan
Martin Folk Harp - Jane Maria Williams - Elen Burrell
Laura Carr - Cal Ruddy - Andy Down - Seph Bentos - Liv Wynne
Paul & Zoe - Cardboard Canoe - Emily Baron - Mistrust
Nik Glover - Heidi & Liam - John Paul - Captain Courageous
Sam Taylor - Skools Out - Nick Streeter - The Outlaws
John Wynne - Joe-Daniel Bennett - Petra - Lisa Mansfield
Tom Longman - Pippa Murdie - Ben Davies - Lucy Mayhew
Red - Luke Cowell - Phillip FID Henninghan - Rob S Thomas
Zara & Friends - Marc & Becky - Carrigallen - The Skylarks
George's Dad & The Gunrunners - Rose & Willow
Helen Delamere - Ollie Felton - Slightly Foxed - Silvermoon
Liam G Corcoran - Pillow Torque



RAISING FUNDS AND
AWARENESS FOR THE FIGHT
AGAINST PEAK CLUSTER

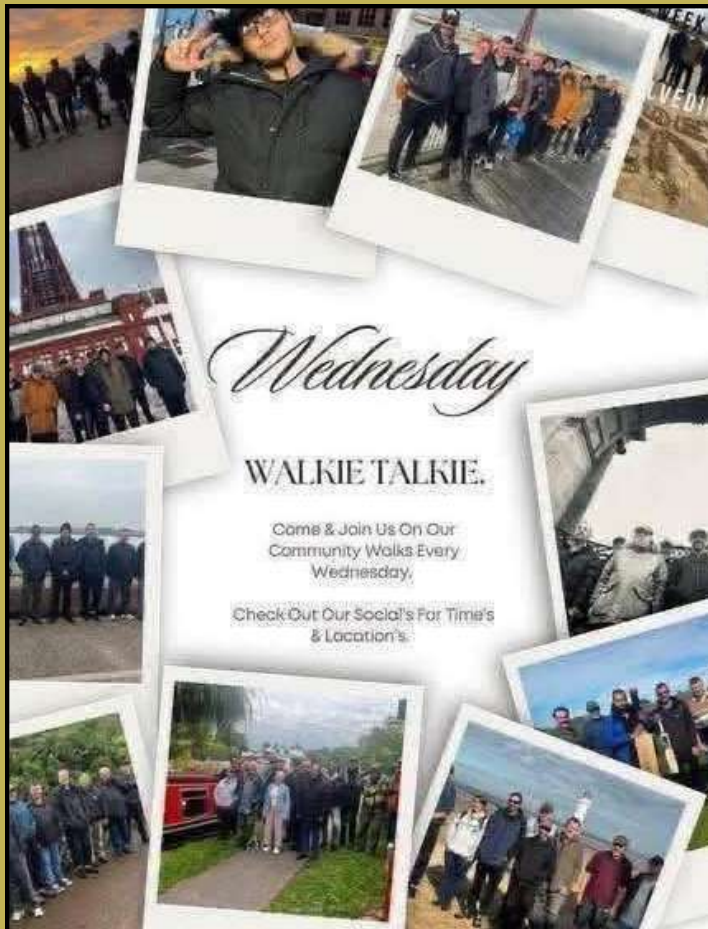
ACTIONAGAINSTCCS.COM

**ACTION
AGAINST
CCS**

MUSIC COMMUNITY UNITY FUTURE

WIRRAL CARERS HEALTH & WELLBEING SERVICE

Carer Linkworkers Making Caring Visible, Valued & Supported



Wednesday

WALKIE TALKIE.

Come & Join Us On Our Community Walks Every Wednesday.

Check Out Our Social's For Time's & Location's.



WALKING GROUP

Come and join us!

- MONDAY 7TH SEPTEMBER
- MONDAY 14TH SEPTEMBER
- MONDAY 21ST SEPTEMBER
- MONDAY 28TH SEPTEMBER

10AM COFFEE MORNING
Enjoy a cuppa and a chat

11AM NICE WALK
Fresh air, friendship and fun!

CHRIST CHURCH COMMUNITY HUB
Upton Road, Moreton

*Good company
Beautiful places
Better together*

Everyone is Welcome!

LET'S WALK, TALK, LAUGH AND ENJOY SEPTEMBER TOGETHER!



Friends of Bebington Cemetery

FRIENDS OF BEBINGTON CEMETERY

HERITAGE WEEK

Guided History Walks

Discover the history of this special site and hear the stories of some of the people commemorated there.

STARTS 2:30PM
Walks last approx 1½ hours

- Monday 14th
- Tuesday 15th
- Wednesday 16th
- Friday 18th
- Saturday 19th
- Sunday 20th

September

Limited accessibility
No toilets available

Booking required
Contact Steve Morgan - 07469396927
Steve.FOBC@outlook.com



WIRRAL CARERS HEALTH & WELLBEING SERVICE

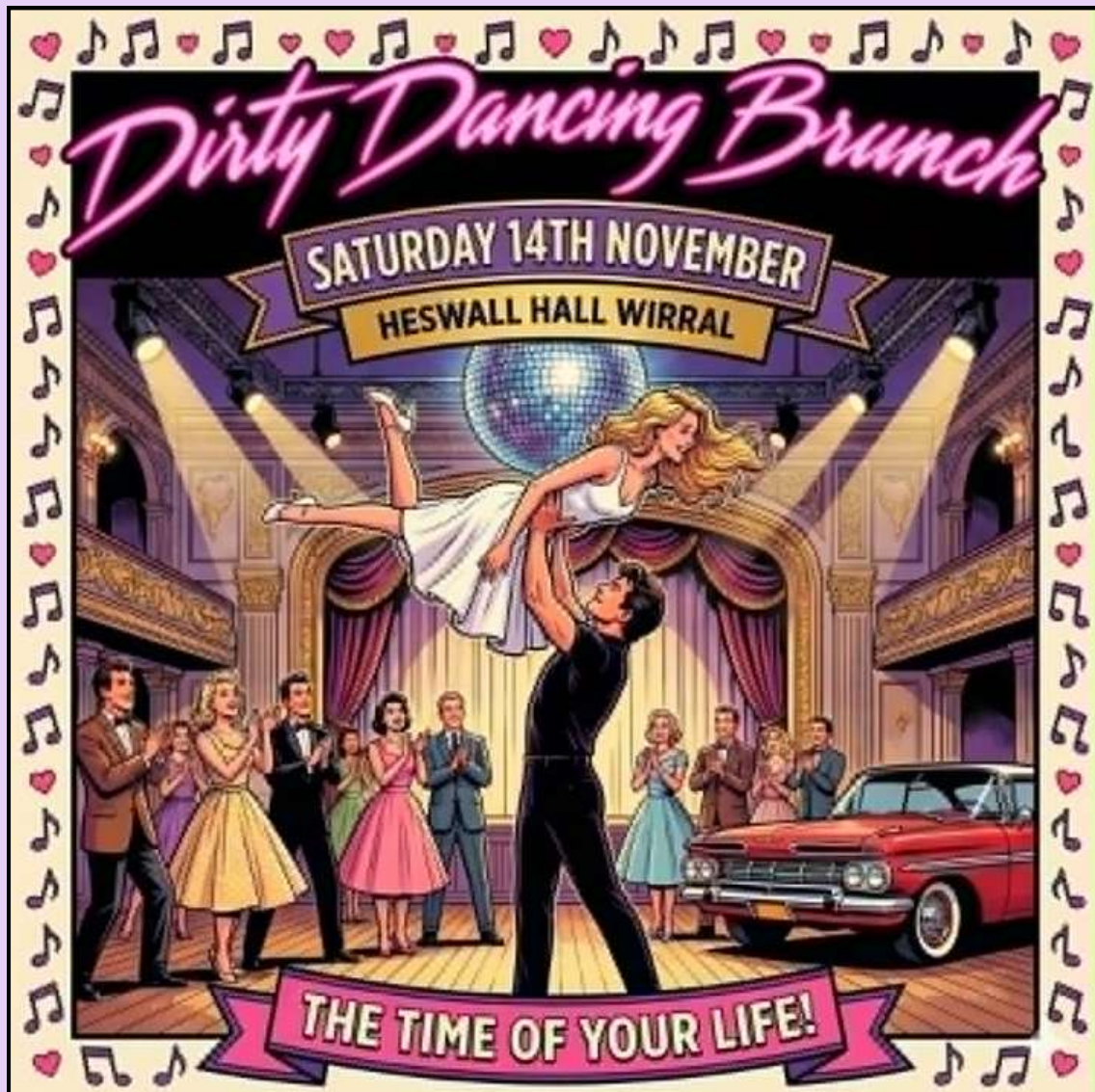
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FREE EVENT

Big Music Day Out

- Sun 13 Sept, 11:30am
- Liverpool Philharmonic Hall
- No pricing Info
- Good availability



WIRRAL CARERS HEALTH & WELLBEING SERVICE

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WE'RE BACK! LEX LIVERPOOL

THE UK

DRUM-SHOW

24TH & 25TH OCTOBER 2026

Join us for...

BUBBLES & SPARKLE

HALLOWEEN SPECIAL

Saturday 31st October

2pm-5pm at Maggie's Wirral

Live music, flowing prosecco & tasty canapes



WIRRAL CARERS HEALTH & WELLBEING SERVICE

Carer Linkworkers Making Caring Visible, Valued & Supported



We're back!

SAVE THE DATE

SATURDAY 28TH NOVEMBER

More details to follow!

STALL HOLDERS WANTED

CHRISTMAS MARKET

29TH OF NOVEMBER 10AM - 4PM

A&K COMMUNITY HUB
310 PARK ROAD NORTH BIRKENHEAD
CH41 8AE

HELP US GIVE 100 LOCAL CHILDREN A MAGICAL CHRISTMAS

The Arrows Park Pub

Breakfast WITH Santa 2026

This Christmas, The Arrows Park Pub is working with the Carrbridge Centre to welcome **100 LOCAL CHILDREN IN NEED** for a truly *magical* Breakfast with Santa.

For many children, Christmas can be a difficult time. We believe that every child deserves the chance to experience the magic, excitement and joy of Christmas, regardless of their circumstances.

OUR FESTIVE MORNING WILL INCLUDE:

- 🎁 A special gift from Santa
- 🍳 A delicious breakfast
- 🎅 Christmas activities and festive treats
- 🌟 Magical memories that will last a lifetime

EVERY CHILD DESERVES A WONDERFUL CHRISTMAS

CAN YOU HELP?
To make this special event happen, we need to raise **£1,200**

We're looking for local businesses, organisations and kind-hearted individuals to help sponsor or donate towards the event. No contribution is too small. Every pound donated helps bring smiles, laughter and Christmas magic to local children who need it most.

SPONSOR A CHILD'S CHRISTMAS MAGIC FOR JUST £12

100 CHILDREN • £1,200 TARGET • COUNTLESS SMILES
Your support will help provide:

- 🎁 GIFTS FROM SANTA
- 🍳 BREAKFAST FOR EVERY CHILD
- 🎅 FESTIVE ENTERTAINMENT AND ACTIVITIES
- 🌟 A MAGICAL CHRISTMAS EXPERIENCE

SUPPORTING CARRBRIDGE CENTRE

INTERESTED IN SPONSORING OR DONATING?

- 📞 CALL US TODAY
- 📍 POP INTO THE ARROWS PARK PUB
- 🗣️ SPEAK TO A MEMBER OF OUR TEAM

Every donation, no matter the size, makes a real difference.

THANK YOU FOR HELPING US MAKE CHRISTMAS MAGICAL

TOGETHER, WE CAN MAKE THIS CHRISTMAS UNFORGETTABLE FOR 100 LOCAL CHILDREN!

SUPPORTING OUR COMMUNITY TOGETHER

🌟 BECAUSE EVERY CHILD DESERVES A WONDERFUL CHRISTMAS 🌟

WIRRAL CARERS HEALTH & WELLBEING SERVICE

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WIRRAL CARERS HEALTH & WELLBEING SERVICE

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Christmas Fayre

We warmly invite all potential stallholders to join us and be part of our upcoming Fayres

We are looking for local independent businesses that sell all things festive!



Saturday 28th November - Bromborough
11am-3pm

The Big Christmas Party

29TH NOVEMBER
LOOKING FOR
GOOD QUALITY
STALL HOLDERS

LIMITED STALL HOLDERS

Early Bird Rate

Whitby Sports and
Social Club, Ellesmere Port
CH65 6QF • Free Carparking
2-5PM

Christmas EXTRAVAGANZA

21ST NOVEMBER

12-7PM



CHRISTMAS MARKET
50+ INDEPENDENT GIFT TRADERS



LICENSED BAR



MULLED WINE



EATERIES



LIVE MUSIC

Grottoes
12-4PM
(11-12 SEND)

LIGHTS
SWITCH ON
5PM

CASH
RECOMMENDED

ALL PROCEEDS TO
Moreton in Bloom

PROFITS GO BACK INTO OUR COMMUNITY

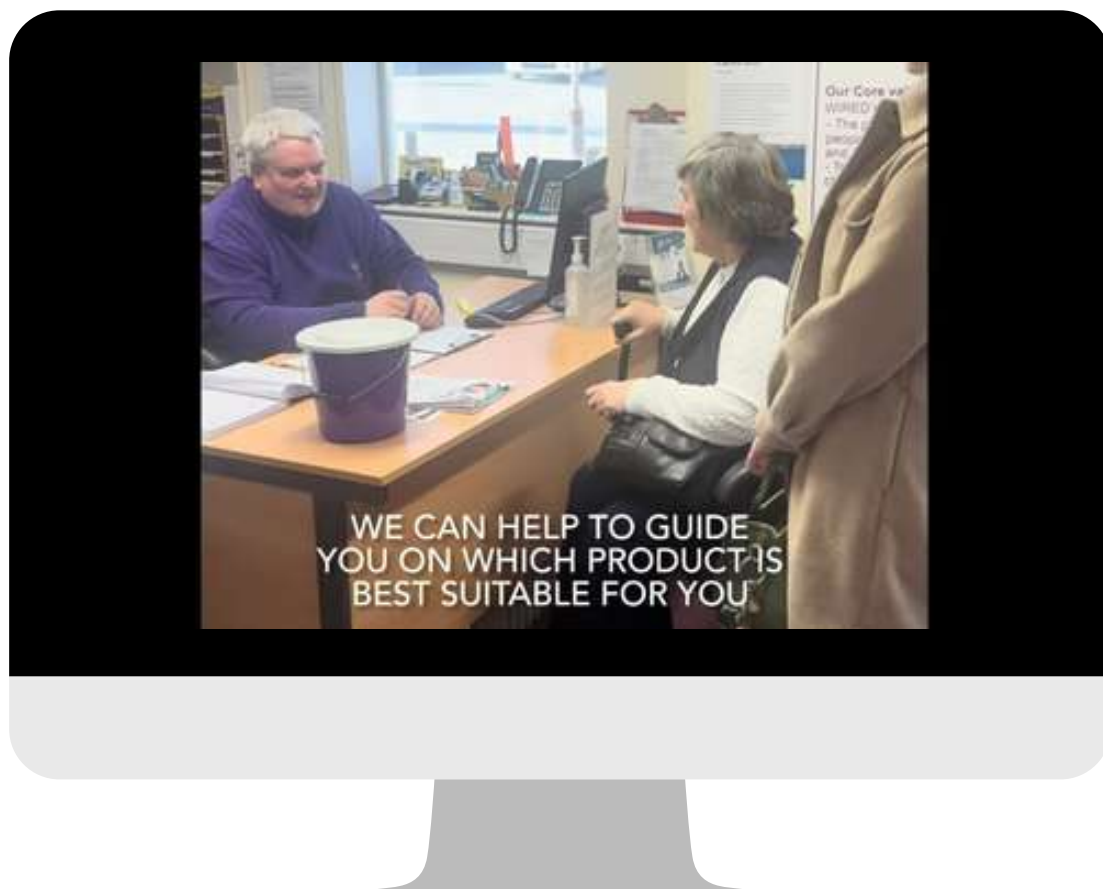


Join us at
MORETON CROSS, CH46
Christ Church Parish Centre,
Oakenholt Road, Garden Lane

SHOP LOCAL
SUPPORT
INDEPENDENT



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

 0151 647 6162

 www.wired.me.uk

Like us on Facebook...

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



Wired

WIRRAL CARERS HEALTH & WELLBEING SERVICE

Carer Linkworkers Making Caring Visible, Valued & Supported

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



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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



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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)

DISCLAIMER

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

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

**5 St John Street
Birkenhead, Wirral
CH41 6HY**

0151 670 0777