

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

CARERS YOGA

Wired
Putting You First

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.



When

Every Tuesday,
11am-12:30pm



Where

All Things Must Pass Centre
for Wellness, 134 Borough Road,
Wallasey, Wirral, CH44 6NH



Zoom

Meeting ID: 771 767 3139
Passcode: 1008



How to book...



0151 670 0777



cws@wired.me.uk



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



Stay for a hot
drink and a
chat!

WIRRAL CARERS HEALTH & WELLBEING SERVICE

Carer Linkworkers Making Caring Visible, Valued & Supported



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 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



Financial Wellbeing Workshop

For Unpaid Carers

In this workshop, you'll learn about:

-  Budgeting and making your money go further
-  Managing debt and borrowing
-  Saving and planning ahead
-  Coping with the cost of living
-  Finding free, trusted support

Thursday 24th September | **1pm - 3pm**

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

 Please note that no one will be expected to speak about their own finances

To book your **FREE** place or for more information, please contact us!

 0151 670 0777 |  cws@wired.me.uk



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 8th OCTOBER**  **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



Fraud Protection Session

ECONOMIC CRIME TEAM

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

WEDNESDAY 14th OCTOBER  **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 |  0151 670 0777



Training Sessions for Unpaid Carers

Support
Learn
Connect

Gain new skills, get practical advice and build your confidence.

All of our training sessions are **free** for unpaid carers registered with WIRED.



First Aid Training

Learn the basics of first aid, including choking, strokes and heart attacks.



Fire Safety

Learn how to reduce fire risks at home, & the hidden dangers of moisturising creams.



Fraud Protection

Advice on how to spot and protect yourself and the person you care for from scams and fraud.



Cyber Crime Awareness

Learn how to stay safe online and protect against scams, phishing and other digital risks.



Dementia Awareness

Gain information, advice & practical strategies to support someone with dementia.



Stress Management

Learn simple, practical strategies to manage and reduce stress.



Home Energy Advice

Get advice on fuel bills, tariffs and grants for home energy efficiency.



Wills and Trusts Advice

Get free advice on Wills, Probate, Power of Attorney and Trusts.



Financial Wellbeing

Learn about budgeting, debt, saving and finding trusted financial support.



Caring with Confidence Course

A free 4-week course to build resilience, self-management and wellbeing.

Give us a ring for more information
0151 670 0777

WIRRAL CARERS HEALTH & WELLBEING SERVICE

Carer Linkworkers Making Caring Visible, Valued & Supported

Thank you to everyone who donated or attended our MacMillan Coffee Morning last week. It was a fantastic success, raising over £200!



We attended Gautby Road Community Day yesterday!



**PLUS this
weeks very
talented
Crafty
Carers
Group!**



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

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.

wirralview

Free parking at The Pyramids Shopping Centre during equipment upgrades



Image courtesy of Google Streetview

The Pyramids Shopping Centre, Birkenhead will be installing new car parking barriers and equipment at both its Borough Road and Conway Street car parks from mid-September.

Improved bus services on the way as Wirral moves to public control

[» LEARN MORE](#)

WIRRAL CARERS HEALTH & WELLBEING SERVICE

Carer Linkworkers Making Caring Visible, Valued & Supported



Charles Thompson's Mission

Christmas Food Hamper Appeal 2026



Each year at Charles Thompson's Mission, we run a food hamper appeal which involves distributing Christmas food hampers to local families in need and those living in temporary accommodation. Last year, our appeal enabled us to provide over 500 hampers to those in need within community.

Suggested items:

• Boiled potatoes	• Tinned fish	• Pasta / rice	• Tinned fruit	• Crisps	• Biscuits / sweets
• Beans / spaghetti	• Tinned meats	• Pasta sauces	• Cereals	• Christmas cake/ pudding	• Long life UHT milk
• Soup	• Tinned pies	• Curry sauces	• Gravy	• Selection boxes	• Tea / coffee
• Tinned vegetables	• Hot dogs	• Custard	• Mash	• Mince pies	• Juice
• Stuffing	• Noodles	• Rice pudding	• Savoury snacks	• chocolate	• Hot chocolate
					• Sugar

Drop off points:

- Charles Thompson's Mission. 2 Hemingford Street, Birkenhead. Mon, Wed, Thurs & Fri 0900-1200
- Sainsbury's, Upton. Upton by pass, CH49 6QG. Mon 0700- 2000, Tues – Fri 0700 – 2200, Sat 0630 – 2200. Sun 1000- 1600.
- Sainsburys, Greasby. Greasby Road, CH49 3AT. Mon – Sun 0700 – 2300.
- Sainsburys, Thingwall. Pensby Road, Thingwall, CH61 7UB. Mon – Sun 0700 – 2300
- Sainsburys, Heswall. Pensby Road, Heswall, CH60 7TT. Mon – Sun 0700 – 2300
- Sainsburys, Neston. Brook Street, Neston, CH64 9XJ. Mon 0700 – 2000, Tues – Sat 0700 – 2100, Sun 1000 – 1600
- One Stop Shop, Upton. 49A Arrowe Park Road, CH49 0UB. Mon – Sun 0700 – 2200
- Upton Hall School, Upton. Saughall Massie Lane, Upton, CH49 6LJ. Mon – Fri 0900 - 1500

 Food hamper donations must be dropped off before 4th December for us to collect and distribute hampers to those in need over the Christmas period. Thank you for your support.



Scan to donate:





Charles Thompson's Mission

Christmas Toy Appeal 2026



Each year at Charles Thompson's Mission, we run a toy appeal which involves distributing new toys to families who may be struggling over Christmas. Last year, our Christmas toy appeal enabled us to pass on toys to over 1000 children.

We are currently appealing for any new toys for the following ages:

0-3 years: musical toys, puzzles, books, bath toys, educational toys etc.

3-5 years: dolls & action figures, cars, books, puzzles, board games, crafts set etc.

5-9 years: educational toys, arts & crafts, books, action figures, board games etc.

9-12 years: games & toys, hair & beauty, gift sets, books, creative & science toys etc.

13-16 years: gadgets, books, make up & gift sets, board games, teenage puzzles etc.

Drop off points:

- Charles Thompson's Mission. 2 Hemingford Street, Birkenhead. Mon, Wed, Thurs & Fri 0900-1200
- Sainsbury's, Upton. Upton by pass, CH49 6QG. Mon 0700- 2000, Tues – Fri 0700 – 2200, Sat 0630 – 2200. Sun 1000- 1600.
- Sainsburys, Greasby. Greasby Road, CH49 3AT. Mon – Sun 0700 – 2300.
- Sainsburys, Thingwall. Pensby Road, Thingwall, CH61 7UB. Mon – Sun 0700 – 2300
- Sainsburys, Heswall. Pensby Road, Heswall, CH60 7TT. Mon – Sun 0700 – 2300
- Sainsburys, Neston. Brook Street, Neston, CH64 9XJ. Mon 0700 – 2000, Tues – Sat 0700 – 2100, Sun 1000 – 1600
- One Stop Shop, Upton. 49A Arrowe Park Road, CH49 0UB. Mon – Sun 0700 – 2200
- Upton Hall School, Upton. Saughall Massie Lane, Upton, CH49 6LJ. Mon – Fri 0900 - 1500

 Toys need to be dropped off at our drop off points before 4th December. We will then collect and distribute them to families in need over the Christmas period. Thank you for your support.

Donations are with the knowledge that we have your permission to sell any toys we have no suitable home for and use the revenue to buy more suitable ones.

Scan to donate:



WIRRAL CARERS HEALTH & WELLBEING SERVICE

Carer Linkworkers Making Caring Visible, Valued & Supported

LUMI PLACE
CREATIVELY SERVING COMMUNITY
www.lumiplace.org

Good Food Stronger Community

PEOPLE ♥ FOOD ♥ KINDNESS
BRIGHTER TOMORROWS

REAL FOOD
REAL PEOPLE
STRONGER TOGETHER ♥

COMMUNITY PEOPLE BELONG HERE ♥

KIND COMMUNITY BRIGHTER DAYS ♥

FRESH FOOD HAPPIER NEIGHBOURS ♥

GOOD FOOD STRONGER COMMUNITIES ♥

MONDAY FREE FOOD

♥ Fresh fruit, vegetables and bread

♥ Frozen KFC chicken usually after 10:30am

♥ Please donate towards food collection and transport
Rising petrol costs mean we need your help to keep collections going.

♥ Lumi Place CIC, New Ferry

Community before profit ♥

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.



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



**Action
Against
CCS**
PROTECTING COMMUNITIES, LAND AND FUTURES

*Real people.
Real places.
A safer Wirral.*

**PEOPLE
PLACES
PLANET
NOT
PIPELINES**



PIPEWALK

SUNDAY 27TH SEPTEMBER

WALKING THE WIRRAL. STANDING TOGETHER.
A COMMUNITY WALK ALONG THE ROUTE OF THE PROPOSED CO₂ PIPELINE



COMMUNITY
NOT CO₂

HEALTHIER
FUTURES

A GREENER
WIRRAL

PEOPLE
NOT PIPELINES

ROUTE & TIMINGS

- 10.30 am **Devon Doorway**
Commence Pipewalk
Johnny Pye carpark
Onward to Heswall centre then to Mere Lane (11.30 am)
- 11.30 am **Mere Lane**
Turn right to Pensby School, follow Irby Rd to Irby village
- 12.00 noon **Irby village**
Proceed to Irby Mill pub
- 12.30 pm **Irby Mill pub**
Onward to Greasby village
- 1.00 pm **The Manor, Greasby**
Continue via St John church to Frankby village
- 1.45 pm **The Newton Arms**
Onwards to Hilbre School, up Black Horse Hill to Hilbre View
- 2.30 pm **Hilbre View**
Proceed down Grange Hill to West Kirby concourse
- 3.30 pm **Concourse carpark**
Follow Meols Drive to Hoylake. Follow Market Street to Meols via Hoyle Road to Dove Point.
- 4.30 pm **Dove Point Slipway**
Last leg to Moreton
- 5.30 pm **Leasowe Lighthouse**
and/or Green Hut

TRANSIT POINTS

- Devon Doorway
- Johnny Pye carpark
- Shippons (Irby)
- Irby Mill pub
- Greasby Manor carpark
- The Newton Arms
- Concourse carpark
- Dove Point Slipway
- Leasowe Lighthouse and/or Green Hut

P  Parking / collection and water available at each stage

**APPROX
12 MILES**

**AROUND
1.5 MILES
BETWEEN EACH
STAGE**

ALL WELCOME
WALK A STAGE
OR THE WHOLE ROUTE
MEET LOCALLY
SHOW YOUR SUPPORT

*Stronger
Together*

HESWALL | PENSBY | IRBY | GREASBY | FRANKBY | WEST KIRBY | HOYLAKES | MEOLS | MORETON

SAFE COMMUNITIES • HEALTHY PLACES • A BRIGHTER FUTURE

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,**

CLICK HERE



**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



In partnership with



WIRRAL CARERS HEALTH & WELLBEING SERVICE

Carer Linkworkers Making Caring Visible, Valued & Supported



*Stronger
Healthier
Happier
Together*

WOMEN'S EVENT COMMUNITY INFORMATION EVENT

CONNECTING WOMEN WITH LOCAL SUPPORT, SERVICES AND OPPORTUNITIES



DATE
Tuesday
13 October 2026



TIME
11:00am –
2:00pm



LOCATION
Church @ the Cross
Church Road
Tranmere
Birkenhead
Wirral CH42 5LD

WHAT TO EXPECT



Information
& Advice



Support
Services



Community
Connections



Health &
Wellbeing Support

Come along, meet local organisations, discover the support available
and connect with other women in your community.



MEET REPRESENTATIVES FROM:



Tomorrow's
Women



Financial
Resilience
Team



BRIGHTER BIRKENHEAD PCN TEAM



Neurodiversity
practitioner



Wellbeing
Practitioner for
Mental Health



Cancer care
coordinator

Support. Connect. Empower.



Let's build a healthier, stronger community together.



Find out more about
Brighter Birkenhead PCN

www.brighterbirkenheadpcn.nhs.uk



Brighter Birkenhead PCN
A Healthier Future Together

♥ Foxfield School ♥

We are looking for some resources to support our pupils regulation and also to develop our outdoor spaces.

If you have any of the following please could you consider donating them to us.

Scooters



Vibration Plates



A Cross Trainer



Trampettes



A Wheelbarrow



Breeze Blocks



Outdoor Wood Paint



Decking Boards



Wellington Boots



♥ Thank you! ♥

BEBINGTON Information and Advice Session



*Local advice.
Helpful support.
Stronger community.*



Friday 9 October



9.30am – 12.30pm



**At St Andrew's Church hall
Highcroft Avenue, CH63 3EZ**

Meet our experts and find out more from



Citizens Advice Wirral



Age UK



United Utilities



Fire Safety in the home



Wirral Carer's



Falls Prevention Services



Wirral Archives



Cyber Crime Unit



Healthier South Wirral
and more



*Free tea,
coffee and cake*



Get a
health check



Energy saving
tips



Keep safe
on line

Information. Advice. Support. *For you.*



What is Wirral SENDLO?

What Wirral SENDLO services are there?

There are a lot of ways that Wirral SENDLO's team of experts can help children with special education needs and disabilities and their families.

- **Speech and Language Therapy (SALT):**

Some children find it difficult to make the right sounds when they speak, or they find it hard to listen.

Others might not want to speak when they are in a place they do not know or if they are with people they do not know. Others might not talk at all.

If a child is feeling like this, our speech and language therapy team can help. It is sometimes called the **SALT** team.

- **Children and Young People's Mental Health Services (CYPMHS):**

Sometimes children and young people feel like the world is a very difficult place to live in. When they feel like that, it can be hard to do even simple things.

If a person aged under 18 feels like this, Wirral SENDLO's Children and Young People's Mental Health Services department can help them. You might see this shortened to CYPMHS, because it is the first letter of each word in the name.

How do you get the help you need?

If you think your child or a person aged under 18 that you look after needs extra help with their learning, there are some things you need to do. You do not have to go to a doctor at first.

1. Speak to the special education needs co-ordinator at the nursery, school or college that the child or young person you look after goes to. Their job title might be shortened to SENCO, so you might hear them being called by this name
2. Teachers will see if you or the young person needs extra help. If they do, the teacher will decide how much
3. If the child or young person needs help that costs money, the SENCO can find out if the money is available
4. If the child is still struggling to learn while they are getting this extra help, their parent or person who looks after the child, or the SENCO, can ask to try and find another way they can help

If you are the person who looks after the child, you can ask for advice from the Wirral SEND Partnership at any time. Call them on 0151 522 7990 or email ias@wired.me.uk

 **Read More**

WIRRAL CARERS HEALTH & WELLBEING SERVICE

Carer Linkworkers Making Caring Visible, Valued & Supported

What's on

SENDLO
Wirral's Local Offer of SEND Services

SEPT
23

Autism Together Family Support 5-WEEK Course

**FAMILY
DAYS**

Every Saturday
10am - 1pm

- ✓ FREE ENTRY - NO MEMBERSHIP REQUIRED
- ✓ Fun-Filled Activities
- ✓ Extra fun surprises on select weeks

*Please note Family Days are not a drop off session. All young people must be accompanied by an adult.



by OnSide Youth Zone

SEPT
22

THE
HIVE
YOUTH ZONE

**13 THE HIVE
LOUNGE**

TUESDAYS | 5-8PM

A QUIETER SPACE. REAL CONNECTIONS.
YOUR TUESDAY. YOUR LOUNGE.



CHILL



MUSIC



GAME



CONNECT

**TUESDAYS
5-8PM
13+**



The A World UK

Autism Friendly Take Over
Gulliver's World Theme Park - Warrington



SEPT
19

Tickets
£20pp

Saturday
19th Sept.
2026

Click
each
item to
read
more...

**Need advice, support
or someone to talk to
about autism?**

Join our
**Advice & Support
Drop In Sessions**

SEPT
23

**Free
Advice**

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

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The Vulnerability Initiative

Pause. We're here to help you.

The Vulnerability Initiative provides free essential services and support to those who need it most.

If you're feeling vulnerable, we're here to help with access to financial aid, energy-saving solutions, and support through challenging times.

We can also assist with filling out forms to ensure you get the help you need.

Registering is quick and easy.

[Get Support: For FREE](#)



When you register with VRS, you can tell organisations what support you need.

53% of individuals who register with VRS say that they simply need to be **communicated with in a specific way.**

Everyone's circumstances are different. VRS helps you make sure organisations understand how best to support you.

*People.
Information.
Understanding
A fairer future.*

[CLICK HERE](#)



Information
in writing



Audio format



Large print



British
Sign Language



Digital
communications



Other
communication
needs



Register once.
Be understood everywhere.

vulnerabilityregistrationservice.co.uk

At The National College, our *WakeUpWednesday* guides empower and equip parents, carers and educators with the confidence and practical skills to be able to have informed and age-appropriate conversations with children about online safety, mental health and wellbeing, and climate change. For further guides, hints and tips, please visit nationalcollege.com.

KCSIE 2026 IS HERE

Are you ready?

HERE ARE THE TEN BIGGEST CHANGES YOUR WHOLE SCHOOL NEEDS TO KNOW.

The new statutory guidance has been published and comes into force on 1 September 2026. The changes make consistency and collaboration in safeguarding the expectation for all.

1

EVERYONE READS PART ONE. IN FULL.

The condensed version (old Annex A) has gone. Every member of staff, whether teaching, admin, catering, or site staff, must read and understand the whole of Part One.

2

MOBILE PHONE FREE BY DEFAULT.

For the first time, it is in statutory guidance: schools should be phone-free environments, with anything else by exception only, across lessons, breaks, and lunch.

3

ONLINE HARM IS REAL-WORLD HARM.

Deepfakes, AI-generated imagery, and sextortion are named for the first time. The word 'sexting' has gone. The guidance now talks about 'making or sharing nudes and semi-nudes', and every incident needs a safeguarding response, consensual or not.

4

WEAPONS! REPORT STRAIGHT AWAY.

Any concern that a child is carrying, has used, or intends to use a weapon goes to the DSL immediately. The DSL assesses the risk and puts a safety plan in place.

5

MISOGYNY AND ITS POTENTIAL TO ESCALATE.

The guidance recognises the escalatory nature of misogyny. Banter and 'boys being boys' can be the start of a behaviour pattern that ends in sexual violence. Challenging it early is everyone's job.

6

MENTAL HEALTH, EXPANDED.

There are new warning signs for all staff, and clear crisis routes: call 999 or go to A&E if a child is in danger.

7

GENDER-QUESTIONING CHILDREN.

Statutory for the first time. Schools do not initiate social transition. Decisions are made case by case and documented, with parents usually involved, and there are firm rules on single-sex spaces and sport.

8

VOLUNTEERS NEED CHECKING.

The Crime and Policing Act 2026 removes the supervision exemption. Volunteers who teach, train, or supervise children on more than three days in a 30-day period, or overnight, are now in regulated activity, however closely they are supervised.

9

FAMILY HELP: ONE JOINED-UP OFFER.

'Working Together to Safeguard Children 2026' brings targeted early help and support for children in need into a single coordinated offer. All staff should know how children can benefit and how to refer.

10

RECORDS THAT PROTECT EVERYBODY.

A good record now has a clear standard: a summary, the action taken, the decisions made, the reasons for them, and the outcome. A note that says 'spoke to child, fine now' fails the test.

ALSO ON THE RADAR

- Operation Encompass is statutory: police notify schools of domestic abuse incidents before the next school day.
- Filtering and monitoring must be reviewed at least annually, with records kept.
- Cyber security is now a safeguarding issue.
- There is a new section on children with medical conditions.
- Trainee teachers are named in allegations procedures.
- Child protection files transfer within five days, with a conversation between DSLs as good practice.

Meet Our Expert

Laura Page is the founder of *Schools Supported*, which provides specialist consultancy and training for special educational needs and safeguarding. Laura is an experienced trainer, facilitator and speaker with a passion for child-centred provision and a practical understanding of the operational aspects of school leadership.



#WakeUpWednesday

The National College

WIRRAL CARERS HEALTH & WELLBEING SERVICE

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Do you know someone living with **dementia**?

The Herbert Protocol helps police find people
living with dementia when they go **missing**.

 [Read More](#)

www.herbertprotocol.com

WIRRAL CARERS HEALTH & WELLBEING SERVICE

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**Stitch by stitch.
Let us remember together.
Get your free Poppy Crafting pack**

Royal British Legion – Poppy Crafting 2026

September 1 – November 11

Join the Royal British Legion in remembering our Armed Forces this November, start today to create your own poppy in time for Remembrance. Last year, over 9,000 crafters across the UK picked up their needles and hooks, creating thousands of handmade poppies.

Send us your completed poppies by mid-October and they could be part of our London Poppy Day remembrance displays.

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internet
matters.org

Fake news and misinformation facts & advice

Help children think critically about the information they see online to keep things positive and safe. Choose a guide below to help children avoid spreading misinformation.

EXPLORE THE HUB



**Find the
Fake**
Fact or fiction?

Can you Find the Fake?

The Find the Fake quizzes can help build children's media literacy at home and at school. Take a quiz and see how you do!

CHOOSE A QUIZ

Give yourself at least 10 minutes to play the quiz and discuss the answers with children.



What is AI?

In this quiz, children learn:

- How AI actually works and how it can spread false information
- The right (and wrong) ways to use AI
- What they can do to fact-check information from AI

LAUNCH QUIZ



What is fake news?

In this quiz, children learn:

- The meaning of fake news, misinformation and disinformation
- How false information can spread online and impact people
- Actions they can take to stop the spread of false information

LAUNCH QUIZ



Which?

NEED TO KNOW

2 Meta is tracking you all across the web

Meta can track you across hundreds of apps and sites, using your browsing history to target ads.

How to stop it

Press the three lines at the top of your **Instagram app** > **Accounts Centre** > **Your information and permissions** > **Your activity off Meta technologies** > **Manage future activity** > **Disconnect future activity**

 **Read More**

The Pink Box Campaign





PROVIDING FREE PERIOD PRODUCTS
TO PEOPLE WHO NEED THEM VIA LOCAL
COMMUNITY ORGANISATIONS AND VENUES.



COLLECTION POINTS:

 ASDA ARROWE PARK	 TESCO BIDSTON MOSS	 TESCO ROCK FERRY	  UPTON ROAD, NOCTORUM
---	---	---	---



Small box.
BIG IMPACT.
Together we can
make a difference.





Let's break the stigma. Period.
EVERYBODY DESERVES ACCESS.



The Pink Box Campaign is
a member of



**FEEDING
BRITAIN**
A HUNGER FREE UK





PHARMACY FIRST

Treatment for **five new conditions**
at participating pharmacies

Migraine
in adults

Complex
hay fever
in children

Outer ear
infections
in adults

Mild skin
infections and
scabies

Acne in young
people and
adults

[Find a participating pharmacy](#)

Not every situation needs an emergency response. Knowing the difference helps emergency services get to those **who need them most**.

- ✓ **999** for emergencies
- ✓ **101** for non-emergency police matters
- ✓ **111** for urgent medical advice when it's not life-threatening

#30DAYS30WAYSUK



#30DAYS30WAYSUK - BE PREPARED, NOT SCARED

JOIN IN

30days30waysUK is an emergency planning campaign on social media that connects, informs, and suggests activities to enhance personal development and boost resilience during 'September is Preparedness Month,' all while promoting a comprehensive wellness program.



WIRRAL CARERS HEALTH & WELLBEING SERVICE

Carer Linkworkers Making Caring Visible, Valued & Supported

Banks and the police will **never** call asking you to:

- ✗ transfer money
- ✗ hand over bank cards, cash or other valuables to a courier sent to your home



 FRAUDSTERS ARE OPERATING IN YOUR AREA



Report cyber crime and fraud:
reportfraud.police.uk

Welcome to Report Fraud

The place to **prevent** cyber crime and fraud



Make a report

Tell us what happened and we'll help you report it to the police. If you live in Scotland, please report via 101.

[Make a report](#)



Protect yourself

Find out how to protect yourself from the different types of cyber crime and fraud.

[Learn more](#)



Get help & support

If you've been affected by cyber crime or fraud, we're here to listen, to help, and to support you.

[Learn more](#)



Balancing work and unpaid care

A critical issue

[READ MORE](#)

September 2026



Regional Carer Support



**CARERS
TRUST**

Cheshire and
Warrington



Support for
carers



Upside-Down Tomato Tart

SERVES: 4

COOK: 45 minutes

TYPE: Vegetarian

INGREDIENTS

- 320g pack ready rolled reduced-fat puff pastry
- 250g pack cherry tomatoes
- 1 red onion, finely sliced
- 1 garlic clove, crushed
- 5g fresh thyme, leaves picked
- 2 tbsp olive oil, plus extra to drizzle (optional)
- 1 head of broccoli, cut into florets and stalk thinly sliced
- ½ lemon, juiced.



METHOD

- Preheat the oven to gas 7, 220°C, fan 200°C. Unroll the pastry onto a chopping board, keeping it on its paper. Place a baking dish about 25 x 18cm upside down on top of the pastry and cut around the dish. Transfer the pastry and chopping board to the fridge.
- Meanwhile, tip the tomatoes, onion, garlic and most of the thyme into the baking dish and mix well. Drizzle over 1½tbsp oil and season. Prick the tomatoes with the tip of a sharp knife to help release the juices during cooking, then roast for 15 mins until the tomatoes start to burst.
- Use the trimmed pastry sheet to top the veg in the dish; discard its paper. Then use a spoon to tuck the pastry down carefully around the edges, easing it gently around the tomatoes in the middle. Prick the top of the pastry a few times with a fork, then bake for 20 mins or until the pastry is golden and puffed up. Leave to rest for 5-10 mins.
- Meanwhile, cook the broccoli in a pan of boiling water for 2-3 mins until just tender; drain and steam dry for 1 min. Heat the remaining oil in a frying pan over a medium-high heat and fry the broccoli until charred and cooked through. Season and tip into a bowl; toss in the lemon juice.
- When the tart has rested, loosen the sides of the pastry with a knife and quickly invert onto a board (flip confidently, using a tea towel to protect your hands, as the juices will be very hot). Scatter with the remaining thyme, crack over some black pepper and drizzle with a little extra olive oil, if you like. Serve with the broccoli.

Local events!



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	Once a month
THE LEVER CLUB Port Sunlight CH62 4XB	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



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 28TH SEPTEMBER	PAUL ANDREW <i>will have you all dancing</i>
MONDAY 12TH OCTOBER	GARRY MURPHY, <i>fantastic artist not to be missed</i>
MONDAY 26TH OCTOBER	SOPHIE MARIE, <i>returning female entertainer</i>
MONDAY 9TH NOVEMBER	SURPRISE GUEST ARTIST, <i>not to be missed</i>
MONDAY 23RD NOVEMBER	JOE WALL, <i>Great artist, back by demand</i>
MONDAY 7TH 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



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

Carer Linkworkers Making Caring Visible, Valued & Supported



CHATTY CAFE

Chatty Cafe

OFFICIAL OPENING

We're delighted to invite you to the official opening of Chatty Cafe at Number Seven, Birkenhead!

**THURSDAY 17TH SEPTEMBER**

**2.30PM – 4.00PM**

**NUMBER SEVEN, BIRKENHEAD**



We're thrilled to welcome a **Special Guest – the Mayor of Wirral** – to help us celebrate this exciting occasion! Meet some of the great organisations we work with too!



Come along, meet new people, enjoy a cuppa and find out more about what Chatty Cafe is all about.

EVERYONE IS WELCOME – WE'D LOVE TO SEE YOU THERE!



Come for a chat, stay for a cuppa!

#ChattyCafe #NumberSeven #Birkenhead #Wirral #Community #ComeAndChat
#MayorOfWirral #OfficialOpening



Monday 21st September

at Williamson Art Gallery

A day of creativity, conversation and community

10am – 12pm
Crochet & Knit Group £5
This week we're making pumpkin coasters. All abilities welcome.

Chatty Table £5
This week's theme: **Why is our family history important?**

11am – 12pm
Family History Talk
The Tale of Two Brothers
A fascinating look at family history, the stories we inherit and how we can begin exploring our own family tree.

1.15pm – 3pm
Bag to Beautiful £15
For 2 weeks
Give a tired handbag a new lease of life. Over two sessions you'll decorate and revamp your bag, then take home your own transformed creation. Bag and materials supplied.

Book Art £5
Create a beautiful autumnal book pumpkin from an old book – a gorgeous seasonal decoration to take home.

Women of the Wirral
CONNECTION • WELLBEING • FRIENDSHIP • EMPOWERMENT • COMMUNITY

All are welcome
Creativity Connection Wellbeing Community
Come for the craft, stay for the company
Good Conversation Brighter Days
The family history talk is included for everyone attending any of our WOW groups that day – no extra charge.
Everyone's welcome – just bring yourself

The Dearnford Dungeons

Halloween Sale

In aid of Claire House Children's Hospice!



Claire House
CHILDREN'S HOSPICE



WIRRAL CARERS HEALTH & WELLBEING SERVICE

Carer Linkworkers Making Caring Visible, Valued & Supported

SING. FEEL BETTER.

TRY OUR NEW
WIRRAL DAYTIME CHOIR

TUESDAYS • 11AM
FROM 15 SEPTEMBER

ST LUKE'S, HOYLAKE

@connectedvoiceschoir

ONE DAY AT A TIME

You're not alone. You matter too.

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: NEW TOGETHER (FORGIVING)
WHEN: Every Tuesday (Forgetting)
10am - 12pm
WHERE: Brook Rd, Wallasey
CH84 2SD
The Spire Community Cafe

GROUP 2: LATER LUNCH (FORGIVING)
WHEN: Every Saturday (Forgetting)
Starting on 15th June
12.30pm - 2.30pm
WHERE: Diversity Hub,
6 Liscard Road,
CH84 6LN

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

GET IN TOUCH
VISIT OUR WEBSITE: www.wirralcarers.org.uk
FOLLOW US ON FACEBOOK: One Day At A Time
EMAIL US: info@wirralcarers.org.uk
TEXT: 07800 123456

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

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



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



JourneyMEN
Working Together For
Our Community

**LLANDUDNO
ROAD TRIP
22ND
SEPTEMBER**



WIRRAL CARERS HEALTH & WELLBEING SERVICE

Carer Linkworkers Making Caring Visible, Valued & Supported



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* ♥

AT
7 PRINCES PAVEMENT,
BIRKENHEAD TOWN CENTRE

FEEDING BRITAIN
A HUNGER FREE UK

Everyone Welcome!

THE INSTITUTE MAKERS MARKET SUNDAY 18TH OCTOBER

11AM - 3PM

CHURCH ROAD, TRANMERE, CH42 5LF

To book a space message - theinstitutemakersmarket@gmail.com
or DM on Facebook - Scouts and Girlguiding at 'The Institute'
Space £15 plus raffle prize donation (£4 table hire)

WIRRAL CARERS HEALTH & WELLBEING SERVICE

Carer Linkworkers Making Caring Visible, Valued & Supported



LIVE ON THE WIRRAL? JOIN OUR FREE...

NATURE WELLBEING COURSE

WANT TO KNOW MORE?

JOIN ONE OF OUR TASTER SESSIONS: FRI 18TH SEPT 10AM-12PM
MON 21ST SEPT 1-3PM

WEEKLY SESSIONS BEGIN MONDAY 5TH OCTOBER

 **THE CALLISTER GARDEN, BIRKENHEAD, CH43 4UG**

TO SIGN UP EMAIL US AT: CONTACT@GROW-WELLBEING.COM

FOOD AND REFRESHMENTS PROVIDED FOR ADULTS 18+

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

ENJOY.....

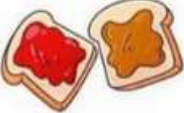
**SOCIALISING
IN A**



£2 BACON BUTTIES



**50P (per slice)
TOAST AND
PERSERVE**



**TEA &
COFFEE**



THE SOCIAL SUPERMARKET

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



CRAFT FAIR



ST ANDREW'S UNITED CHURCH
Rowson Street, New Brighton CH45 2LY

SATURDAY, 19 SEPTEMBER 2026

OPEN TO ALL 10.00AM—1.00PM

TABLE SELLERS OPEN FROM 9AM

**£10 per table and must be booked in advance by emailing
Debbie: standrewsunitdchurch1@gmail.com**

----- ✂

This craft fair is for items made by individuals or from personal collections. Cash only.
All items sold at this craft fair are the responsibility of the individual sellers.
St. Andrew's United Church are not responsible for the quality, condition, or authenticity of any items sold. All transactions are solely between the buyer and the seller.

WIRRAL CARERS HEALTH & WELLBEING SERVICE

Carer Linkworkers Making Caring Visible, Valued & Supported



TAKING STRIDES
presents



THE FITNESS BOUTIQUE
RELAXED • 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! ♥



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 actiuewirral.com/activeyou WELLBEING



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 HOYLAKE PARADE COMMUNITY CENTRE**

£ **£6 PAY AND GO**

➤ **BEGINNERS WELCOME** ♥

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



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**



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 4 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





Contact Details

 07518179718
 28 Oliver Street CH41 6HH

NIGHTINGALES

Help Hope Healing

WIRRAL CARERS HEALTH & WELLBEING SERVICE

Carer Linkworkers Making Caring Visible, Valued & Supported

OVER 50?

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.



IMPROVE BALANCE



BUILD STRENGTH



MOVE BETTER FEEL BETTER

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

GOOD BALANCE IS LINKED TO:

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



MOVE IT OR LOSE IT!®

STRONG TODAY, SAFER TOMORROW



TUESDAYS 10-11 AM
Moreton Community Centre



TUESDAYS 1:30-2:30 PM
Kylemore Community Centre, Pensby



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



WEDNESDAYS 11.45 - 12.45PM
A&K Community Hub, Park Rd North, Birkenhead



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

YOUR FUTURE STARTS WITH EVERY STEP YOU TAKE.

Stay active. Stay strong. Stay independent.

Any questions? Contact Christine
07411 949185

REPAIR CAFE



DATE:
Saturday 19th September
10:00am - 12:00pm

PLACE:
St Mary's Church,
Upton
CH49 6JZ

Don't throw away those broken items, see if our volunteer experts can fix them - FREE OF CHARGE

WHAT TO BRING?

- Toys and model trains
- Bicycle servicing
- Small appliances
- Computers/ Laptops
- Upholstery Service
- Sewing
- Furniture/woodwork








LET US KNOW:
Complete this small survey and let us know about your item:
<https://bit.ly/3u0tMg3?r=qr>



Get in touch with us at:
0151 677 1186
St Mary's Upton
Faith for life in Jesus



CAR BOOT SALE

Supporting Townfield Primary School



Seller Prices

 CAR £10	 SMALL VAN £15	 LARGE VAN £20
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ENTRANCE FEE:
£1 per adult
Children Go Free

WHEN: Sunday, October 4th

WHERE: Townfield Primary School Field

TIMES: Sellers from 7am | Customers from 8am

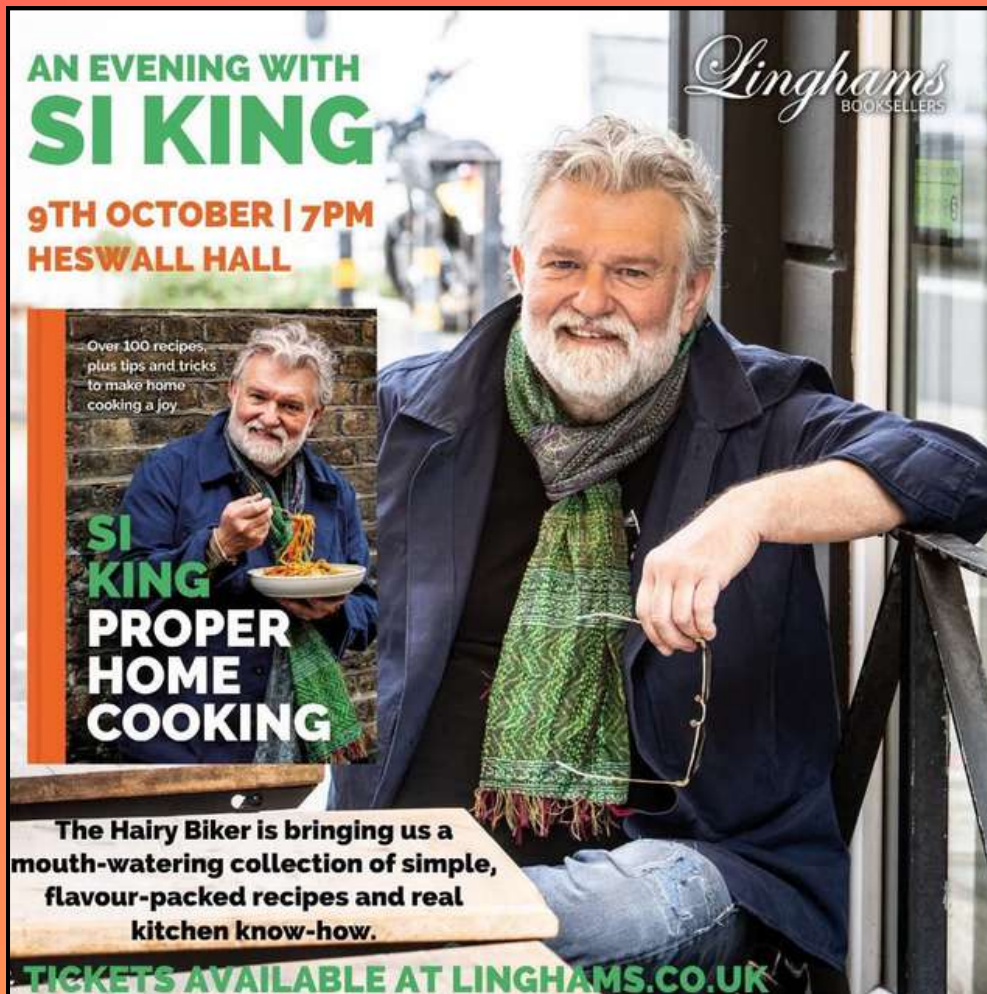
ALL ENTRANCES VIA STUBBS LANE ONLY

location Address: Townfield Primary School, Townfield Lane, Prenton, Wirral, CH43 2LH

THANK YOU FOR YOUR SUPPORT!

WIRRAL CARERS HEALTH & WELLBEING SERVICE

Carer Linkworkers Making Caring Visible, Valued & Supported



**AN EVENING WITH
SI KING**

**9TH OCTOBER | 7PM
HESWALL HALL**

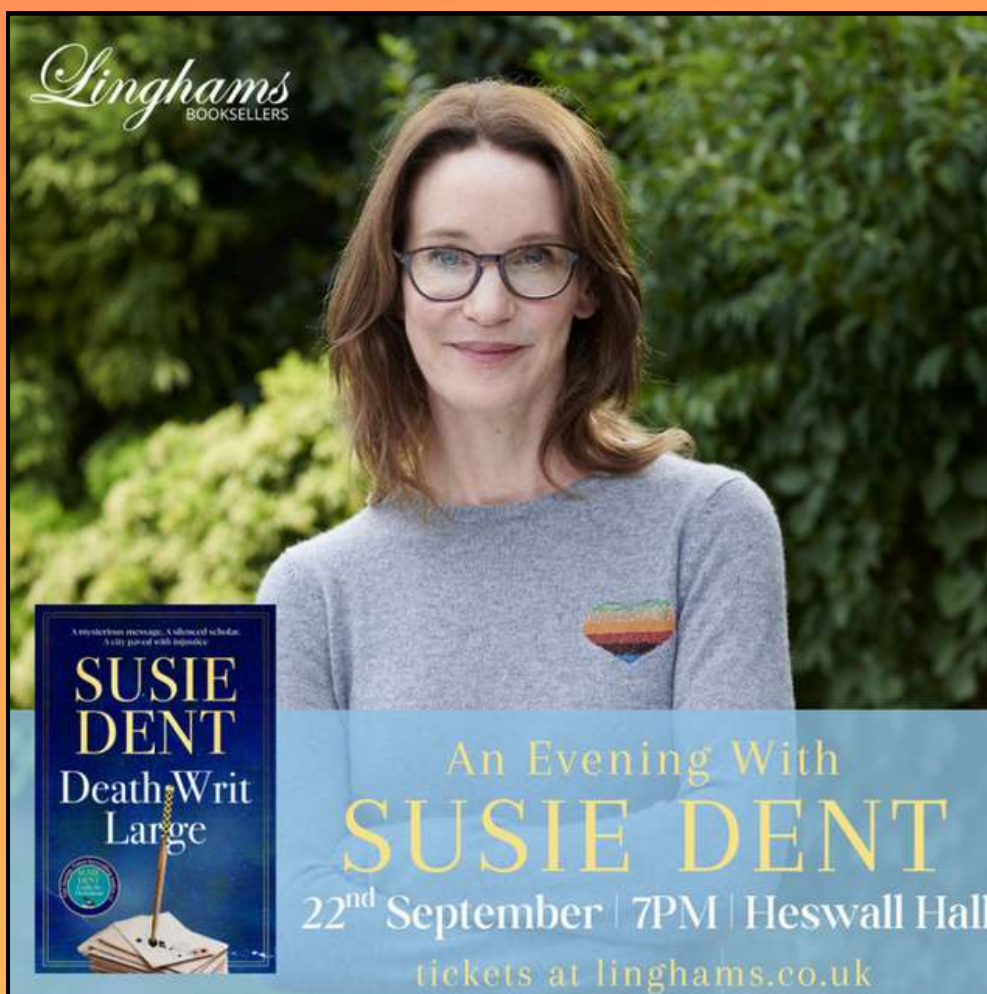
Over 100 recipes,
plus tips and tricks
to make home
cooking a joy

**SI KING
PROPER
HOME
COOKING**

The Hairy Biker is bringing us a mouth-watering collection of simple, flavour-packed recipes and real kitchen know-how.

TICKETS AVAILABLE AT [LINGHAMS.CO.UK](https://www.linghams.co.uk)

Linghams
BOOKSELLERS



Linghams
BOOKSELLERS

SUSIE DENT
Death Writ Large

An Evening With
SUSIE DENT

22nd September | 7PM | Heswall Hall

tickets at [linghams.co.uk](https://www.linghams.co.uk)

WIRRAL CARERS HEALTH & WELLBEING SERVICE

Carer Linkworkers Making Caring Visible, Valued & Supported

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

WELCOME NEW MEMBERS
SEPTEMBER,
JANUARY AND
APRIL

CHOIR

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

VINYL LISTENING CLUB

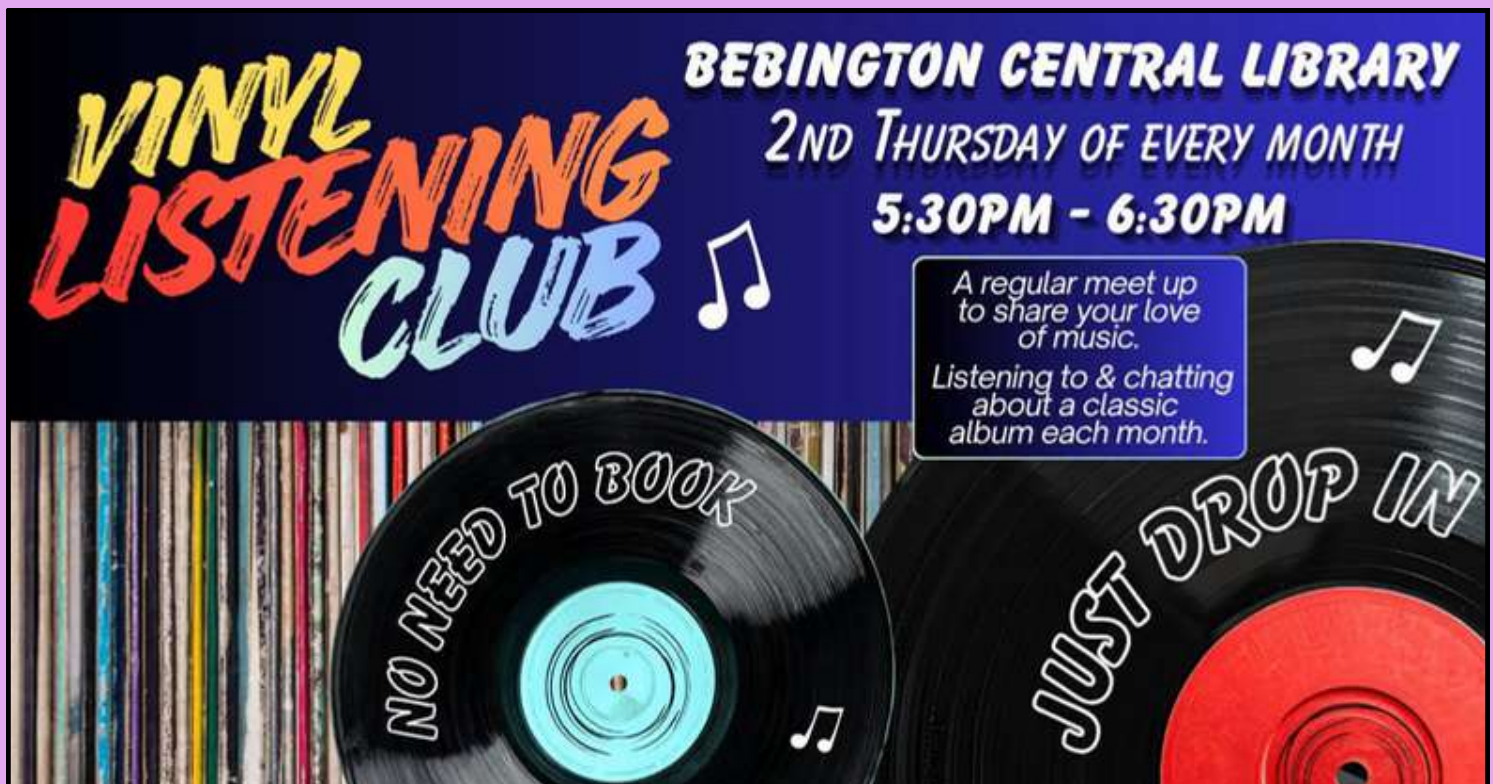
BEBINGTON CENTRAL LIBRARY

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



WIRRAL CARERS HEALTH & WELLBEING SERVICE

Carer Linkworkers Making Caring Visible, Valued & Supported

**SATURDAY LIVE
MUSIC SESSIONS**
Monthly
2:30-3:30pm

*Back from
19th
September*

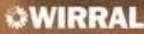
*Sounds as
you Browse!*

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

 wirralibraries  wirral Libraries 

955  **WOW**  **FLOW**  *Stronger
Brighter
Together* 

**Community Tuesdays
AT 955** 

A welcoming space for everyone 

Get Creative  *Good
Conversation*  *Friendship
Belonging
Wellbeing* 

*Join us at 955
for a friendly,
creative and
welcoming
Community Day.* 

*It's about so much
more than activities -
it's about connection,
having a chat and
being part of something.* 

*A lovely space
indoors and out*  *Relax
Be yourself* 

 **Chatty Table**
with mindful
crafts  **Knit & Natter**  **Monthly
Journaling
Group**  **Community
Lunch
coming soon!**  **Men's Group**
starting
3rd November

 955, New Chester Road
Bromborough, Wirral | *Everyone Welcome*  *Connection
Creativity
Community
Wellbeing*

 **COMMUNITY
GARDEN
CLUB**

W E D N E S D A Y

 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



WIRRAL CARERS HEALTH & WELLBEING SERVICE

Carer Linkworkers Making Caring Visible, Valued & Supported

Willaston Horticultural Society

Saturday 19th September

10am – 11.30 Memorial Hall



Tea & Coffee Morning

Cakes & Savory's

BRICABRAC

Raffle!!!

Bring & buy Plant Stall

WIRRAL SHOTOKAN KARATE

**FREE
WOMEN'S
SELF DEFENCE
CLASS!**

REAL SKILLS. REAL CONFIDENCE. REAL SAFETY.

Empowering women of all ages with practical self-defence techniques in a supportive, friendly environment.

PRACTICAL & EFFECTIVE

Easy to learn techniques that work.

BUILD CONFIDENCE

Feel stronger, inside and out.

STAY SAFE

Learn how to avoid, defend and deal with real-life situations.

WOMEN ONLY CLASSES

Train in a comfortable and supportive space.

WHAT YOU'LL GAIN:

- ✓ Practical self-defence skills
- ✓ Increased confidence & awareness
- ✓ Better personal safety knowledge
- ✓ A stronger, empowered mindset

**TAKE CONTROL.
BE EMPOWERED.**

Join Wirral Shotokan Karate and discover the strength you already have.

**ALL 4 CLASSES
ARE FREE!**



STARTING THURSDAY 1ST OCTOBER

RUNNING EVERY THURSDAY FOR 4 WEEKS

18:30 – 19:30

**NEW FERRY VILLAGE HALL
Grove Street, New Ferry, CH62 5AZ**

07858190964
Wirral Shotokan Karate
@wirralshotokankarate
www.wirralshotokankarate.co.uk

CLAREMOUNT HUB



COMMUNITY SHOP

Thursday Lunch Club

From 12pm

- Hot bacon, egg or sausage sandwich

£3.50



- Cooked breakfast

£5



Claremount Church, Sandy Lane, CH45 6UE

Quirky Community Hub

UKULELE GROUP

Saturdays at

1:00 PM

£5-00 per person



**No skills needed—just come
learn a new skill and have fun!**

See you there!

**Hosted by Claire highly talented
Music Teacher**

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

BLNO PG

STRICTLY OVER 18 ONLY



AUTUMN Craft Fair

FREE ENTRY

A day of handmade happiness!

SATURDAY 26TH SEPTEMBER

10:30am to 3:30pm

HOYLAKES PARADE COMMUNITY CENTRE
Hoyle Road, Hoylake CH47 3AG

HANDMADE CRAFTS ♥ **GIFTS** ♥ **SEASONAL TREATS**

Refuel at POPSY'S
LICENSED COFFEE SHOP & BISTRO
Open 10am - 4pm
Serving delicious breakfasts, lunches, cakes and drinks.

FUN FOR ALL THE FAMILY!

Shop local Love local Support local

Handmade Crafts ♥ **Unique Gifts** ♥ **Seasonal Treats** ♥ **Family Friendly** ♥ **Support Local**

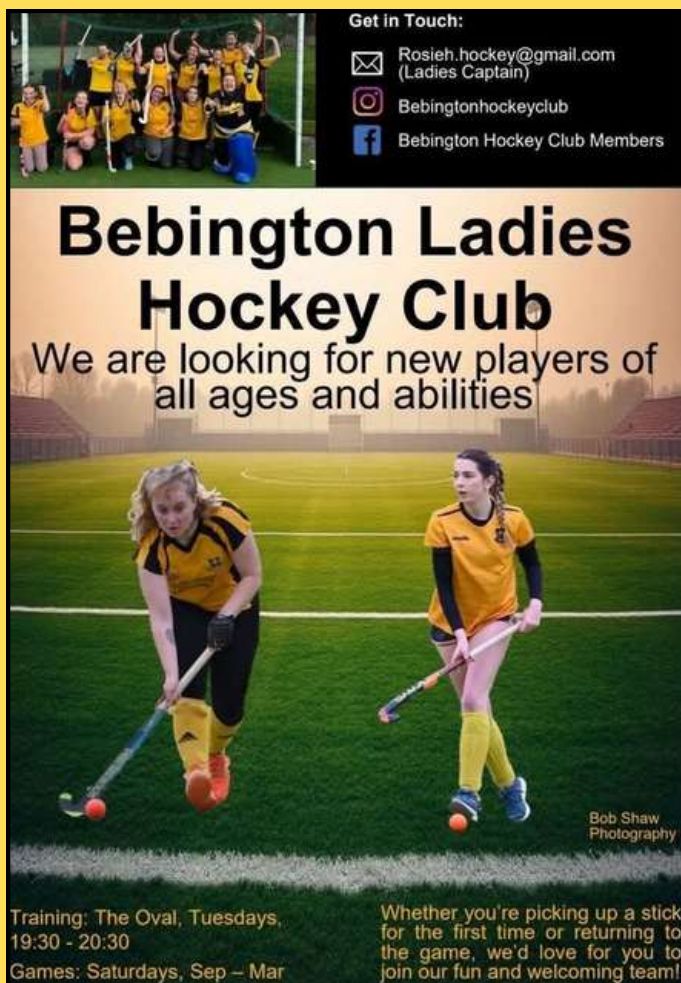
Shop handmade ♥ Support local ♥ Shop local

We can't wait to see you there!

Join us for a day filled with unique crafts, gifts and seasonal treats from talented local makers.

Jewellery, home décor, handmade gifts and so much more!

Support local artists and enjoy a fun day out with friends and family.



Bebington Ladies Hockey Club

We are looking for new players of all ages and abilities

Get in Touch:

- Rosie.hockey@gmail.com (Ladies Captain)
- Bebingtonhockeyclub
- Bebington Hockey Club Members

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!

Bob Shaw Photography



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

7pm till 11pm

ST.DAVIDS CHURCH HALL EASTHAM WIRRAL

Bring own refreshments

Raffles/tombola

Plenty of fun in

Tickets all day £15

Day £6

Evening £10

For tickets, Contact: Chris

07745458362

Or Facebook messenger

Lennox Children's Cancer Fund



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

Carer Linkworkers Making Caring Visible, Valued & Supported



RECORD FAIR

96-98 VICTORIA RD, NEW BRIGHTON, WALLASEY CH45 2JF

ROCK
POP
INDIE
PUNK
METAL
SOUL
FUNK
JAZZ
REGGAE
HIP-HOP
DANCE
AND MORE!

RIPTIDE VENUE

10am START

1000s OF RECORDS,
CD's & MUSIC MERCHANDISE
AVAILABLE ON THE DAY

NEW & USED VINYL
CD's
MUSIC MERCHANDISE
SOMETHING FOR EVERY MUSIC FAN!

CLASSICS BARGAINS RARE FINDS

SATURDAY 19th SEPTEMBER 2026

GREAT MUSIC • GREAT FINDS • GREAT VIBES



NESTON SINGERS
Sing • Connect • Belong

Join Our Choir!

If you enjoy singing together, creating beautiful music, and being part of a friendly, supportive group, this could be the thing for you

We sing in four parts (SATB) Some experience with harmony or music reading is helpful, but everyone is welcome to come and give it a try, no auditions required

What we offer:

- ♪ A warm, supportive space to develop your voice
- ♪ A mix of traditional, contemporary & fun repertoire
- ♪ We even commission our own music
- ♪ A chance to reconnect with music & make lasting friendships

Who should join?

- ♪ Anyone who loves singing & harmony
- ♪ Singers with previous choir experience
- ♪ Those wanting to improve vocal technique & ensemble skills

Rehearsals:

- 📅 Mondays at 7pm (It's ok if you miss a week)
- 📍 United Reformed Church, Parkgate Road
- First rehearsal Monday 14 September

🎵 Two concerts a year – Summer and Winter
We'd love to hear from you

📱 Contact us on Facebook @NestonSingers



TONY CHRISTIE

Sun 24 Jan 2027

THORNTON HOUGH
VILLAGE CLUB

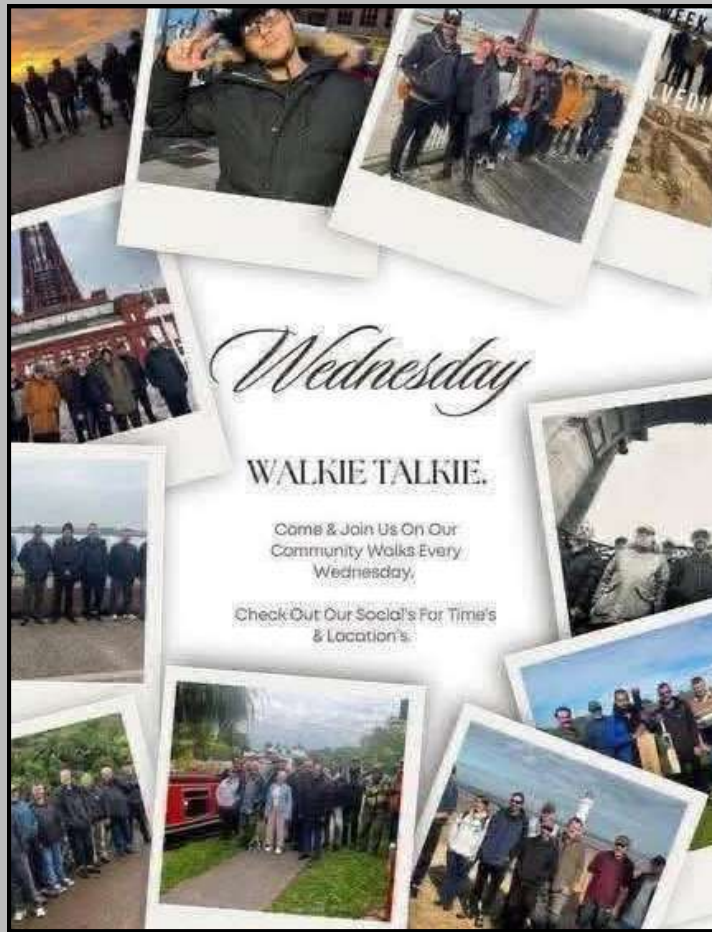
TONY CHRISTIE - The Great Farewell

Enjoy an evening with Tony Christie - Up Close & Unplugged

[Tickets](#)

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

When?

Friday 18th
Saturday 19th
Sunday 20th
September

Limited accessibility
No toilets available

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

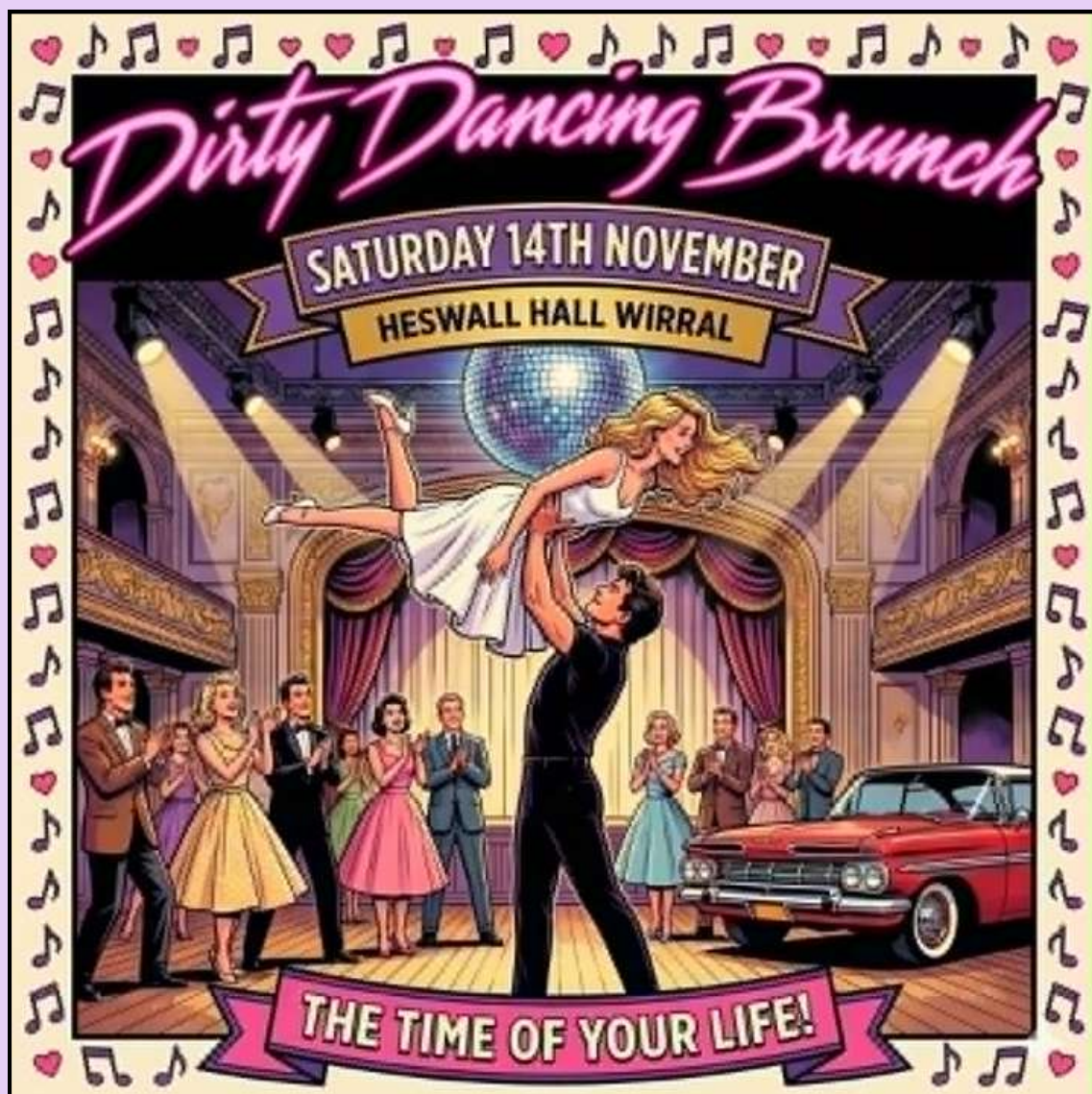


WE'RE BACK! LEX LIVERPOOL

THE UK

DRUM-SHOW

24TH & 25TH OCTOBER 2026



WIRRAL CARERS HEALTH & WELLBEING SERVICE

Carer Linkworkers Making Caring Visible, Valued & Supported



New Hope Wirral CIC

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!

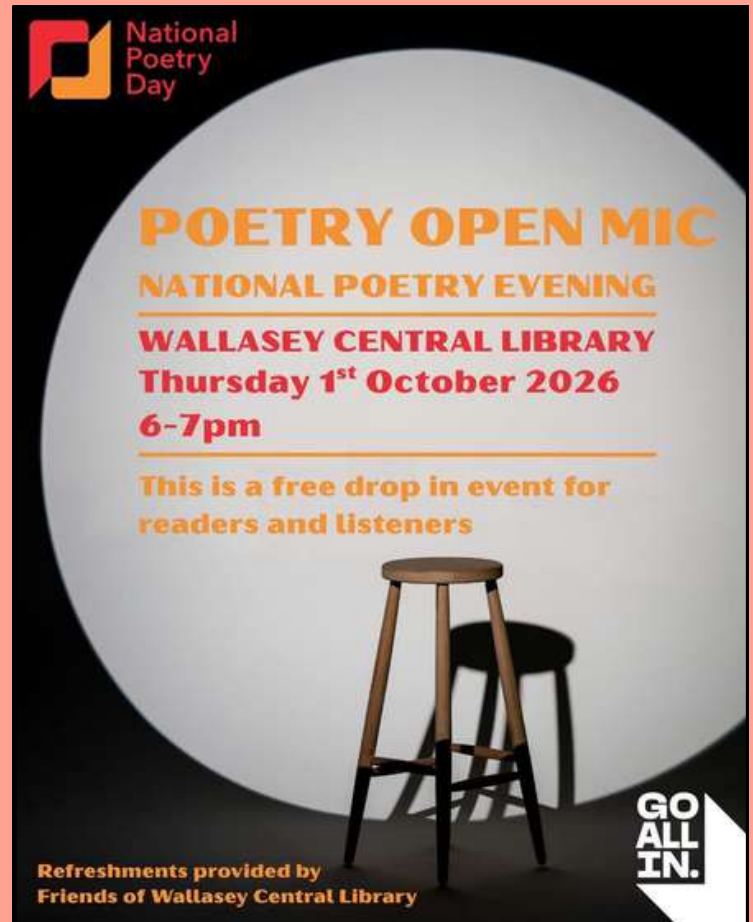
SPECIAL GUESTS
THROUGHOUT THE EVENT!

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



National Poetry Day

POETRY OPEN MIC

NATIONAL POETRY EVENING

WALLASEY CENTRAL LIBRARY
Thursday 1st October 2026
6-7pm

This is a free drop in event for readers and listeners

GO ALL IN.

Refreshments provided by
Friends of Wallasey Central Library



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

BIRKENHEAD PARK - 10TH-13TH DEC 2026

WINTER WONDERLAND

Wirral

£6

PER
PERSON

ILLUMINATED WOODLAND TRAIL • CAROL SINGERS • BRASS BANDS • CHRISTMAS SWING
CHOIRS • FROZEN & DISNEY SHOWS • THE GRINCH • SANTA'S GROTTO
SANTA TRAIN • OWL SANCTUARY • CHRISTMAS MARKET • SNOW GLOBE
FESTIVE FOOD VILLAGE • MULLED WINE • WINTER FUNFAIR • FESTIVE BAR



#WINTERWONDERLANDWIRRAL



@winterwonderlandwirral



@yaywirral



@thissideofthewater

THORNTON HOUGH
MAKERS & FARMERS MARKET

Christmas FAYRE

SUNDAY 22ND NOVEMBER

SHOP LOCAL • SUPPORT LOCAL • LOVE LOCAL



LOCAL
PRODUCE



ARTISAN
FOOD



HANDMADE
CRAFTS



TREATS



CHRISTMAS
GIFTS &
DECORATIONS



CAKES, BAKES
& SWEET TREATS



10AM-2PM

THORNTON HOUGH
VILLAGE HALL
MANOR ROAD,
CH63 1JB

FREE
ENTRY



DOG
FRIENDLY
VENUE



FULLY
ACCESSIBLE
VENUE



FREE
LARGE
CAR PARK

Let's get in the Christmas spirit
AND SPEND SOME CHRISTMAS CHEER!

SUPPORT
LOCAL
LOVE
LOCAL



ARE YOU AN INDEPENDENT
TRADER, MAKER, OR LOCAL
BUSINESS LOOKING TO REACH
FESTIVE SHOPPERS THIS
SEASON?

STALLHOLDER APPLICATIONS
ARE OPEN FOR OUR UPCOMING
FESTIVE HESWALL EVENT AT
HESWALL HALL!

email hello@visitheswall.co.uk



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

Carer Linkworkers Making Caring Visible, Valued & Supported



THE WOODCOTE HOTEL

CHRISTMAS FAYRE

SUNDAY 22ND NOVEMBER

12PM – 4PM

STALLHOLDERS TABLES £20 PER TABLE

- STALLHOLDERS SET UP FROM 10AM
- HANDMADE GIFTS PERFECT FOR CHRISTMAS
- FESTIVE BAPS MULLED WINE & HOT CHOCOLATE
- FULL BAR AVAILABLE

FREE ENTRY FOR ALL!



BELIEVE EXPRESS

SANTA'S GROTTO

AT LIME TREE FARM

BELIEVE
STEP INTO A WORLD OF CHRISTMAS MAGIC!

MEET SANTA IN HIS MAGICAL GROTTO

- RECEIVE A SPECIAL GIFT
- FIRST GIFT OF CHRISTMAS BELL
- REINDEER FOOD BAGS
- SANTA'S MAGIC KEY

ONLY £10 PER CHILD

This way Santa

10AM – 4PM SATURDAY & SUNDAY

FROM SATURDAY 28TH NOVEMBER TILL 19TH & 20TH DECEMBER

Believe

LIME TREE FARM – WHERE BELIEVE COMES TO LIFE



THE CORNER House
FAMILY & COMMUNITY HUB CIC

Families@Soul CIC
SUPPORT, OPTIMISM, UNDERSTANDING, LOVE

Save the Date

Christmas MARKET

SUNDAY 15TH NOVEMBER

11AM – 4PM

1 BERNER STREET BIRKENHEAD CH41 4JY

LOCAL STALLS GIFTS TREATS & MORE!

Shop Local Support Local Spread Love

WIRRAL CARERS HEALTH & WELLBEING SERVICE

Carer Linkworkers Making Caring Visible, Valued & Supported



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

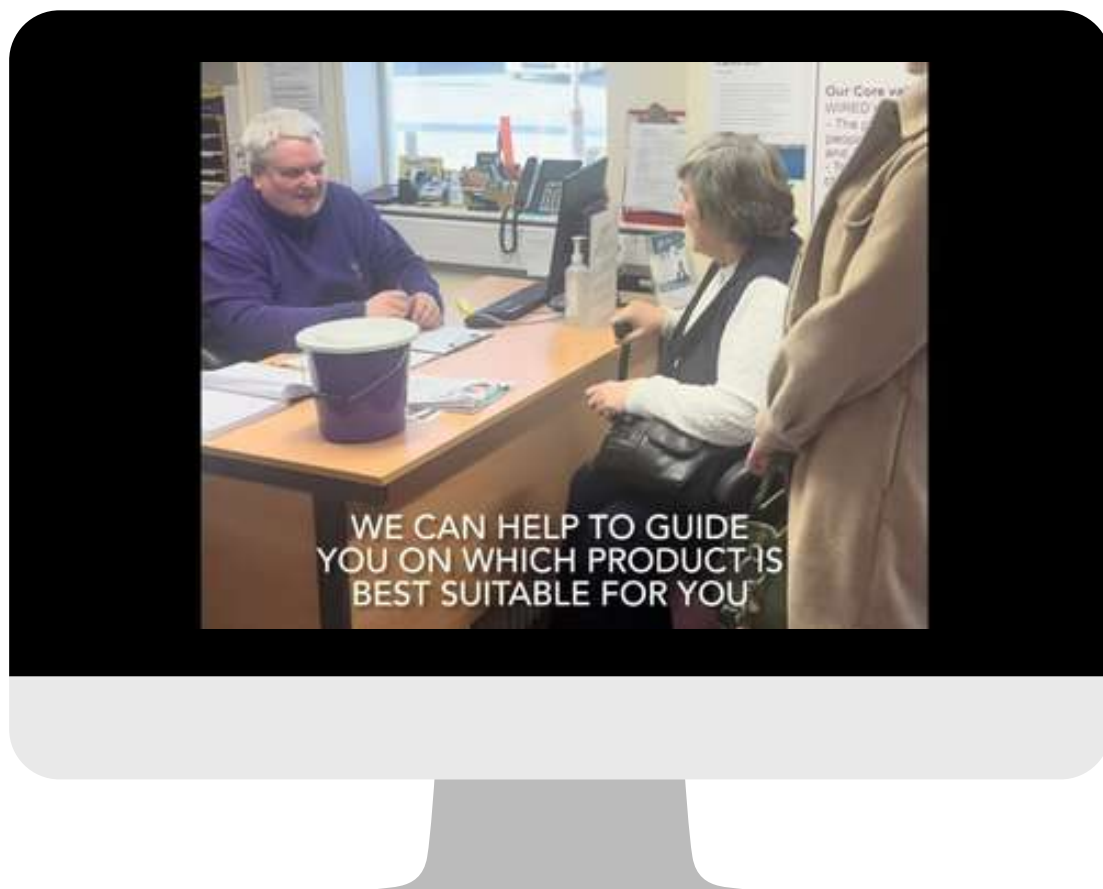


Join us at
MORETON CROSS, CH46
Christ Church Parish Centre,
Oakenholt Road, Garden Lane

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



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)

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