

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

Carers RIGHTS DAY

Someone you know
is a carer...

but do they
know it yet?

Carers Rights Day

Thursday 19th November

Carers Rights and Entitlements Session

A session exploring carers' rights, entitlements and the support available to them.

10am - 12pm or 1pm - 3pm
(you can choose either)

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

Booking is essential

Carers Rights Information Station

Call in for information and a chat with our team.

10am - 3pm

**In the atrium,
St Catherine's Health Centre**
Derby Road, Birkenhead

**No booking required -
just drop in**

To book or for more information:

0151 670 0777 **cws@wired.me.uk**

Wired
Putting You First

WIRRAL CARERS HEALTH & WELLBEING SERVICE

Carer Linkworkers Making Caring Visible, Valued & Supported



FIRE RISK AWARENESS SESSION

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

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

SESSION DETAILS

 **Friday 30th October**

 **10am – 12pm**

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

 **FREE REFRESHMENTS PROVIDED**

WE'LL COVER:

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



STAY SAFE AT HOME

PROTECT YOUR HOME AND YOUR LOVED ONES

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

 **0151 670 0777**  **cws@wired.me.uk**

Stay safe. We're here to help.



WILLS AND TRUSTS ADVICE SESSION

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

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

 **Wednesday 4th November**

 **10am–12pm**

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

How to book...

 **0151 670 0777**

 **cws@wired.me.uk**





CYBER CRIME SESSION



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

 **FRIDAY 13TH NOVEMBER**
1PM – 3PM

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



THE SESSION WILL COVER...

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



BOOKING IS ESSENTIAL

Contact us to book your place.

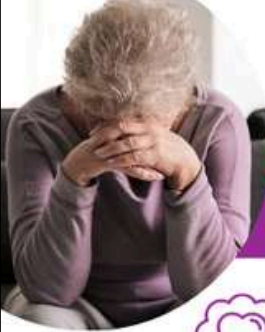


 **0151 670 0777**

 **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 16th November**

 **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**



WIRRAL CARERS HEALTH & WELLBEING SERVICE

Carer Linkworkers Making Caring Visible, Valued & Supported



NOVEMBER 2026

FOR UNPAID CARERS ACROSS WIRRAL

Your November Calendar

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

CARERS RIGHTS DAY Thursday 19 November

THU
19

Carers Rights and Entitlements

10am – 12pm or 1pm – 3pm
St James Centre. **Booking required.**

THU
19

Carers Rights Information Station

10am – 3pm
Atrium, St Catherine's Health Centre.
Just drop in, no booking.

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

WED
4

Wills & Trusts

10am – 12pm
Morecrofts Solicitors

THU
5

Crafty Sew 'n' Sew

9:30am – 3:30pm
Beginner-friendly sewing

WED
11

Home Energy Advice

10am – 12pm
Help with bills and energy costs

FRI
13

Cyber Crime Awareness

1pm – 3pm
Staying safe online

MON
16

Stress Management

1pm – 3pm
Tools for tough days

WED
18

Crafty Carers Club

10am – 3pm
Creative time out

THU
26

Financial Wellbeing

1pm – 3pm
With The Money Charity

FRI
27

First Aid Training

11am – 1pm
At The Stein Centre, Derby Road

CARER GROUPS & YOGA

EVERY TUESDAY

Carers Yoga

11am – 12:30pm

All Things Must Pass Centre for Wellness, 134 Borough Road, Wallasey, or online

12 & 26 NOV

Wallasey Support Group

1pm – 3pm

Inspire Café, The Spire, Breck Road, Poulton, Wallasey

THU 19 NOV

West Kirby Drop-in

10am – 12pm

Age UK Café, Marine Place, West Kirby

BOOK YOUR FREE PLACE

Carers Health & Wellbeing Team

0151 670 0777

cws@wired.me.uk

Christmas Events for Unpaid Carers

Wired
Putting You First

Join us for two festive events to celebrate, relax and enjoy time with other carers this Christmas.

Christmas Lunch



Join us for a delicious Christmas lunch, with good food, festive company and a chance to celebrate.



Wednesday 9th December



11.30am-3pm



Beechwood Social Club,
22 Beechwood Drive, Beechwood,
Birkenhead CH43 7ZU

Christmas Crafty Carers Day



Whether you're a keen crafter or have never tried it, come along and make things such as decoupage candles, door hangers and Christmas ornaments.



Thursday 10th December



10am-3pm



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



Free tea
and coffee
provided



A chance to meet
and connect with
other carers



A relaxed and
friendly
environment

CONTACT US TO BOOK



0151 670 0777



cws@wired.me.uk

WIRRAL CARERS HEALTH & WELLBEING SERVICE

Carer Linkworkers Making Caring Visible, Valued & Supported

Our 'Caring With Confidence' Course



This week's Yoga Class!



**Local
Government
Association**

Caring for Unpaid Carers During Winter Pressures

Tuesday 10th November 2026, 12.00pm - 13.00pm

Winter places additional strain on health and care services, but it also increases pressure on unpaid carers who are often supporting people with more complex needs, managing hospital admissions and discharges, and helping the people they care for to stay well at home. Join Carers Trust and guest speakers to explore:

- The vital role unpaid carers play in system resilience during winter
- The challenges they face
- Practical actions local areas can take to better identify, support and involve carers as partners in care.

This is a virtual Teams webinar.

CLICK HERE 



**Partners
in Care
and Health**

This webinar is open to anyone who works with, supports or comes into contact with unpaid carers, including NHS colleagues, professionals in health and social care, local authorities, carer organisations and colleagues from Better Care Fund Support Programmes.

Cost to attend:

Free to all

Please refer to our [Booking and Cancellation Policy](#).

WIRRAL CARERS HEALTH & WELLBEING SERVICE

Carer Linkworkers Making Caring Visible, Valued & Supported

Support
Connect
Belong



Wirral Carers Alliance

Carers
Stronger
Together

CARER CONNECTION CENTRE NOVEMBER SESSIONS

A welcoming space for information, advice and community

4th

Health & Wellbeing

11th

Practical Support & Resources

18th

Financial, Legal and Carers Rights

25th

Training, Education and Employment



Pop-in anytime between
10am and 6pm



Greasby Library, CH49 3AT

Come and connect with support services and meet other carers who understand about caring for loved ones



Scan the QR code to get updates and support



Visit the WCA Website for more information

www.wirralcarersalliance.com



Email the team to join the update bulletins

info@wirralcarersalliance.org.uk

Caring
Communities
Brighter Futures



Commitment to Carers

Same
Journeys
Stronger
Together

wirralview

Historic Wirral building set to be able to welcome more visitors



The oldest standing building in Merseyside will be able to welcome even more visitors following work set to be completed as part of Wirral Council's Birkenhead waterfront upgrades.

A contractor has now been appointed to install a lift and to make other improvements to the historic Priory in Birkenhead.



Children and families

Foster Carers recognised for dedication, passion and commitment

05 October 2026

The event recognised foster carers who go above and beyond to support children in their care, while also thanking the wider fostering community.

WIRRAL CARERS HEALTH & WELLBEING SERVICE

Carer Linkworkers Making Caring Visible, Valued & Supported

Next Stop: Publicly Owned Buses

It's the start of a new era for buses in the Liverpool City Region. Bringing the whole network under public control is a major change that will happen in stages.

Metro bus services are already running in St Helens and will start in **Wirral from Sunday 25 October**.



Bringing buses back into public control is all about making travel better for you.

We are increasing how often and at what times many buses run to make journeys more convenient, extending some routes and introducing some new ones.

As part of these updates, services in Wirral will be given new route numbers. We are doing this to remove duplicates and create one simple, network for the whole Liverpool City Region making it easier for people to plan their journeys.

All new and existing Wirral routes will now start with the number 4 – for example, the service 17 will become 417.

In Wirral the important changes are:

- Service 414 re-routed to serve Mount Road (New Brighton) and Prenton Dell
- New circular service linking Arrowe Park Hospital with West Kirby, Meols, Hoylake, Moreton, Saughall Massie & Upton
- New service linking Irby and Heswall to Clatterbridge Hospital
- Simplification of route taken by service 106/107 (406/407) with the frequency increased with the route also serving Victoria Road (New Brighton)
- Evening and Sunday journeys on service 17 (417)
- Earlier start to services 471/472
- Increase in frequency for service 80 (480) to every 60 minutes
- Extension of service 82 (482) to Heswall via Thurston with services increased to every 60 minutes
- A 60-minute service on the 91 (491) with a revised route in Prenton
- Evening & Sunday 492/495 frequency increased 60 minutes with later finish.
- The 407 service from Liverpool City Centre will now terminate at Town Meadow, with the remaining route to West Kirby covered by the 38 (438) and new local circular bus services 483 and 484 For more information on your service, check our new timetables.

For more information see full [Wirral Network Listing from 25th October](#).





WEEKLY PENSIONERS' 3-COURSE LUNCH

A warm welcome for local pensioners



THREE
DELICIOUS
COURSES



GOOD
COMPANY



A FRIENDLY
ATMOSPHERE



EVERY TUESDAY
AT 12PM



The lunch is funded, so there
is no charge to attend.

A suggested donation of **£5** is welcome
from those who are able to contribute,
but nobody will be turned away
if they cannot donate.

Funded by



Making a positive difference
in our local community



New Hope Wirral CIC
Egremont Mission
Guildford Street
Wallasey CH44 0BP



PLACES ARE LIMITED

Booking is essential
to reserve your place.



TO BOOK YOUR PLACE

Please contact New Hope Wirral CIC
newhopewirral@gmail.com



or speak to us
at the centre



Kindness



Inclusion



Diversity



Honesty



Equality



Compassion

WIRRAL CARERS HEALTH & WELLBEING SERVICE

Carer Linkworkers Making Caring Visible, Valued & Supported



**Wirral
Talking Therapies**



The Breeze Programme

Tuesday 17th November 2026

10am - 12pm

28 Woodside Business Park



Free programme over four weeks

Build confidence in self-management, resilience and motivation

Do you have a long term health condition?

**Come along to our free
four-week programme!**



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

Scan to donate:



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.



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

Scan to donate:



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.



WIRRAL CARERS HEALTH & WELLBEING SERVICE

Carer Linkworkers Making Caring Visible, Valued & Supported

What is Domestic Abuse?



Tomorrow's
Women



Tomorrow's
Women

Women Supporting Women

Physical Abuse

Physical abuse involves any deliberate action with the intent to cause injury, disable or kill. Physical abuse can involve the use of a weapon or an object used as a weapon, restraint or using physical force to harm another person. In addition to acts of physical violence, physical abuse can also involve false imprisonment, exposure to heat or cold, force feeding or denial of food, preventing access to healthcare or improper administering of medication.



Tomorrow's
Women

Emotional Abuse

Emotional abuse can include withholding affection, turning a woman's children and her friends against her, preventing the woman from seeing her friends or family or preventing contact with children by breaching court orders. Emotional blackmail can be used to try and make the woman feel guilty by using emotional outbursts, sulking or threatening self-harm or suicide as a way to control the woman's behaviour.



Tomorrow's
Women

Verbal Abuse

Verbal abuse can involve constant yelling and shouting, verbal humiliation either in private or in company, constantly being laughed at or made fun of, and name calling or the use of derogatory language. There are also more insidious methods such as constantly correcting or interrupting the woman or the use of prolonged silent treatment.



Tomorrow's
Women

Sexual Abuse

Sexual abuse can involve sexual harassment, sexually degrading language, rape or the threat of rape, unwanted touching, criticising sexual performance, accusations of affairs, sexual assault and any sexual activity which is done without consent.



Tomorrow's
Women

Financial Abuse

Abusers will often target a woman's financial independence as a way of controlling them and increasing their reliance on the abuser. Financial abuse can be broken down into the following three types:

Economic exploitation – this is where the abuser depletes the resources and credit of the woman.

Economic control – this can involve the abuser preventing the woman from having access to, or knowledge of resources.

Employment sabotage – This includes behaviours that prevent women from gaining or maintaining employment with a view to preventing their financial independence.



Tomorrow's
Women

Virtual Abuse

Virtual abuse encompasses digital stalking, placing false and malicious information about the woman on their own or others social media, online trolling, preventing the woman from having access to their content or not allowing them control over it, revenge pornography and monitoring or controlling of e-mail and phone calls (this can include work email and calls). Doxing is where an abuser posts private information about the woman online without their consent. Deepfake pornography is where an abuser uses AI to generate explicit images/film that appear to be of the woman.



Tomorrow's
Women

Coercive Control

Coercive control is a strategic pattern of behaviour designed to exploit, control, create dependency and dominate the woman. Coercive control is a form of grooming behaviour that over time erodes women's sense of self, their confidence and self-esteem and their ability to think and act for themselves without instruction from the abuser. The effect on the woman is that of being micro-managed, with all aspects of her daily life being controlled by the abuser. Due to its nature, many victims of coercive control may not realise that what they are experiencing is abuse.



Tomorrow's
Women

WIRRAL CARERS HEALTH & WELLBEING SERVICE

Carer Linkworkers Making Caring Visible, Valued & Supported



THE BLOCK ON THE WIRRAL

VETERANS SUPPORT CENTRE



FIND US AT:

**583 BOROUGH ROAD
BIRKENHEAD
CH42 0HD**



OPENING TIMES:

MONDAY

13:30 – 17:00

WEDNESDAY

13:30 – 17:00

FRIDAY

13:30 – 17:00



HOUSING &
HOMELESSNESS



MENTAL
HEALTH



ADDICTION
& RECOVERY



EMPLOYMENT
& COMMUNITY

**NO APPOINTMENT
NEEDED**



theblockaff.org



support@theblockaff.org

WIRRAL CARERS HEALTH & WELLBEING SERVICE

Carer Linkworkers Making Caring Visible, Valued & Supported



HARD HITTERS VETERANS HUB



SUPPORT • STRENGTH • BROTHERHOOD



AA MEETING

— EVERY THURSDAY AT —

HARD HITTERS VETERANS HUB

★ A MEETING FOR ANYONE SUFFERING
WITH DRUGS AND ALCOHOL MISUSE ★

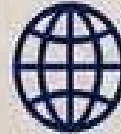


18:30

EVERY THURSDAY



ALL MEMBERS
OF THE PUBLIC
ARE WELCOME



ALL MEMBERS
OF THE PUBLIC
WELCOME



**142 CLAUGHTON ROAD, BIRKENHEAD
WIRRAL, CH41 6EY**

WIRRAL CARERS HEALTH & WELLBEING SERVICE

Carer Linkworkers Making Caring Visible, Valued & Supported



Wirral Council

Discover support!

📍 **13 March** - Open walk up advice and support at the
Lalla, Marine Lake Medical Practice on selected Mondays

👉 **Join our Social Prescribing Drop-in** to tackle life's challenges. Help and advice on a whole range of
issues is available from housing and mental health to caring for loved ones or experiencing loneliness,
we're here for you! 🏡



👉 **Looking for help, advice or support?** You are where to turn! Our
Marine Lake Social Prescribing Link Worker, is here to help
you find a way forward.

👉 **When not around?** Don't forget you can call us, you don't need to be a patient there.



Wirral
Social Prescribing Link Worker



Flourish Wellbeing Hub



Flourish Wellbeing Hub:

Citizens Advice Wirral

Walk up advice session

Every Monday from 9.30am to 12.30pm

- Do you want benefits advice?
- Help with your finances?
- Help with managing your wellbeing?
- Help with your energy bills?

Our Citizens Advice Wirral Adviser based at Flourish
can help you find a way forward.



citizens
advice
Wirral



Location: Flourish Wellbeing Hub - Wing A,
2nd Floor Wirral Central Hospital, 401 Lane,
Wirral
CH44 2PL

WIRRAL CARERS HEALTH & WELLBEING SERVICE

Carer Linkworkers Making Caring Visible, Valued & Supported

WORLD STROKE DAY

A community event for stroke survivors, carers, families and local supporters



WEDNESDAY 28
OCTOBER 2026

GREASBY LIBRARY
132 Greasby Rd,
Wirral, CH49 3AT



FREE COMMUNITY EVENT
EVERYONE WELCOME

Come along, connect with others, discover practical support and help us
reduce isolation after stroke

WHAT'S HAPPENING



Explore Skyla NR

VR rehabilitation tools from Viz Box Ltd, alongside the Skyla Reports System. Supporting physical recovery, emotions and wellbeing.



Meet Visual Therapies CIC

Weekly group support activities, including NADA acupuncture and sound bath sessions.

Two 30-minute sessions:
12pm - 1pm



Launching "Hey SKYLA"

Skyla Knows Your Learning Assistant

A friendly interface designed to support stroke survivors and carers with medical questions and accessible information.

Hosted in partnership by



Wirral Carers Alliance



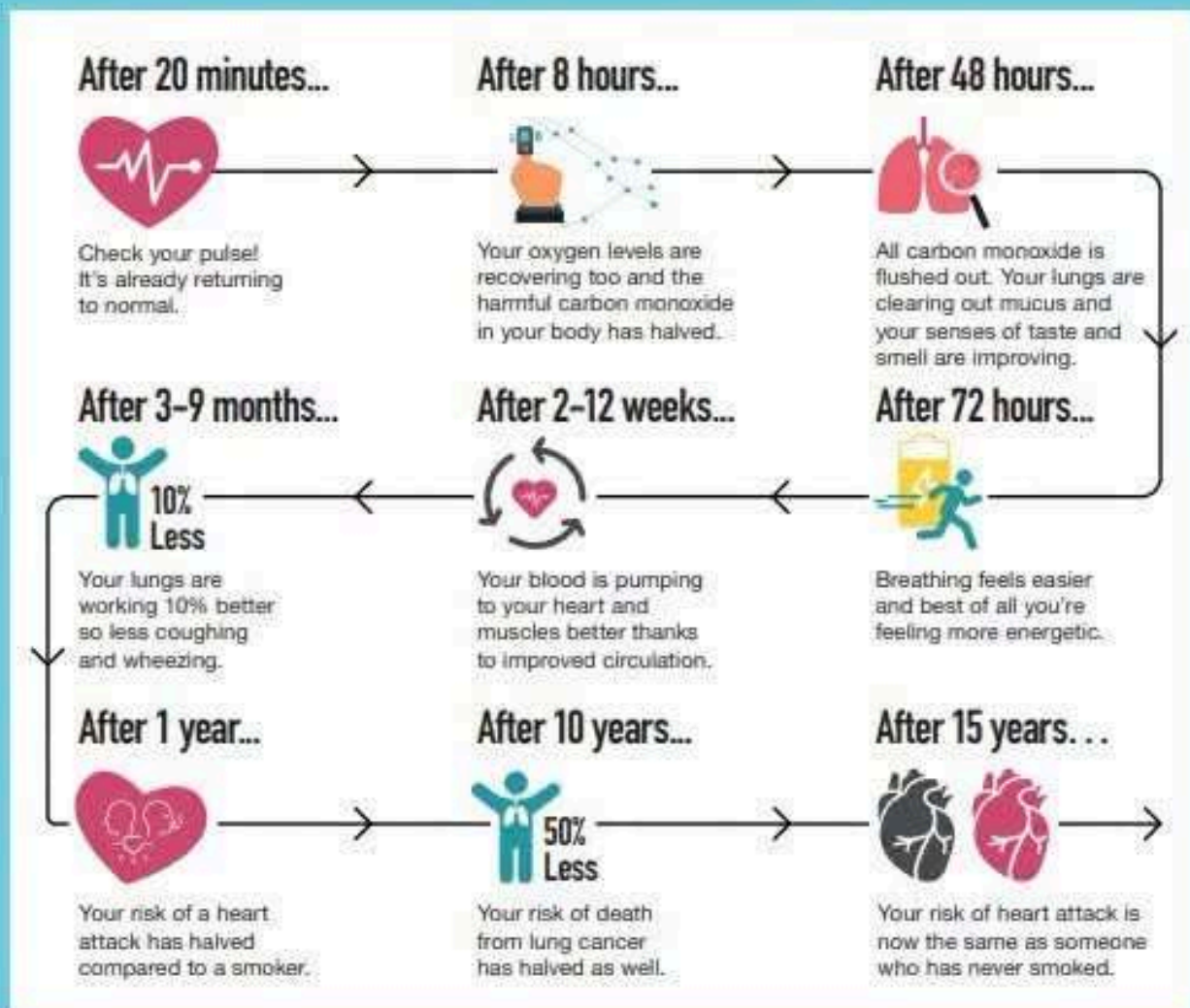
World Stroke Day is observed on
29th October.

Learn the signs and act FAST. If you
suspect a stroke, call 999 immediately.

Skyla tools and HEY SKYLA
are presented for information
and demonstration and do not
replace professional medical
advice or emergency care.

What happens when you quit smoking?

It's never too late to quit smoking and many health benefits will happen faster than you think. Here's what can happen after your last cigarette...



It's never too late to stop smoking. With the right support you're up to three times as likely to quit for good.

Search smoke free for free support and advice

Better Health Let's do this

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](#).

What Parents & Educators Need to Know about

DEEPPFAKES

WHAT ARE THE RISKS?

A deepfake is a piece of artificial intelligence (AI) trickery designed to make you believe that a person has said or done something they haven't. AI models are able to use audio, video and photos of a subject to produce misleading mimics, initially unsophisticated and easy to spot. Deepfakes are improving every day. And with the spread of user-friendly AI, it's easier than ever for children to make their own, or be the unsuspecting target of them.

A BULLYING RISK

AI has got easier to use and more widespread, making it a "gift" to bullies. Children can generate fake audio of peers saying damaging things, or pictures of them doing something embarrassing. More disturbingly, Metro recently highlighted cases where fake sexualised images of teens are spread through social media. Mainstream apps don't allow this usage, but with AI becoming widespread, easy-to-use sites without guardrails keep emerging for darker uses.

FAKE FAMILY SCAMS

With a few seconds of audio – from an Instagram reel or TikTok – scammers can clone a person's voice. They can then use this to scam relatives with phone calls asking for money or assistance. This is a widespread tactic for scammers, with the FBI reporting 22,000 such cases in 2023, defrauding victims out of \$93 million that year alone.

FAKED CELEBRITY ENDORSEMENTS

With the technology getting easier to use and public figures having lots of clips for testing, celebrities are a frequent target. According to McAfee, the most deep-faked celebrities are Taylor Swift, Scarlett Johansson, Jenna Ortega, Sydney Sweeney and Sabrina Carpenter, and their AI deepfakes are usually pushing scams. Even YouTuber MrBeast has been deepfaked by scammers on TikTok. It can be used for propaganda too, making politicians appear to do or say things to improve or harm their reputation.

EXTORTION RISK

You might not be the one being tricked by a deepfake – you could also be the star of it. Blackmail videos are as old as film itself, but with deepfake technology you don't have to have done anything wrong to be a target. A deepfake video showing a person in an compromising position could make the victims pay up, even when the content never happened.

Advice for Parents & Educators

KEEP PROFILES PRIVATE

To make a convincing deepfake, you need a supply of images, audio or video of the subject. That means that most semi-celebrity victims are targeted via social media where there's a ready-made repository of media to train a deepfake from. Most social media companies have privacy settings to prevent unauthorised access. Enable these to keep strangers and bullies away.

KNOW WHAT TO LOOK FOR

While deepfakes are getting harder to spot, there are still telltale signs to look out for. Deepfake creation can leave blurry edges and flickering textures, especially around hair and teeth. It can also look too sleek, with models often trained on professional video. Make sure the mouth shapes match the spoken words, too. As for audio, listen out for mispronounced phrases and a slightly unusual, robotic rhythm of speech.

USE RESEARCH AND COMMON SENSE

Even perfect deep fakes rely on trust, so think critically. If it's someone you know asking to need help, then ask them to prove they're who they say they are with an inside joke. For public figures, try Googling the person along with a bit of the contentious speech in quotation marks. Also question why you're seeing the video. If it's a paid promotion, then ask yourself who's paying and why. If someone is sharing the clip, do they dislike the target?

TALK TO YOUR CHILDREN

As well as emphasising the need for privacy and to not trust everything they see online, it's important to ensure children realise why deepfakes are problematic in the first place. With deepfake technology getting more accessible and easy to use, children can start using the technology to make deepfakes of schoolmates, teachers or other adults. Ensure they're aware of the serious trouble the technology can cause, and the ethical problems of manipulating someone's image without consent.

Meet Our Expert

Alan Martin is an experienced technology journalist who has written for the likes of The Guardian, The Telegraph, The i, Wired, TechRadar, Tom's Guide, The Evening Standard and The New Statesman.



#WakeUpWednesday

The National College



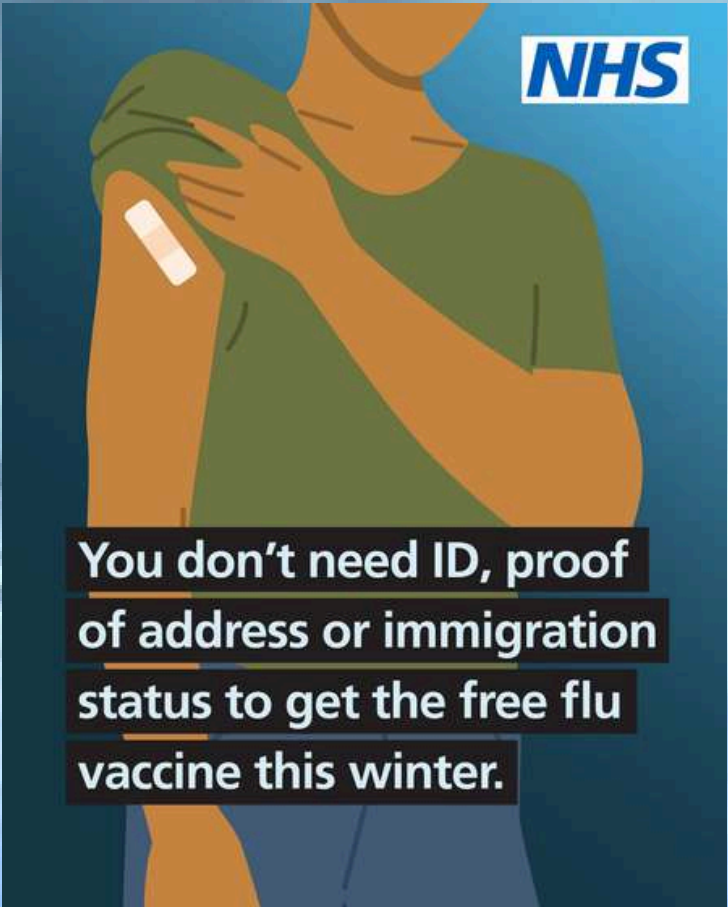
NHS

Rough sleepers and those using homeless hostels or night-shelters can get free vaccines to help protect against flu and pneumonia.

This winter, the NHS are bringing flu and pneumococcal vaccinations to people experiencing homelessness.

There's no need for ID, proof of address or immigration status.

Vaccines are available from most pharmacies, GP practices and some outreach teams.



NHS

You don't need ID, proof of address or immigration status to get the free flu vaccine this winter.



“

"Unpaid carers must never be left to struggle alone in any future pandemic again. As Baroness Hallet recommends, planning should happen now. Her report underlines the urgency and importance of building a National Care Service as soon as possible."

- Helen Walker, Chief Executive



“

This week's announcements have the potential to mark a real turning point for carers – recognising them as equal partners in care and helping to build a social care system that is valued, accessible and properly funded."

- Helen Walker,
Chief Executive



Regional Carer Support



**CARERS
TRUST**

Cheshire and
Warrington



Support for
carers



SAUSAGE & MUSHROOM RAGU

SERVES: 4

PREP & COOK: 10 & 25 minutes

TYPE: Easy



INGREDIENTS

- 2 tbsp olive oil
- 1 carrot grated
- 3 spring onions finely chopped
- 2 garlic cloves grated
- large handful of mushrooms finely chopped or grated
- 1 tsp dried oregano
- 1 tsp fennel seeds
- 6 pork sausages squeezed out of their skins
- 400g can chopped tomatoes
- 1 tbsp tomato ketchup

METHOD

- Heat the oil in a saucepan over a medium heat and tip in the carrot, spring onions, garlic, mushrooms, oregano and fennel, along with a pinch of salt.
- Cook for about 5 mins.
- Add the sausagemeat and cook until browned all over, then add the chopped tomatoes and ketchup, along with a pinch of salt and 100ml water.
- Reduce the heat to low, cover and cook until the sauce is thick, about 20 mins, stirring now and again.
- Season to taste, then serve with buttery mashed potato, pasta or couscous.

Local events!

Equilibrium
NORTH WEST CIC
A Community Interest Company
Creating Pathways to Understanding

ADULT GROUPS

Support ♥ Friendship ♥ Activities ♥ Community

MONDAY
Zest SOCIAL GROUP
11:00am Start
£5pp
We chat, meet new friends and do amazing arts and crafts each week inside our own Pear Tree Social Cafe where you can order food or a drink.
Arts Crafts Friends Fun!

WEDNESDAY
Wellness Wednesday
with Debbie
11:00am - 12:00pm
Move, Breathe, Relax, Feel Good.
Gentle exercise, Relax & unwind, Improve wellbeing, Meet new people, Feel better.

Free Bread and Soup
(Wednesday)
From 12pm
This is a great afternoon of delicious soup and a roll and come and make new friends.

THURSDAY
Lunch Club
Music, Monthly Themed and Bingo
Live Music, Monthly Themed Events, Bingo, Great Food, Make New Friends.
2 COURSE MEAL ONLY £6.50

Everyone Welcome, A Friendly Safe Space, Support Your Wellbeing, Be Part of Our Community.

Equilibrium North West Community Centre
130 St Anne Street, Birkenhead, CH41 3HX

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.

Monday 26th October
Sophie Marie, returning female entertainer

Monday 9th November
THE VITALS LIVE BAND not to be missed

Monday 23rd November
Joe Wall, Great artist, back by demand

Monday 7th December
Dave Mac returning to get us all in the Christmas spirit

Merry Christmas everyone & a special thank you for supporting the Monday Club.

Call Peter Welch for further information on 07768366736

Chatty CAFE
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

HELLO OCTOBER
with Women of the Wirral

WOW Autumn with WOW
SUPPORTING COMMUNITIES

A new month, a new season and lots of lovely ways to connect, create, learn and look after your wellbeing.

Our groups are about friendship, confidence, creativity and community. There's a place for you at WOW.

This October enjoy:

- Knit & crochet groups
- Chatty tables
- Craft & wellbeing sessions
- Journaling
- Sound bath sessions
- Women of the World
- Men of the Wirral groups
- Guest at our Table NEW
- Friendship, confidence & connection

Find us at:

- Williamson Art Gallery, Oxtou
- 955 Social Community Hub, Bromborough
- Tomorrow's Women, Birkenhead
- Callister Gardens, Oxtou
- Monks Cottage, Eastham
- St Stephen's Community Hall, Prenton
- NEW Stanton House, Eastham

Everyone welcome! Come and spend October with WOW ♥
You can come on your own - you won't stay a stranger for long!

info@womenofthewirral.org

Connection • Wellbeing • Friendship • Community

WIRRAL CARERS HEALTH & WELLBEING SERVICE

Carer Linkworkers Making Caring Visible, Valued & Supported

**OPENING SATURDAY
24th OCTOBER 2026**

JABBAZ BRICK STORE

Merseyside's NEW
independent LEGO® shop

We stock a huge array of new & used
LEGO® sets, minifigures and parts!

WE BUY YOUR LEGO® TOO!

All types of collections, new or used,
as well as loose LEGO® by weight.

20% OFF
OPENING WEEKEND
(24th - 25th October)

OR

10% OFF
VALID UNTIL 30/11/26

IN-STORE WITH THIS FLYER*

*One use per customer

1c Acacia Grove, West Kirby, CH48 4DD

jabbzbrickstore.co.uk

Email us: contact@jabbzbrickstore.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



**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. 

FRIDAY AT 12. NOON 

PAY AS YOU FEEL

SOUP 

FREE

TEA & COFFEE

every day. 





 **REDUCE WASTE** | **SUPPORT FAMILIES** | **BUILD COMMUNITY** 

Small change. Big difference. 

WIRRAL CARERS HEALTH & WELLBEING SERVICE

Carer Linkworkers Making Caring Visible, Valued & Supported



THE MONDAY CLUB

10am - 12pm every Monday

£4 per person

This includes
light refreshments & Bingo

Entertainment
once a month

All are welcome!

Barncroft Sheltered Communal Lounge

The poster features a vibrant yellow background with musical notes, a teacup, and bingo cards. It lists the time as 10am-12pm every Monday, the cost as £4 per person, and includes light refreshments and bingo. Entertainment is provided once a month. A banner says 'All are welcome!' and the venue is Barncroft Sheltered Communal Lounge.



The Quirky Collective
Community Days

Launching Wednesday
7th October then
every Wednesday!

St Andrew Church, Meols

Opening at 11:00

Free refreshments for launch day
and a BIG welcome!!!

Community lunch, quiz 's, dance and fitness classes,
playgroup, cooking lessons, crafts and much more

Come and meet the team,
see what we're planning,
and have your say on
what you'd like to see on
offer!

In association with The Quirky Cafe
and Community Hub and The Quirky Collective

The poster shows a cozy table setting with soup, bread, and a sign that says 'Everyone Welcome'. It details the launch on Wednesday 7th October at 11:00 at St Andrew Church, Meols. Activities include community lunch, quizzes, dance, fitness, playgroup, cooking lessons, and crafts. The poster is for The Quirky Collective in association with The Quirky Cafe and Community Hub.



GROOVE & GRIND

#PopUp #RecordFairs

BIRKENHEAD COVERED MARKET
(CH41 6ES)

EVERY 1ST SUNDAY OF THE MONTH

1ST SUNDAY OF THE MONTH

11AM - 3PM

WE'RE BRINGING THE:

#RECORDS #CDs #TAPES #MERCH
— AND THE #VIBE:

ALL YOU NEED TO BRING IS YOURSELF!

ROCK | POP | PUNK | COUNTRY
FOLK | JAZZ | SOUL
+ INDIE, 70s, 80s, 90s & 00s
& EVERYTHING IN BETWEEN!

DOG-FRIENDLY | HUMAN-FRIENDLY

FOLLOW US & TAG YOUR CREW — LET'S
MAKE IT A SUNDAY TO REMEMBER!

#Birkenhead #RecordFair #VinylCommunity #MusicLovers

The poster has a black and white background with musical instruments and vinyl records. It advertises a record fair at Birkenhead Covered Market on the 1st Sunday of the month from 11am to 3pm. It lists various music genres like Rock, Pop, Punk, Country, Folk, Jazz, and Soul, along with vinyl, CDs, and tapes. It is dog and human friendly and encourages social media tagging.



Magic Moments

UPCOMING DATES FOR
NOVEMBER

Fun! Laughter! Friendship! Dancing!

MONDAY 2ND NOVEMBER
LISA TOMLINSON
at The Lever Club
Port Sunlight Village
CH63 4XB

MONDAY 16TH NOVEMBER
JAMES LOUGHLIN
at The Lever Club
Port Sunlight Village
CH63 4XB

THURSDAY 19TH NOVEMBER
SCOTT JOHNS
at The Bronze Club
Wallasey
CH45 2AG

ONLY **£7** ON THE DOOR

DOORS OPEN 12.15PM - 4.15PM

FREE BINGO WITH ENTRANCE FEE!

BRING YOUR OWN SNACKS | CHEAP BAR

Fun! LAUGHTER! FRIENDSHIP! DANCING!

OPEN THE BOX!

The poster is colorful with a starry background. It lists three events in November: Lisa Tomlinson on Monday 2nd, James Loughlin on Monday 16th, and Scott Johns on Thursday 19th. All events are at The Lever Club except for Scott Johns at The Bronze Club. It includes a £7 on the door offer, doors open from 12.15pm to 4.15pm, and free bingo with an entrance fee. It also mentions a cheap bar and bringing your own snacks.

WIRRAL CARERS HEALTH & WELLBEING SERVICE

Carer Linkworkers Making Caring Visible, Valued & Supported

955 COMMUNITY • WELLBEING • TOGETHER

WOW Autumn with WOW

FLOW People | Communities | Brighter Futures

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.

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

You're not alone. You matter too.

ONE DAY AT A TIME

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

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

FOR CARERS AND THEIR RELATIVES

DEMENTIA SUPPORT GROUP

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: carer focus evenings

WHEN: Every Tuesday (fortnightly) 10am - 12pm

WHERE: Brook Rd, Wallasey CH44 3DD The Spire Community Café

GROUP 2: carer support evenings

WHEN: Every Saturday (fortnightly) Starting on 17th June 12:30pm - 2:30pm

WHERE: Diversity Hub, 4 Liscard Road, CH44 6LN

ALL CARERS AND RELATIVES WELCOME

Together, we can face the journey.

GET IN TOUCH

VISIT OUR WEBSITE <https://www.wirralcarers.org.uk>

FOLLOW US ON FACEBOOK One Day At A Time

EMAIL US one.day.at.a.time@wirralcarers.org.uk

TAKE TIME FOR YOURSELF You can't pour from an empty cup.

SPARKLETS BABY & TODDLER GROUP

Come along to our friendly and welcoming baby & toddler group. We have a sectioned off baby area, lots of toys, plenty of space for ride-ons and running around, Bible stories, songs, and crafts, as well as snack time, with hot drinks and biscuits for adults too!

- ✓ Tuesdays during term time
- ✓ 1:30 - 3pm
- ✓ £1.50 per family
- ✓ Holy Trinity Church, Chorley Way, Spital, CH63 9LS

htc Holy Trinity Church

MORE INFORMATION

www.holytrinityspital.org/families



WIRRAL CARERS HEALTH & WELLBEING SERVICE

Carer Linkworkers Making Caring Visible, Valued & Supported

SING.

FEEL BETTER.

TRY OUR NEW
WIRRAL DAYTIME CHOIR

TUESDAYS • 11AM

ST LUKE'S, HOYLAKE

@connectedvoiceschoir

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, HOYLAKE

CHAIR EXERCISE



Reclaim mobility
Reclaim balance
Reclaim muscle tone
Lose weight

Wednesday & Friday
12noon £2 per class

All ages
welcome

Delamere Community Centre

Delamere Avenue, Eastham, CH62 9ED

0151 327 8767



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

WIRRAL CARERS HEALTH & WELLBEING SERVICE

Carer Linkworkers Making Caring Visible, Valued & Supported

BEBINGTON SOVEREIGN MAJORETTES

SUCCESSFUL Recruitment Day!

WE'VE WELCOMED SO MANY WONDERFUL NEW DANCERS TO OUR SOVEREIGNS FAMILY!

WE WOULD LOVE SOME OLDER DANCERS TO JOIN US!

TINIES	JUNIORS	SENIOR 2
YEAR 5 UPTO AND INCLUDING YEAR 7	YEAR 8 UPTO AND INCLUDING YEAR 11	16 PLUS

MESSAGE US
FOR MORE INFORMATION
OR TO COME ALONG!

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

ENJOY.....

SOCIALISING IN A WARMSPACE

£2 BACON BUTTIES

TEA & COFFEE

50P (per slice) TOAST AND PERSERVE

THE SOCIAL SUPERMARKET

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

HARVEST COURT Day Centre

A welcoming place to socialise, enjoy activities and make new friends.

OPEN MONDAY, TUESDAY, THURSDAY & FRIDAY

9:00AM – 4:00PM

ACTIVITIES INCLUDE:

- GAMES
- BINGO
- BOWLS
- WALK DOWN MEMORY LANE
- ARTS & CRAFTS
- A PLACE WHERE YOU CAN MEET NEW FRIENDS

DIRECT PAYMENTS AND PRIVATE PAYMENTS ACCEPTED.

Call 0370 192 4132
TO BOOK YOUR **FREE** HALF DAY SESSION.

Your wellbeing matters here

Lisa.morrow@housing21.org.uk

WIRRAL CARERS HEALTH & WELLBEING SERVICE

Carer Linkworkers Making Caring Visible, Valued & Supported



INDOOR Craft Fair

Cards Gifts Homeware Jewellery and more...

Support Local Crafts

Saturday 24th October 2026
11am to 3pm

St Andrews United Reformed Church Meols
in association with the Quirky Community Hub

Unique Handmade Gifts

Craft Create Support Community

All proceeds going to the Quirky Community Hub minibus fund



HEDGEHOG AWARENESS TALK

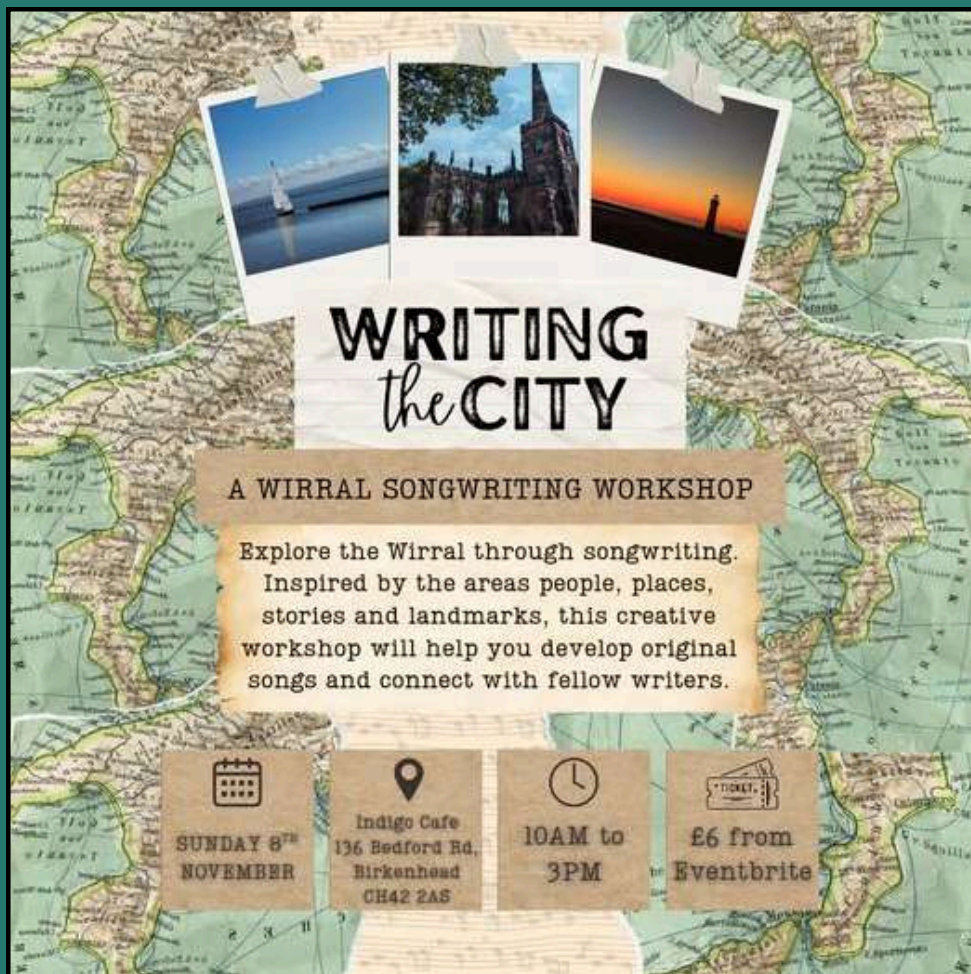
FROM

JACKSON ANIMAL RESCUE

SATURDAY 14TH NOVEMBER 2.30PM

WALLASEY CENTRAL LIBRARY

Free but booking advisable on Eventbrite



WRITING the CITY

A WIRRAL SONGWRITING WORKSHOP

Explore the Wirral through songwriting. Inspired by the areas people, places, stories and landmarks, this creative workshop will help you develop original songs and connect with fellow writers.

SUNDAY 8TH NOVEMBER

Indigo Cafe
136 Bedford Rd,
Birkenhead
CH42 2AS

10AM to 3PM

£6 from Eventbrite

WIRRAL CARERS HEALTH & WELLBEING SERVICE

Carer Linkworkers Making Caring Visible, Valued & Supported



The Joeys
POOL TEAM

**WE'RE LOOKING FOR
PEOPLE TO JOIN
OUR TEAM!!!**

 **WEDNESDAY
EVENING.** | **18+** **OVER 18s
ONLY.**

 **INBOX US IF YOU'RE
INTERESTED IN JOINING.**

THE QUIRKY COMMUNITY HUB MONTHLY SUNDAY LUNCH WITH LIVE MUSIC FROM QUIRKY FAVORITES IN THE POCKET

TWO COURSE MEAL- VEGETARIAN OPTION
£10

MUSIC TO START WITH DESSERT
DINERS MAY BRING THEIR OWN WINE ETC.

OCTOBER 25TH

SINGLE SERVICE 1PM

PLEASE BOOK IN ADVANCE

[HTTPS://BOOKWHEN.COM/THEQUIRKYCOMMUNITY](https://bookwhen.com/thequirkycommunity)

OPEN FOR COFFEE ETC FOR NON DINERS

Market St. Hoylake CH37 3BW



Equilibrium **Family Hub** **the Pear Tree SOCIAL CAFE**

YOUTH CLUB
AGES 8+

**EVERY TUESDAY
AND THURSDAY
3:45pm to 5:45pm
FREE**

KIDS HAVE TEA AT YOUTH CLUB FOR £1.50 AT OUR AMAZING PEAR TREE CAFE

FOOTBALL **BAKING** **ARTS & CRAFT**

AND MUCH MORE!

A perfect group to develop your social skills and make new friends within the community.

TUCK SHOP
YOU CAN BUY SOME GOODIES FROM OUR TUCK SHOP

130 St Anne Street, Birkenhead, CH41 3HX

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



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!

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

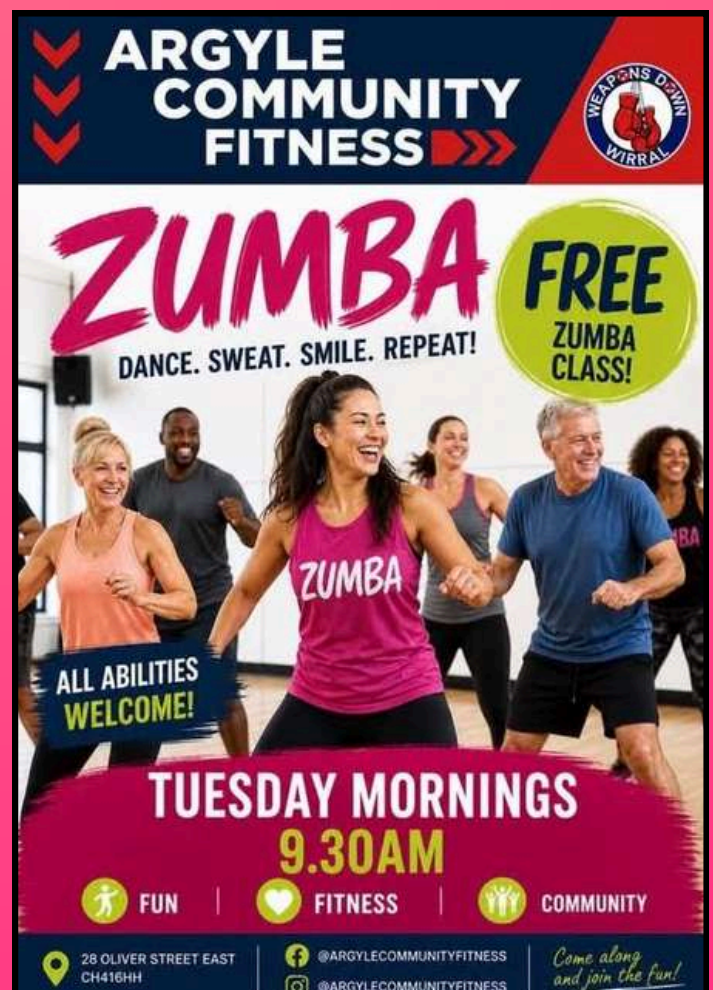
WIRRAL GRAMMAR GIRLS SCHOOL
CH63 3AF

STARTS MONDAY 15TH JUNE
FOR 4 WEEKS
OUTDOOR COURT

£5

ALL LADIES WELCOME!

CONTACT LOUISE:
07726692701
louise.moss@englandnetball.co.uk



ARGYLE COMMUNITY FITNESS

WEAPONS DOWN WIRRAL

ZUMBA

FREE ZUMBA CLASS!

DANCE. SWEAT. SMILE. REPEAT!

ALL ABILITIES WELCOME!

TUESDAY MORNINGS
9.30AM

FUN | FITNESS | COMMUNITY

28 OLIVER STREET EAST
CH416HH

[@ARGYLECOMMUNITYFITNESS](https://www.instagram.com/ARGYLECOMMUNITYFITNESS)
[@ARGYLECOMMUNITYFITNESS](https://www.facebook.com/ARGYLECOMMUNITYFITNESS)

Come along and join the fun!

WIRRAL CARERS HEALTH & WELLBEING SERVICE

Carer Linkworkers Making Caring Visible, Valued & Supported

**TAKING STRIDES**
presents
CHAIR-BASED PILATES
WITH *Karen* 

**THE FITNESS BOUTIQUE**
PILATES • FITNESS • DANCE

 **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
STRONGER • HEALTHIER • Happier

ACTIVE You

FREE CARERS SESSION

GET STRONGER FOR CARING



WEDNESDAYS 10AM-12PM

 **LOCATION: UPTON VICTORY HALL**

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

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

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



 **WIRRAL** activerirral.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

ALL
ABILITIES
WELCOME!

CIRCUIT TRAINING WITH ACTIVE YOU



Thursdays
1pm – 2pm



Tomorrow's Women
Hall



Tomorrow's
Women

It's not easy being GREEN



Climate Facts for a greener future

Navigating mis – and disinformation in libraries

Wednesday 21 October to Wednesday 28 October

partner
Met Office

Craft and stories October Half term

Our libraries will be offering a variety of sessions including making autumn wreaths, bird feeders and some spooky crafts too!

As it is Green Libraries week we will be doing our best to recycle & re-purpose.

Book via
wirrallibraries.eventbrite.co.uk



National
Year of
Reading
2020



Green
Libraries
Week

WIRRAL CARERS HEALTH & WELLBEING SERVICE

Carer Linkworkers Making Caring Visible, Valued & Supported

**Women's
Boxing at
Venture Boxing
Brassey St**

with
Norma

9.30 am
Friday
All abilities
welcome

De-stress.
Get fit and
have fun.

Fee
£5



**ARGYLE
COMMUNITY
FITNESS**

**Boxing
or Circuits**

*Train Like a Champion
with Expert Coaching*

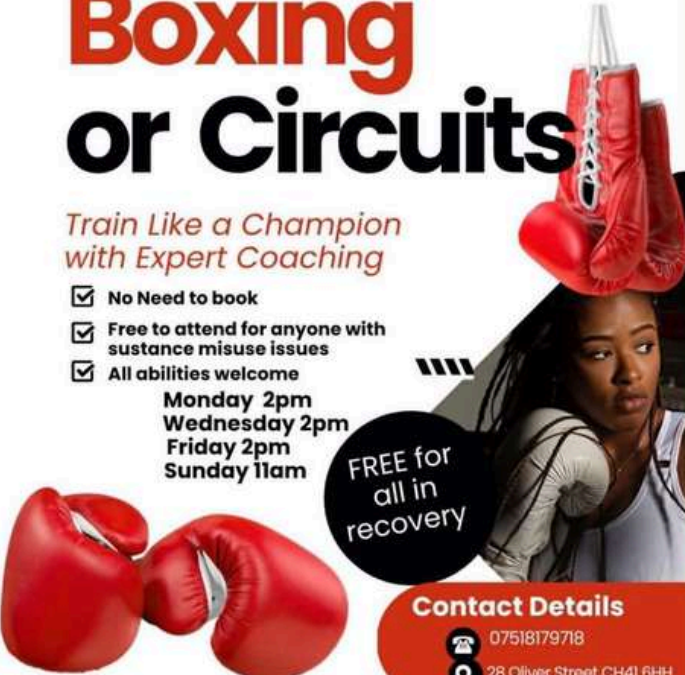
- ✓ No Need to book
- ✓ Free to attend for anyone with substance misuse issues
- ✓ All abilities welcome

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



www.thechattycafescheme.co.uk
We believe a chat can improve your day!

**Pop Over for a
Friendly Chat**

**Eddy's Bar and Bistro,
Greasby** | **Every Tuesday
from 3 - 5 pm**

The 'Chatter & Natter table' is a wonderful way of encouraging people of all ages to talk to others.
During the day and time above, the table will be hosted by a friendly volunteer.
No agenda, no pressure – just relaxed chats. Do come along – you would be very welcome!

**The Chatty
Cafe Scheme**



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

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



YOUR FUTURE
STARTS WITH
EVERY STEP YOU TAKE.

Stay active. Stay strong.
Stay independent.



Any questions? Contact Christine
07411 949185

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

WIRRAL CARERS HEALTH & WELLBEING SERVICE

Carer Linkworkers Making Caring Visible, Valued & Supported



WIRRAL BLUES CLUB

BLUES-ROCK Festival

Connie Lush is a renowned blues Icon

SPECIAL GUEST APPEARANCE

Festival 6th and 7th November 2026

We cannot wait to welcome Connie Lush to our stage. A true icon of the UK blues scene, Connie brings world-class vocals, international pedigree, and the kind of electrifying presence that lifts an entire festival. Having performed in over 30 countries and earned multiple awards – including five Blues in Britain "Best Female Vocalist" titles and the European Blues Vocalist of the Year – she stands as one of the most powerful and respected voices in modern blues.

Her appearance at our festival is something genuinely special, and we're thrilled to have her with us.

Connie Lush performs
Saturday 7th November 2026



CHRIS de BURGH
IT'S NEVER TOO LATE
TOUR 2027

MAY 2027

- 06 BATH FORUM
- 07 BOURNEMOUTH PAVILION
- 10 LONDON CADOGAN HALL
- 11 LONDON CADOGAN HALL
- 13 LEICESTER DE MONTFORT HALL
- 14 BASINGSTOKE THE ANVIL
- 16 HARROGATE CONVENTION CENTRE
- 17 LIVERPOOL PHILHARMONIC HALL

TICKETS FROM [TICKETLINE.CO.UK](https://www.ticketline.co.uk) OR THE VENUES
www.cdeb.com A Kennedy Street Presentation



ECHO & THE BUNNYMEN

APPLES FOR ISAAC UK ALBUM TOUR 2026



MON 16 NOV
NEW BRIGHTON
FLORAL PAVILION THEATRE

THE NEW ALBUM APPLES FOR ISAAC OUT NOW



UH OH

Phil Wang

 **Sun 25 Oct, 20:00**

 **Liverpool Philharmonic Hall**

[Book tickets](#) [More info](#)



WIRRAL CARERS HEALTH & WELLBEING SERVICE

Carer Linkworkers Making Caring Visible, Valued & Supported

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





33 45 A

SEC ROW SEAT

THE LIVERPOOL RECORD FAIR



SUN
8TH
NOV

CAVERN WALKS
10AM - 4PM
FREE ADMISSION



BRITANNIA RECORD FAIRS

WIRRAL CARERS HEALTH & WELLBEING SERVICE

Carer Linkworkers Making Caring Visible, Valued & Supported



St Andrew's & Townfield Churches
Bebington

Friendly Faces

in warm,
welcoming spaces



Join us for coffee, tea, biscuits, toast and
a good chat! All free!

Every Thursday 9:30am - 12:30pm

Just drop in or stay all morning - we'd love to see you!

We're at St Andrew's Church Hall,
Highcroft Avenue, Bebington CH63 3EZ
Any questions? Call us on 0151 645 6478



Christ Church
Higher Bebington
Bringing People Together

Baby Group

A relaxing space for parents,
grandparents or carers of babies
under 12 months.

Come for the company, stay for the chats.
The kettle is always on.

Safe, age-appropriate toys for little ones to enjoy.



Wednesday 9:30am to 11am
Christ Church Community Centre

£2.00 per session

During the school half term holidays the
group still meets. Siblings of any age are
welcome. Our Children and Families team
arrange craft activities.



INDOOR CAR BOOT SALE

Saturday 24th October 2026
9am to 3pm

St Andrews United Reformed Church Meols
in association with the Quirky Community Hub
Buyers and Sellers Welcome

Refreshments Available!



**all proceeds going to the Quirky
Community Hub minibus fund**

Do it 4

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

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



Family Hub



● Equilibrium North West CIC

● Livingstone Street Play and Community Centre 130 St Anne Street, Birkenhead CH41 3HX

● hello@equilibriumnw.co.uk
01516476044

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



Autumn

Craft Club

Fortnightly

Saturdays 2pm

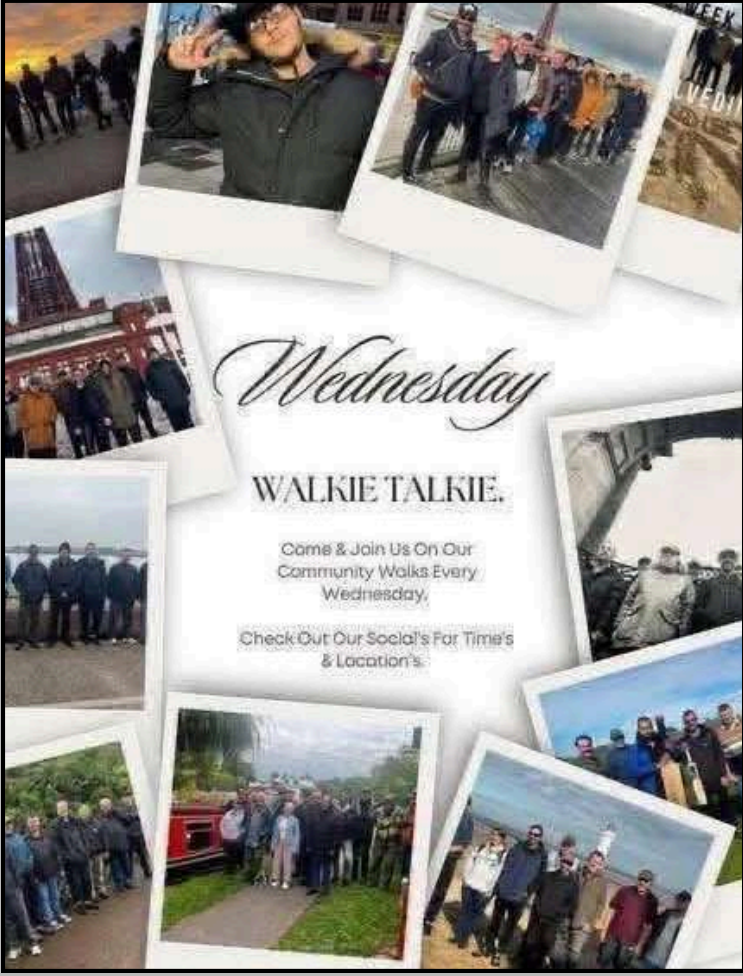
Birkenhead Central Library

Drop-in

Suitable for age 4+

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.



THORNTON HOUGH VILLAGE CLUB

DARTS PLAYERS WANTED!

WE'RE LOOKING FOR DARTS PLAYERS OF ANY LEVEL OR AGE!

MALE | **FEMALE** **EVERYONE WELCOME!**

BEGINNERS • INTERMEDIATE • EXPERIENCED

EVERY TUESDAY NIGHT FROM 2027

FRIENDLIES BEGINNING SOON!

Whether you're a regular player or you've never picked up a set of darts before, come along and get involved.

Email: deanthvc@outlook.com

Or pop into the club on a Tuesday night and have a chat with us.

Come along, throw a few darts and meet the team!

Thanks, Dean & Team x



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

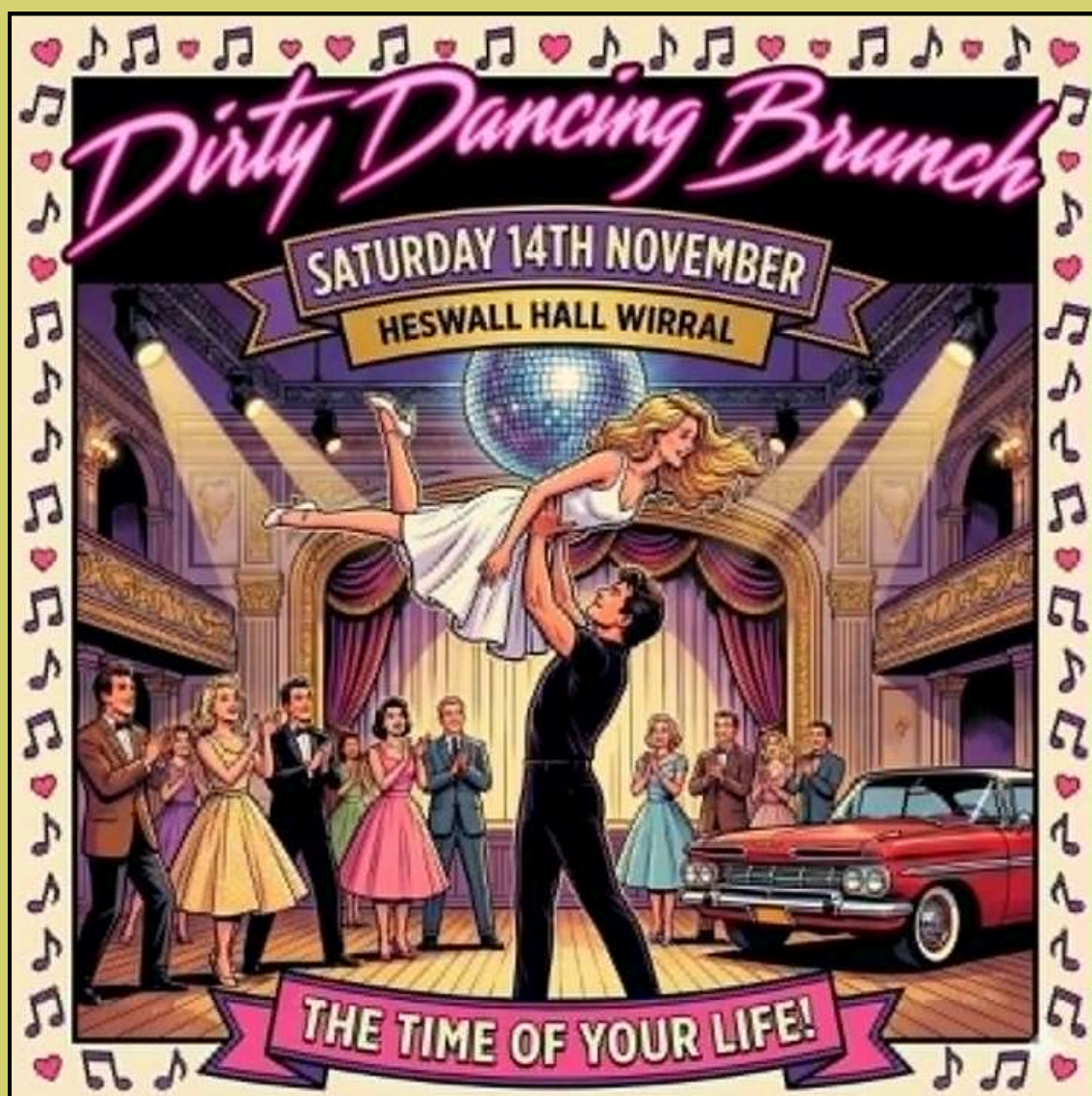
Carer Linkworkers Making Caring Visible, Valued & Supported

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



OCTOBER- TIMETABLE
WEEK 4



Monday 26th	Tuesday 27th	Wednesday 28th	Thursday 29th	Friday 30th	Saturday 31st
10:00am - 11:00am Co-Op Hillside Little Explorers 0-2 years - Free	10:00am - 11:30am Baby's 1st Halloween £3.00	12:30pm - 2:00pm Wonderland Princess and The Heart Queen £15.00/£10.00 siblings	10:30am - 11:30am A-Z Safari Party Halloween Special £10.00/£5.00 under 6 mths	12:30pm - 2:30pm Halloween Treasure Hunt with the Sisters £15.00/£10.00 sibling	Sunday 1st November







*All sessions are subject to change



Neo at New Ferry Community Hub

A place for everyone

YOUTH CLUB

WEDNESDAYS 6PM - 8.30PM
FRIDAYS 5.30PM - 8.30PM

Ages 11+

SUPPORT FRIENDSHIPS GOOD FOOD ACTIVITIES OPPORTUNITIES BRIGHTER FUTURES

EVERYONE WELCOME



GAMES
Console, pool, darts & more



CREATIVE
Arts, crafts & projects



SOCIAL
Meet new friends & be yourself



FOOD
Snacks & drinks available



ACTIVITIES
Music, chill space, sports & more

New Ferry Community Hub
Cornwell Close, New Ferry, CH62 1BG

0151 647 5981

Follow us for updates!

Good people. Brighter communities. Together.

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



carrbridge centre

HALLOWEEN PARTY

29TH OCTOBER 5PM-8PM

OUTDOOR FIRE AND ACROBATICS SHOW
DJ - FOOD - GAMES

£3 ENTRY PER PERSON
(FREE HOTDOG INCLUDED FOR EVERY CHILD)

TICKET INFO:

- TICKETS TO BE PURCHASED BEFORE EVENT
- COLLECT FROM HOOLE ROAD HUB OR MESSAGE THIS PAGE TO COLLECT ON THE DAY

CARRBRIDGE CENTRE, CARRBRIDGE RD, CH49 8EU



PARKGATE PONY SANCTUARY
EST 1984

HALLOWEEN EVENT

SATURDAY 24TH OCTOBER
AT PARKGATE PONY SANCTUARY

Save the Date!

More Details Soon!

Fun for all the family

WIRRAL CARERS HEALTH & WELLBEING SERVICE

Carer Linkworkers Making Caring Visible, Valued & Supported



FRIENDS OF WEST KIRBY LIBRARY
Autumn
& FESTIVE EVENTS 2026

Join us for a wonderful season of crafts, books and community!

FESTIVE CRAFT FAIR
Saturday 21 November, 10am–4pm
Crafts, gifts & refreshments.

CHRISTMAS CELEBRATION
Wednesday 9 December, 10am–1pm
Join us for our Singing Cafe at 10.30am.
Refreshments, Handcrafted stalls, Raffle & tombola.

FESTIVE TABLE CENTREPIECE WORKSHOP
Wednesday 16 December, 10am–12pm OR 2.15–4.15pm
Make a beautiful centrepiece for your Christmas table.
All materials (including fresh flowers) and tuition provided.
Also, hot drinks & cakes whilst you create!
£20. Deposit of £10 on booking please.

VENUE: WEST KIRBY LIBRARY
All events subject to confirmation.
Contact the library for details or to book places.

Can You Help?
Do you have a little bit of spare time? Fancy helping out?
The Friends committee would welcome helpers to serve refreshments and set up for events. We'd also love someone to count our pennies! If you think you might be able to support, pop in and ask for Laura or Carolyn.

Thank you for supporting your local library!



THE CORNER House
FAMILY & COMMUNITY FOR ALL

SAVE THE DATE!
HALLOWEEN BINGO

BINGO WITH A TWIST!

CASH PRIZES

FUN PRIZES

PRENTON GOLF CLUB
17TH OCTOBER

7PM START

EYES DOWN 7.30PM DROUGHT

£15 PER PERSON



THE CD PUB NEW FERRY

CHILDREN'S HALLOWEEN PARTY

£5 PER CHILD
INCLUDES A HOT DOG AND A CUP DRINK!

SATURDAY 31ST OCTOBER
1PM TILL 4PM

FUN! GAMES! FANCY DRESS COMPETITION!

COSTUMES • GAMES • FOOD • FUN • PRIZES

ALL LITTLE MONSTERS WELCOME!



SPOOK FEST PARTY

SATURDAY 31ST OCTOBER 2026
12-4PM

£5 KIDS / £1 ADULTS

PAUL FAB DJ FOOD & DRINKS AVAILABLE FROM THE BAR

ST ANNE'S
30 HIGHFIELD ROAD ROCKFERRY
CH42 2BY

£5 KIDS / £1 ADULTS

BHA@YPCEVENTS.COM - 07435966586
CASH ONLY!!

www.printmytickets.co.uk

WIRRAL CARERS HEALTH & WELLBEING SERVICE

Carer Linkworkers Making Caring Visible, Valued & Supported



THE HOME OF HALLOWEEN

NEWSHAM PARK HOSPITAL - LIVERPOOL

SEP. 2024 / HAYMAKERS / ASYLUM / HOSPITAL

TICKETS ON SALE NOW

HAZARDOUS NOTICE

⚠ ENTER AT YOUR OWN RISK ⚠
EXTREME SCARE ATTRACTIONS - 14+ ONLY



DARE TO BRAVE SCARE CITY 2026?

ONE OF EUROPE'S LARGEST
SCARE ATTRACTIONS

BOOK NOW



FARMAGGEDON 2026

The Beast of Terror	Fear Go Round	The House of Rock
Hellucination	Freak Street	Scary Oke
The Meat Locker		The Zombie Arms
Maze of Death		
The Facility		



Sledge on down to our

ALPINE LODGE CHRISTMAS FAIR



APRÈS-SKI CHRISTMAS SHOPPING
— ARTISTS, CRAFTERS & UNIQUE GIFTS —

NEW: SANTA PAWS 

Bring your dog to meet Santa Paws
in his snowy mountain grotto!
Take your own photos • Get a pup cup
Plus a bag of Scooby Snacks to take home

29 NOV • 6 DEC • 13 DEC
11am–4pm

Vale House, Vale Park
New Brighton

Please bring cash where possible to support our craft stallholders.

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

THE BAY BAKERY PRESENTS

Christmas Lunch

Join us again on Saturday 12th December for our second Christmas event. Enjoy live music from FADE Duo as we help raise money for Moreton's local charity, Elsie's Moon. The afternoon includes a homemade three-course meal, a raffle and festive goodie bags. Please note: this event is for adults only 12+ - food is pre-ordered.

Doors Open at 12:45pm - Food Served from 1:30pm

Saturday 12th December 2026

Christ Church Parish Centre, Moreton

MENU

STARTERS

Christmas Sausage Roll with garnish
(pork/cranberry/bacon)
Prawn Cocktail
Vegan Greek Salad (V)

MAIN

Turkey Curry
Beef Stew
Quorn Vegan Chicken Casserole (V)

Served with bread and other condiments

DESSERT & EXTRAS

Buffet of:
Shortbread
Ginger cake with cream cheese
Mince Pies
School Cake
Vegan Chocolate Cake (V)
Fruit Cocktail (V)

Unlimited tea, coffee, and juice

Raffle
Goodie Bags

£27.50
PER ADULT



For tickets, contact Anne-Marie on
07885508001
or
thebaybakerywirral@gmail.com

WIRRAL CARERS HEALTH & WELLBEING SERVICE

Carer Linkworkers Making Caring Visible, Valued & Supported

COLWYN BAY

CHRISTMAS Market

SUNDAY 29TH NOVEMBER
10AM - 4PM

EIRIAS EVENTS CENTRE
STADIUM CSM, COLWYN BAY

80+ STALLS
GIFTS, CRAFTS, FOOD & MORE

LIVE MUSIC
THROUGHOUT THE DAY

SANTA'S GROTTO
MEET SANTA & HIS ELVES

CHILDREN'S ENTERTAINMENT
FUN FOR ALL THE FAMILY

FESTIVE FOOD & DRINK
MULLED WINE, HOT CHOCOLATE, STREET FOOD & MORE

SPECIAL GUESTS
INCLUDING BLUEY

ENTRY £2.50 **CHILDREN UNDER 16 FREE**
(MUST BE ACCOMPANIED BY AN ADULT)

PROUDLY SPONSORED BY

Wardy's GAMING

ALL DOOR PROCEEDS ARE DONATED AND WILL BE SHARED BETWEEN
COLWYN BAY COMMUNITY HWB,
THE KIND BAY INITIATIVE AND AN ANIMAL RESCUE.

COLWYN BAY CHRISTMAS MARKET | @COLWYNBAYMARKET

STALL HOLDERS WANTED

CHRISTMAS MARKET

29TH OF NOVEMBER 10AM - 4PM

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

RISE
Resilience • Inclusion • Support • Empowerment

New Ferry Community Hub

Good Food
Great People
Stronger Together
in New Ferry

CHRISTMAS MARKET

Monday 23rd November
6PM - 9PM

LOCAL CRAFTS
UNIQUE GIFTS
FOOD & DRINK
FESTIVE TREATS
AND MORE!

EVERYONE WELCOME!

MULLED WINE
HOT CHOCOLATE
GINGER BREAD
XL YORKSHIRE PUDDING CHRISTMAS WRAPS

STALL HOLDERS WANTED
Are you a local business, crafter, maker or trader?
We'd love to have you at our Christmas Market!

Stalls are just £15
Message our page to book your space.

Let's make New Ferry a brighter Christmas together

Neo Food by Neo

SHOP LOCAL | SUPPORT LOCAL PEOPLE | COMMUNITY BELONGING

WIRRAL CARERS HEALTH & WELLBEING SERVICE

Carer Linkworkers Making Caring Visible, Valued & Supported



Christmas EXTRAVAGANZA
21ST NOVEMBER
12-7PM

CHRISTMAS MARKET
50+ INDEPENDENT GIFT TRADERS

LICENSED BAR

MULLED WINE

EATERIES

LIVE MUSIC

CASH RECOMMENDED

Grottoes 12-4PM (11-12 SEND)

LIGHTS SWITCH ON 5PM

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



BELIEVE EXPRESS
SANTA'S GROTTO
AT LIME TREE FARM

BELIEVE
STEP INTO A WORLD OF CHRISTMAS MAGIC!

ONLY £10 PER CHILD

MEET SANTA IN HIS MAGICAL GROTTO

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

*** FESTIVE FUN FOR ALL THE FAMILY! ***

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 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

Who we are and what we do

The Wirral Carers Health and Wellbeing Service provides free support to unpaid carers across Wirral, including parent carers and young adult carers. We help improve carers' quality of life by supporting them to sustain their caring role and enjoy a life outside caring.

Services available for unpaid carers

Carers Register

- 1 Join the register so you are recognised as a carer and receive regular news and information about support available across Wirral.

Carer Link Workers

- 2 One-to-one and group support in community locations, including help with information, carers' rights, meetings with professionals and emotional wellbeing.

Information, Advice, Support and Activities

- 3 Support by phone, email, online or face to face, including benefits guidance, local services, leisure activities, emotional support and hospital discharge.

Carers Emergency Contact Service

- 4 A unique identifier and 24-hour contact route can help trigger agreed backup support if an emergency prevents you from providing care.

Carers Emergency Planning

- 5 Practical support to create a contingency plan for times when illness, an accident or another crisis means you cannot continue caring temporarily.

Digital Inclusion

- 6 Help to build confidence online, access local digital projects and use the internet to find reliable health and wellbeing information.

Not sure which support is right for you?

Call **0151 670 0777** and our carers team will help you find the next step.

More ways we can support you

7

Adult Carers Online Assessments

Support, where appropriate, to complete an online Adult Carer Assessment and understand what happens next.

8

Carers Training

Flexible sessions covering carers' rights, power of attorney, stress and resilience, first aid, healthy living and condition-specific support.

9

Carer Awareness Training

Training for professionals, including work with GPs and NHS teams to identify carers and improve support for carers' health and wellbeing.

10

Dementia Carer Support

Practical and emotional support for people caring for a relative, partner or friend who has dementia.

11

Carers Groups

Welcoming groups at accessible venues across Wirral, offering peer connection, refreshments, creative activities and wellbeing sessions.

12

Carers Counselling

Confidential counselling for adult carers and former carers, available by telephone, online or face to face where appropriate.

How to access our services

Contact WIRED directly, or ask a GP or another professional to refer you with your agreement.

Monday to Friday, 9am-4.30pm

Telephone: **0151 670 0777**

Email: **cws@wired.me.uk**

Website: **www.wired.me.uk**

Text **CARER** to **87007**

Wirral Independent Living & Carers Resource Centre,
5 St John Street, Birkenhead, CH41 6HY



Scan for
service details

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