



Have your say

WIRRAL ADULT CARERS STRATEGY 2023-26

The Wirral Carers Strategy is focused on unpaid Carers, family, relatives, friends, and neighbours that provide practical and/or emotional support to someone due to disability, mental health, frailty, ill-health, or addiction and the cared for person would struggle to manage without that support.

Wirral Council have worked with Carers to co-produce this draft Wirral Adults Carers Strategy which sets out the areas that Carers themselves have identified as being important. The Strategy presents the priorities that have been developed through the co-production events as well as taking account of national developments.

The objective of the Wirral Carers Strategy is to recognise the important and invaluable contribution that Carers provide and identify areas that make improvement.

Please complete the survey below to provide your feedback on the contents of the strategy.



[CLICK HERE TO TAKE SURVEY](#)

[CARERS HEALTH &
WELLBEING CHECK](#)

[CARERS
HOW DID WE DO?](#)

[PRACTITIONERS
HOW DID WE DO?](#)

WIRRAL CARERS HEALTH & WELLBEING SERVICE

Carer Linkworkers Making Caring Visible, Valued & Supported



Many people with caring responsibilities do not identify themselves as a Carer, and for some people it can take several years to realise they are a Carer and that there is support and services that they can access.

We want carers of all ages and backgrounds in the borough to feel valued, empowered and have access to the right support at the right time.

We are writing a strategy to improve support for carers. We want the strategy to reflect the lived experiences of local carers and how they wish to be supported in the future.

The Draft Wirral Carers Strategy has been co-produced with groups of Wirral Carers, who gave their time to identify what is important to them and share their experiences and knowledge. Carers were able to tell us about the times they felt they had to navigate the health, social care, and education system, and they provided examples of where they had received the support that they needed and when they hadn't.

Together we have identified what we think is important to carers, but we want to know if we're getting it right. Are these the same issues that matter to you?

Whether you are an adult supporting a friend or family member, a parent looking after a child who has additional needs, or a young person who spends a lot of time looking after members of your family, please look at the draft strategy and tell us what you think by responding to our survey.



Wirral Council is committed to making information accessible to everybody. If you require a paper copy of the survey, documents in another format or support completing the survey please contact us.

If you would like support to complete the survey, please contact the Wirral Carers Helpline on Tel: 0151 670 0777, email: wsco@wired.me.uk or text CARERS to 87007.



Coping with the energy crisis

Increases in the cost of living and a hike in energy bills have had a significant impact on carers. If you are looking after someone vulnerable at home it is not always possible to turn off your heating, especially if the person you are caring for is elderly and frail. Below are some tips that we have taken from the [Carers UK website](#) which we hope might be useful for you. We know that not all of these tips will be useful to you all but we hope some will be of help. We recommend the Carers UK website for more support and information. If you are looking for support from a local carers organisation, why not [look up who is available to help you here at the Carers Trust website](#).



support for your wellbeing

Carers Community members are welcome to join our online wellbeing sessions.

Get Ready for the Weekend. Join Catherine for Yoga on Friday between 9am and 10am. This is an online event held by Zoom. You can [book your place here](#).

Monday morning breathing and meditation. Start your week with a relaxing breathing and meditation session with Catherine. This is an online event held by Zoom. You can [book your place here](#).

Carers UK. A great organisation providing support for carers across the nation.

If you are not already aware of Carers UK, we would recommend checking out the organisations website and consider becoming a member. They provide great support for carers across the UK and are a real go-to if you are looking for up-to-date information.

They also have great events on line which can be of real help for you in your caring role. We have listed some of the activities that they have coming up.

We do hope that you will find something that is useful or of interest to you.

- [Bereavement, grief and what to do when caring ends](#): Wednesday 3 May, 12:00–13:00
- [Pilates for Beginners with Sarah Kearney \(Pilates Evolved\)](#): Thursdays this May, 10:00–11:00
- [Autism: advice and support](#): Friday 5 May, 10:00–11:00
- [Poetry reading and writing](#): Tuesday 9 May, 11:00–12:30
- [Relationship workshop with Relate](#): Wednesday 10 May, 15:00–16:00
- [Wisdom to Empower with Sara Challice](#): Thursday 11 May, 16:00–17:00 and Thursday 25 May, 16:00–17:00
- [Orchestra Vitae](#): Friday 12 May, 17:00–18:00
- [Peace of Mind Now](#): Tuesday 16 May, 15:00–16:30
- [Silver Swans adult ballet class for beginners](#): Thursday 18 May, 14:30–15:30
- [Manual handling, your safety and rights as a carer](#): Tuesday 23 May, 15:00–16:00

[Click here to access any of the above links](#)



carersweek.org

What is Carers Week?

Carers Week is an annual campaign to raise awareness of caring, highlight the challenges unpaid carers face and recognise the contribution they make to families and communities throughout the UK. It also helps people who don't think of themselves as having caring responsibilities to identify as carers and access much-needed support.

The campaign is brought to life by thousands of individuals and organisations who come together to provide support for carers, run activities, highlight the vital role carers play in our communities and draw attention to just how important caring is.

Who is a Carer?

A carer is someone who provides unpaid care and support to a family member or friend who has a disability, illness, mental health condition, addiction, or who needs extra help as they grow older. It isn't someone who volunteers or is employed to provide support.

CARERS CRAFT FAYRE & INFORMATION EVENT



**TUESDAY 6TH JUNE
10AM – 2PM**

NEW FERRY VILLAGE HALL,
Grove Street, New Ferry

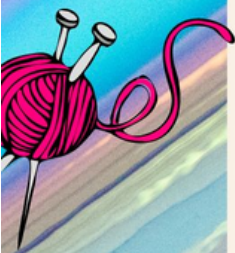


FREE STALLS FOR CARERS

Are you a 'crafty' carer?
Do you create things that you
would like to sell at our craft fayre?

**If the answer is 'YES' then get in
touch!**

(Stalls are limited and on a first
come first/served basis)



**For further information or to book your stall ring the
Carers Helpline on 0151 670 0777**

CARERS WEEK



5th-11th June 2023

Monday 5th June

Narrowboat Trip
Information stand in Pyramids Shopping Centre

Tuesday 6th June

Narrowboat Trip
Carers Craft Fair

Wednesday 7th June

Narrowboat Trip
Carers Week Craft Workshop @ 10am

Thursday 8th June

Narrowboat Trip
Young Carers Crafts @ 5pm
Working Carers Online Crafts @ 6:45pm

Friday 9th June

Narrowboat Trip
Carers Online Quiz and Bingo @ 9am

If you would like more information or to book onto any of these events, contact us!



0151 670 0777



cws@wired.me.uk



WIRRAL CARERS
HEALTH & WELLBEING SERVICE
INVITE YOU TO A

CARERS CRAFT FAYRE & INFORMATION EVENT

TUESDAY 6TH JUNE
10AM TO 2PM

SAVE THE DATE!

Join us for a day of fun
including craft stalls, meet your
local support services, free
information & advice,
refreshments, and much more!

**NEW FERRY VILLAGE HALL, GROVE STREET,
NEW FERRY CH62 5AZ**

15 to 21 May 2023

Mental Health Awareness Week



#ToHelpMyAnxiety

15 to 21 May 2023

**Mental Health
Awareness Week**



#ToHelpMyAnxiety

Feeling anxious? You're not alone.

**Anxiety is common. Find out ways
to manage feelings of anxiety and
prevent them from getting worse at
www.mentalhealth.org.uk/mhaw**

Mental Health Awareness Week.

15 to 21 May 2023.



Registered Charity No. 801130 (England), SCO39714 (Scotland). Company Registration No. 2350846.



Dementia Awareness Training

WIRED are running quarterly **Dementia Awareness Sessions** for carers who are looking after somebody with Dementia.



Monday 15th May 2023



10am - 1pm

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



0151 670 0777



cws@wired.me.uk

Location will be sent out once your space has been confirmed.

Wired



Wired

Crafty Carers Club

Showcasing our Carers Crafts

If you like making things, are creative and have a skill that you would like to share with others...

Come along and share your skills with other carers, in a relaxed and friendly environment.



Wednesday 17th May 2023



1pm - 3pm

Location will be provided once your space has been confirmed.



Free Tea and Coffee provided!

CONTACT US TO BOOK



0151 670 0777



cws@wired.me.uk



www.wired.me.uk

WIRRAL CARERS HEALTH & WELLBEING SERVICE

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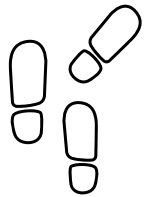
CARERS WALK 'N' TALK

Birkenhead Park

- 📍 Meeting point at Birkenhead Park Pavillion
- 📅 Every Tuesday
- 🕒 10am
- 📍 Refreshments provided



Wired



CARERS WALK 'N' TALK

New Brighton

- 📍 Meeting point at Morrisons entrance
- 📅 Every Friday
- 🕒 10am
- 📍 Refreshments provided



Wired

Unpaid carers crisis

The health foundation report into unpaid carers



The Health Foundation has published shocking research about support for unpaid carers – or rather, the lack of it.

Fewer than one in 10 people who are providing care for a loved one ask their local council for help, and of those that do, only about a quarter get any...

Further interesting data comes from the latest census, which shows an unexpected decrease in the number of people providing care, but an increase in those providing higher intensity care, who are most likely in need of some support.

Some statistics about unpaid carers:

- 8% of unpaid carers in England asked their local authority for help in 2021-22
- 27% of those who ask for it actually received any direct support, down from 31% in 2016-17
- 5 million people (10% of the population) in England and Wales provided unpaid care in 2021
- 60% of carers are women
- Nearly two-thirds are aged over 50

Budgetary pressures have an impact

There is/should be statutory support available to unpaid carers, including Carer's Allowance and carer assessments, which are a right under the Care Act 2014. The Health Foundation believes that the decrease in unpaid carers receiving support is probably due to the 11% decrease in local authority expenditure on services for carers between 2015-16 and 2020-21.

The statistics have come from analysis of the latest census data and local authority statements of accounts, and The Health Foundation and others are now calling for better data about who is providing unpaid care.

Unexpected decline in numbers of unpaid carers

One surprising result from the latest census data: the number of people who provide unpaid care has fallen in the past decade. It was 11% of the population in 2011 and had dropped to 9% in 2021. There was a significant decrease in the percentage providing lower levels of care, but numbers had increased for those providing more hours of care every week. This increase in intensity suggests that more rather than less support is likely to be needed by those providing it.

The Health Foundation said:

"this suggests that, while overall fewer people now provide unpaid care than 10 years ago, carers in 2021 were more likely to provide a higher number of hours of care. They may therefore need more support."

Statutory care services hard to access

Access to formal, paid social care is not easy. Although the adult social care workforce is bigger than that of the NHS, 11% of posts are unfilled, and staff experience low pay and difficult work conditions. Since 2010/11 funding for social care has not kept pace with demand and it has become harder for people in need to access care. This means they may go without the care they need, pay more for their care, and/or turn to their family and friends for unpaid care. Increasing pressures in the NHS to discharge patients from hospital could lead to carers supporting relatives and friends with more complex needs, making the role of unpaid carers even more challenging.

[To read the full report, click here](#)

9TH - 12TH MAY 2023
EUROVISION
WEEK



Join us to celebrate Eurovision 2023 here
at Tomorrow's Women.
We have a week packed with exciting
activities, ending in our Eurovision
celebration during our Friday lunch club.
See our timetable for more details.

TOMORROW'S WOMEN WIRRAL

ST LAURENCE'S OLD SCHOOL SITE
BECKWITH STREET EAST
BIRKENHEAD
CH41 3JE

WOMEN 18+ ONLY



Funded by
UK Government



LIVERPOOL
CITY REGION
LIVERPOOL CITY REGION

METRO MAYOR
LIVERPOOL CITY REGION



Liverpool
City Council



BOOKING IS ESSENTIAL. CALL 0151 647 7907 OR VISIT RECEPTION

WIRRAL CARERS HEALTH & WELLBEING SERVICE

Carer Linkworkers Making Caring Visible, Valued & Supported



Tomorrow's
Women

TOMORROW'S WOMEN EMPOWERING TIMETABLE MAY 2023

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
9.30 Legs, Tums & Bums With Nicky 9.30 	Belly Dancing with Cecile 10am -11am 	ZUMBA fitness 10-11am With Maria 	10am -11am Family Law, Domestic Abuse & Care proceedings 	9.30 Boxercise With Nicky
ESOL Entry level, Conversation Skills, FREE course Finishing 3 rd July Developing your confidence & language to have conversations. 9.30am 	10am -11am Solicitor drop-in Family Law means something better. 9 th & 23 rd May	10-12pm A Stitch in Time 	4th, 11th, 18th & 25th May 10-12pm 4-week Essential Digital Skills Course. A beginners course on how to use your own devices or borrow one of ours 	Horta Project Love gardening? Then come along and join a group of like-minded people, learn, grow & love. From 9.30am
Let's SUPPORT EACH OTHER Tomorrow's Women Recovery support group 10.30am 	Substance Use Midwife Drop-in with Jill Support for pregnant women 9 th May 2023 10am - 12pm 	Solicitor support in Family Law 10am -11am get results.	Need help & support with filling in DWP forms? 10am & 11am Book in via our admin team, Booking is essential! 	5th May Neurodiversity Workshop 10-2.30pm Looking at: Understanding neurodiversity & neurodivergence Negative connotation Case studies & more
TechKnow 15 th May 10-12pm Support with CV writing & Employment 	Eating Disorder Support group 10.30-11.30 Weekly group 	6-week Creative writing workshop Free your mind & unlock your divine creativity with reading, writing, drawing games & activities inspired by women. Starting 31 st May 11am -1pm 	Planting, Propagating & Painting 18 th May-10.30-11.30am Wk 1: Sewing seeds Wk 2: Decorating & planting herbs Wk 3: Decorating plant pots Wk 4: Making moss climbing poles 	Understanding Specific Learning Difficulties Level 2 6-week course Starting 12 th May, 10-2.30pm Looking at how they are diagnosed, how individuals can be supported. Example ADHD, Autism & Dyslexia
Functioning Skills Maths & English 15 th May 10-12.30pm Support you to develop Maths & English skills up to GCSE level. Over a 14-week period Covering: -Writing -Reading -Gain a recognised qualification in English -Gain a recognised qualification in maths 	Stress Management & Wellbeing 6-week course 11.30am With Jenn Recognising signs of stress, emotional resilience. Support positive wellbeing. Recognising signs of burnout & low mood. Starting 23 rd May 	Transgender Awareness workshop, 31st May 10-2.30pm Looking at: Gender identity Transgender awareness LGBTQ+ terminology Trans rights Gender dysphoria & more 	Crochet, Knit & Chat 11am -12pm For those wanting to learn & those wanting to share 	Guided Meditation 12pm-12.30pm Blissful deep relaxation

Flexible practical support for families 11am - 1pm 	Bunting Making 1.30-2.30pm 9 th May 	Community Connectors 11-12pm Need some support/help in your community then come along and speak with a community connector 12.30-1.30pm 	Money Management & Debt support 18 th May 2023 11am - 1pm 	12th May 12.30pm Celebrating Euro-Vision At Lunch Club Food, quiz, singing & more.
burdward. Solicitor Drop-in 15 th May @ 11-12pm Covering: Family law, Divorce, Financial issues	16th May 4-week course 1pm- 3pm RED to PINK An Anger Management Course 	Domestic Abuse Specialist 	TWW Forum Meeting Come along & have your say. @ 12pm Community Room- 11 th May	LUNCH CLUB 12.30PM *£2 donation Offering help & support around utility bills & white goods.
Wirral Attendance Service 15 th May @ 11am Offering help, support & mediation to parents struggling with your child's school attendance 	Positive Women around Substance misuse Coping skills & strategies around alcohol 1pm - 2pm 	Reading Group 1pm -2pm Re-starts 17 th May 	Change Grow Live 1.30pm - 2.30pm Relapse prevention Simple 5 step plan to support & minimise episodes of relapse while motivating towards positive change 	12th May during Lunch club. Offering help & support around utility bills & white goods.
30 minutes Mindfulness Relaxation session 12pm- 12.30pm 	Better Solutions 5.30-6.30pm Session 1- Thinking & behaviour. Session 2- Consequences Session 3- Problem solving. You can attend any of these sessions as & when needed 	Forensic Psychology Starts 17 th May- Until 14 th June 1-3pm You will explore psychopathy & different types of offenders. You will also learn about biological, social & developmental explanations of crime 	Celebrating Eurovision With a sing-along From 1.30pm, 11 th May 	Maternal Mental Health Midwife drop-in with Cathy 1pm - 2.30pm
22nd May 12.30-4.30pm Drop-in with Nicole Feel like you might benefit from talking therapies? Free NHS ran assessments for anxiety and depression. 	Ukrainian Flower crown making 10 th May 1.30-2.30pm 	Jam Session Bring along your instruments & come have some fun 1.30-2.30pm 	Tomorrow's Women Creative Group All Welcome 1.30pm Singing, drama & creativity 	Tomorrow's Women Recovery support group 2pm
				Family law & Care proceedings Every Friday 2-4pm.

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

WIRRAL CARERS HEALTH & WELLBEING SERVICE

Carer Linkworkers Making Caring Visible, Valued & Supported



Arrowe Park ABSEIL 2023

Friday
12th
May 2023

£10 Registration
£50 Minimum sponsorship
Must be 12 years
and older

For more information:

WUTH.Charity@nhs.net

0151 482 7788

www.wuthcharity.org

Supported by



Moreton & Meols PCN Health & Wellbeing Fair

Improving health & wellbeing under 1 roof

Come and join us for a cuppa and find out more
about improving your health and wellbeing.



Thursday 18th May 2023

**Pop in anytime between 3-5pm at
Christ Church, Moreton,
CH46 0PA.**



Moreton & Meols PCN Health & Wellbeing Fair

Thursday 18th May 2023

Pop in anytime between 3-5pm at
Christ Church, Moreton, CH46 0PA.

No booking required and this
event is **free** to attend.

Come and join us for a cuppa and
find out more about improving
your health and wellbeing.

Why should I come to this event?

- To be aware of the support that
is available in your local
community
- To help you deal with things in
life that can make you feel worried,
anxious or unhappy
- You'll have access to a range of
services from your local
community all under 1 roof
- You'll be able to find out what's
right for you.

What's on offer and who will be there?

Representatives from the
wonderful Wirral health &
wellbeing services will be available
for a chat:

- Wirral Mind
- Wirral Mencap
- Involve Northwest / Community
Connectors
- Age UK Wirral
- Koala North West: Family
support and the Family Toolkit
- Change Grow Live
- Wirral Lifelong Learning
- Energy Projects Plus
- Wirral Infobank
- Wired Carer's Support Services
- Citizens Advice Wirral
- Moreton & Meols PCN Staff -
Health & Wellbeing Coaches,
Pharmacists, Mental Health Nurse
and Social Prescribers.

citizensadvice.org.uk



© Citizens Advice 2023

Citizens Advice Wirral is an operating name of The National Association of
Citizens Advice Bureaux.

Registered charity number 1109156.



WIRRAL CARERS HEALTH & WELLBEING SERVICE

Carer Linkworkers Making Caring Visible, Valued & Supported



Social Support and Friendship

Charity Registration Number 1179533

MAY 2023

MONTHLY CALENDAR

DEMMENTIA FRIENDLY ACTIVITIES & EVENTS

Our calendar is also available on our website

www.dementiatogetherwirral.org

More information about our events can also be found on:



Contact Dementia Together Wirral:

Tel: 07935797445 Mon – Wed

07565916966 Thu - Fri

Email: admin@dementiatogetherwirral.org

REGULAR DEMENTIA TOGETHER WIRRAL EVENTS

(All our activities are FREE)

For full details & updates on our activities, see our website / social media pages.

EVERY MONTH (MAY dates are in red)

1st CLOSED DUE TO BANK HOLIDAY

MEMORY CAFÉ in Coffee Aroma.

First MONDAY of each month at 10:00am – 12:00 pm,
4-6 Brunswick Court, Price Street, Birkenhead CH41 6LW

3rd **MEMORY CAFÉ (with activities)** at St Barnabas Village Centre

First WEDNESDAY of each month, 2:00 to 4:00 pm.
St Barnabas Village Centre, Church Square, Bromborough CH62 7AB.

4th **MEMORY CAFÉ** at C.J.'s Coffee Shop.

First THURSDAY of each month at 2:00 to 4:00 pm
C.J.'s Coffee Shop, Downham Road South, Heswall CH60 0DB

6th **MEMORY CAFÉ (with activities)** in Popsy's

SPECIAL EVENT – Afternoon Tea Coronation Day Celebration

First SATURDAY of each month at 2:00 – 4:00 pm
Popsy's, Hoylake Community Centre The Parade, Hoylake, CH47 3AG
Booking is essential - email Karen at: karen.green@dementiatogetherwirral.org

9th **WALKING GROUP** Various locations,

Second TUESDAY of each month, 1.45pm for 2:00 pm start,
This month a leisurely stroll around Hoylake.
Meeting point Hoylake Lifeboat Centre. Drinks after at Popsy's.
Contact is Barbara: barbara.lee@dementiatogetherwirral.org

10th **MEMORY CAFÉ** in Flissy's Coffee Shop.

Second WEDNESDAY of each month at 10:00am – 12:00 pm
Flissy's Coffee Shop, Station Road, Thurstaston CH61 0HN

11th **NEW MEMORY CAFÉ (with activities)** at Parkgate & Neston United Reform Church Community Hall

Second THURSDAY of each month from 2:00 – 4:00 pm
Moorside Lane (off Parkgate Road) Neston, CH64 6UZ

12th **MEMORY CAFÉ (with activities)** Bear Hunt Books and Toys shop.

Second FRIDAY of each month from 1.30 to 3.30 pm.
2a Church Road, Bebington, Wirral CH63 7PH (formerly the Co-op)

OTHER GROUPS HOLDING DEMENTIA FRIENDLY ACTIVITIES

WELCOME ME – Coffee morning with brain stimulating activities. Every Tuesday OR Wednesday 10:00 am to 12:00 pm, or stay until 1:00 pm and bring a packed lunch. Due to space, booking is essential. Contact Caroline on 07407620043. Dementia Centre, Waterworks Lane, Hooton CH66 7NL.

SOCIAL ACTIVITIES GROUP, every Thursday 1:30 – 3:00 pm at Tranmere Rovers, free entry. TRIC at Tranmere Rovers Recreation Centre, Prenton Park, Birkenhead CH42 9PY. Contact Shirley 0151 608 2354 or community@tranmererovers.co.uk for more information

THE LIGHT CINEMA – NEW BRIGHTON, Dementia Friendly Screening of 'Funny Face' on Thursday 11th May. Refreshments are offered before the show from 12:00 pm and the screening starts at 1.15 pm, £5 per person and carer goes free. The Light Cinema, Marine Point, New Brighton, CH45 2HZ. Visit their website for full details of their next screening: <https://newbrighton.thelight.co.uk/dementia-friendly>, or phone: 0151 214 1370

LATEST DTW NEWS

ACTIVITY BOX LOAN SCHEME

Do you know anyone living with dementia or memory issues who would benefit from a free loan Activity Box? The aim of the Activity Box is to support communication between people who are living with dementia and their carer. Each box is different and contains items to prompt conversation, reminiscence, entertainment and mental stimulation. One of our team of volunteers will arrange directly with the carer to drop off the first box and then exchange boxes thereafter on an approximate monthly basis. If you are interested in receiving an activity box, please contact us by phone on 07935797445 / 07565916966, or email: admin@dementiatogetherwirral.org

DTW TREASURER SOUGHT

Dementia Together Wirral is looking for a treasurer/trustee to join the board. Interested parties should contact Colette by phone on 07935797445, or email: admin@dementiatogetherwirral.org

DEMMENTIA ACTION WEEK

Dementia Action Week 2023 will run from 15-21 May. This event is Alzheimer's Society's biggest and longest running awareness campaign. Each year, they work with individuals and organisations across the UK to encourage people to 'act on dementia'. Visit: alzheimers.org.uk for more information.

We are a charity run by volunteers reliant on public donations.

All of the activities provided by Dementia Together Wirral are FREE

However donations are gratefully accepted in order to expand and improve our support.

To donate please visit:

www.justgiving.com/dementiatogetherwirral

12th **DEMMENTIA CHOIR - Nostalgia Singers**

Every other FRIDAY from 2:00 to 3:15 pm (**New Time**)
Trinity with Palm Grove Church, 63 Alton Rd, Birkenhead, Prenton CH43 1UZ
DTW contact is Barbara: barbara.lee@dementiatogetherwirral.org

16th **LIVE MUSIC, 'Musical Minds'** New Ferry, fun and entertainment.

Third TUESDAY of each month at 2:00 – 3.30 pm
New Ferry Village Hall, Grove Street, New Ferry, CH62 5AZ.
DTW contact is Barbara: barbara.lee@dementiatogetherwirral.org

16th **MEMORY CAFÉ** at Mezzanine in Floral Pavilion.

Third TUESDAY of each month at 11:00am – 1:00 pm,
Marine Promenade, New Brighton CH45 2JS

18th **DAY TRIP - NARROWBOAT** Chester, Cow Bridge Lane

Third THURSDAY of each month, meeting at 9:30 am for 10:00am sailing.
Departure point is Christleton. **Booking is essential.** To register your interest, email Colette at: admin@dementiatogetherwirral.org

19th **CHANGE OF DATE & TIME**

MEMORY CAFÉ in GIFT Café Puddington.

Third FRIDAY of each month at 2:00 – 4:00 pm
DTW at Gift Café, Chapel House Lane, Puddington CH64 5SW

20th **MEMORY CAFÉ (with activities)** in Popsy's, Hoylake Community Centre.

Third SATURDAY of each month, 2:00 – 4:00 pm
Popsy's, The Parade, Hoylake, CH47 3AG.

23rd **SINGING / MUSIC** with 'New Memories', SRFC, fun and laughter with your favourite tunes.

Fourth TUESDAY of each month at 2:00 - 3.30 pm
Serpentine Road Family Church, Liscard Road, Wallasey CH44 0AA.

25th **DAY TRIP – COACH**, Southport & Botanic Gardens, Churchtown

Fourth THURSDAY of each month at 9.30am for 10:00 am departure. Meet outside Conway Park Station, CH41 4PP, 4:00pm return.
Booking is essential. To register your interest, email Colette at: admin@dementiatogetherwirral.org

26th **DEMMENTIA CHOIR - Nostalgia Singers**

Every other FRIDAY from 2:00 to 3:15 pm (**New Time**)
Trinity with Palm Grove Church, 63 Alton Rd, Birkenhead, Prenton CH43 1UZ
DTW contact is Barbara: barbara.lee@dementiatogetherwirral.org

30th **MEMORY CAFÉ (with activities)** The Atrium Restaurant.

Last TUESDAY of each month, 10:00am to 12:00 pm.
Carr Farm Garden Centre, Meols CH47 9RE

In other news...

Healthy Volunteers Required

The Royal Liverpool Hospital are looking for healthy volunteers to take part in a clinical trial for a potential new treatment for a lung condition. The trial involves overnight stays and 11 outpatient visits at our brand new trial facility.

You will receive £2,255 for your inconvenience plus reasonable travel expenses.

If you are aged 18-55 and would like to find out more, please contact the recruitment team on 0151 706 4863 or text 'INFEX' to 07342065915.



V119.01.23



Liverpool University Hospitals

NHS Foundation Trust

**Who's got time to
worry about mental
health, when you're
worried about**

paying the bills

If this speaks to you, speak to us.



Call Mind Infoline

0300 123 3393

ONE PAN KEDGEREE (GLUTEN FREE)

SERVES 4

20 MINUTES

NOT TOO TRICKY

Ingredients

- 2 onions
- 1 red chilli
- 1 x 240 g pack of kipper fillets
- olive oil
- 2 tablespoons hot curry powder
- 2 x 250 g packets of cooked basmati rice
- 160 g frozen peas
- 1 lemon
- 3 large eggs



Method

1. Peel, trim and finely slice the onions, deseed and finely slice the chilli. Separate the kippers, trimming off any fins or bones along the join so you end up with 2 fillets. Remove and finely chop the skin, then trim out and finely chop the soft bone from each fillet.
2. Drizzle 1 tablespoon of olive oil into a medium non-stick frying pan on a medium heat, add the onions, curry powder and most of the chilli (keeping the rest aside for later), and tip in the kipper skin and soft bone. Cook for 5 minutes, or until softened, stirring occasionally and adding splashes of water, if needed, then add the kipper fillets to the mix, breaking them up slightly.
3. Tip the rice into the pan, breaking it up with your spatula. Cook for 5 minutes, stirring regularly. When there's 2 minutes to go, tip in the frozen peas and finely grate over the lemon zest, then divide between plates.
4. Quickly wipe out the pan and drizzle in 1 tablespoon of oil. Beat and pour in $\frac{1}{4}$ of the eggs, tilting the pan to spread them out evenly. Using a spatula, ease around the edges of the omelette, then cook for 1 minute, or until the eggs are just set. Fold both sides into the middle, then carefully slide onto the rice. Repeat with the remaining eggs.
5. To serve, sprinkle over the reserved sliced chilli and serve with the lemon cut into wedges, for squeezing over.

EASY SWAPS

- Garam masala would work well in place of the curry powder. Feel free to up the spice or tone it down, depending on your taste.
- Go veggie if you like: simply ditch the kippers and go heavier on the eggs.

NUTRITION PER SERVING

Calories	Fat	Saturates	Sugars	Salt	Protein	Carbs	Fibre
496	22.3g	4.6g	6g	1.8g	25.6g	52.1g	3.9g
25%	32%	23%	7%	30%	51%	20%	-

OF AN ADULT'S REFERENCE INTAKE



What is Shopmobility?

The Shopmobility experience is not just about shopping! Shopmobility is a scheme that hires out powered scooters, manual and powered wheelchairs to members of the public with limited mobility. Staff and volunteers will help you decide what equipment to hire and give you training on how to use it safely. Following this, you can travel around the Town Centre with your newfound independence.

Who Can Use Shopmobility?

Anyone with limited mobility, either because of an impairment or injury. So whether you have a permanent impairment, have broken your ankle or are pregnant, this service is available to you.



PLEASE HELP US!

Shopmobility scooters are mostly donated by the public.

To make sure we can keep this great service going, if you have a scooter/wheelchair or powerchair, working or not working, we would love to hear from you.

Also a big thank you to all the people who have already donated.

Please contact our Shopmobility Team on 0151 647 6162

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Questions or comments?

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