



CARERS WEEK ACTIVITIES 5 - 9TH JUNE

**FREE tables at our Craft Fayre
if you are a carer!**



**Limited places left on our
FREE narrowboat trips!**

**Sign up for our
cash bingo
& quiz!**



**CRAFT WORKSHOPS MAKING MASQUERADE MASKS,
DECOUPAGE CANDLES & MEMORY SCRAPBOOKS!
(SUPPLIES ARE PROVIDED FREE OF CHARGE)**



**Spaces still available for these FREE activities!
Ring the Carers Helpline on
0151 670 0777 to book your spot!**

CARERS CRAFT FAYRE & INFORMATION EVENT



**TUESDAY 6TH JUNE
10AM – 2PM**

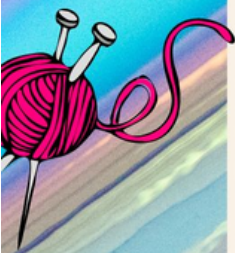
NEW FERRY VILLAGE HALL,
Grove Street, New Ferry

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**



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**



BENEFACT GROUP



Health & Wellbeing Special Draw

5 days, 10 charities, £5,000 each - nominations now open.

To support the incredible work that so many charities do to support health and wellbeing, our second special draw of the year will award £5,000 each to 10 charities working in this area.

The draw is only open for 5 days so make sure you [nominate your favourite health and wellbeing charity today](#).

Nominate a charity for £5,000

Benefact Group are running a special Health & Wellbeing draw and awarding Charities £5,000 of funding!

Please click on the link below and

VOTE for us

Wired (Projectwireduk) CIC

Be quick as voting closes this Friday 19th May!

Thank you!

CARERS WEEK

Wired



@ WIRED



5th-11th June 2023

Programme of Activities for Carers Week 2023

All Week - Narrowboat Trips

We are running the narrowboat trips again this year to celebrate Carers Week 2023. We have places available on Monday 5th, Tuesday 6th, Wednesday 7th, Thursday 8th & Friday 9th June.

The trip departs from The Cheshire Cat in Chrisleton, Cheshire at 10am, cruises to Tattenhall (Crows Nest) where you will stop for lunch then re-turn to the Cheshire Cat for 2pm. (NB. You will need to provide your own transport to and from The Cheshire Cat and bring a packed lunch).

If you would like a place then please contact the Carers Helpline on 0151 670 0777.



Monday 5th June 2023

Carers Week Launch @ Pyramids Shopping Centre, Birkenhead



- We will have a stall in the Pyramids and other organisation will be coming together to celebrate the work Carers do in providing care and support to family, friends and/or even neighbours.
- Come along and have a look what is on offer to help provide support, information and advice to the 40,340 carers living in Wirral.
- Our Carer Link Workers will be on hand to discuss any queries you may have



10am - 3pm



WIRRAL CARERS HEALTH & WELLBEING SERVICE

Carer Linkworkers Making Caring Visible, Valued & Supported

Tuesday 6th June 2023

Carers Craft Fair

We are holding a unique craft fair to celebrate Crafting Carers who make and sell unique items. Come and find yourself a little treasure or a bargain.

📍 New Ferry Village Hall, Grove Street, New Ferry, Wirral, CH62 5AZ

🕒 10am-3pm



Wednesday 7th June 2023

Craft Workshops

We are hosting two work shops to bring out the crafting side of carers, we will have Decoupage Candles and Mini Memory Books.

Decoupage Candles

🕒 10am-12pm

Mini Memory Books

🕒 1pm-4pm

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



Thursday 8th June 2023

Carers Groups Tea Party

Come along to one of our tea party's that we are hosting for Carers Week.

📍 Beechwood Community Shop, Manor House, Beechwood Drive, CH43 7ZU

🕒 10am-12pm

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

🕒 1pm-3pm



WIRRAL CARERS HEALTH & WELLBEING SERVICE


Carer Linkworkers Making Caring Visible, Valued & Supported

Thursday 8th June 2023

Online Carers Crafts

Come and join us for our Online Carers Craft sessions.


Young Carers Crafts

 Plate Weaving and Dreamcatchers

 5pm-6.30pm

Adult Carers Crafts

 Maskerquerade Masks

 6:45pm-8pm

Craft items and zoom link will be sent out a few days before the event.



Friday 9th June 2023

Online Bingo and General Knowledge Quiz



If you are interested in winning some cash/prizes then our Bingo and General Knowledge Quiz is the right thing for you!


Online Bingo

 10am-12pm

 Zoom link will be sent out prior to the event

General Knowledge Quiz

 12pm

 Automatic link will be sent out via email prior to the event

If you would like to book on to any of our exciting activities that we have planned for carers week, contact us...



0151 670 0777



cws@wired.me.uk

We are open Monday to Friday, 9am till 4:30pm



WIRRAL CARERS HEALTH & WELLBEING SERVICE

Carer Linkworkers Making Caring Visible, Valued & Supported

**Better
Health** every mind
matters

NHS



Good for your body Good for your mind

It's the perfect time to get active. When you move more you not only give your body a boost, but you give your mood a lift too.

**Make the first move for your mental health
Search**

Every Mind Matters

**Better
Health** every mind
matters

NHS

**Better
Health** every mind
matters

NHS



Small steps to lift your mood

This Summer, let's get moving! You don't have to be an athlete - a simple brisk walk is enough to help you feel good in body and in mind.

**Make the first move for your mental health
Search**

Every Mind Matters

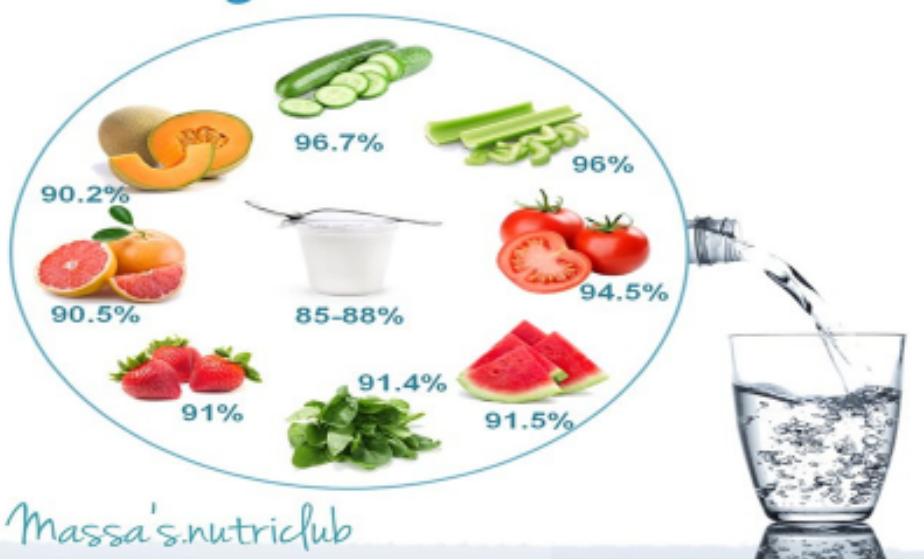
Improving Hydration

Did you know food can account for 20% of our fluid intake

- Soup / broth
- Food in a sauce e.g., fish in parsley sauce or macaroni cheese
- Food with added gravy
- Adding milk / water to food.
- Cereal / porridge
- Jellies / ice lollies / ice cream
- Yoghurt / Angel Delight
- Tinned fruit in juice / syrup
- Fruit and vegetables

Keep.Wirral.Well.

Eat your water



Massa's.nutriclub

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Keep.Wirral.Well.

Health Protection Service
healthprotectionservice@wirral.gov.uk



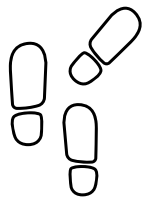
CARERS WALK 'N' TALK

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



Active All Sports Holiday Programme

**May Half Term 2023
3^{1st} May and 1st June**

This holiday activity programme is available to children and young people with a disability or additional needs.

We welcome parents, carers and siblings to all sessions.

Activities require pre booking. Please read the attached information regarding the activities being provided.

If you have any questions please contact the programme co-ordinator by email staceyaddison@wirral.gov.uk



Britain-wide “managed migration” to Universal Credit roll-out to start in June 2023



The national roll-out of managed migration - the process of replacing legacy benefits with Universal Credit for existing claimants - will start in June 2023 in the Greater Manchester, East Yorkshire and Humber areas.

Roll-out to start with tax credits-only claimants. The Department for Work and Pensions (DWP) confirmed at a recent stakeholder meeting that the roll-out will initially apply only to people in these areas who are “tax credits-only” claimants. This means people who are getting tax credits, but who do not receive any other legacy benefits. It will then roll out to tax credits-only claimants in all other parts of Great Britain (England, Wales and Scotland) by the end of March 2024.

In 2024/2025, managed migration will roll out to claimants on other legacy benefits.

Managed migration is NOT automatic.

It is important to note that despite the name, managed migration does not mean you will be moved onto Universal Credit automatically. Instead, you will have to make a claim.

To help you understand the roll-out and how it might affect you, we’ve tried to anticipate some questions you might have.

[Click here.](#)

CREAMY BACON PASTA SALAD

SERVES 4

20 MINUTES

93p per serving

Ingredients

- 150g cooking bacon, meat finely sliced
- 250g red lentil fusilli
- 200g frozen green beans
- 125ml 50% less fat crème fraîche
- 1 small garlic clove, crushed
- ½ lemon, juiced
- 75g baby spinach, washed
- 1 cucumber portion, deseeded and sliced
- 4 spring onions, finely sliced



Method

1. Preheat the grill to high. Put the bacon on the grill tray and grill for 8-10 mins, turning halfway, until very crisp and deep golden. Leave to cool slightly.
2. Meanwhile, cook the pasta to pack instructions, adding the green beans for the last 3 mins; drain.
3. Mix the crème fraîche, garlic, lemon juice and some seasoning in a large bowl.
4. Stir in the cooked pasta and green beans, the spinach, cucumber and spring onions; toss well to coat. Divide between plates or tip onto a platter.
5. Crumble over the cooked bacon to serve.



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

Disclaimer: Every effort is made to ensure that the information in this E-bulletin is correct. Wired Wirral Carers Health & Wellbeing Support accepts no liability for errors and omissions and cannot recommend products or services. Views and opinions expressed in this publication are not necessarily those of Wired Wirral Carers Health & Wellbeing Support

Questions or comments?

E-mail us: wsc@wired.me.uk or visit our website: www.wired.me.uk