

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



FREE training and activities on offer from WIRED!



Stress Management Training for Unpaid Carers

A short session delivered by Psychotherapist Sue Stinchcomb to provide carers with some easy to use strategies and techniques to manage and reduce stress levels.

-  Monday 25th March
 -  10am-12pm
 -  St James Centre, 344 Laird Street, Birkenhead, CH41 7AL
- Free refreshments will be provided



Contact us to book your FREE space!


 events@wired.me.uk


 0151 670 0777

CARERS YOGA Face-to-face

Elevate your wellbeing with our transformative yoga classes FREE to unpaid carers registered with WIRED.


There is also the opportunity to stay for a hot drink and chat after the session is finished with one of our Carer Connectors.

 Every Tuesday, 11am-12:30pm

 All Things Must Pass Centre for Wellness, 140b Borough Road, Wallasey, Wirral, CH44 6NH

How to book...

wired.me.uk/carers-support/our-events/


 0151 670 0777

 cws@wired.me.uk



CARERS YOGA Online

Elevate your wellbeing with our transformative online yoga classes FREE to unpaid carers registered with WIRED.

 Every Tuesday, 11am-12:30pm

 Zoom: Meeting ID: 771 767 3139
Passcode: 1008

How to book...

wired.me.uk/carers-support/our-events/

 0151 670 0777

 cws@wired.me.uk



Get in touch to book your
FREE place!

0151 670 0777



CARERS WEEK

Wired
Putting You First

@WIRED

Carers Week

10th-15th June 2024

Programme of Activities for Carers Week 2024

Monday 10th June to Friday 14th June - Narrowboat Trips

- 📍 The Cheshire Cat, Whitchurch Rd, Christleton, Chester CH3 6AE
- 🕒 10am-3pm
- 📍 Please provide your own transport and bring a packed lunch

Monday 10th June - Carers Week Launch

- 📍 Pyramids Shopping Centre, Birkenhead
- 🕒 10am-3pm

Tuesday 11th June - Craft Workshops

- 📍 St James Centre, 344 Laird Street, Birkenhead, CH41 7AL
- 🕒 10am-12pm
- 🕒 1pm-3pm

Wednesday 12th June - Carers Week Lunch

- 📍 Beechwood Social Club, 22 Beechwood Drive, Beechwood, Wirral, CH43 7ZU
- 🕒 11am-3pm
- 📍 Free lunch and entertainment provided

Thursday 13th June

- 🧘 Carers Yoga 🕒 11am-12:30pm
- 📍 All Things Must Pass, 140b Borough Rd, Wallasey, CH44 6NH
- 🎵 Chorus for Carers 🕒 7pm-9pm
- 📍 St Anne's Parish Centre, Highfield Rd, Birkenhead CH42 2BY

Friday 14th June

- 📍 Carers Drop In 🕒 10am-2pm
- 📍 Wirral Carers Resource Centre, 5 St John Street, Birkenhead, CH41 6HY
- 📍 General Knowledge Quiz 🕒 2pm-3pm

Saturday 15th June

- 📍 Carers Craft Fayre 🕒 10am-3pm
- 📍 St Anne's Parish Centre, Highfield Rd, Birkenhead CH42 2BY

Contact us to find out more or book your space today 📞

📞 0151 670 0777 📧 cws@wired.me.uk / events@wired.me.uk 🌐 www.wired.me.uk

**BOOKINGS ARE NOW BEING TAKEN FOR
CARERS WEEK ACTIVITIES!
SO GET IN TOUCH NOW!**

**WE'VE
BEEN
BUSY!**



healthwatch
Wirral

We met with Healthwatch Wirral last week to get an update on the upcoming Wirral Carers Forum!



**Tomorrow's Women
Wirral 'International
Womens's Day'
event.**

We attended the IWD event on the 8th of March, which was filled with fantastic speakers. The event also involved interactive activities, videos and fantastic performances.



SP Energy Information Event

Our event with Gerry from SP Energy last week was a great success, with everyone learning something new. He provided money saving hints and tips, advice on joining the Priority Services

Register, plus much more!

He also attended our Soup n Support Group the following day to share the knowledge there.

Thanks Gerry!



GIVE IN LENT



HELP SUPPORT YOUR FOOD BANK WITH FOOD THIS LENT

In the 6 weeks of Lent, the food bank will provide emergency food parcels for local people and families facing hardship.

The amount of help needed is outstripping the donations we're receiving. Please donate an item or two from our shopping list, if you can.



SHOPPING LIST TOP TEN ITEMS

- Chocolate
- Tinned Meat
- Tinned Fruit
- Pasta Sauce
- Tinned Vegetables
- Tinned Potatoes
- Deodorant
- Toothbrushes/Toothpaste
- Tinned Rice Pudding
- Tinned Spaghetti

THANK YOU FOR
YOUR SUPPORT

To find out how to donate food or cash visit www.wirral.foodbank.org.uk or drop off at our warehouse at Unit 14, Wirral Business Centre, Dock Rd, Birkenhead CH41 1JW
Registered Charity in England & Wales 1167967.

WIRED are an authorised foodbank voucher distributor.
For further details ring 0151 670 0777



HOW TO COPE WITH GRIEF AS AN UNPAID CARER

Coping with grief and loss as an unpaid carer can be an incredibly challenging and emotional journey. The process of grieving is unique to each individual, but here are some suggestions to help you navigate this difficult time in a thoughtful and compassionate manner.



ADVICE FOR DISABLED CARERS CARING FOR THEIR DISABLED CHILDREN

Caring for a child with disabilities is a challenging yet profoundly rewarding journey. For disabled carers, this role encompasses layers of complexity as they navigate not only the needs of their children but also their own healthcare requirements. Often, in the midst of prioritising their children's well-being, their own health can inadvertently be neglected. In this article, we explore some advice for disabled carers who are balancing the intricate demands of caregiving while also tending to their own health.

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SPRING TRIP 2024

Tickets, subject to availability!!! at **LIBERTY BELL COFFEE** meeting, are only £20.00 to include direct coach travel to Ena Mill and lunch (1.00pm approx) at the Moorings on the scenic Bridgewater Canal. On Thursday 21st March please meet outside Conway Park Station from 8.45am to board the R&J Travel coach leaving at 9.00am taking us directly to the shopping extravaganza that is the ENA MILL for that perfect shopping experience. We are returning to the ever popular and friendly, Grade 2 listed, Ena Mill experience (reputedly named after a Spanish Queen and formerly a cotton spinning mill) looking forward to grabbing lots of bargains in this major retail destination, which opened in 2011, with over 200 brands packed into 30,000 square feet.

Menu choices at The Moorings include a choice of 'Afternoon Tea' (sandwiches, cakes and scones) or alternatively selections from the 'Pub Classics' with 'Desserts' and tea or coffee.

****Those with food allergies or intolerances please let John know in good time in order to make necessary adjustments.**

****We are happy to accommodate wheelchair users on our coach trip, provided they can navigate the three or four steps onto and off the coach with or without assistance.**

****Folded wheel chairs can be stored in the coach luggage locker.**



role ON review

MARCH 2024

'Supporting long term former carers across Wirral'



YOUR
MEMBERSHIP
MATTERS



CHARITY COMMISSION
FOR ENGLAND AND WALES
CHARITY COMMISSION
registered charity
number 1131089

'BREAKFAST CLUB' THURSDAY 7th MARCH LIBERTY BELL COFFEE

facing Hamilton Square Station

from 10.00am to 12 noon

includes free tea or americano coffee

free single slice of toast

£3.00 admission



ROLE ON ANNUAL MEMBERSHIP

Your membership will be due for renewal from April 1st 2024. Application forms are included in this newsletter.

Full membership renewal is £10.00

Associate membership is £10.00

Honorary membership is FREE

Please complete the form including your contact details.

Your information will not be available to anyone else without your prior consent,

as required by

GENERAL DATA PROTECTION ACT



SPRING COACH TRIP

ROLE ON with R&J Travel

21st MARCH 2024 THURSDAY

TICKETS £20.00 (if available) at LIBERTY BELL COFFEE

Meet outside CONWAY PARK STATION at 8.45am

R&J Coach leaves at 9.00am.

direct coach travel to morning shopping extravaganza at ENA MILL

Afternoon Tea or Pub Classic menu at THE MOORINGS (pub/restaurant)

on the Bridgewater Canal

menus & more details from

John 077 666 488941



Open Circle every Monday






£4 Entry

WIRRAL SPIRITUAL FRIENDS
HIGHER BEBINGTON ROYAL BRITISH LEGION, TEEHEY LANE, WIRRAL, CH638QS

Zero Suicide Alliance Because **ONE** life lost is **ONE** too many

NHS
Greater Manchester

Autism and Suicide Training Launch

-  Tuesday 2 April 2024
-  12noon to 1pm
-  Online (Zoom)

www.zerosuicidealliance.com

THE DROP IN

 WIRRAL

Supporting young people at the point of need not availability

THE DROP IN is open to all young people aged 11 - 18 for support on any issues which may be affecting their lives with no appointment necessary.

-  Support on any issues affecting you
-  Free and Confidential
-  No Appointment Needed
-  Access to Counselling



For opening times and more information visit www.zillowirral.co.uk/the-drop-in or just scan the QR CODE with your phone
Phone: 08081964147
Email: thedropin@wirral.gov.uk

NHS

You know you want to quit.
We know you can.

It's never too late to quit smoking.

Search 'smokefree' to get free quitting support this No Smoking Day - 13 March 2024.

Better Health Smoke free



WIRRAL CARERS HEALTH & WELLBEING SERVICE

WSBPS Wirral Society of the Blind and Partially Sighted Est. 1989 working with the Vision Support Team

For More Info call 0151 652 8877

Fancy a career in:

- Law
- Police
- Childcare
- Technology
- Business
- Drama
- Media
- Sports

Come along to find out more!

CAREERS FAIR

FOR YOUNG PEOPLE WITH A VISUAL IMPAIRMENT AGED 14-19

Unsure whether to go to uni, college or apply for an apprenticeship? Struggling to fill out a CV? Need advice around Disability Student Allowance for equipment?

Come learn about that and more!

Wednesday 17th April 2024
4pm - 6pm drop in
Ashville Lodge, Ashville Road, Birkenhead, CH41 8AU



NHS Cheshire and Wirral Partnership NHS Foundation Trust



Our free 24/7 mental health helpline is open to children and young people

Call: 0800 145 6485

MoneySavingCentral



Places Kids Eat Free in School Holidays & Half Terms 2024

Restaurants, Pubs and Cafes where kids can eat free during the various UK 2024 school holidays. Supermarket cafes, chain restaurants and food venues all around the UK are offering the 'Kids Eat Free' or Kids eat for £1 deal during school holidays and savvy parents are hunting them out in order to keep the cost of going out down. (Source: moneysavingcentral.co.uk)

ACTIVE WIRRAL
STRONGER HEALTHIER HAPPIER



ACTIVE ALLSPORTS

Disability Holiday Programme

WILLIAMSON

ART GALLERY AND MUSEUM

WHAT'S ON?

UPCOMING AND CURRENT EVENTS AND EXHIBITIONS ART LISTED BELOW.

SENDLO

Wirral's Local Offer of SEND Services

What's on



Wirral Libraries

Click to see what's on!

INVIGOR8 Teen Membership*

Just £15 per month including unlimited access 7 days a week to:

Swimming Pools • Gyms* • Exercise classes Golf courses • Outdoor Tennis court hire

Visit activewirral.com/invigor8-memberships



**BEBINGTON HARD OF HEARING
CLUB**

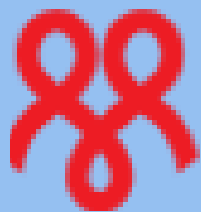
(Based in New Ferry)

**ARE YOU HEARING
IMPAIRED?**

**COME ALONG AND
JOIN US ON MONDAY
AFTERNOONS
BINGO AND CARDS GAMES
COFFEE AND CHAT
(ONCE A MONTH CHAIR EXERCISE)**

**NEW FERRY
COMMUNITY CENTRE
WINDSOR CLOSE
1PM ~~~~~ 3PM**

**NEW MEMBERS WELCOME
Phone 07720296900**



Press Release



International Women's Day 2024: 10 facts about women who are unpaid carers

08 March 24

Highlighting women unpaid carers for International Women's Day.

[Read more](#)

Press Release



Spring Budget fails to support millions of unpaid carers living in poverty, says Carer Poverty Coalition

06 March 24

Responding on behalf of the coalition, Tamara Sandoul, Head of Policy and Public Affairs at Carers UK, said: "It is...

[Read more](#)



factsheet

Assessments

Your guide to getting help and support in England



Many carers find it easier to continue in their caring role if they can get some support. Local councils can provide care and support for people who require care and their carers. The way they make a decision about the support that they can provide is by carrying out assessments.

[View assessment checklist](#) for specific advice relating to assessments and the impact of COVID-19.

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CARER'S ASSESSMENTS

WIRED can support you through the process of a Carers Assessment.

Contact the Carers Helpline for further information

0151 670 0777

Regional Carer Support



Support for carers

Cheshire East

Cheshire West & Chester

Liverpool, Sefton, Warrington & Knowsley



Wirral Carers Health and Wellbeing Service

The Wirral Carers Health and Wellbeing Service provides free support to unpaid Carers to improve the quality of life for Carers in Wirral, supporting them to sustain their caring role and enhancing their ability to enjoy a life outside of their caring role.

Services available for unpaid carers...

Carers information, advice, support & activities –

Information, advice and support for Carers provided via telephone, email, E-News, social media, website and face to face appointments including signposting to local services, benefits advice, support groups, leisure activities, emotional support and counselling.

Carers Emergency Contact Service – Carers are issued with a unique identifier number and a central telephone number which operates 24 hours, 7 days a week. In the event of a Carer having an emergency such as being involved in an accident and unable to provide care to the cared for, back up support can be triggered through contacting the central telephone service.

Carers Counselling – We offer counselling to all adult carers and former carers who would like to speak confidentially about their situation.

Adult Carers online assessments – Support for Carers, where appropriate, to complete an On-line Adult Carer Assessment.

Carers training – A flexible training programme for Carers that includes understanding the role of a Carer, Carer's rights, power of attorney, local Carer support services, managing stress/building resilience and food energetics.

Carer awareness training for professionals – Training sessions for professionals that promote Carer awareness. This also included working with GP's and the NHS to identify Carers and to improve support for Carers health and wellbeing.

Dementia Carer Support – The Dementia Carer Support Service is for Carers who care for a loved one who has dementia. We run our Carer Support Service to help take some of the strain with both practical and emotional support.

Carers Groups – Groups meet at a variety of accessible local venues across Wirral and free refreshments are provided. Group activities to include meet and greet, crafts, information and advice.

How to access our services...

Carers can contact our services directly or they can request to be referred to WIRED by a GP, a local organisation or any other professional.



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



0151 670 0777



cws@wired.me.uk



Monday - Friday, 9am-4:30pm



Wirral Carers Health and Wellbeing Service
or **SCAN the QR CODE** to take you to our Facebook page



WIRRAL CARERS HEALTH & WELLBEING SERVICE

Carer Linkworkers Making Caring Visible, Valued & Supported

About us...

WIRED is a Wirral based charitable organisation that was established in 2003. WIRED delivers a range of early intervention, prevention, well-being and financial related services through a blend of local authority grant funding and commercial income. Today we operate under the name Wired which stands for Wirral Information Resource for Equality and Diversity.

WIRED's core values are...

- The promotion and development of a society in which disadvantaged people can lead full and independent lives fully participating in society and reaching their potential
- To promote the equality, dignity and independence of disadvantaged children, young people and families and keep them safe from harm
- To support children and young people to be ready for school, work and adulthood

WIRED cascades these core values into service delivery through a number of key organisational principals;

- Empowerment - people should have control over their own lives
- Consultation - involvement in service planning by disadvantaged people and carers
- Information - clear and easily available
- Participation - in local, regional and national communities
- Autonomy- the freedom to make decisions about life
- Person Centred - to ensure that all audit activity follows the journey of the client through our services
- Outcome Based and Qualitative: - focussing on the how the service has improved people's lives
- Fair - equality and diversity issues are taken into account when developing and undertaking quality assurance activity
- Transparent - to deliver clear messages about the purpose and benefits of service to encourage openness and willingness to participate
- Ethical - always endeavour to respect participant's privacy and confidentiality
- Social value - wider financial and non-financial impacts of activity, including the wellbeing of individuals and communities, social capital and the environment

The above key organisational principals are embedded within service delivery through their integration into WIRED business planning, staff and volunteer recruitment, casework, staff supervision and organisational management and governance.

Our Services

- Wirral Carers Health and Wellbeing Service
- Wirral Health and Wellbeing Connectors
- Wirral Patient Advice and Liaison Service (PALS)
- Wirral Mobility Scooter Hire and Shopmobility
- Wirral SEND Partnership
- Wirral Mediation Service
- Wirral Direct Payment and Payroll Services
- Wirral Personal Care Assistant Register





Wirral Shopmobility



Wirral Shop Mobility

Birkenhead - Liscard

Price List

Membership Fees

Joining Fee: £30 Annual Renewal Fee: £25

Daily Hire Charges

Member Hire: £5 per hire Non Member Hire: £9 per hire

Long Term Wheelchair and Scooter 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



0151 647 6162



contact@wired.me.uk



Wirral Mobility Scooter Hire and Shopmobility



www.wired.me.uk

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