Calling all Carers

Do you look after someone?
Does someone depend on you?
Is your caring role too much at times?

If you answered yes to any of these questions then you are one of the Wirral’s 40,000 Carers.

*A carer is someone who looks after a family member, partner or friend in need of help because they are ill, frail or have a disability.*

At Wired we may be able to support you with your caring responsibilities by offering information advice or support.

To mark this year’s National Carers Rights Day we are working in partnership with a Benefits Advisor from the Beechwood Trust in offering Wirral Carers a benefits health check which may help you with your caring responsibilities.

Come along on Friday 20th November 2015 at the Wired Resource Centre, 5 St John Street, Birkenhead. CH41 6HY

Places are limited so do not book unless you can attend on the day. (Please do not just turn up).

You can reserve a place by telephoning the Carers Helpline on 0151 670 0777 Monday to Friday 9am until 4.30pm or emailing: cws@wired.me.uk
CALLING ALL CARERS

Do you feel:-

ISOLATED? lack CONFIDENCE? worried about your HEALTH or FINANCES?

If you have answered yes to the above questions then a Carer Connector may be able to help you

Come along to Bidston Rise Community House
9/31 Clover Drive. Bidston. Wirral. CH41 7DZ.

Friday 20th November 2015 11am for a cuppa & a chat. Find out how we can support you in your caring role

GET CONNECTED

For more information contact the Carer Helpline 0151 670 0777 or email cws@wired.me.uk
The Carers Team and the Shopmobility team would like to give a very warm welcome to the ladies of the PALS team who are now based at the Wired Resource Centre 5 St John Street, Birkenhead, CH41 6HY.

We would like all our carers to make them feel welcome and invite you to contact them with any comments, compliments and issues that you have in relation to GP Practices, Pharmacies, Opticians and Dentists. They look forward to hearing from you on:

0800 054 2137
(free from most mobiles and landlines)

or 0151 363 3948

Email: WirralPals@wired.me.uk

PALS can

- Offer advice and support to patients, their families and carers
- Help sort out problems quickly on your behalf
- Listen to your concerns, ideas or queries
- Pass on compliments about services
- Accompany patients to meetings with GPs or other services
- If required to resolve an issue

When you bring your concerns to us we will explain how PALS works.

- We will do our best to make sure you get the help you need
- We will ask your permission before we do anything on your behalf
- We will keep your information confidential unless there are exceptional reasons, for example to protect children, yourself or another person

The PALS service is provided to Wirral CCG by Wired, a charity provider under contract. All Wired staff are governed by the same standards of patient confidentiality as NHS employed staff and all records are held securely according to the data commission registration standards.
A CARERS CHRISTMAS CRAFT FAIR!

THESE AREN’T JUST ANY CARERS.......... 

.......THESE CARERS HAVE HIDDEN TALENTS!

All stall holders are carers themselves. Please join us for a cuppa, homemade mince pies and a fabulous festive shopping event. Gorgeous handmade gifts, accessories and jewellery.

FRIDAY 27TH NOVEMBER 10AM-2PM

BIRKENHEAD COMMUNITY FIRE STATION. EXMOUTH STREET BIRKENHEAD. CH41 4NF

(parking available at ASDA)

OVER A DOZEN STALLS INCLUDING.....

....Christmas Gifts, Jewellery, Knitting, Pottery, Willow Work, Gem Art, Photography, Glitter Glasses and lots more,

For more information please contact the Carers Helpline 0151 670 0777 or email cws@wire.me.uk
CARERS CHRISTMAS PARTY

Are you a unpaid carer or Former Carer in Wirral?

If so come along to our Christmas Party.

Also please bring along the person you care for.

There will be Food, Drinks, Raffles, Bingo and Much More!!!

Saturday 12th December 2015

All tickets are FREE!

For more details and to book your tickets phone 0151 647 5432

PROGRESS TO EXCELLENCE LIMITED
Carer Connections
Wirral CVS
Christmas Fair

Come and see Father Christmas in his Grotto.
Gifts, Games, Goodies, Raffle and Refreshments.
Join in the fun, meet Father Christmas.
And get your photo and gift, only £3.

Saturday 21st November
11am—2pm
Ashville Lodge, Ashville Road, Birkenhead.
CH41 8AU

Wirral Society of the Blind would like to wish you all a very Merry Christmas.

WSBPS
0151 652 8877
CHRISTMAS FOR 100
Wirral's
HOMELESS

DECEMBER 25th 2015 2PM-6PM
BIRKENHEAD PARK RUGBY CLUB
THREE COURSE DINNER & HOT DRINKS
FREE FOOD, PRESENT & HOT DRINK FOR
100 OF WIRRAL'S HOMELESS
Fire Walk

Tuesday 1 December 2015
ACC Liverpool,
Kings Dock,
Liverpool
6pm

Can you stand the heat?
Walk barefoot over hot coals to raise vital funds for the Stroke Association.

For more information or to register contact the fundraising team
Call: 0161 742 7484
Email: northwestfundraising@stroke.org.uk
Or visit stroke.org.uk

Together we can conquer stroke
NHS Wirral Clinical Commissioning Group would like your views on the proposed approach to the future funding of the Wirral Holistic Care Service, which offers a range of treatments to patients and families that are affected by a diagnosis of cancer.

If you are a member of the public and would like to give your views, please click on the following link:  

The survey should take no longer than 10 minutes to complete. The details of the proposal are provided at the beginning of the survey.

Further information to help you understand the proposal in more detail, can also be found on the top right hand side on the page of the link provided above.

Your feedback is needed by Monday 16th November 2015.

Please note that your views are valued and will be used to inform the CCG when making decisions. All responses will be kept confidential and we will not be able to identify you as an individual.

Thank you for taking the time to complete the questionnaire. The feedback on the results will be made available on the CCG website -  https://www.wirralccg.nhs.uk/Patient-Engagement/

Yours Sincerely

Nesta Hawker

Director of Commissioning
NHS Wirral Clinical Commissioning Group
Wirral Personal Assistant Finder

Are you a personal assistant or interested in a career in support in Wirral and looking for work?

Join Wirral PA Finder and make finding the right job much easier. PA Finder is a register of personal assistants who are looking for work supporting people with disabilities to live independently in their own homes in Wirral.

Benefits to you
• Joining PA Finder is free of charge.
• Potential employers can see your profile at any time.
• You can say where and when you would like to work.
• Being on PA Finder does not stop you from looking for other work or holding other jobs (e.g. if you work part-time but would like more hours).
• You can take yourself off PA Finder at any time e.g. if you find a job.
• Employers’ access to PA Finder is controlled by a login process ensuring only genuine employers see your details.
• We will provide you with further information to help you develop as a PA.

PA Finder will be accessible to potential employers in Wirral via the Penderels Trust website and will be promoted throughout Wirral.

✪ Go to our website at www.penderelstrust.org.uk/wirral and click on the ‘Personal Assistants – click here to register on PA Finder’ icon.
✪ Email us at pafinder@penderelstrust.org.uk
✪ Call us on 01226 736602

Penderels Trust is operating PA Finder on behalf of Wirral Metropolitan Borough Council. Penderels Trust is contracted to provide direct payment support services to people with disabilities in Wirral.
Your employer will be the person you support, not Penderels Trust or Wirral Metropolitan Borough Council.
HEALTH TRAINER SESSIONS

Have a **free lifestyle assessment** with a health trainer to see what support you could benefit from. Your health trainer can give you **information about activities and courses to help you make that first step to a healthier lifestyle**. For more information call 0151 630 8383

WEIGHT MANAGEMENT ROLLING PROGRAMMES

A free 10 week programme, which aims to help adults (16 years +) with a BMI over 35 lose weight in a supportive and informative way. The programme is structured around, healthy eating, physical activity, behaviour and lifestyle changes, coping strategies and regular follow-up sessions. **Call 0151 630 8383 for more details**

EAT HEALTHIER

Free cookery demonstrations, learning tasty, low-cost, easy and healthy dishes. There are different recipes each week; come to as many of the sessions as you like. For more information contact 630 8383.

LOSE WEIGHT

Support for people wanting to lose weight. Just turn up unless otherwise stated. For more information or to book an appointment call 0151 630 8383.

GET MORE ACTIVE

Free activities designed to **help people become more active**. Activities available to suit **all fitness levels**. Just turn up unless otherwise stated. For more information or to book a place call 0151 630 8383.

MEN’S HEALTH

Free courses / activities aimed at **supporting men in making positive lifestyle changes**. The majority of sessions are aimed at men aged 40+. Just turn up unless otherwise stated. For more information call 0151 630 8383.

RELAX, UNWIND, POSITIVE MIND

Free activities designed to support clients with **relaxation, decrease anxiety and depression and promote positive mind**. Just turn up unless otherwise stated. For more information or to book a place call 0151 630 8383.

STOP SMOKING

We provide a programme of **meetings with trained staff**. Issues that might affect quitting will be discussed and you can decide on the **best therapy to help you quit**. To help motivation, you can **measure your carbon monoxide levels** at each meeting. You can call to make an appointment or drop in at the venues shown. For more information call 0151 630 8383

HEALTHY HOMES

Free Home Safety Check & Health Support (joint project with Wirral Council and Wirral Community NHS Trust)

For further information or to book either a **FREE Home Safety Check** or a combined Home Safety Check and Health Support appointment please call 0151 630 8383 or email healthyhomes@wirral.gov.uk

HEALTH PROMOTION RESOURCE CENTRE

Our Health Promotion Resource Centre has a wide range of **FREE visual resources** to support people working in Wirral in health promotion, healthcare and other professions (including students and volunteers). These include:

- Activities
- DVDs
- Leaflets and posters
- Teaching packs
- Visual prompts

If you work in Wirral, you can register with the Centre and loan resources for **FREE** by calling 0151 630 8396
FREE HOME ENERGY CHECKS
FOR RIVERSIDE TENANTS

Riversides Affordable Warmth Service can provide you with:-

- A free home energy check
- Free energy saving products
- Hints and tips on how to cut the cost of your fuel bills
- Energy efficiency advice
- Advice on how to control mould and condensation
- Advice on how to find out about cheaper tariffs
- Advice on how to find out about social tariffs
- Advice on how to read and understand your fuel bills
- Training and advice on how to use your boiler, timer, and programmer controls cost effectively

To take full advantage of this free service and to book an appointment call Michelle Melvin, Affordable Warmth Officer via our customer service centre on 0845 111 0000 or 0345 111 0000 from a mobile phone.

Michelle Melvin
Affordable Warmth Officer

Riverside
Transforming lives
Revitalising neighbourhoods
ENERGY & MONEY SAVING TIPS

Book a free home energy check with your Riverside Affordable Warmth Officer, Michelle Melvin.

Take a shower instead of a bath and set your water thermostat to 60°C.

Turning appliances off at the plug and switching off standby, including unplugging chargers could save around £40 a year.

Use “power down” devices which automatically turn off electrical appliances when they are on standby.

Only boil the amount you need in the kettle when making a drink.

Install energy efficient light bulbs and save up to £45 in electricity over the lifetime of the bulb.

Turning your heating down by 1 Degree could save you around £50 a year, or about 10% of your heating bill in the average home.

Defrost your fridge/freezer regularly.

Use lids on pans and use a pan which fits the cooker ring.

Helpful hints are from the Energy Saving Trust. Details correct at time of print, March 2011.
The Local Offer Wirral is a website that provides information for children, young people (0-25 years) with special educational needs and disabilities and their families. The site has been developed in partnership with parents, carers and service providers.

The local offer provides information on what services children, young people and their families can expect from a range of Wirral agencies, including education, health and social care as well as information about other local, support services. Knowing what is out there gives parents and young people more choice and therefore more control over what support is most appropriate.

The site is currently being re-developed based on the feedback we have received so far. In order for the Local Offer to remain current, relevant and accessible we need consistent feedback from parents, families and young people themselves. If you have any parents, carers and/or young people that you think would be interested then please let me know. We would like to tap into already established groups where possible.

We would like a broad range of individuals involved ASAP. We are also looking for suitable venues to hold feedback groups, if you have any ideas please let me know.

Natalie Johnson  
Development Officer  
Children & Young People's Lead

My usual working days are Tuesday, Wednesday & Friday

Our mailing address is:
Community Action Wirral. 220 - 224 Liscard Road, Wallasey, CH44 5TN

United Kingdom

Tel: 0151 353 9700   Email: natalie.johnson@vcawirral.org.uk  
Web: www.communityactionwirral.org.uk
Your invitation to

Art Exhibition:
Life After Stroke

Wednesday 02 December (5:30pm – 8pm)
Location: Central Library, William Brown St, Liverpool, Merseyside L3 8EW

Inspirational art work created by stroke survivors from across the region will be on display, for one night only. There will be a selection of paintings, photographs and digital displays on show celebrating life after stroke. Visitors can also enjoy a drinks reception on the evening.

Celebrating the UK Stroke Forum coming to Liverpool for the first time, where over 1200 stroke professionals and over 30 organisations all come together discuss improving stroke care in the UK.

@StrokeAssocNW #UKSF15
If you care for a disabled child and need advice, support or information please call Contact a Family’s free helpline on 0808 808 3555 to talk to one of our expert advisers.

**Please take a few minutes to tell us what you think about our services**
Have you used our educational support? Did we tell you what benefits and financial support you’re entitled to? Did you receive from us information about your child’s medical condition?

We’d love it if you could give us around ten minutes to **complete our survey and tell us what you think about our services**.

You’ll be really helping us make sure our services best meet your needs and the needs of thousands of other families with disabled children. You’ll also be helping us show those who fund our advice services how vital their continued support is.

**Complete our survey here.**

**Contact a Family urges government to think again about tax credits cuts**

Last month the House of Commons voted narrowly in favour of severe cuts to tax credits, which will come into effect in April 2016. Since then, Contact a Family has led calls to the government to consider the impact cuts to tax credits will have on families with disabled children and to think again.

Find out more about **how these cuts could affect you and join the 3000 people who have already signed our petition opposing these cuts** – estimated to affect around 150,000 working families with disabled children.

We're also looking to speak to families who'll be affected by the announced tax credit cuts next April. If you're interested in sharing your story, **email press@cafamily.org.uk**.

Our [Tax credits guide](#) includes information on who qualifies and how the tax credits system works in practice. We've also included 'ready reckoner' tables to give you an idea of how much you should get.

**We’re celebrating inspirational dads in the latest edition of Connected, Contact a Family’s supporter magazine**

The latest edition of our [Connected magazine](#) is dedicated to dads who share their experiences of caring for a disabled child. In the autumn edition of the magazine you also be able to find outmore about special educational needs and disabilities (SEND) reforms in England one year on, how parents are changing local services for the better through parent carer participation and if there are support groups in your area.

We've made it even easier for you to get Connected. You can now **sign up to receive an alert** when the latest edition of Connected is online and available to download.

**Latest guides and information from Contact a Family**

We know that families come in all shapes and sizes, and having a disabled child affects all members of the family. **Our guides for fathers, grandparents and siblings** are designed to help all members of the family.

Take a look at our [free range of resources](#) full of free, useful information for parents to download or order in print or to buy if you're a professional.
NHS Feedback Focus Group
4th December 2015 – 2pm
WIRED Resource Centre
Birkenhead CH41 6HY

Wired are facilitating a Focus Group for Carers on behalf of North West Commissioning Support Unit.

Their aim is to get some feedback on NHS services for example have you had any really good experiences with your GP Practice/ Hospital/ Pharmacy/ Optician/ Dentist that could be used as good practice or even a really poor service which should be addressed to ensure others don’t suffer. Please book your place on 0151 670 0777 or email: cws@wired.me.uk

Cambridge Road Day Centre
17 Cambridge Rd, Wallasey CH45 1JF
0151 638 9237

Coffee Moring with gift table
10am-12pm 19th November 2015

Disclaimer: Every effort is made to ensure that the information in this E-bulletin is correct. Wired Wirral Carers can accept 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

Question or comment? E-mail us: info@wirralcarers.co.uk why not visit our website: www.wirralcarers.co.uk