

INFORMATION FOR CARERS

Carer Support Provided by Age UK Wirral

We offer information to Carers and a listening ear to share experiences and discuss problems.

Support is offered through home visits, regular telephone contact, newsletters and informal monthly meetings of the Carers' Club.

Email:

keith.colwell@ageukwirral.org.uk

☎0151 653 4404

WIRED

WIRED offers a range of support to carers including a helpline, newsletter, events, counseling and short breaks, activities and help with local support groups.

www.wired.me.uk

☎ 0844 880 1500

CARERS SUPPORT

To relieve the needs of unpaid carers, providing training, advice, guidance and support. We provide a drop-in service Mon-Fri 10-2 or we can arrange an appointment with one of our staff for a specific issue

www.tlcnetwork.co.uk

☎0151 678 4499

AGE UK – WIRRAL

Offer the following services and activities from different sites across the borough. Locations include: Devonshire Resource Centre; Meadowcroft Community Wellbeing Hub; and Wirral Point

- Active Age
- Bathing service
- Home Support
- Support for Carers
- The Carers Project
- Home from Hospital Service
- Bereavement Support & Counselling service
- Age UK products & services
- Friends in Action
- Day care
- Respite Care
- Phone Link
- Mid-life Interventions
- Personalization Project
- Help with Hearing
- The Prothero Counselling Service

Details of all of these services can be found at www.ageuk.org.uk/wirral

General Enquiries: 0151 482 3456

CARERS SUPPORT GROUP

Provided by Carers Get Together

A carers support group for people caring for loved ones who through a wide range of disabilities cannot fully care for themselves. Our aim is to offer carers mutual support and friendship and help to improve their wellbeing.

We have a varied programme including informative talks, gentle exercise, relaxation and fun activities. We provide a cooked lunch at each meeting to which a donation is welcomed to help cover the costs. We have been allocated funding to pay for respite car where appropriate, for a few carer members who would otherwise not be able to come to our meetings.

Carers' Soup 'n' Support is held at West Kirkby Methodist Church on 1st Thursday of the month 12-2pm <http://www.westkirkbymethodist.btck.co.uk>

☎0151 625 3224 / 0796 8236 854 Sue Gladden

Carers Together is held at St Michael and All Angels Church, Gills Lane, Pensby 2nd Thursday of the month 11:45am-1:30pm

Carolb63@btinternet.com

☎07932251198 Carol Jordan

GENERAL SUPPORT AVAILABLE

PUFFELL

Puffell is a place that helps to improve health and wellbeing by making small simple changes. It brings like-minded people together to support, motivate and encourage each other.

www.puffell.com

WELFARE RIGHTS UNIT

Free checks to ensure that you are receiving all the benefits to which you are entitled

welfarerights@wirral.gov.uk

☎ 0151 666 4570

LONSDALE TRUST

Specialist day care services for older people

www.lonsdaletrustwallasey.org.uk

☎ 0151 630 4017

INDEPENDENT AGE

A charity that has been established as a voice for older people to provide:

- Advice – help at home, moving into care, paying for care, being discharged from hospital, money, benefits etc....
- Befriending – 1 to 1 visits, telephone buddies, telephone book/film discussion groups
 - Campaigning – for fair deals, a reasonable income and quality of life

www.independentage.org

☎ Advice Line 0800 319 6789

HELP WITH HEATING

Health through Warmth is a community initiative that aims to improve levels of warmth, comfort and quality of life for vulnerable people who have illnesses, made worse by cold living conditions.

Email: Robbie@epplus.org.uk
Contact Robbie McAndrew

☎ 0151 637 3671

PRIMARY CARE ADVICE LIASION (PCAL)

This service can offer general and specialist advice to people who are concerned about debt, benefit claims and housing problems, as well as longer term support. For more information contact

Jeannette.morgan@wirralcab.org.uk

☎ 0151 346 8797

POPIN

Promoting Older People's Independence Network
Support for those over 65 needing some support to maintain independence

Email: popin@wirral.gov.uk

☎ 0151 666 4659

GENERAL SUPPORT AVAILABLE

CHRISTIANS AGAINST POVERTY

CAP is a charity that gives free debt help to anyone in debt. Thousands of people have already been given hope and a solution

www.capuk.org

Contact: 0800 328 0006 /
☎01274 760839

MERSEYSIDE FIRE AND RESCUE

Free home fire safety check
or advice on an existing
smoke alarm

Contact 0800 731 5958
(please do NOT phone the
Community Fire Station
Number)

www.merseyfire.gov.uk

WIRRAL WELL

On-line directory for
health & social care,
wellbeing and events

www.Wirralwell.org.uk

☎0151 638 9179

AGE UK – FRIENDS IN ACTION

Offers the following services (some services will involve a minimal charge):

- One to one befriending service
- Occasional gardening service
- Transport service – offering supported transport to clients for medical appointments: doctors, hospital, dentists and chiropodists
 - Small odd jobs (e.g. changing light bulbs, fixing curtains)
- Housebound library service – collecting and returning library books for housebound clients

For more information speak to the Friends in Action Team on:
0151 488 7805

Email: friendsinaction@ageukwirral.org.uk

GET INTO READING

Get into reading groups meet every week in a wide range of venues, during each session a short story or installment of a novel is read aloud by a trained facilitator who pauses at key moments and starts a very informal discussion. Group members get to know each other through the text and get to talk about life's big issues, without focusing too much on individual problems. There's no pressure to join in, people can just sit back and get lost in the story if they want to – and a previous interest in reading is unnecessary.

☎0151 650 5466 / 07973247707 Kate McDonnell
Email: katemcdonnell@thereader.org.uk
Website: www.thereader.org.uk

SUPPORTING PEOPLE TEAM

Includes:

- the handyperson service;
- a home improvement agency;
 - supported living;
- financial help and advice

Wallasey Town Hall, North Annexe,
Brighton Street, Wallasey, CH44 8ED

☎0151 691 8090

GENERAL SUPPORT AVAILABLE

BEFRIENDING

Provided by Independent Age

We aim to enhance independence and the quality of life as we grow older. We offer local befriending of older people from volunteers on a one-to-one basis either at home or by telephone, and through our popular "live wires" telephone discussion groups.

We offer a national telephone and email advice service on social care, benefits and practical matters, supported by a wide range of information guides and factsheets on our website. We also produce a series of free information books for older people.

Email: sian.burgess@independentage.org.uk

☎ 0151 513 3837 / 07595 201 432

TELEPHONE BEFRIENDING SERVICE

Phonelink – Provided by Age UK Wirral

A telephone befriending service for older people living alone or without the support of family or friends.

Volunteers will regularly contact individuals by the telephone for a friendly chat and will endeavour to help with any concerns or problems

Email: jan.brown@ageukwirral.org.uk

Website: www.ageukwirral.org.uk

☎ 0151 653 4404 Jan Brown

ALZHEIMERS SOCIETY – WIRRAL

Local activities include:

- Activities Group – Bromborough
- Befriending Service – Wirral
- Caring at Home course – Wirral
 - CrISP course – Wirral
- Dementia Adviser & Support Service – Wirral
- Dementia Café – New Brighton, Bromborough, Meols, Port Sunlight, Thurstaston
 - Outings & Daytrips
 - Poetry Reading Group
- Singing in the Brain – Pensby
 - Information & Advice
 - Training

Details of these services and activities can be found at www.alzheimers.org.uk

Visit their new office at: Room 210, The Lauries Centre, 142 Claughton Road, Birkenhead CH41 6EY or contact 0151 650 5505

HELPLINK

Community support charity in Wirral providing, transport, befriending and clubs for elderly, vulnerable and disabled

☎ 0151 648 3322

PETS – THE CINNAMON TRUST

Providing care for patients pets whilst they are in hospital. Peace of mind for owners, love, care and safety for beloved pets. This service can also be accessed in an emergency

☎ 01736 757 900

BEFRIENDING SERVICE

Provided by Alzheimer's Society

A befriending service for those who are living with dementia.

Email:

sarah.murray@alzheimers.org.uk
www.alzheimers.org.uk

☎ 0151 630 5206

SUPPORT WITH YOUR HEALTH

TELEHEALTH SERVICE

This service is available to all suitable patients with Heart Disease or Chronic Obstructive Pulmonary Disease (COPD). The service is provided in a patient's own home using technology to monitor your health and keep you well.

Your GP can refer suitable patients into this service, please call your practice to arrange a telephone consultation to discuss this service if you feel it would help you.

WIRRAL MIND

A range of services for adults suffering from poor mental health & those that support them

www.wirralmind.org.uk

☎ 0151 512 2200

PARKINSON'S SOCIETY

Provides support, resources and information for people with Parkinson's disease

☎ 0800 800 0303

MULTIPLE SCLEROSIS SOCIETY

The UK's leading resource for information regarding MS

☎ 07833 051 707

SUPPORT FOR THOSE WITH BREATHING DIFFICULTIES

If you are living with lung disease it is especially important to keep as mobile as possible. It's often easier to exercise with other people. We offer both an exercise class and support group with guest speakers.

Exercise classes every Tuesday 12:30-2pm in Moreton aimed at those with lung disease.
Support group 2nd Tuesday of the month 1:45-2:30pm

Email: davidnichols50@hotmail.com

Website: www.blf.org.uk/breatheEasy/Detail/Wirral

☎ 0151 512 0580 Contact David Nichols

INDEPENDENT FORUM FOR PEOPLE WITH DISABILITIES

Peer support for people with a disability

☎ 0151 650 5529

ASSISTIVE TECHNOLOGY

Technology can help people in many ways to promote independence and safety in their own home

- Falls
- Memory impairment
- Issues with taking medication
- Hearing/visual/physical impairment
- Epilepsy, Stroke, Diabetes, Parkinson's Disease etc
- Need for carer reassurance, support and independence

Contact Eldercare on 0845 602 9307 to discuss your needs

OUT OF HOURS GP SERVICE

For emergency GP appointments when your doctor's surgery is closed

☎ 0151 678 8496

ACTIVITIES AVAILABLE

MONTHLY ACTIVITIES AVAILABLE FROM THE LIVEWELL TEAM

FOR UP TO DATE INFORMATION ON THESE FREE ACTIVITIES OR TO FIND OUT ABOUT OTHER ACTIVITIES THAT ARE AVAILABLE CONTACT:

WWW.WIRRALCT.NHS.UK
WCNT.LIVEWELL@NHS.NET

☎0151 630 8383

TAI CHI

Gentle exercises combined with relaxation techniques to help you relax and unwind

Every Tuesday 1:30 – 2:30pm

The Institute (Scout Hall)
Church Rd Tranmere

Every Thursday 10:30 – 11:30am

Rock Ferry Library/One Stop Shop,
Old Chester Road CH42 3TD

NO NEED TO BOOK – JUST TURN UP!

SINGING FOR WELLBEING CHOIR

Don't worry if you have never sung before. Feel good through music and meet new friends.

Every Wednesday 11:30 – 1:00pm

St James Centre 334
Laird Street Birkenhead
CH41 7AL

NO NEED TO BOOK – JUST TURN UP!

RELAXATION

Techniques to help you relax and unwind

Every Thursday 11:30 – 12:15pm

Rock Ferry Library / One Stop Shop Old Chester Road CH42 3TD

NO NEED TO BOOK – JUST TURN UP!

CHAIR BASED EXERCISE CLASS

Low level and low impact exercises to help with weight loss and improve strength & mobility

Every Monday 10am – 11am

St Catherine's Community Centre (in the grounds of St Catherine's Health Centre) Derby Road CH42 0LQ

Every Monday 1pm – 2pm

Moreton Presbyterian Church, Hoylake Rd Moreton CH46 8TQ

Every Monday 3pm – 3:45pm

St James Centre, Laird Street Birkenhead CH41 7AL

Every Tuesday 10:30 – 11:30am

Victoria Park Cricket Club, Victoria Park, Tranmere CH42 6SH

NO NEED TO BOOK – JUST TURN UP!

ACTIVITIES AVAILABLE

HEALTH WALKS

Enjoy the picturesque surroundings of Wirral and meet new friends

Every Monday, 12.00noon - 1.00pm

Meeting point: Sailing Centre Car Park, 52 acre West Kirby Marine Lake, South Parade, West Kirby, CH48 3HZ

Every Tuesday, 7.00pm - 8.00pm

Meeting point: Grove Road Station, Wallasey, CH45 8JX

Every Wednesday, 10.30am - 11.30am

Meeting point: Heart of Egremont Shop, 103, Brighton Street, Egremont, CH44 6QL

Every Wednesday, 11.00am - 12.00noon

Meeting point: Bowling Green (next to Port Sunlight Train Station, CH62 4XB)

Every Wednesday, 12.00noon - 1.00pm

Meeting point: Sailing Centre Car Park, , 52 acre West Kirby Marine Lake, South Parade, West Kirby, CH48 3HZ

Every Wednesday, 1.30pm - 2.30pm

Meeting point: Eastham Country Park Visitor Centre, Ferry Road, Eastham, CH62 0BH

Every Friday, 10.30am - 11.30am

Meeting point: Victoria Park, Church Road Entrance, Tranmere

Every Sunday and Monday, 11.00am - 12.00noon

Meeting point: Birkenhead Park Visitors Centre, Park Drive, Birkenhead, CH41 4HY

NO NEED TO BOOK – JUST TURN UP!

FREE MINI HEALTH MOT AVAILABLE

If you are a carer providing unpaid care for a relative, partner or friend, the Livewell team provides FREE mini health MOTs!

- Takes no longer than 30 minutes, is private and confidential and at a time and date to suit you
 - The team will record your height, weight & BMI and check your blood pressure
- Advise you on eating healthily, sleeping well, relaxation techniques, getting more active, losing weight and stopping smoking
- Provide information about the free local lifestyle activities that you can get involved in

TO BOOK AN APPOINTMENT OR FOR MORE INFORMATION CONTACT 0151 630 8383

