Do you care for a family member or friend on a voluntary basis?

Text CARER to 87007 for free confidential information, advice and support from the Wirral Carers Health and Wellbeing Service
Would you like to try and maintain your memory skills?

MCST Group
(Maintenance Cognitive Stimulation Therapy)
Monday 4.00pm - 6.00pm

Starting on Monday 10th July 2017

A weekly group for people who have a recent diagnosis of mild or moderate Dementia.
At Meadowcroft, 304 Spital Road, Bromborough, CH62 2DE

Booking essential, for more information, please contact
Lisa Cummings, Carer Connector
Tel: 0151 488 7804 or
email lisa.cummings@ageukWirral.org.uk
Community Connections Invitation

Community Networking Event
19th September 2017
3-6pm at Hoylake Parade
0151 632 2889
bookings@hoylakeparade.com

😊 👋 TIDY-UP UPTON 👋😊

Love where you live

Are you fed-up with the litter that is blighting our Village? The Council don't have the money or resources to do as much as they would like to keep our streets litter-free. Let's get together and TIDY-UP UPTON! If you would like to be involved in a group to do something about this then please get in touch:

Tel: 07811 184722

e-mail: tidy.up.upton@gmail.com
The Hub of Hope

New Mobile App to help those struggling with their Mental Health.

Chasing the Stigma is delighted to present, the Hub of Hope.

CTS have teamed up with creative designers Mashbo, to create a digital platform that offers a place to go to for those who are struggling, and makes it easy to find routes to help, by using your phone’s location to locate the nearest service available to you, as well as national organisations.

The web based app is the first of it’s kind in the UK, as it brings support together in one place, regardless of age or gender restrictions, to make it as easy as possible for people to find help and support around them. Simply select find nearby services, and using your devices location, the app will display the help that is available to you. If you are looking for help in a different location, simply enter the post code and search.

But you haven’t found it yet! To access the Hub of Hope, you will need to visit hubofhope.uk.
Youth Offending Service - Community Panel Members and Mentors

The Youth Offending Service is looking to recruit volunteers to become community panel members and mentors. This involves supporting young people getting their lives back on track when coming into contact with the youth justice system. Current volunteers range from students to retired members of the community.

Full training and support will be provided.

Please contact Carl Loughlin for more information on 0151 666 4090 or carlloughlin2@wirral.gov.uk
Stroke Association Wirral will be delivering our next ‘Expert Stroke Programme’ in Autumn 2017. It is a 6 week block that we run for stroke survivors and their carers which covers things like medication management, fatigue and emotional changes following a stroke. On week 5 of the course we have the 'Market Place' session, where we invite local organisation to come along with their information.

We would be delighted if you or someone from your team could attend this session? It will be held on Thursday 9\textsuperscript{th} November 2017, starting at 10.30am and running until 12.30pm, at Harvest Court in Moreton.

The session includes a short 5 minute presentation about what your service offers, and then information stands where our attendees can come and ask further questions and take away information leaflets. This session really helps our attendees to access other local community services & support.

It would be great to have as many local services involved as possible - please let me know if you have availability for the date above. You can email me back or contact our main Wirral office on: 0151 625 6902.
PLACE OF WELCOME

Family Fun Days
The Carrbridge Centre will be opening its doors for a variety of family fun activities during the summer holidays.

Spend time in our newly equipped 0-5 room with a variety of resources available for babies, waddlers and toddlers.
Our main hall, with games and activities from 5 years and up
Try out our ICT/Training room for supportive activities using laptops and mobile phones.
Also our outside area for running, jumping, skipping and dancing! or generally a place to let off steam.

Come along and bring your friends
(and any ideas you have for family fun)

Drop In every Tuesday and Thursday from 11am

We hope to also have a number of extra activities each week for you to enjoy, including bouncy castle, storytelling, face-painting, snakes spiders and reptiles, and ponies.

Phone 0151-606-8913  Freephone 0800-086-9557  Mobile 07391755563

E-MAIL info@carrbridge.org.uk
Carrbridge Community Centre
PLACE OF WELCOME

The Community Garden

The Carrbridge Centre has allocated funding to improve our Outdoor Area.
Available to anyone who is interested in

garden crafts and projects
general gardening tips and ideas growing your own
container gardening
learning more about nature, wildlife and the outdoor environment.

Come along and bring your friends (any tools you may have and suitable outdoor clothing) on a 
Monday afternoon 1-3pm from 1st August
to create a community artwork for the Centre and learn lots of new skills to take away with you.

Phone 0151-606-8913 Freephone 0800-086-9557 Mobile 07391755563

E-MAIL info@carrbridge.org.uk Carrbridge Community Centre
The Herbert Protocol
Safe & Found

People still need their independence and The Herbert Protocol can help to reassure their family and friends that, if their loved one does go missing, they can quickly pass relevant information to the Police.

In the event that a vulnerable adult goes missing, we believe that by enabling families and friends to help us in our response, we may be able to locate them more quickly, safeguard them more effectively and return them to safety before any harm can come to them.

Do you care for someone who has dementia & worry that they might go missing?

We’re here to help if they do!

Download the form and find out more at: www.cheshire.police.uk

FAQs

- Where can I find The Herbert Protocol Form?
  You can download the form and find out more at: www.cheshire.police.uk

- When should I complete this?
  As soon as possible. The sooner the form is ready the quicker it can be used if needed.
  When you have completed the form, please keep in it a prominent position so that it is easily accessible if required.

- What will happen with this information when I have completed the form?
  You keep hold of the form.
  There is no need for the Police or anyone else to have access to this information unless the person to whom it refers goes missing.
  It will help the Police to find the missing person as soon as possible, so nothing more.

We will never share your information with anyone else unless as part of a live investigation it is necessary to do so in order to safeguard someone.

With an ageing population and improvements in diagnosis, dementia is something that will almost inevitably affect us all, either personally professionally or both.

If your loved one goes missing & this information is handed to the Police, the information and photograph can be circulated to all front line Police Officers and PCSOs via their mobile devices.

There is nothing more frightening or distressing than when a loved one, friend or neighbour fails to return when they should.

For people living with someone with dementia, this could be quite common and The Herbert Protocol could give you some peace of mind.

The Herbert Protocol is a national scheme being introduced locally by Cheshire Constabulary and other agencies which encourages carers and family members to compile useful key information which could be used in the event of a vulnerable person going missing.

The Herbert Protocol will put systems in place to allow for early intervention when vulnerable people go missing.

The idea is to complete a form recording all vital details relevant to the person who could potentially go missing. This can include; places frequented, medication required, general routines, description and recent photograph.

In the event your family member or friend does go missing, the form can be easily sent or handed to the Police to reduce the time taken in gathering this information.

This form, and the information it contains, is designed to help remove some of the stress. It provides those involved in the search for a missing person with essential information to promote their safe return.
The story of Dunkirk retold as film hits the big screen
What is Shopmobility?

Shopmobility is a scheme that loans manual and powered wheelchairs and powered scooters to members of the public who have limited mobility. These can be used to visit facilities in the local area. Staff and volunteers will help you to decide what equipment to hire and ensure that you receive training to use it safely.

Anyone with limited mobility can use our Shopmobility. So whether you have a permanent impairment, have broken your ankle or are pregnant these services are available to you.

The Birkenhead Centre sells a small range of disability aids including blue badge holders. If you don’t see what you’re looking for in our centre, our staff will be happy to assist you with any questions or queries you have.

The Liscard Centre carry out the following repairs: punctures - battery problems - minor faults - minor bodywork damage - tyres - brakes carry out a “health check” for your scooter and also new batteries.

The New Brighton Centre is open every weekend and Bank Holidays (excluding Christmas Day and Boxing Day). We also operate a call and collect service.

You can contact Shopmobility team directly on 0151 647 6162 (Birkenhead) or 0151 606 4665 (Liscard) or email: contact@wired.me.uk

Scooter donations

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.

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