



Here's what's coming up at WIRED for the rest of July, take a look below and get in touch to book your place. Available for unpaid carers.

Stress Management Training

Delivered by psychotherapist Sue Stinchcomb, learn simple, easy-to-use strategies to manage and reduce stress. Free refreshments provided.

Date: Monday 20th July

Time: 1pm–3pm

Location: St James Centre, 344 Laird Street, Birkenhead, CH41 7AL

Caring with Confidence Course – Final Session

Self-Management, Healthy Eating & Wellbeing Planning

In partnership with Health Junction. Bring together everything you've learned across the course and create your own personalised wellbeing plan. It's not too late to come along, even if you haven't attended earlier sessions.

Date: Tuesday 21st July

Time: 1pm–3pm

Location: St James Centre, 344 Laird Street, Birkenhead, CH41 7AL

Wallasey Carer Support Group

A friendly space to connect with other carers, share experiences, and get the support you deserve.

Date: Thursday 23rd July

Time: 1pm–3pm

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

First Aid Training

In partnership with the British Red Cross, learn basic first aid, including choking, strokes, and heart attacks. No experience needed.

Date: Friday 31st July

Time: 11am–1pm

Location: The Stein Centre, St Catherine's Health Centre, Derby Road, Birkenhead, CH42 7HB

All sessions are free, but spaces are limited, so please book early to avoid disappointment.

To book or for more information

[Email: cws@wired.me.uk](mailto:cws@wired.me.uk)

Call: 0151 670 0777