



Your August Calendar

Free sessions, practical support and friendly groups

FOR UNPAID CARERS ACROSS WIRRAL

All sessions are free - book early as spaces can fill quickly

What's coming up

Five useful sessions at the St James Centre in Birkenhead.

CREATIVE

Crafty Sew 'n' Sew

A relaxed, beginner-friendly sewing group. No experience needed.

DATE Wednesday 5th August

TIME 10am - 1pm

LOCATION St James Centre, 344 Laird Street, Birkenhead, CH41 7AL

SAFETY

Fraud Awareness Session

Learn how to spot scams and protect yourself, with Merseyside Police.

DATE Wednesday 12th August

TIME 10am - 12pm

LOCATION St James Centre, 344 Laird Street, Birkenhead, CH41 7AL

SUPPORT

Dementia Awareness Training

Information, advice and support for people caring for someone with dementia.

DATE Thursday 13th August

TIME 10am - 1pm

LOCATION St James Centre, 344 Laird Street, Birkenhead, CH41 7AL

WELLBEING

Crafty Carers Club

Get creative, unwind and enjoy a friendly space with other carers.

DATE Wednesday 19th August

TIME 10am - 3pm

LOCATION St James Centre, 344 Laird Street, Birkenhead, CH41 7AL

SAFETY

Fire Safety Session

Practical advice on reducing risks at home, with Merseyside Fire & Rescue Service.

DATE Friday 28th August

TIME 10am - 12pm

LOCATION St James Centre, 344 Laird Street, Birkenhead, CH41 7AL

Carer support groups

Connect with other carers and access advice in a welcoming setting.

SUPPORT GROUP

Wallasey Carer Support Group

A friendly place to connect, share experiences and get the support you deserve.

DATE 13th & 27th August

TIME 1pm - 3pm

LOCATION Inspire Cafe, The Spire, Breck Road, Poulton, Wallasey, CH44 3BD

Runs on the 2nd and 4th Thursday of each month.

DROP-IN

West Kirby Carer Support Group

Free advice on Carer's Allowance, benefits, local services and more.

DATE Thursday 20th August

TIME 10am - 12pm

LOCATION AGE UK Cafe, Marine Place, Marine Lake Medical Centre, Orrysdale Rd, West Kirby, CH48 4HX

EVERY TUESDAY

Carers Yoga

Take a moment of calm in person or online. No experience needed - stay afterwards for a complimentary hot drink and a chat.

DATE Every Tuesday

TIME 11am - 12:30pm

LOCATION All Things Must Pass Centre for Wellness, 134 Borough Rd, Wallasey, CH44 6NH

ONLINE VIA ZOOM

Meeting ID: 771 767 3139 | Passcode: 1008

Ready to book?

Get in touch with the Carers Health and Wellbeing Team. They'll help you reserve a place or answer any questions.

0151 670 0777

cws@wired.me.uk