

Wirral Carers E-news

Issue: xx Datexx

Carers Health & Wellbeing
Check

Carers
How did we do?

Practitioners
How did we do?



Help protect the things we love. Get the jab.

The COVID-19 vaccine is the best way to protect yourself and others from the virus.



BAME Covid-19 **Community Support Service** Wirral

BAME COVID-19 Community Support Service is a Wirral based service. The team are dedicated to provide up to date information and advice regarding COVID-19 to the Black, Asian, Minority Ethnic Communities. We offer our services in multiple languages ensuring we meet your needs.

What can we help you with?

General Advice & Guidance about:

- COVID-19 Testing
 - COVID-19 Vaccination Bookings
 - Local/National Restrictions
 - Travel Restrictions
 - Track & Trace/Contact Tracing
 - GP Registrations
 - Door to Door Local Support
 - Interpretation & Translations
 - Self Isolation/Quarantine
- (Prescription collection and food delivery support)

For further information please contact us on:

0151 666 2725

or email support@bccsservice.org.uk



@WirralBCCS



We know children love spending time outdoors, whether in the garden, park or beach, however, their skin is more delicate than an adult's and can easily be damaged by the sun, even when it doesn't seem strong.

SUN SAFETY



Use a sunscreen with a minimum SPF 50 and at least 4 stars for UVA protection.



Wear sunglasses, ideally with wrap around lenses or wide arms, which carry CE and British Standard marks.



Reapply every two hours or immediately after swimming or sweating.



No sunscreen offers 100% protection so cover up with loose close weave clothing (such as cotton) and a wide brimmed hat to protect the neck, ears and face.



Generously apply sunscreen (5 teaspoons to cover the whole body) 15 to 20 minutes before going out.

Seek shade between 11am – 3pm when the sun is at its strongest. Always keep babies and toddlers in the shade if you can.



By following these simple tips your child will be able to stay safe and enjoy the sun. Remember parents, set your child a good example by also following this advice, and the whole family can have a happy sun safe summer.

For more information about the British Skin Foundation see www.britishskinfoundation.org.uk

   @BSFcharity



HEALTH
SERVICES IN
SCHOOLS

MAKING OUR DAY SPECIAL

MODS

We are pleased to announce that we will be running our MODS project again this summer.

The Summer project focuses on Fun, Friendship and Transition. If you have young people in school years 5,6, & 7 who would be up for a four full days of activities the MODS is the place to be

You can refer directly by following this link:

<https://forms.office.com/r/zjYsT52inL>

Young people will need to have access to transport

For more information please email

michellelangan@wirral.gov.uk

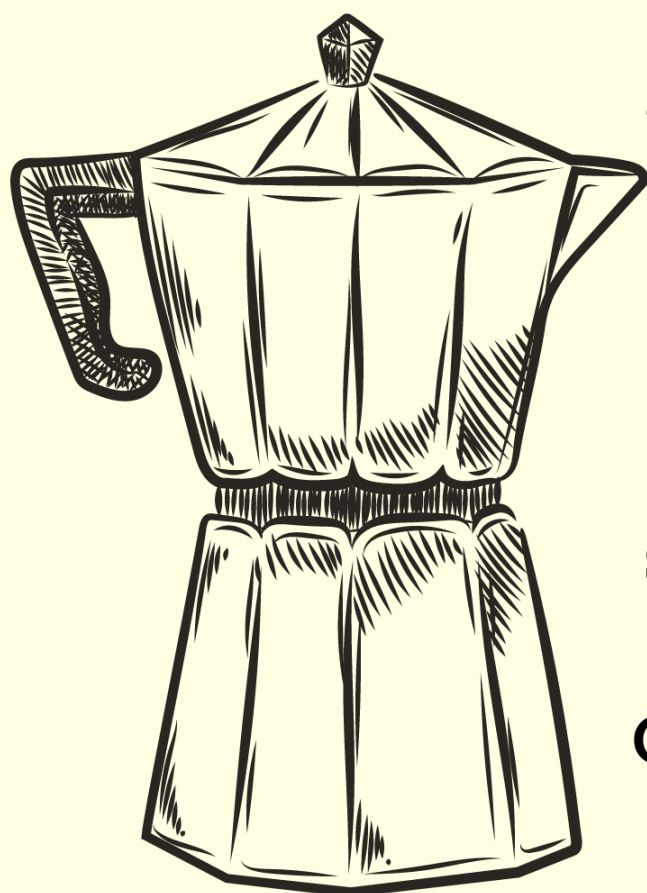
Scan this code using your phone camera to make a referral





**Monday 5th July
10am - Noon**

MEMORY CAFE



**Are you affected
by memory
issues?
Or are you
supporting
someone who is?**

**Our memory cafe
is for you!**

Join us for a cuppa & a natter at

**COFFEE AROMA
4-6 BRUNSWICK COURT
PRICE STREET
BIRKENHEAD,
CH41 6LW**

Registered Charity No. : 1179533



OLDER PEOPLE'S HUB

Looking for information on housing,
pensions, health services, food deliveries,
GP's, internet access or any other query?
Every Wednesday 1-3pm at Wirral advisory
Centre, 4 St Anne Street, Birkenhead, CH41
3JU
appointment only.
Contact 0151 666 1999

**We are a covid secure premises. Please
practise social distancing, wear a mask
and use hand gel provided.**

INFORMATION



ADHD
FOUNDATION
The Neurodiversity Charity

**National Parents & Carers
Virtual Conference 2021:
Celebrating Neurodiversity
Through Positive Support**



Thursday 8th July

Registration now open!



**We didn't want to stop anyone from accessing the
amazing line up of speakers so sign up now for your
free place!**

[CLICK HERE TO REGISTER](#)



**Sign up for our next live
webinar!**

On Friday 2nd July at 10am we will be holding a live webinar titled, **Identity and ASD: Celebrating your child's uniqueness**. The session will look at developing well-being, self-belief, self-regulation and communicating with others.



Steve Morgan
FOUNDATION

WIRRAL

LFC Foundation x Premier League Kicks

MONDAY

Kicks SMF funded

5-6PM | Ages 7-9

6-7PM | Ages 10-12

7-8PM | Ages 13-15

Starting 10th May*

 The Hive
Youth Zone

NEW

TUESDAY

Kicks Girls

6-7PM | Ages 7-10

7-8PM | Ages 11+

 Woodchurch Sports
Complex

FRIDAY

Kicks Inclusion Autism Specific

4-5PM | Ages 8-14

5-6PM | Ages 15-19

Starting 4th June*

 Activity for All,
Wirral

SATURDAY

Kicks Inclusion

For people with
Learning Disabilities

10:30AM-11:30AM |
Ages 8-16

PAN Disability*

11:30AM-12:30PM |
Ages 8+ (no limit)

 Woodchurch Sports
Complex

To book a session register at

liverpoolfc.com/foundation

*Physical and Neurological Disabilities

*Waiting on COVID-19 regulations for indoor activities

 All genders
and abilities

 Children, young
people & adults

 Ages 5+

 FREE

Dementia E-News service Liverpool



Want to keep up to date with dementia related information, services and support in Liverpool? All you need to do is give us your email address and a contact number and we can add you to our online mailing list. If you don't have an email address, perhaps a family member or friend would be happy to receive information on your behalf. You may wish to pass this form to them.

Examples of information provided by this service include:

- Details of local and national Alzheimer's Society services, events and activities
- Details of dementia related events and services from other organisations
- New Alzheimer's Society services and information
- Changes to existing services
- Information about dementia and current research
- Hints and tips from carers and professionals

If you would like to subscribe for free, please contact Linda Lawson, Information Worker at linda.lawson@alzheimers.org.uk or telephone 07525 403833 with the following details:

Your name, email address and telephone number, plus your organisation if you are subscribing as a professional.

By providing your phone number and email, you are consenting to be contacted via these methods. You can unsubscribe at any time by emailing linda.lawson@alzheimers.org.uk

Your phone number is only used if your email address is incorrect.

Alzheimer's Society Liverpool and Sefton

E: liverpool@alzheimers.org.uk

W: alzheimers.org.uk

Dementia Connect 0333 1503456

More E-Bulletins

[Information and support click here](#)



[How we can help—click here](#)



[New edition and updates](#)

wirral*view*

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[All the latest information](#)
[Bulletin](#)



Wirral **ConneCting** Weekly



The latest edition of Wirral View has been published
find information online here: <http://wirralview.com/>



[Nystagmus Network](#)



[For the latest information and advice—please click](#)

[How we can help](#)



**Royal Air Force
Benevolent Fund**

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