

Pick-me-up

Your quick, handy **guide**
to our **services** in **your area**



Our services

I'm Jamie Anderson, Chief Executive of Age UK Wirral. I hope you find this Guide a handy and easy introduction to our services available throughout Wirral. Below I have set out the services we provide and on Page 6 under **How to Use This Guide** it tells you how you can access them where you live.

Our services include:



Health & Activity

If you're looking to get in shape, pick up a new pastime or simply get out of the house to meet new people then our Health and Activity programme has something for you.

With our range of activities you can exercise both mind & body. Opportunities include tai chi, seated exercise classes, yoga groups, arts and crafts, flower arranging, pilates and zumba gold and much more including a range of computer & technology courses for the beginner and all levels of ability; these embrace laptops, desktops, tablets, ipads and mobile phones. There are 'One to One' sessions where you can learn at your own pace too; it will take you on a journey of education, enlightenment, plus the fun and joys of digital technology

We are based in our **Activity Hub** at Meadowcroft, Bromborough and also offer a range of outreach services and activities at various community centres and housing complexes across Wirral.



Jamie Anderson
CEO



Lunch & Coffee Corners

These are held at multiple venues throughout the Wirral. You will have the opportunity to join other people in your area for an enjoyable meal or cup of coffee in lovely, friendly surroundings, with a varied selection of menu



Home & Communities Service

Sometimes we do not always have the friends, family or help around us that we need to stay safe and independent in our home. Our Home and Communities Service aims to promote independence, reduce social isolation and loneliness and prevent hospital admissions.

We can offer support and practical assistance after discharge from hospital to help you settle back into your own home. This can include shopping, paying bills, sorting post, wellbeing visits and light housework. This short-term help gives you time to focus on getting better and reduce the chance of you being readmitted to hospital.

Falls prevention buddies support people with a falls prevention exercise plan, and can look at ways to reduce risks associated with falling in the home. This may include assistance with occasional gardening or odd jobs to help make your home a safer place.

We have a great team of trained and enthusiastic volunteers, who are on hand to offer support.



Devonshire Days – Day Care

Devonshire Days are stimulating days and are about what people can do not what they can't do. They provide the opportunity for people including those living with dementia (including those under 65) to socialise, enjoy themselves and enhance their health and well being while providing a break for carers too. Located at two centres at Meadowcroft, Bromborough and Devonshire Resource Centre Birkenhead. Full Days and Half Day sessions available.



Phonelink

Living on your own without family or friends, you can very easily become lonely. Our telephone service will give you a regular call for a friendly chat.



Residential Care and Short Stays

Stanhope Court our Respite Centre in Bromborough is registered with the Care Quality Commission. We offer residential accommodation and short term breaks for people with dementia; each bedroom is bespoke with en-suite bathroom, flat screen TV and there's a range of stimulating activities to choose from.



Carer Support

The Carer Support Service is for carers who look after a loved one who has dementia. We run our Carer Support Service to help take some of the strain with both practical and emotional support. We have significant expertise in supporting the carers of people with dementia.



Cold Weather Army

Cold weather can take you by surprise and affect your ability to carry out everyday activities like getting to the shops, changing your heating settings or posting an important letter. The Cold Weather Army is made up of volunteers who can call you to warn of bad weather and help in emergency situations.



Joining Forces Veterans Project

Are you or do you know someone who is a veteran, has served one day or more in the British Armed Forces (including National Service) and is over 65 years of age? If so you could have access to a wide range of activities and services to meet your needs right here in Wirral. It includes an *Information & Advice* service offering help with benefits, Armed Forces Pensions and Veterans Badges. *Health & Activities* provides an extensive range of social and fitness programmes, designed to improve health and wellbeing. *Reminiscence & Life Story Work* creates a life story book full of memories. *Medals & Service History*, we can help you apply for medals and/or service history (subject to eligibility).



Ask Us Wirral

Ask Us Wirral is the Information & Advice Service for Wirral residents that is delivered in partnership between Citizens Advice Wirral, Age UK Wirral, Wirral Change and Wirral Mencap. It is a single point of access to information and advice via our website, email, phone or face to face appointments, including at GP surgeries and other locations. There are also home visiting appointments available. Issues that Ask Us Wirral can help with include:

Benefits • Housing • Later Life • Care services • Education • Debt • Laws & rights • Relationships • Consumer • Work • Healthcare



Merchant Seafarers

Mariners Park is a retirement complex for Merchant Seafarers. We offer a range of activities from golf and crown green bowls to talks and presentations given by seafarers from a wide range of maritime backgrounds. All ex Mariners are welcome to join us at the Park.



Charity Shops

Age UK Wirral runs sixteen shops, selling good quality donated goods including nearly new clothing, bric-a-brac and small furniture items. Each year the shops generate much needed income for the work of the charity and every penny is spent supporting local older people. One of these shops is our furniture/ recycling centre. We will collect good quality, larger household items (except beds), subject to fire safety regulations.

PLEASE NOTE: Charges apply to some of the above services and a member of our team will be able to provide details when you make an enquiry.



How to use this guide

Below is a map of Wirral which is broken down into **4 areas**;

Find the area you are in, then turn to the relevant page – you will find this tells you which of our services are available to you in your area and how to access them. You can of course access services in other areas; for example if you live in Wallasey you can attend our Health & Activity classes at our Wellbeing Hub in Bromborough or attend a Lunch / Coffee Corner anywhere in Wirral.



- **Birkenhead**
- **Wallasey**
- **Wirral South**
- **Wirral West**

Birkenhead – Pages 8-9

Includes:

Bidston & St James
Birkenhead & Tranmere
Clughton
Oxton
Prenton
Rock Ferry

Wallasey – Pages 10-11

Includes:

Leasowe & Moreton East
Liscard
Moreton West & Saughall Massie
New Brighton
Seacombe

Wirral South – Pages 12-13

Includes:

Bebington
Bromborough
Clatterbridge
Heswall
Eastham

Wirral West – Pages 14-15

Includes:

Greasby
Frankby & Irby
Hoylake & Meols
Pensby & Thingwall
Upton & Woodchurch
West Kirby & Thurstaston

Birkenhead Area

Birkenhead includes

Bidston & St James	Oxton
Birkenhead & Tranmere	Prenton
Claughton	Rock Ferry



The services below are available in your area. **Please note** - you will need to contact us regarding availability first to avoid disappointment.



Health & Activity

Allotments

Bebington Road, Rock Ferry, CH42 4QE

Wirralside Walkers

White Top Walkers – Short Health Walks.

To check availability or for more details please ring **0151 482 3456**.



Ask Us Wirral

Please ring **0300 33 00 111**. Local Rates.
Monday – Friday 10.00 a.m - 4.00 p.m.
(opening hours subject to availability of advisors).



Devonshire Days – Day Care

Devonshire Resource Centre,
Park Road South, Birkenhead CH41 0DD

To check availability or for more details please ring **0151 482 3456**



Charity Shops

700 Borough Road, Birkenhead, CH42 9JE
Telephone: 0151 609 0657

34 Upton Road Claughton CH41 0DF
Telephone: 0151 652 1770

326 Woodchurch Road, Prenton, CH42 8PQ
Telephone: 0151 608 9441

Furniture/Recycling - Unit 3,
Vittoria Street, Birkenhead, CH41 3LQ
Telephone: 0151 647 7329

If you would like to donate items or arrange for your donations to be collected, please telephone **0151 482 3456**

Services also available in your area



Carer Support



Cold Weather Army



Home & Communities



Joining Forces Veterans Project



Lunch & Coffee Corners



Merchant Seafarers



Phonelink



Residential Care and Short Stays

Please ring **0151 482 3456** and you'll be put through to one of our team.

Wallasey Area

Wallasey includes

Leasowe & Moreton East

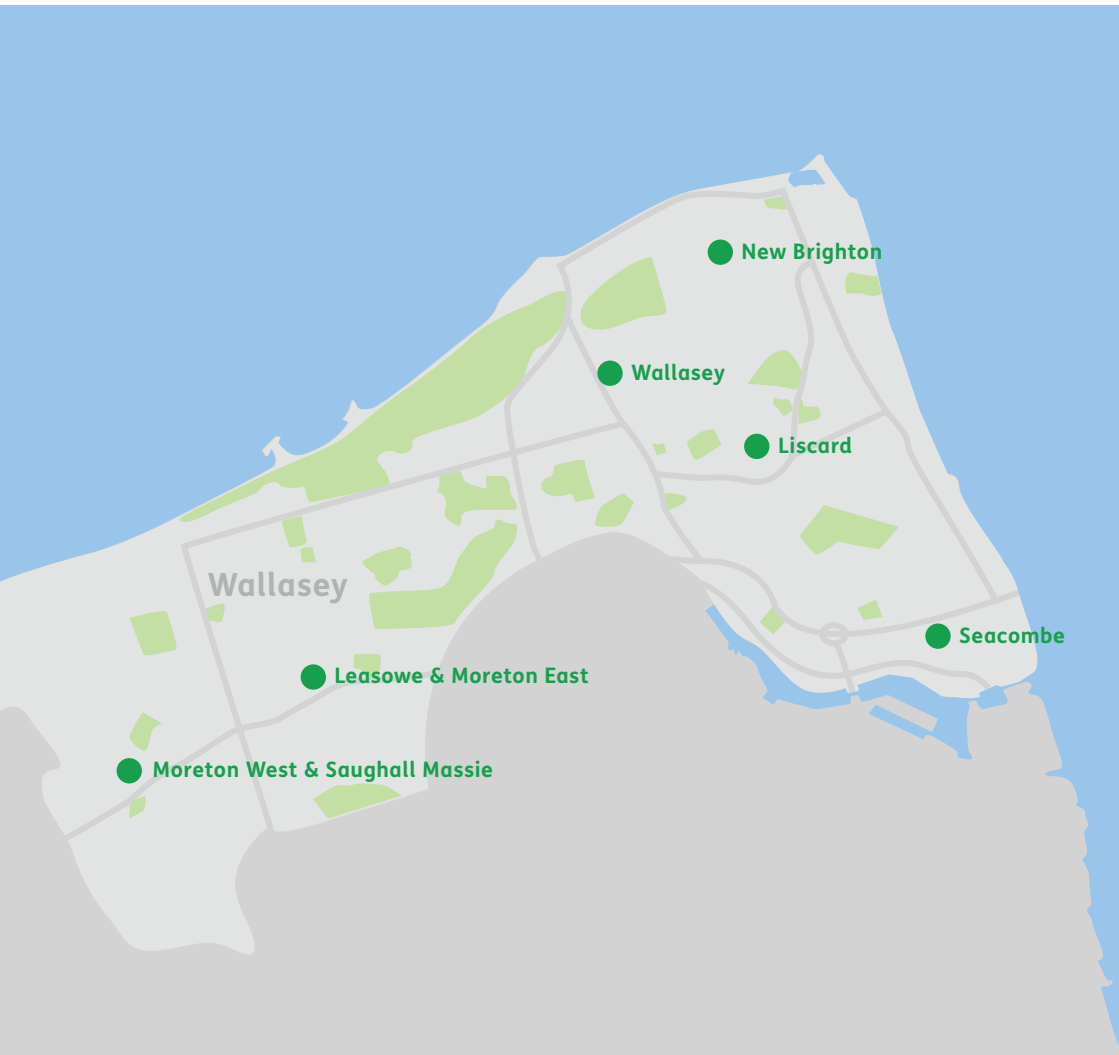
Liscard

Moreton West & Saughall Massie

New Brighton

Seacombe

Wallasey



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Health & Activity

Art & Drawing

Moreton Library, Pasture Road,
Moreton, CH46 8SA

Chair Based Thai Chi

Claremount Church, Claremount Road
Wallasey CH45 6UE

Drawing & Sketching

Wallasey Central Library, Earlestone Road,
Wallasey, CH45 5DX

Wirralside Walkers

White Top Walkers – Short Health Walks

The Hub – A range of activities for ex Merchant Seamen

Mariner's Park, Wallasey, CH44 0HN

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Charity Shops

202 Liscard Road, Wallasey, CH44 6AD

Telephone: 0151 639 56325

5-7 Liscard Village, Wallasey, CH45 4JW

Telephone: 0151 630 2993

208 Hoylake Road, Moreton, CH46 6AD

Telephone: 0151 677 2726

276 Hoylake Road, Moreton, CH46 6AF

Telephone: 0151 678 2021

Furniture/Recycling - Unit 3,
Vittoria Street, Birkenhead, CH41 3LQ

Telephone: 0151 647 7329

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Devonshire Days – Day Care



Home & Communities



Joining Forces Veterans Project



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Wirral South Area

Wirral South includes

Bebington

Bromborough

Clatterbridge

Heswall

Eastham



The services below are available in your area. **Please note** - you will need to contact us regarding availability first to avoid disappointment.



Health & Activity

Arts & Crafts, Games & Social, Computer & Technology Courses, Therapies and Exercise

Meadowcroft Community Wellbeing Hub,
304 Spital Road, Bromborough, CH62 2DE

Chair Based Exercise

Holy Trinity, Chorley Way, Spital, CH63 9LS

Chair Based Exercise

Osborne Court, Central Road Port Sunlight,
CH 62 5AW

Wirralside Walkers

White Top Walkers – Short Health Walks



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Devonshire Days – Day Care

Meadowcroft Community Wellbeing Hub,
304 Spital Road, Bromborough, CH62 2DE

To check availability or for more details
please ring **0151 482 3456**



Charity Shops

8 - 10 Church Road, Bebington CH63 7PH

Telephone: 0151 644 1081

136 Allport Road, Bromborough, CH62 6BB

Telephone: 0151 343 0390

13 Allport Lane, Bromborough' CH62 7HH

Telephone: 0151 334 7497

1200 New Chester Road, Eastham, CH62 9AE

Telephone: 0151 328 1900

46 Pensby Road, Heswall, CH60 7RE

Telephone: 0151 342 1422

Furniture/Recycling - Unit 3,
Vittoria Street, Birkenhead, CH41 3LQ

Telephone: 0151 647 7329

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Merchant Seafarers



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Residential Care and Short Stays

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Wirral West Area

Wirral West includes

Greasby	Pensby & Thingwall
Frankby & Irby	Upton & Woodchurch
Hoylake & Meols	West Kirby & Thurstaston



The services below are available in your area. **Please note** - you will need to contact us regarding availability first to avoid disappointment.



Health & Activity

Arts & Crafts and Chiropody

Barncroft, Larchwood Close,
Pensby, CH61 4QE

Computer Courses

West Kirby Methodist Church, 29a
Westbourne Road, West Kirby, CH48 4DQ

Wirralside Walkers

White Top Walkers – Short Health Walks

To check availability or for more details
please ring **0151 482 3456**.



Ask Us Wirral

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Charity Shops

146 Greasby Road, Greasby, CH49 3NQ
Telephone: 0151 678 4462

5 The Row, Market Street, Hoylake,
CH47 3BB

Telephone: 0151 632 3896

Unit 3 Dee Lane, West Kirby, CH48 0QA
Telephone: 0151 625 0125

Furniture/Recycling - Unit 3,
Vittoria Street, Birkenhead, CH41 3LQ
Telephone: 0151 647 7329

If you would like to donate items or
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Services also available in your area



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Merchant Seafarers



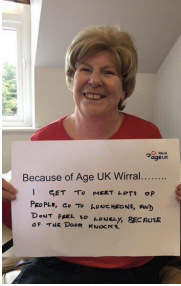
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Residential Care and Short Stays

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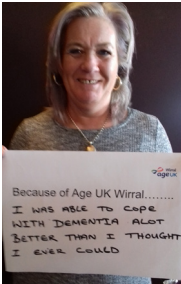
What some of our clients say about



“I get to meet lots of people, go to luncheons, and don’t feel so lonely, because of the door knocks.”



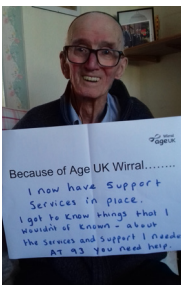
“I have been less ignored and lonely. Have gone to the Christmas lunch and attend the local coffee corner”



“I was able to cope with dementia a lot better than I thought I ever could”



“I am very happy with my weekly phone call through Age UK Wirral Phonelink service”



“I now have support services in place. I got to know things that I wouldn’t of known - about the services and support I needed. At 93 you need help.”



“I have a life!”