

St Bridget's and Caldby Monthly Greensheet February 2023

This month's focus is on one of the local charities that will benefit from our charitable giving allocation.

Wirral Mencap Welcome to your local independent charity, here to help and support people with a learning disability and their families and carers, wherever they are in Wirral.

Driven by a small, committed staff team and our amazing volunteers, we work closely with people with a learning disability and their families to create opportunities and improve inclusion and accessibility. We want to help people with a learning disability live a happy and healthy life.

We offer a wide range of services. There's something for everyone. We organise a varied and interesting programme of short personal development and skills courses – accessible for people with a learning disability. If it's a chance to socialise or something less formal you are looking for we have several drop-in activities and a regular social club evening. Or for those up for a challenge you can work towards achieving your Bronze, Silver and Gold Gateway Award. We'll support you all the way. For the more serious legal and financial issues we provide non-judgmental, confidential specialist information, advice and advocacy support.

Families. At Wirral Mencap, we don't just support adults with a learning disability, we help parents and family carers too. Our Information, Advice and Advocacy Service helps family members deal with current challenges but also supports families to face the difficult task of looking ahead and preparing for the future. We offer an annual programme of informative workshops and events as well as providing one to one support.

The team is on hand to help those families with younger children too, with a view to welcoming them into the Wirral Mencap community once they are older. If you're a Wirral-based family member of a person with a learning disability and are looking for advice or support, reach out to us and we will be in touch.

Courses We offer a wide range of FREE courses throughout the year which focus on supporting people to become more independent, increase confidence and learn new skills. We run courses such as: cookery, gardening, IT and money skills.

At Wirral Mencap, we want to support people with a learning disability to access courses that can help them to become more independent and build their confidence. Throughout the year, we offer a range of FREE courses that can help with this. Some courses are held at our office and others will be in the community:

- Help to deliver training to professionals and people with a learning disability
- Come up with new ideas to help us co-produce training sessions or services
- Talk and listen to people with a learning disability and professionals to hear their ideas and experiences

If you want to book a place or would like more information contact us on 0151 666 1829. Wirral Mencap can provide training for health and social care staff. This training is for anyone that supports or provides services for people with learning disabilities.

Buddying Buddies work one to one with our members to help people with a learning disability access activities in the community such as courses, volunteering or just having fun. They provide guidance, coaching and mentoring support to help people become more confident and

independent. Buddies do not provide personal care to their buddy mentee. Expenses such as travel costs can be provided. No specific qualifications, skills or experience are required though you will need good listening and motivational skills and patience. Training will be provided and a DBS will be applied for through Wirral Mencap. Buddy pairs meet with a staff member at Wirral Mencap at regular intervals and staff are available to provide support and advice if needed. Many buddy pairs last for years, others move on to being friends who meet up at Wirral Mencap social events. Some buddies have gone on to become paid members of staff at Wirral Mencap!

The Gateway Award is an activity-based award which people with a learning disability, of any age or ability, can take part in. The award uses activities in areas of everyday life to help participants experience new things, develop life skills, build confidence, become more independent, improve health and wellbeing, make new friends, and most importantly have fun.

There are three levels of the award (Bronze, Silver, and Gold), made up of five different sections. These include Hobbies, Fitness, Volunteering, Lifestyle, and the Gateway Challenge. Participants receive a certificate and a medal upon completion of each level!

Our Information, Advice & Advocacy Service can help people with a learning disability and parents and informal carers. We help with accessing social care, welfare benefits, planning for the future, and much more! We offer 1-1 help, workshops and larger information events so you can get support in the way that works best for you.

Relationships & Sexuality Education/Training Relationships are an important part of life for everyone and just like everyone else, people with a learning disability have the right to have one. They can bring happiness, joy and freedom to the lives of people with a learning disability. At Wirral Mencap, we are committed to providing education and training to support people with their relationships. We offer a range of courses aimed at people with a learning disability to help support them in learning more about relationships and how to have a happy and healthy relationships.

Lunch Club Lunch Club is a social club that meets at the Bloom Building at 12 noon on Mondays. Everyone is welcome to join us for a cuppa and a chat, a game of bingo or to find out what activities are going on. You can come on your own or bring someone with you. You can meet us at the Wirral Mencap office at 11.45 if you are not sure how to get there. See the letter for more details.

Health Club Lunch Club is a social club that meets at the Bloom Building at 12 noon on Mondays. Everyone is welcome to join us for a cuppa and a chat, a game of bingo or to find out what activities are going on. You can come on your own or bring someone with you. You can meet us at the Wirral Mencap office at 11.45 if you are not sure how to get there. See the letter for more details. Our Health Champions went to the Stein Centre to test out some VR Headsets. The headsets will be loaded with footage of hospitals and GP surgeries to help people who feel nervous about attending appointments

Crossbow Club Our Crossbow Club is a social club for adults with a learning disability in Birkenhead. It is relaxed and informal and gives people from across Wirral the opportunity to meet with their friends on a regular basis. We meet every Wednesday evening at 7pm at the Liberty Centre in Birkenhead. The club costs just £1 per week.

If you would like to contribute information to the greensheet please contact Sally Cashen on 625 5970 or on jonesy@overcross.co.uk