



IRISH COMMUNITY CARE MERSEYSIDE



Men's Activity HUB



The Men's Activities Hub is a Men's Group for men who would like to engage in either one or many diverse activities either to keep fit or to socialise and be a part of a larger community. There are many interesting activities within this newsletter and if you join the Men's Activities HUB there will be opportunities to take part in extra activities which will either be free or available for a very low cost. These activities will only be available to people who have joined the Men's Activities HUB.

If you would like to join or contribute to the next issue please email:

bob.mcgowan@iccm.org.uk or linda.parker@iccm.org.uk

or you can phone on 0151 650 5440

(please leave a message on answer machine if no reply)

CONTENTS

Birkenhead Park

The Open Door Centre

Wirral Age UK

Irish Community Care Merseyside

The Edward Kemp Community Garden

Heritage Matters

Wirral NHS The Community Programme

Poem from a Men's Hub Member

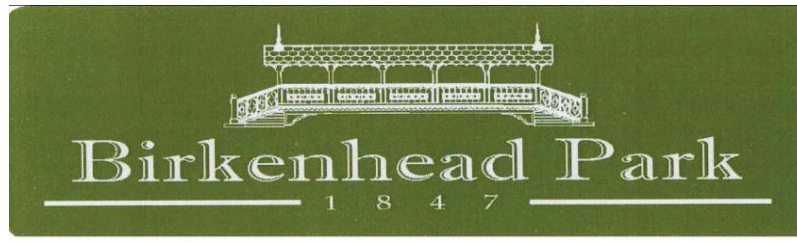
ICCM Mental Health First Aid Award

Alzheimer's Society

Beechwood Community Trust

Drumming Up and Strumming Up

**Please note: The information regarding activities in this newsletter may be subject to change.
To confirm please contact the relevant telephone numbers**



Health and Fitness events take place weekly for all ages and levels of fitness from Buggy Park Fitness to British Military Fitness. **Contact the Visitor Centre on 0151 652 5197 or: birkenheadpark@wirral.gov.uk for further information.**

Special Events February – April 2012:

Saturday 11th February 10am – 12 noon. Photography workshop for beginners on the theme: Wirral – the place to visit. Cost £3 for each workshop. Booking required.

Saturday 11th February 1.30 – 3.30pm Induction for new volunteers, Please contact the Visitor Centre for more information and application form.

Monday 13th to Friday 17th February. Half Term Activities for children.

Sunday 19th February. Little known facts about Birkenhead Park 1.30 – 3pm. Suitable for the whole family. Dogs allowed on a lead.

Thursday 15th March 10am – 3.30pm. A Guided Walk of Birkenhead Park, Flaybrick Cemetery and Bidston Hill. Suitable for all walkers of average fitness. Stout footwear is essential. Food is available for purchase at Tam O'Shanter or bring a packed lunch. Meet at Birkenhead Park Visitor Centre.

Saturday 17th March. Photographic Exhibition awards 2pm in the Gallery.

Sunday 18th March 'Signs of Spring' walk 1.30 – 3pm Suitable for all the family. Dogs allowed on a lead. Booking not required.

Sunday 25th Sport Relief Mile.

10am start for 1 mile walk, 11am start for 3 and 6 mile runs.

Walkers and runners must register on the Sport Relief website: <http://www.sportrelief.com/>

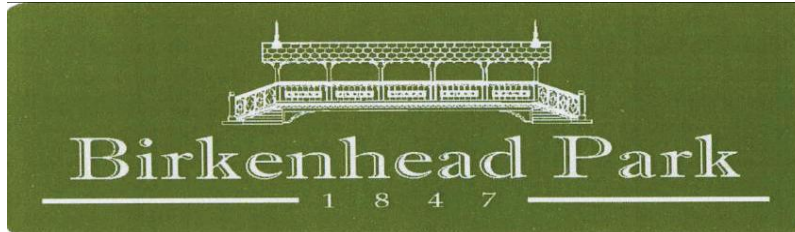
Friday 6th April 2pm. Landscape and Heritage walk every Friday. Discover the history of this world famous park. Groups are asked to book.

Saturday 7th April 7.30am – 9am. Breakfast with the Birds.

Join the Rangers on this early morning walk and enjoy breakfast at Cappuchinos afterwards, for which there will be a charge. Booking essential.

Sunday 15th April 2 – 3.30pm. The Lakes of Birkenhead Park.

A Ranger led guided walk suitable for the whole family. Dogs allowed on a lead. Booking not required.



For further information please contact:

Birkenhead Park Visitor Centre,
Park Drive, Birkenhead, Wirral, CH41 4HY.
Tel: 0151 652 5197

Email: birkenheadpark@wirral.gov.uk Web site: www.wirral.gov.uk

Also at Birkenhead Park:-

Monday 13th February from 10.00am – 12 noon and from 1.00pm – 3.00pm

Free cycle training available. Booking is essential by either calling Bikeright on 0151 482 5700 or from the following link:-

<http://www.bikeright.co.uk/services2/cycletraining/adultcycletraining/freewheeling2/mersey/dates1>

Bikeright deliver the three levels of the National Standards for Cycle Training.

You can use your own bikes if you bring them on the day or Bikeright can supply.

Please contact Bikeright for all enquiries.

The Open Door Centre

The Open Door Centre is a brand new service created by young people for young people who may be trying to cope with depression, anxiety, stress, money worries etc. At the Open Door Centre, using our core treatment 'Beating the Blues', we aim to help young people to tackle these feelings head on.

We are designed, staffed and managed by young people from the local area which helps us to understand your needs and communicate in a language you can understand.

To get in touch with us:

The Open Door Centre,
108 Seaview Road,
Wallasey, CH45 4LD.
Tel: 0151 639 4545.

Email: info@theopendoorcentre.org

Web: theopendoorcentre.org

Twitter: TheODcentre

Follow us on Facebook.

For age 50 and over in:

The Laurie's Centre, 142 Claughton Road, Birkenhead CH41 6EY

Email: activeagecentre@ageukwirral.org.uk

Tel: 0151 647 3537

Monday:

Line Dance	10.15 – 12.15	Exmouth Room	£3.00 per session
Silver Threaders	10.15 – 12.15	Hughes Room	£2.50 per session
Yoga	1.30 – 3.00	Exmouth Room	£3.50 per session

Tuesday:

Bridge	10.30 – 12.30	Exmouth Room	£2.50 per session
Flower Arranging	10.15 – 12.15	Hughes Room	£2.50 per session
Ball & Band	2.30 – 3.45	Exmouth Room	£2.50 per session

Wednesday:

Card & Craft	10.15 – 12.15	Hughes Room	£2.50 per session
Tai Chi	2.30 - 3.30	Exmouth Room	£2.50 per session

Friday:

Chair-based Exercise	10.30 – 11.30	Hughes Room	£2.50 per session
Low Impact Keep Fit	2.00 - 3.15	Exmouth Room	£2.50 per session

Through our Wanderers of Wirral Travel Club we offer a wide selection of Day Trips, Weekend Breaks and Short UK Holidays.

Our Men's Health programme includes the Allotment Project and monthly meeting of the Wirralside Walkers.

Our allotment plots are based at the Bebington Road site where we hold regular meetings to plant, cultivate and reap the rewards from our endeavours.

The Wirralside Walkers meet on the first Monday of every month and the walks cover areas of natural beauty and / or historical interest.

**For more information please contact:-
The Active Age Centre on 0151 647 3537**

Outreach Timetable

A range of activities taking place at various venues throughout Wirral. These include Zumba exercise, Chair-based exercise, Safe exercise, Line Dancing, Old-Time Music Hall / Dancing and Mixed Ability Tap Dancing.

For further information please call 0151 647 3537

Wanderers of Wirral Club: £3 a year Membership

Join the Wanderers of Wirral Club for advance notification of all our Day Trips, Weekend Breaks and Short Stay Holidays through our regular newsletter, sent free to members.

Get in the Swim with AGE UK WIRRAL

Swimming sessions at Europa Pool every Tuesday at 1.30 until 3.30pm



Sessions are free if you are aged 60 or over.

Donations to Age UK are welcome.

For further information please call The Active Age Centre on 0151 647 3537

Get into reading with Age UK Wirral and 'Meet at the Dee'

Poetry and shared reading groups is a good way to meet new people.

Starting 19th January every Thursday for 4 weeks.

The Dee Hotel, 44 Grange Road, West Kirby CH48 4EF



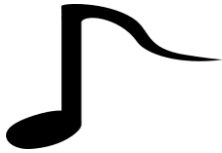
For further details and to book your place please contact:

The Active Age Centre, The Laurie's, 142 Claughton Road, Birkenhead CH41 6EY.

Or Telephone the Centre on 0151 647 3537



IRISH COMMUNITY CARE MERSEYSIDE



Social Afternoon at

St Michael's Irish Centre

Sunday 12th February 2012 at 2pm

Tickets: £5

Includes: Bingo, Raffle, Auction

Come along and enjoy entertainment from:

Michael Coyne
Comhaltas Musicians
Bolger Cunningham
Irish dancers

Contact ICCM on 0151 237 3987

Books, Toys, Gifts,
Household items
Raffle, stalls and more.

All proceeds to Irish Community Care Merseyside



The Edward Kemp Community Garden and Growing Area

Introduce

The Good Life

Would you like to learn how to design and build a bog, sensory or rockery garden or a well but don't have a garden of your own?

From January to March the Friends of Birkenhead Park will be providing supervised activities at the Edward Kemp Community Garden and Growing Area which is situated in Ashville Road, Birkenhead.

All equipment will be provided and activities are free.

These activities are aimed at anyone who would like to be more active, and improve their mental wellbeing,
Also for men over 55 and those wanting to learn new skills to gain employment.

For further details and an application form please contact
Sally Dobbing, Community Project Manager, on 0151 653 5697
Or email: cmparkroots@yahoo.co.uk



HERITAGE MATTERS

Free heritage themed family activities in **Birkenhead Park and Visitor Centre** to mark the launch of Wirral's first Heritage Strategy

Tuesday 14th February

Morning Session: 10.30am – 12.30pm

Afternoon Session: 2.00pm – 3.30pm



Explore the Park' – family tour led by a Park Ranger starting 10.30am and 2.00pm

Meet at Visitor Centre

Hidden Treasures'
become history detectives
by following the clues.
Trail sheets available all day



Plus hands-on activities in the Gallery

Bookings ONLY required for groups

For further enquiries:
Telephone: 0151 652 5197
Email: birkenheadpark@wirral.gov.uk

Birkenhead Park Visitor Centre
Birkenhead Park
CH41 4Y

Wirral NHS - The Community Programme

The Community Programme is a **range of free health and wellbeing activities** designed to help local residents become more active and to lead healthier lifestyles.

Health Trainer Sessions

Have a free lifestyle assessment with a Health Trainer to see what support you could benefit from. Your Health Trainer can give you information about activities and courses to help you make that first step to a healthier lifestyle.

Venues include: Beechwood, Bidston, Birkenhead, Bromborough, Leasowe, Prenton, Rock Ferry, Wallasey and Woodchurch

Lose Weight

Group or one to one support for clients wanting to lose weight. Advice on Lifestyle, 'Cook yourself Slim' and Weigh In Clinic etc.

Various Venues: Bidston, Birkenhead, Leasowe, Wallasey and Woodchurch.

Get More Active

Activities to suit all fitness levels :-

Chair Based Exercise, Intermediate Running Group, Health Walk, Low Impact Activities, Salsa Dance Class, Yoga, Exercise as you Watch Your Weight , Couch to 5K, and Sit Fit.

Men's Health

The courses / activities in this section are aimed at supporting men in making positive lifestyle changes. The majority of sessions are aimed at men aged 40+.

Activities include:

Over 40's Football Fitness, 'Get Fit' for Men, Healthy Living Computer IT Lessons, Tai Chi, Men's Circuit Training, Cooking from Around the World, Healthy Cookery, and Bag a Bargain and Men's Kitchen.

Eat Healthier

Courses in this section are designed to support clients with healthy eating and cooking skills.

Courses: Diabetic Cookery, Cooking from around the World, World Food, Healthy Cookery, and Bag a Bargain.

Relax, Unwind, Positive Mind

Courses / Activities include: Sleep Sound, Relaxation, Action for Happiness, Yoga, Tai Chi Chi Tung, and Calm and Create,.

Various venues, times and dates.

Stop Smoking

Various venues, times and dates

For further information on all of the above please call 0151 630 8383



IRISH COMMUNITY CARE MERSEYSIDE

The Dream of an Alcoholic

I lie in a wet and smelly bed and hold my hands to
My aching head.
Bottles strewn upon the floor and cannot make it
To the bathroom door.

To be alone and never sleep, look in the mirror and
Weep and weep.
My family left me to my own device and my only
Friends are the hungry mice.

I have looked into my dreadful dreams and drink
Takes over, so it seems.
The cat was lying on my bed, but I forgot to feed
Him, now he's dead.

I finish my drink and stagger back to bed and urge
Myself to stop this dread.
I see my coffin lying there and a corpse pops up
"A LAGER SIR?"

Arranged and written by
Stanley G Turney.

This poem was written by Stanley, one of Irish Community Care Merseyside's 'Hub' members and is printed here with his kind consent.



IRISH COMMUNITY CARE MERSEYSIDE



Mrs Jane Hunter, Operations Manager at Irish Community Care Merseyside, receiving an award for championing mental health first aid.

Pictured left to right: Nigel Jones (Senior partner and chair of health and wellbeing at global law firm Linklaters) Simon Weston OBE, Jane Hunter and Professor Lord Patel of Bradford OBE Patron of MHFA who hosted the celebratory event at the House of Lords.

The second annual Mental Health First Aid (MHFA) England awards ceremony took place on 26 January 2012 at the House of Lords in London. The awards recognise those who have championed mental health wellbeing and helped increase public understanding of mental health issues in England.

Professor Lord Patel of Bradford OBE, Patron of MHFA England, hosted the celebratory event to recognize the exceptional work done by individuals and organisations to increase the mental health awareness and resilience of communities through mental health first aid.

Extract taken from MHFA Mental Health First Aid England website

Alzheimer's Society
Leading the fight against dementia

Wirral Office Branch
0151 630 5206

Volunteer Opportunities Day

Alzheimer's Society Wirral invite you to come along to the Belmont Suite at Tranmere Rover's Football Club, Prenton Park, Prenton Road West, Tranmere, Wirral CH42 9PY

On

Tuesday 21st February 2012 between 4.00pm and 8.00pm
to hear about our services and interesting volunteer opportunities.

Beechwood Community Trust
Training Centre

Summerhill House, 22 Beechwood Drive, Beechwood, Prenton, CH43 7ZU.

Various courses available including:

Wood Carvery, Gardening, Plastering, Basic Computers and Drama.

Contact Paul or Fran on 0151 677 6277

Room Hire Available:

Hair and Beauty Salon, Computer Suites and Training Room.

Contact Jan Peel on 0151 677 8008 or
jan@beechwoodtrust.org for hire information



IRISH COMMUNITY CARE MERSEYSIDE

Drumming Up



ICCM currently has two musical projects using the arts as a well-being tool. The Drumming Up sessions are run in conjunction with the NHS and the Strumming Up sessions are held at and supported by Wirral Churches' Ark Project.



Strumming Up



The Ark, Mary Cole House, 6 Sandford Street, Birkenhead CH41 1BN

For more information phone
Bob: 0151 650 5440 or 07956 059 272
please leave your contact details on answer phone if no reply

email: bob.mcgowan@iccm.org.uk