



Wirral Mencap Newsletter



October 2025

www.wirralmencap.org.uk

info@mencapwirral.org.uk

Dog Show

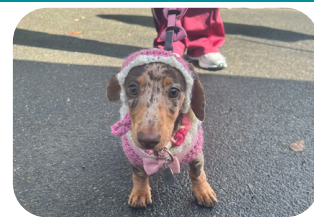
Did you join us for our Dog Show on Saturday 13th September?

A massive thank you to everyone who came.

We had a great time but we did get quite wet! The rain didn't stop us though!

We had some amazing volunteers on the day. Thank you to Gary, Anna, Clare, Helen, Martin, Jimmy, and Ian. Helen told us "I enjoyed it all the time". So did we Helen!

We raised £750 on the day. All of this money will go towards continuing our projects from Lunch Club to Cookery Skills and more.



It's Membership Renewal Time!

Please fill in the Membership Form (included in the envelope with this newsletter) to renew your Membership through to September 2026.

Why Renew?

Priority tickets for the Members' Christmas Party

Voting rights at our Annual General Meeting in February 2026

Stay connected and support your community!

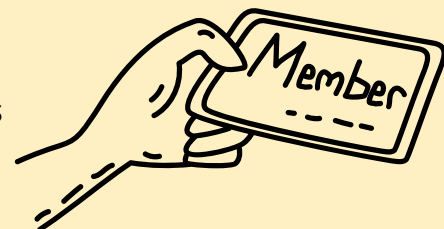
Choose How You Receive Your Newsletter:

This year, you can decide how you'd like to receive your newsletter:

Paper copy by post – Membership costs £10

Email copy – Membership costs £5

Just tick your preference on the Membership Form.



You can also pop into the office to fill in your membership form or complete our form online by scanning the QR Code

If you need help filling in the form or getting your newsletter by email, please pop into the office or give us a call



What has been happening on our courses?



Photography Course

Our group have enjoyed visiting different places locally such as Hoylake promenade and Leasowe Lighthouse, and will be visiting Hadlow Road Railway Station, and Albert Dock during the course. The group will be focusing on using filters on their phone to enhance their photographs.

Boccia Course

Our group have experienced different games and played against various people to get to know each other. Many of the group will also have the opportunity to officiate games, and show their understanding of the basic rules of boccia.



Cookery Course

Our cookery course is taught by Debbie who is an experienced cookery tutor and the course is delivered at St James' Centre. The group have looked at health and safety in the kitchen, and throughout the course will try out a variety of healthy and easy to make meals and snacks.

General Wellbeing Course

Our group have been working really well and enjoying this new course we have on offer. The group have covered lots of different subjects such as healthy relationships, anxiety, depression and will also cover the importance of being resilient.



Computer Skills Course

Our computer course is delivered by experienced tutor Chris at Wirral Mencap. The group have been covering lots of interesting and useful lessons on managing your health online, social media, online banking and will also cover online shopping, searching for jobs or voluntary work and using media apps.

What courses are coming up next?

Artists and their Art



Creative Wellbeing



Fun Mini Tennis



Information, Advice and Advocacy Update

Adult Respite and Short Breaks Consultation

People with learning disabilities and parent carers went to a meeting with Wirral Council. They had the chance to share their views on the current respite and short breaks offer and how things could be improved.



Parent Carers Care Act Training

Parent carers joined free carers Care Act training with Access Social Care. They learnt what their rights are under the Care Act and how to get help and support. The feedback from parent carers was very positive. See what our parents said about the training:

Didn't know process
or timelines for
assessment

Learnt about
funding

Great to know what
should be happening and
the wording to use

Thought it was quite
informative, learnt
stuff I didn't know

Wirral InfoBank Survey

Have you used Wirral InfoBank?

- Do you like it?
- Is it easy to use?

You can fill in an easy-read survey to share your thoughts. There are copies of survey in reception.

Wirral InfoBank

Make it Better Meeting

During our last Make it Better meeting we talked about what projects we can do together. We are looking for more people with lived experience to join our group. Call the office if you would like to join in. Our next meeting will be in November.



Fundraising Highlights

Crowning our Photographer of the Year

On Tuesday 12th August, we hosted the opening night for our Photography Exhibit at Make Hamilton in Birkenhead.

A huge well done to Trish who was crowned Wirral Mencap's Photographer of the Year 2025 and to Charles, who won our Judge's Choice award.

Trish said, "I'm made up I won!". You were a well deserved winner, Trish.

Well done and thank you to our Tuesday Gateway Group who helped to plan and set up the exhibit. You did a fantastic job.

The Photography Night raised a brilliant £545 for Wirral Mencap.

A big thank you to the Mayor and Mayoress of Wirral who came along to support, to our sponsor - Beacon Fostering, to our judges - Alan, Niamh, and Gavin, and to everyone who came along on the night!



Big Give 2025

Do you remember our Christmas Big Give campaign last year?

We are planning to do the Big Give again this Christmas. Here's how it works:

We have got £3,000 in match funding.

This means that all money we raise, up to £3,000 will be doubled.

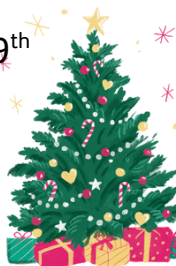
Our aim is to raise £3,000 at Christmas time. This will be doubled to £6,000.

How we will raise the money?

This is where we need your help!

The campaign will be open from 2nd - 9th December and you can donate online.

Keep an eye on our social media and in our office for more details!



Del's Cycle Ride

Our friend Del took on a big challenge for us in August!

Del cycled from Birkenhead Town Hall to Stoke-on-Trent and back again.

Del is 69 years old, he has beaten cancer 4 times and had a big heart operation. This was not easy for him.

But Del did an amazing job and raised a massive £320.25 for us!

He told us, "It was hard but I enjoyed it. I want to do a skydive next!".

Well done, Del and thank you for your all of your support.



Supporter Spotlight

This month our supporter spotlight is shining on... More Than Just Cleaners!

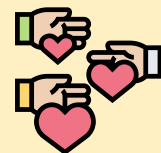
More Than Just Cleaners hosted a Tea Party for us on Monday 1st September. They put on a lovely spread of cakes and drinks and decorated their workspace out with balloons.

The Tea Party raised £66 which is very impressive! A massive thank you to Rachelle and the whole team for their wonderful support!



Fundraising Committee

Our Fundraising Committee has been running for a few months now and is going well. We meet every 2 months to talk all things fundraising.



Several committee members have already done some fundraising of their own. Alex abseiled down Liverpool Cathedral, Nicola did a sponsored swim, and Ken hosted a Coffee Morning. Our committee have also been busy collecting prizes for us to use in our raffles and tombolas. Well done to Arnie, Ken, and Jimmy.

Would you like to join the fundraising committee?
Call 0151 666 1829 or email us on info@mencapwirral.org.uk.



The Return of Bananas Bingo

It's the news you've all been waiting for...
Bananas Bingo is back in November.



Join us for a night of fun, bad jokes, bingo, and bananas!

Bananas Bingo will be at A&K Community Hub in Birkenhead on Thursday 13th November. 7pm - 9pm.

Remember to bring £5 for your bingo book and some extra money for cakes and raffle tickets.

You don't need to book, just turn up on the day.

We can't wait to see you there!



Santa Dash Liverpool

Sunday 7th December 2025

Santa Dash: £26, 9:30am start, 5km

Mini Dash: £15, 11:00am start, 1km
(for kids)

Call 0151 666 1829 to request
your fundraising pack!



Stacey's Off on Maternity Leave!

Stacey left us in September to begin her maternity leave and we couldn't let her go without a celebration!

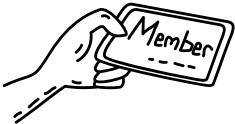
We surprised her with a baby shower in the office, complete with thoughtful gifts and delicious homemade cake.

Here's a photo of Stacey receiving one of the presents from the team!

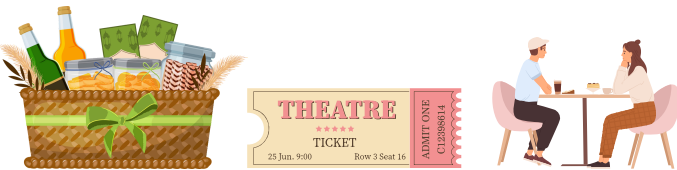
We wish Stacey and Dave all the very best on this exciting new chapter!



Wirral Mencap Christmas Party 2025

	We are excited to have a Christmas party again this year!
	The party will be on Friday 5th December , 7pm till late!
	The party will be at St Anne's Bar and Function Rooms, Highfield Rd, Birkenhead CH42 2BY
	If you want to come to the party, you will need to have paid your membership fee.
	If you want to come to the party, you will need a ticket
	Tickets must be collected from the Wirral Mencap office.
	The ticket will cost five pounds.
	The ticket will cost seven pounds and fifty pence if you need to bring one Support Worker or Carer with you.
	When you collect your ticket, let us know if you have any special dietary requirements.
	Each member will get 1 ticket. If you need someone to come with you, you can pay for no more than 2 extra tickets.
	Remember you must be a member to come to the party.
	Remember you must have a ticket to come to the party. Tickets cost £5 each or £7.50 if you are bringing a Support Worker or Carer.
	We hope that you will be able to join us!

How to enter Wirral Mencap Christmas Prize Draw!

	There is a book of 5 Prize Draw tickets in your newsletter.
	If you buy tickets, you might win a prize.
	Prizes include festive hamper, local café vouchers, pamper hamper, theatre tickets, and much more!
	Each ticket costs £1. There are five tickets in the book.
	Write your name, address and telephone number in this section. You might need to get someone to help you
	Tear off the large ticket. You need to keep that.
 	Send the stub and your money to Wirral Mencap before Friday 12th December. £1 for each ticket.
	Ask your friends and family if they want to buy a ticket too.
	The tickets will be drawn on Monday 15th December live on Facebook.
	We will contact you if you have won a prize.
	Thank you for entering the Wirral Mencap Christmas prize draw! Good luck to all!!

Would you like to help Wirral Mencap?

Are you a member of Wirral Mencap?

Would you like to:

- Share your ideas?
- Tell others about Wirral Mencap?
- Do you have ideas for Wirral Mencap's future plans?

Join the Wirral Mencap Members' Committee!

This is a volunteer role and you will work with our Trustees to make Wirral Mencap even better.

Meet Neil and Ian

Neil and Ian are already on the committee.

Neil goes to Monday Lunch Club at the Bloom Building.

Ian goes to Crossbow Club on Wednesdays at the Liberty Centre.

You can talk to them if you want to know more.

Want to join? You can email Neil or Ian

- nirwin@mencapwirral.org.uk (Neil)
- ifernandez@mencapwirral.org.uk (Ian)

Or call the office: 0151 666 1829

Next Meeting

Date: 29th October 2025

Time: 1.30pm

Place: Wirral Mencap Office

Come along and find out more! We would love to see you there.

Join
US!



Neil says:

"I joined to tell people about Wirral Mencap."



Ian says:

"I joined to help the members, staff, and trustees."

★ STAR Awards 2026 ★

(Showcasing Talent, Achievement, Recognition)

Date: Thursday, 16th April 2026

A joint celebration with Autism Together

What is it?

We are working in collaboration with Autism Together to plan this exciting event.

It will be a special evening to celebrate:

★ Autistic people and people with learning disabilities

There will be:

🏆 5 award categories

🎉 People who are shortlisted and the winners will be invited to the STAR Awards evening

More information coming soon so keep an eye on our social media and future newsletters to see how you can get involved



Gateway News

★ What an incredible few months it's been at Gateway! ★

Our Friday group recently enjoyed an exciting day trip to Liverpool! 🚂

They've also been hard at work planning their Gateway Challenge organising a trip to Liverpool by public transport.

Oh, and their cooking sessions at The Hive have been nothing short of amazing! 🍴



A huge congratulations to Trish from the Wednesday group for winning Photographer of the Year! An inspiring achievement! 📸



Our Tuesday group has been busy organising a fantastic photography exhibition. From handing out flyers to local businesses to decorating the room and submitting their stunning photos, they truly made it a special event!



The Wednesday group has also been having a blast with dance, cooking sessions, mixed sports, and lifestyle activities. 🕺🏈⚽ There's never a dull moment with this team!

We also welcomed the new Thursday Bronze group a few weeks ago: Ann Marie, Amy, Jamie, William, Cameron, and Whitney!

What a wonderful group they are! ★

They've been bonding through arts and crafts, and even had a fantastic tour of Tam O'Shanta's, where they fed the animals. 🐰🎨



The Thursday summer club had a fantastic barge trip to Nantwich last month, we do have spaces left for summer club on a Monday as well as a few places on the gateway award, please email Dave - dburke@mencapwirral.org.uk

Autumn at Crossbow Club

As the nights get darker and colder, it's the perfect time to get out and connect with friends.

We've got a great mix of activities, including:

-  Karaoke
-  Fundraising Bingo
-  Flower arranging with Abi from Ewer Roberts Flowers
-  Our annual Halloween Disco!

Take a look at the timetable on the right
Does anything take your fancy?

- 7-9pm
- The Liberty Centre, Whetstone Lane
- £2 per visit (Cash only please!)
- Parking and local bus routes nearby
- Coffee shop onsite for hot and cold drinks, sweet treats, and occasionally even hotdogs!

Crossbow Timetable

Autumn 2025

Date	What's On?	What to expect?
September 24	 Drumming	Join Steve for Drumming practice! Play along to well-known tracks It's a loud musical work-out!
October 1	 Flower Pots	Abi the Florist joins us again for a special flower arranging workshop
October 8	 Music Quiz	Think you know your Michael Buble from your Michael Jackson? Join a team and get ready to sing along as you score as many points as you can!
October 15	 Do your own thing	Chill out with friends, listen to music, bring and share your games or arts & crafts supplies, or just sit back and have a coffee!
October 22	 Screening: Hocus Pocus	Get cosy with a Halloween classic Bring some change for hotdogs and popcorn
October 29	 Halloween Disco	Ghouls just wanna have fun! Put on your spookiest costumes and boogie-man down
November 5	 Do your own thing	Chill out with friends, listen to music, bring and share your games or arts & crafts supplies, or just sit back and have a coffee!
November 12	 Karaoke	Hello? is it me you're looking for Clear your pipes and give us a show!
November 19	 Fundraiser Bingo	"Two little ducks" Bring your spare change to buy extra tickets to raise money to help keep your social clubs going whilst having fun!

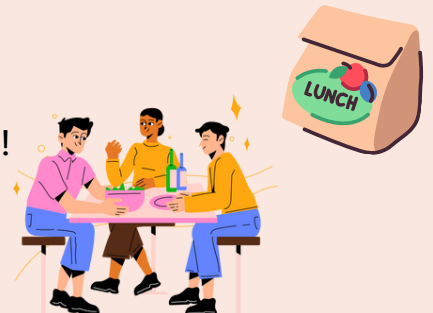
Come to our Lunch Club!

We meet every Monday at The Bloom Building in Birkenhead.
Bring your lunch, play fun games like bingo or a quiz, and win prizes!

 Time: 12pm - 1.30pm

 Cost: £2 per visit

Everyone is welcome!



Pub Night

With the addition of a Music Quiz, old and new faces, and some friendly competition, there has been plenty of opportunity to eat, drink, and be merry at the Pub Night!
In November, The Swan is having a makeover, so this might mean we meet in a different area than usual.

Please keep an eye out on Social Media.

We are excited to see our new pub!

Feeling nervous about your first Pub Night?



We understand it can be scary to walk in alone.

Let us know, we are happy to meet you at the door!

Don't worry, we are a friendly bunch!



Pub Night

NEW TIME!

7pm-9pm



1st Thursday of every month

• 4th September
• 2nd October
• 6th November

Thursday

At The Swan

2 Holm Lane, Prenton, CH43 2HP



Erin will be there to welcome you
Look out for Erin when you arrive
If you have a question or want Erin to look out for you
You can call the office on 0151 666 1829



Easily accessible and has a car park for customers.

Dates for your diary...

**SAVE
THE DATE**



November

13

Bananas Bingo

Join us at A&K Community Hub on Park Road North. 7pm - 9:30pm. Remember to bring £5 for your bingo book.

December

2

Big Give Campaign Opens

Christmas starts here. Our Christmas campaign page will be open from 2nd December - 9th December. Visit our website to find the campaign page. All donations will help fund our social clubs!



December

5

Christmas Party

Get your dancing shoes ready. Join us for Wirral Mencap's Christmas Party on Friday 5th December from 7pm. St Anne's Parish Centre. Get your tickets from the office.



December

7

Santa Dash

Take on the Santa Dash to raise funds for Wirral Mencap. Sunday 7th December, 9:30am. Search Santa Dash Liverpool to sign up. Let us know if you are taking part and you will get your own fundraising pack and sponsorship form.



December

15

Christmas Prize Draw

Tickets at the ready! We will announce the winners for the Christmas Prize Draw live on Facebook from Lunch Club at 12:30pm. Tune in to find out if you have won!



Have you taken part in our lottery yet?

Tickets cost just £1 and you could win £25,000! Scan the QR code to buy your tickets now and help raise vital funds for Wirral Mencap!



A big thank you to....

THANK
YOU!

John Moores Foundation who have awarded us a grant of £12,500 towards our Information, Advice, and Advocacy Service.

Thank you to Mmunic Mail, Tyres4U Wirral, and Vigo IT Solutions who have each paid £150 to sponsor a t-shirt for our Comedy Night.

A big thank you also to St Andrews United Reform Church for their generous donation of £78.

Thank you to Matthew Edwards, Debbie Silcock, and Maureen Miller who have each made donations to us over the past few weeks.

And to BNI Leaders for their generous donation of £160.

Thank you also to the companies who donated prizes for our Dog Show: Eureka Science Museum, Principal Pets, Ness Gardens, The Nook Café, Norma's Tearoom, Healthwatch Wirral, and Colin's Barbers.

And to our Dog Show sponsors: CareVets, Doggy Paddle Wirral, Hands on Heart, Acorn Vets, and Wirral Woof Pack.

Thank you to our regular donors; Daphne Trivett and Sue Gladden.

Thank you all for your support.

Do you feel inspired to support Wirral Mencap's fundraising?

Call us on 0151 666 1829 to get involved!

Connecting with the Community



Do you know someone who works for Merseyrail?

We interviewed several of our members at our AGM last year and asked them who they would like to know more about learning disabilities. Nearly everyone said transport workers.

We are looking to partner with Merseyrail so that we can work with staff to improve service delivery. We would also love Merseyrail staff to get involved with our fundraising.

The best way for us to do this is for a Merseyrail member of staff to "champion" us. Could you be that person? Do you know someone who could be?

Call us on 0151 666 1829 and ask to speak to Becca or email us at info@mencapwirral.org.uk

Please add me to the mailing list ☐		Please remove me from the mailing list ☐	
Name		Address	
Signature		Post code	
Date		Email	