



Wirral Mencap Newsletter

May 2026

www.wirralmencap.org.uk

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★ STAR Awards ★

A huge congratulations to everyone nominated for this year's STAR Awards – the standard was incredibly high!

Winners:

- Loyd Wildridge (Personal Achievement)
- Alex Lloyd (Creative Spark)
- Thomas Dodd (Positive Attitude)
- Nicola Roberts (Co-production)
- STARs Recognition: Andrew Gough, Clare Edwards, Gemma Robinson,
- Hannah Bennett, Liam Carr, Tim Raby, Stacey Reynolds & Charles Rochford

The awards night took place on 16th April at Hulme Hall, Wirral, and everyone who attended made it a truly special evening.

A big thank you to Autism Together for partnering with us on this first-of-its-kind event on the Wirral – it's been a real honour to work together.



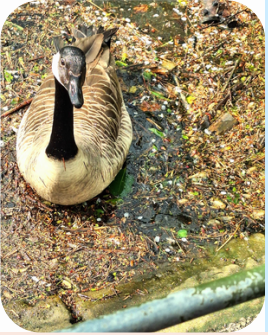
Learning Disability Week Events

	<p>June</p> <p>15</p>	<p>Treat Me Well Arrowe Park Hospital</p>	<p>We are going to Arrowe Park Hospital to raise awareness of what people with a learning disability need when they are ill.</p>
	<p>June</p> <p>16</p>	<p>Fundraising Collection Tesco, Heswall</p>	<p>Talk to shoppers at Tesco and collect money for Wirral Mencap.</p>
	<p>June</p> <p>17</p>	<p>Crossbow Party The Liberty Centre, Birkenhead</p>	<p>Join us for a fabulous Crossbow Party in Birkenhead!</p>
	<p>June</p> <p>18</p>	<p>Tea Party Hamilton Square Birkenhead</p>	<p>Enjoy some tea, coffee and of course cake with us in Hamilton Square, Birkenhead.</p>
	<p>June</p> <p>19</p>	<p>Gateway Awards Party St Anne's Parish, Rock Ferry</p>	<p>Invite only for Gateway Award participants.</p>

What has been happening on our courses?

Artists and their Art

Our group have been learning about a variety of artists such as the Scottish artist Steven Brown and American artist Andy Warhol. The group have made some brilliant art work using similar techniques to the artists we have studied.



Photography in Birkenhead Park

Our group have enjoyed meeting up, getting to know each other and learning different ways to take a photograph.

We have discussed about using filters on our mobile phones to brighten up the photos and how to take photos from various heights and angles.

Walking Football at Birkenhead Youth Club

Our group have played lots of matches, made some new friends and learned new skills.

We have had lots of fun and there have been some brilliant goals scored and fantastic goalkeeping! Well done to all!



Cycling with Wheels for All in Birkenhead Park

Our group have enjoyed trying out different types of bikes and the Wheels for All staff have been so helpful with instructions and safety tips.

The group really like cycling in Birkenhead Park and this is great exercise too!

Have you booked on to our summer courses?
Call the office to book your space 0151 666 1829



Photography



Friendships



Boccia



Walking Groups



Cycling

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!



Information, Advice and Advocacy Update

Wirral Council Day Service Consultation

We gave independent support to people attending day services. This helped make sure their voices were heard in Wirral Council's consultation. We supported people to share what they think about current services and what they would like in the future. Their feedback has been shared to help shape future planning. The consultation is open until the 11th of May, you can fill in the survey online via this link:

<https://haveyoursay.wirral.gov.uk/redesign-and-transformation-of-adult-day-services>



Have your say on
Redesign and transformation of
Adult Day Services



Learning Disability England Conference - Update

In March, our Lived Experience Team attended the Learning Disability England Conference. We shared our easy-read child protection resources which we co-produced with Wirral Council. We also spoke about the Empower, Advocate and Transform (EAT) project. The EAT project brings people with lived experience together to have a real voice and help improve services across Wirral.

Want to Get Involved?

If you have lived experience and want to help make a difference, we would love to hear from you. Call our office and ask to speak to Tina or Amy for more details.



Learning Disability Health Community Conference

Join us to help improve healthcare outcomes for people with a learning disability and raise awareness of the Learning Disability Register. This event is for staff working in primary care, disability services and the voluntary sector. Together, we will focus on improving access to annual health checks and making sure the right support (reasonable adjustments) is in place.

We will be sharing what is currently working well locally and what is not. We will then agree on practical next steps to improve services across all our sectors.

When: Thursday 7th May 2026, 10am - 3pm.

Where: The Women's Organisation, 54 St James Street, Liverpool, L1 0AB.



To book and find out more: <https://www.eventbrite.com/e/liverpool-health-community-conference-tickets-1985430941392?msockid=37efe67357246f092764f36c56036e63>

Fundraising Highlights

Cupid's Visit to Crossbow



Love was definitely in the air at our Valentine's Disco at Crossbow Club! We had a jam-packed room full of people ready to get dancing and maybe even find love on the dancefloor! Thank you to our wonderful DJ, Michael Bennett, who had us singing and dancing all night long.



Andrew told us, "I had a fantastic time!". So did we, Andrew!

If you enjoyed the disco, then you will love our regular Crossbow Club! Not every night is a disco, but it's always good fun. All you need to do is pay £2 on the door.



Call us on 0151 666 1829 if you want to find out more.

Did you win big at our Race Night in February?



We had a fantastic time betting on our favourite horses, playing Irish bingo, and trying our luck on the raffle.

A massive thank you to our Headline Sponsor, Wirral Lift Engineering, for supporting the event. We raised a grand total of £960!

Thank you also to our race sponsors – Alliance Self Storage, Hubtivity, Chestergates Business Centre, Safety Panda, Karen Blair, and Back in the Game CIC.

Alex came to the Race Night and he said, "Great night I won on one and lovely to see so many people!"



Supporter Spotlight

Our Supporter Spotlight is Shining on... Alan McAleavey Photography!


Alan is a Wirral-based photographer who specialises in headshots, personal and corporate branding, and event photography.


He very generously photographed our Comedy Night and our Christmas Party free of charge. He also donated a Solo Headshot Session for one of our raffles. Thank you, Alan!




Bananas Bingo!

Get ready... bingo is coming back!

 Thursday 21st May

 7pm - 9:30pm

 A&K Community Hub, 310 Park Road
North, Birkenhead, CH41 8AE

We can't wait to see you there!



Walk with Wirral Mencap


Pay £5 to join our team and raise money!


A great way to make friends and exercise.


And you will get a free Wirral Mencap t-shirt and a certificate when you finish.

Speak to us in the office to sign up.



 Sunday 7th June

 10am meet

 Floral Pavilion, New Brighton

See our website for more information.

Could you abseil for Wirral Mencap?

We have two very exciting abseil opportunities coming up - Leasowe Lighthouse and Anfield Stadium! Both abseils cost £40 to sign up.

Jimmy did an abseil for us two years ago. He told us, "It's been great fun and I'd like to do it again." Jimmy has signed up to do it again and you can too!

Lighthouse abseil: Saturday 13th June or Saturday 12th September

Anfield abseil: Saturday 11th July or Saturday 18th July

Are you interested? Call us on 0151 666 1829 or visit us in the office.



Viking Funday in Vale Park


We're bringing the Vikings to Vale Park on Saturday 27th June with our family funday.

Bring your picnic blanket and join us for a fun day of live music, Viking-themed games, a tombola and raffle, and community spirit. Everyone is welcome!


There's no need to book, just come along on the day. See you there!



 Saturday 27th June

 10:00am - 4:00pm

 Vale Park, New Brighton

 Free entry



GOODBYE Becca!

I'm sad to say that I am leaving Wirral Mencap after two wonderful years here. Thank you to everyone who has made those two years so lovely.

I will miss Wirral Mencap but I am excited to take on a new challenge!

I have got my membership so I can keep in touch.


And hopefully I'll see you at a Bananas Bingo event soon!



Gateway News

The Tuesday group has been full of energy at Venture Boxing - smashing pad work, gym sessions, and even sparring with Robbie. Kayleigh's fabulous pink gloves definitely stole the show! They've also started volunteering with the Wirral Country Park Rangers, getting stuck into weeding, gardening, and other outdoor tasks.



To finish their artist skills course, the group visited Wirral art galleries and planned exciting days out, including bowling and a trip to the World Museum. Jack and John especially loved the hands-on specimens. They've now begun volunteering in Birkenhead Park and started a photography course, travelling the Wirral to capture brilliant shots. 

The Thursday group completed their money skills course with a budgeted rocky-road shopping trip! They've launched into drama sessions with Becky from 3D Interact, exploring improvisation and freeze frames. Their mini golf trip was a hit - with Aimee scoring a hole-in-one - and they're excited to begin their Bronze Challenge and plan this year's Tea Party Fundraiser.



Fridays have been full of energy as the group takes on mixed sports and boxing sessions with Robbie from Venture Boxing. They've pushed themselves to new limits with weighted gym circuits, with Andrew showing incredible power by moving a 60kg sledge! Alongside their fitness achievements, the group has shone in their volunteer skills course, completing mock interviews and creating their own CVs.

Gateway Spotlight



My name is Adam. I first joined Wirral Mencap in February 2025 and I completed my Bronze Gateway Award three months later. I have just completed my Silver Award. I love water and snow sports, playing tennis, gaming and fixing computers. I have worked on improving my English, Maths and money skills and learning to cook; I can now make some of my own meals. I volunteer with the Scouts and have done training on planning, safeguarding, risk assessment and first aid with them. I am trying to reduce my need to use my wheelchair by learning how to walk with aids. I am very proud of how much progress I have made in the last year.

There are still some spaces left for this year's Summer Club, so get in touch to secure a spot!

We also have places available across our Gateway Award.

If you know anyone who would love to get involved, please contact

Mel - mratcliffe@mencapwirral.org.uk or call the office on 0151 666 1829



Social Clubs

Spring has Sprung

The days are getting brighter, the nights are lighter and it is the perfect time to get out, meet people, and feel good!

Why not come along for a chat, try something new, or just enjoy the vibes

Lunch Club

When I first came to Lunch Club, I was nervous, shy and didn't want to join in. But now I know everyone and have lots of friends here. I am now a regular at all three Social Clubs, and never miss an opportunity to show off at Karaoke!
- Dave


Don't forget:

Lunch Club will be closed for bank holidays in May:

- May 4th
- May 25th




 Every Monday

 12pm-1:30pm,

 Bring your own packed lunch  £2,

 Rek41, Market Street

 Games included!



Crossbow



Crossbow has enjoyed a varied timetable of activities, from keeping fit with Alicia's Boxing class, to Fundraising Bingo - where members raised over £30 to support Wirral Mencap by buying extra tickets - and it paid off... with 6 lucky winners!



Angie showing off her winnings!

In May you can look forward to Boccia, Karaoke and our legendary Team Music Quiz - always a hoot! Our next timetable will be ready on 27th May - make sure to pick one up from Crossbow or pop into the office!



Pub Night

Pub Night has been busier than ever these last few months, with up to 25 people joining us for dinner or a pint - it is wonderful to see members, parents, and support workers all mingling together, sharing stories and having a good laugh!

Will you be joining us next time on the 7th May and 4th June?

 1st Thursday of each Month |  7-9pm

 Free - bring money for food & drink

 The Swan, Holm Lane, Prenton

 Eat, drink, or just be merry





A big thank you to....

Everyone who has donated a raffle prize, including: Alan McAleavey Photography, Jackie Hulse, Isabelle's Tea & Cakes, Silk Road, Neil Jones, and Make Hamilton.

Tyres4U Wirral, Oliver&Co Solicitors, and Pennington Williams Accountants, who are all confirmed sponsors for our Inspiration on the Menu event in October 2026.

And to Just for Fun Ukes who performed at The Mackenzie in Birkenhead and raised £200.

Thank you also to Jane Kearley and Green Blade Singers who raised £60 for us.

The Eleanor Rathbone Charitable Trust who awarded us £3,000 to support our social clubs.

thank you to Baily Thomas Charitable Fund who generously awarded us £15,000 towards the cost of keeping our office open.

And finally to Mencap who awarded us £500 to support their I'm In Challenge campaign to get more people signed up to the Learning Disability Register.



Dates for your diary...

SAVE THE DATE

May
15

The Wirral Mencap Invitational

Friday 15th May at Bidston Golf Club! Get in touch to find out more.

May
21

Bananas Bingo

A&K Community Hub on Thursday 21st May at 7pm. Bingo books cost £5.

June
7

Wirral Coastal Walk

Join Team Wirral Mencap on Sunday 7th June. Entry is £5 for adults. Come into the office to sign up.

June
16

Fundraising Collection

Raise money and chat to shoppers at Tesco in Heswall. Call the office on 0151 666 1829 to volunteer.

June
18

Tea Party

Enjoy tea and cake in Hamilton Square from 11am - 2pm. Bring some money for drinks, cakes, and the tombola.

June
27

Vale Park Funday

Get ready for fun at Vale Park from 10am - 4pm. No entry fee or booking!

Please add me to the mailing list <input type="checkbox"/>		Please remove me from the mailing list <input type="checkbox"/>	
Name		Address	
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Date		Email	

Post back to Wirral Mencap, 42-44 Market Street, Birkenhead, CH41 5BT