

We want to hear your views about Health & Social Care in Wirral - Listen. Connect. Share.

BRIDGE Forum notes for Wednesday 11th February 2026 11am – 12:30pm

The purpose of [BRIDGE Forum](#) is to come together to share updates, themes, and regular information about Wirral Health & Social Care services, giving a voice to all sectors. A place that is shared with Community, Health & Social Care representatives.

if you'd like to join-in, share information, receive [BRIDGE Forum notes](#) or speak at future meetings, or want to know more about the BRIDGE Forum, which takes place monthly each second Wednesday, please email us spare5@healthwatchwirral.co.uk .

Guest Speakers

1. Yvonne Smith, All Age Disability Officer, Wirral Council - All Age Disability Strategy 2024-2029.

The strategy aims to make Wirral a better place for people of all ages with disabilities, as well as their families and carers. Developed through co-production, it is structured around four themes:

- Improving health and wellbeing
- Living enriched lives
- Supporting independent living
- Enhancing employment and economic opportunities.

The Thematic Groups exist to:

- Champion the All-Age Disability Framework
- Ensure the voices of people with disabilities and their carers remain central
- Encourage innovation and best practice across services and partners
- Provide updates to the All-Age Disability Board every two months
- Review the strategic framework and group priorities annually.

Members of the Thematic Groups contribute to developing and delivering the project plan. Please [contact Yvonne](#) if interested in joining any of the Thematic Groups.

Email yvonesmith1@wirral.gov.uk



2. Kate Barker, Wirral Menopause CIC.

Wirral Menopause Community was started six years ago when Kate and two friends joined forces to start the group as they felt there was not very much support for menopausal women and the challenges that are faced whilst going through perimenopause and menopause. They have full time jobs and run the groups on a voluntary basis. Three years ago Wirral Menopause Community became a CIC.

- They currently support around 2000 Wirral women via their private Facebook group and have 2000 followers on their public page.
- Last year they received Lottery Community Fund support, which meant that they could open a drop in hub, offering subsidised private GP appointments, holistic therapies, one-to-one PT and health coaching to those who are not in a financial position to access that support, especially when it gets to crisis point. It's a pop-in space for women to come and get advice and support, available Monday, Wednesday, Friday.
- Their mission is to help women advocate for themselves, improve access to care and help them to feel confident and supported through all of the stages of menopause.
- Many women are not just menopausal; a lot of women are in a mental health crisis point due to perimenopause symptoms which can be overwhelming. Especially to those who have been resilient, proactive and strong in their lives and then all of a sudden, they don't seem to be able to cope.
- They hope in the future to take sessions into communities and businesses to offer support for women.
- Menopause cafes are held throughout the month on different days where women can come along and have conversations as well as hear from guest speakers. Past speakers include a pelvic health expert, GP and a psychosexual therapist.
- They are currently setting up menopause cafes specifically for women with cancer, as there's scant menopause support available after cancer treatment.

Unit 5–7, Woodside Business Park, Shore Road, Birkenhead, CH41 1EP

info@wirralmenopause.org.uk

[Link to Wirral Menopause Community Facebook page](#)

AOB- Information sharing, updates and news.

1. [Wirral Community Health and Care NHS Foundation Trust](#) has shared an important update – the [Walk-In Centre services at Eastham Clinic](#) will re-open from Mon 9th Feb 26, daily from 12 noon to 8 pm.
1 Eastham Rake, Wirral CH62 9AN,
2. **The Community Advice Hub** has moved from its former location at One Wirral CIC to a more spacious and accessible location across the road at [the Liberty Centre, 7 Whetstone Lane, Birkenhead, CH41 2QS](#) (next to the *Pram & Toy Centre*). The Community Advice Hub, set up by

<https://healthwatchwirral.sharepoint.com/Shared Documents/Community E/BRIDGE Forum/2026/2026.02 Feb/Bridge Forum Notes 11 Feb PDF.docx>

Wirral Foodbank's Community Campaigning team, offers a welcoming, free, face-to-face drop-in service, open to all Wirral residents to help with information, advice and practical support on money matters – from benefits and debt advice to energy bills and more. Free warm drinks are available. The Community Advice Hub brings together trusted local organisations:

- Citizens Advice Wirral
- Energy Projects Plus
- Wirral Change
- Christians Against Poverty (CAP) Wirral
- Involve Northwest's Community Connectors.

The Community Advice Hub is available every Thursday: 9:30am – 12:30pm.



The poster for the Community Advice Hub features a purple header with the title 'Community Advice Hub' in yellow. Below this, a blue section states 'Open Every Thursday 9.30 am - 12.30 pm Drop-In Only'. A pink section provides the location: 'The Liberty Centre, 7 Whetstone Lane, Charing Cross, Birkenhead, CH41 2QS (By the pram shop)'. A dark blue section asks 'Feeling lost and in need of support?' and lists services: 'Benefits, Debts, Utility Bills, Council Tax'. It also mentions 'A Wirral Community Advocates Initiative' and includes logos for 'citizens advice Wirral', 'CAP', 'ENERGY PROJECTS PLUS', 'i involve', and 'WIRRAL CHANGE FOR ALL ETHNIC MINORITY PEOPLE'.



3.

National HIV Testing Week is returning for 2026, and it's never been easier to test for HIV. From Monday 9th February 2026 we're calling on people across the country to test. Testing is free and confidential. It's also the only way to know if you have HIV and worth doing because people can live with HIV for a long time without any symptoms. It's easier than you think to get and take an HIV test, whether you use a sexual health clinic, community testing or a GP, or prefer the convenience of using an at-home test kit. Sahir House, Wirral Sexual Health, CGL and Wirral Council's Public Health team, in partnership with community organisations, are gearing up for a collaborative effort to mark National HIV Testing Week. This joint initiative aims to emphasise the significance of normalising HIV testing - encouraging everyone to consider regular testing for HIV (and STIs) as well as working towards reducing stigma and late diagnosis across the borough. Throughout the week there are various outreach testing available, **please see the below testing week timetable and feel free to share amongst your networks.**

Monday 9th February	Tuesday 10th February	Wednesday 11th February	Thursday 12th February	Friday 13th February	Saturday 14th February
<p><u>Wirral Sexual Health Clinic</u> 08:00-11:30 & 13:00-15:00 St Catherine's Health Centre, Derby Road, Birkenhead CH41 0LQ. Walk in clinic</p> <p><u>Birkenhead CGL 12:00-17:00</u> 84 Market Street, Birkenhead, CH41 6HB. Appointment only</p> <p><u>Our Place 15:00 -19:00</u> 1st floor, St Catherine's Health Centre, Derby Road, Birkenhead CH41 0LQ. Walk in and appointments (Under 19's only)</p> <p><u>Wirral Sexual</u></p>	<p><u>Wirral Sexual Health Clinic</u> 08:00 – 15:00 (Appointment only) & 16:00-19:00 (Walk in) St Catherine's Health Centre, Derby Road, Birkenhead CH41 0LQ.</p> <p><u>Wirral Sexual Health Clinic</u> 08:00 – 15:00 Victoria Central Health Centre, Outpatients Department, Mill Lane, Wallasey CH44 5UF. Appointment only</p> <p><u>Wallasey CGL 09:00-15:00</u> 151 Brighton Street, Wallasey, CH44 8DY Drop-in testing available</p> <p><u>Women's Health Huddle</u></p>	<p><u>Wirral Sexual Health Clinic</u> 08:00 – 15:00 St Catherine's Health Centre, Derby Road, Birkenhead CH41 0LQ. Appointment only</p> <p><u>Wirral Sexual Health Clinic</u> 08:00 – 15:00 (Appointment only) & 16:00-19:00 (Walk in) Victoria Central Health Centre, Outpatients Department, Mill Lane, Wallasey CH44 5UF</p> <p><u>Wirral Change</u> 12:30-16:00 St Laurence's School, St Laurence Drive,</p>	<p><u>Wirral Sexual Health Clinic</u> 08:00 – 19:00 Victoria Central Health Centre, Outpatients Department, Mill Lane, Wallasey CH44 5UF. Appointment only</p> <p><u>Market Wells CGL 09:00-17:00</u> 84 Market Steet, Birkenhead, CH41 6HB.</p> <p><u>Wirral Sexual Health Clinic</u> 10:00-14:30 St Catherine's Health Centre, Derby Road, Birkenhead CH41 0LQ. Walk in clinic</p> <p><u>Our Place 15:00 -19:00</u></p>	<p><u>Wirral Sexual Health Clinic</u> 08:00 – 15:00 St Catherine's Health Centre, Derby Road, Birkenhead CH41 0LQ. Appointment only</p> <p><u>Prep Clinic 08:15 -11:45</u> St Catherine's Health Centre, Derby Road, Birkenhead CH41 0LQ. Appointment only</p> <p><u>Our Place 15:00 -18:00</u> 1st floor, St Catherine's Health Centre, Derby Road, Birkenhead CH41 0LQ. Walk in and appointments (Under 19's only)</p>	<p><u>Wirral Sexual Health Clinic</u> 08:00 – 12:00 St Catherine's Health Centre, Derby Road, Birkenhead CH41 0LQ. Appointment only</p> <p><u>Our Place 13:30 -15:30</u> 1st floor, St Catherine's Health Centre, Derby Road, Birkenhead CH41 0LQ. Walk in and appointments (Under 19's only)</p>

<p><u>Health Clinic</u> <u>08:00 – 15:00</u></p> <p>Victoria Central Health Centre, Outpatients Department, Mill Lane, Wallasey CH44 5UF.</p> <p>Appointment only</p> <p><u>Prep Clinic</u> <u>16:00-18:30</u></p> <p>St Catherine’s Health Centre, Derby Road, Birkenhead CH41 0LQ.</p> <p>Appointment only</p>	<p><u>Birkenhead</u> <u>CGL 17:00- 19:30</u></p> <p>84 Market Street, Birkenhead. CH41 6HB (Women only)</p> <p><u>Our Place</u> <u>15:00 -19:00</u></p> <p>1st floor, St Catherine’s Health Centre, Derby Road, Birkenhead CH41 0LQ.</p> <p>Walk in and appointment s (Under 19’s only)</p>	<p>Birkenhead, CH41 3JD</p> <p><u>Our Place</u> <u>15:00 -19:00</u></p> <p>1st floor, St Catherine’s Health Centre, Derby Road, Birkenhead CH41 0LQ.</p> <p>Walk in and appointment s (Under 19’s only)</p> <p><u>Men’s Health Huddle</u> <u>Birkenhead</u> <u>CGL 17:00- 19:00</u></p> <p>Unit 1-3, Market Wells, Prince Street, Birkenhead, CH41 6JN</p>	<p>1st floor, St Catherine’s Health Centre, Derby Road, Birkenhead CH41 0LQ.</p> <p>Walk in and appointment s (Under 19’s only)</p> <p><u>Tea and Testing Event</u> <u>17:00-19:00</u></p> <p>88-90 Argyle Street, Grange Precinct, Birkenhead CH41 6AG</p> <p>Drop-in testing available</p>		
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You can also order online through [Free Postal Test Kits - Sexual Health Wirral](#)

Remember, testing is quick, free, and confidential. For more information regarding National HIV testing week please see [National HIV Testing Week – HIV Prevention England](#)

- Please find below the presentation from Dr Jennifer Kirton and Adele Curley from the BRIDGE Forum in December for information.



Bridge Presentation
- Wed 10th dec 2025

Forthcoming BRIDGE Forum dates in 2026:

11 Mar 08 Apr 13 May 10 Jun 08 Jul 12 Aug 09 Sep 14 Oct
11 Nov 09 Dec.

Healthwatch Wirral
Liscard Business Centre,
The Old School House,
188 Liscard Road,
Wallasey, Merseyside
CH44 5TN

Spare 5 BRIDGE Forum

Tel: 0151 230 8957
Email: Spare5@healthwatchwirral.co.uk
Website: www.healthwatchwirral.co.uk

