

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

## **BRIDGE Forum notes for Wednesday 8<sup>th</sup> April 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 BRIDGE Forum, which takes place monthly each second Wednesday, please email us [spare5@healthwatchwirral.co.uk](mailto:spare5@healthwatchwirral.co.uk) .

### **Guest Speakers**

#### **1. Anna Sweeney, Education and Youth Development Co-ordinator at Savera UK.**

Anna is the Education and Youth Development Coordinator at [Savera UK](#), a leading charity working to end honour-based abuse (HBA) and harmful practices and who runs the education programme.

Savera UK provides specialist intervention services and expert advice in cases, or suspected cases, of HBA and harmful practices. Anna told us about types of abuse and harmful practices that they support people with, which include:

- honour-based abuse (HBA) and harmful practices
- female genital mutilation (FGM)
- forced marriage/child marriage/marriage by abduction
- virginity testing/hymenoplasty
- breast ironing/flattening
- conversion therapy
- modern slavery/trafficking (related to HBA)
- dowry abuse/violence
- menstruation exclusion
- [the “One Chance Rule”](#)
- son preference
- spiritual abuse .

Savera's 1-1 Direct Intervention Team provides advice, safeguarding and advocacy services to survivors, those at risk and professionals who work with them, as well as offering welfare and wellbeing interventions that help individuals in their new beginning. 'Savera' means 'new beginning' in Hindi, which is symbolic of what they provide for survivors and those at risk of HBA and harmful practices, regardless of age, culture, sexuality, gender or ethnicity. Savera also raises awareness of HBA and harmful practices, educates people on the indicators, consequences, and routes to help, and campaigns to change attitudes and influence policy that will end these practices for good.

Savera delivers bespoke training and education programs and workshops across various sectors and services. These range from short informational sessions to full-day programs and can be tailored to meet the specific needs of organisations or community groups.

Referrals from professionals can be made on their website. If you think that someone you know is at risk of honour-based abuse, harmful practices such as forced marriage, female genital mutilation, virginity testing, breast ironing or any other harm that is caused due to the individual going against the beliefs of their family and/or community, Savera can provide advice, help or advocacy on a completely confidential basis.

If unsure whether a person is at risk from honour-based abuse or harmful practices, you can [download and read their individual referral pathway](#).

Helpline tel 0800 107 0726 (10am – 4pm, Monday – Friday, excluding bank holidays).

**If there may be immediate risk to any individual, call 999.**

For general enquiries and any enquiries regarding donations, fundraising or partnership opportunities please email [info@saverauk.co.uk](mailto:info@saverauk.co.uk) or call 0330 159 2004 (9am – 5pm weekdays).

You can find out more about their training and education services and enquire about booking training [here](#). For any other questions regarding training and education, please email [training@saverauk.co.uk](mailto:training@saverauk.co.uk) .

## **2. Alan Roberts, ADHD Management Services.**

Alan Roberts is an ADHD specialist consultant and has been working for the past 32 years with children, young people, and adults with ADHD. Alan helped diagnose one of the first children on the Wirral back in 1994. Alan retired last year and now runs his own business called ADHD Management Services.

Approximately 90% of the work Alan does is free of charge, as he works mainly for specialist hubs and charities. If Alan does any work for schools or big management services, then there will be a charge for his services.

- Alan runs a **drop-in clinic at Wirral Mind** on a Tuesday 10am-1pm where adults and their partners are welcome to attend. At the sessions they work through various topics with adults with ADHD. Sometimes people want to offload about things that they are dealing with, and some want to get advice on how best to approach any issues. They have a private WhatsApp group where group attendees can stay connected.
- NHS waiting lists for ADHD diagnosis can take up to 2-3 years, and it can take up to 12 months for medication to be prescribed. Alan can offer support through this challenging time and give people strategies to help them cope during the waiting time.

Other support that Alan offers include:

- ADHD Parenting Programme – to provide parents with the knowledge and understanding of ADHD to help make positive lasting changes to their child's behaviour. Many parents feel relief as they share their thoughts without being judged and knowing they may be experiencing similar problems with others in the group. The programme runs for five hours and can be completed in a full day or in 2 half-day sessions. A follow-up session can also be included a few weeks later.

- ADHD Parent Drop-In Clinics – these have been extremely successful over the years. Each individual clinic is time-managed and runs up to four 1-hour sessions and give parents an opportunity to discuss concerns about their child. Coping strategies and advice are normally included, along with recommended book lists and supportive websites.
- ADHD Adult Awareness Programme - lasts for 2 hours and offers adults the opportunity to discuss their own ADHD, learn new coping strategies, social skills, and how to deal with other difficulties having ADHD can impact on them.
- ADHD Professional Training - the bespoke training package is offered to all agencies and can be adapted to suit their needs. This will include ADHD awareness training sessions, dealing with young people and families. The ADHD Adult Awareness session would include interviewing techniques and more. One-to-one staff sessions can also be arranged to discuss individual cases.

For further information on support that can be offered to families and adults with ADHD, including dates, times and venues, please contact the following Family Centres:

- St Joseph's Centre, 07394568254
- Equilibrium Family Centre, 0151 647 6044
- Liberties Family Centre, 07949 603183
- Wirral Mind, ADHD Adult Support, 0151- 512-2200.

For further information of the ADHD training packages and support Alan offers please contact him on: 07305291745 or email Alan at: [bigalroberts@ntlworld.com](mailto:bigalroberts@ntlworld.com) .



### **3. Lyndsay Hodgkiss, Childcare Practice Team, Early Childhood Service.**

Lyndsay provided us with an overview of how the Childcare practice team supports parents, carers, and childcare providers in all aspects of early years funding and entitlements:

- There is a diverse range of childcare within Wirral including both the PVI (Private, voluntary, and independent) and maintained sectors.
- In terms of PVIs, there are 63 days nurseries, 21 pre-schools, 126 childminders and 22 wraparound providers.
- Recent projects from the DfE have grown provision and the number of places available, and include School Based Nursery Grants, EY funding entitlements and wraparound expansion.
- By age 5, around 90% of a child's brain has developed: the need for high quality early years childcare is absolutely vital to ensure children get the very best start in life and on their journey through education.
- The Childcare and Entitlements Team can be contacted by phone or email and support parents with brokerage in terms of finding a suitable childcare place.

- The team do not recommend or signpost parents to particular provision, as this must be based on parental preference, but they can support in finding suitable places in certain areas or with certain specific aspects.
- Early Years funding can often be a tricky area to navigate, and the team often offer support and advice to parents on a range of queries.
- Working families who earn at least £167 per week may also be eligible for 15 hours of expanded funding by applying through Best Start in Life. To see the qualifying criteria and apply visit [www.beststartinlife.co.uk](http://www.beststartinlife.co.uk)
- For further information contact [fis@wirral.gov.uk](mailto:fis@wirral.gov.uk) or tel 0151 666 3980.  
<https://www.wirral.gov.uk/early-years-and-childcare/free-childcare-two-year-olds>



#### **4. Amanda Mackin, Children's Diabetes Specialist Nurse**

Amanda is a paediatric diabetes specialist nurse at Arrowe Park Hospital where she and her other team members support children and young people up to the age of eighteen with diabetes. Amanda shared details on the 4 T's and how early recognition of type 1 diabetes is essential:

- Type 1 diabetes is an autoimmune condition in which the body's own immune system attacks the cells in the pancreas which produce insulin. It is not caused by eating too many sweets or a poor diet.
- It is not known what causes type 1 diabetes, although it is not linked to lifestyle factors. There is currently no cure, and it cannot be prevented. There are currently around 400,000 people living with type 1 diabetes in the UK and approximately 29,000 of them are children.
- Insulin controls blood glucose levels. If a person does not have enough insulin, the blood glucose level will go too high. If too much insulin is given, the blood glucose level will drop and go too low. Many other things can also affect glucose levels such as the temperature, growing, different foods, exercise, illness, excitement, and mood.
- If anyone has signs and symptoms of type 1 diabetes, they should access healthcare. This will help earlier diagnosis and prevent the onset of life-threatening Diabetic Ketoacidosis (DKA).

The 4 Ts of Diabetes are:

- Thirsty- Being constantly thirsty and not being able to quench it.
- Toilet - Going for a wee more regularly, especially overnight.
- Thinner -Losing weight without trying to or looking thinner than usual.
- Tired - Feeling incredibly tired, lethargic, and having no energy.

Type 1 diabetes can be ruled out with a simple blood glucose check.

If anyone suspects their child has diabetes, it is recommended not to delay contacting their GP or to visit an A&E Department if necessary.

[Type 1 Diabetes Awareness - DigiBete Type 1 Website](#)  
[Home - DigiBete Type 1 Website](#)  
[Breakthrough T1D UK | Type 1 Diabetes Research](#)  
[Diabetes UK - Know diabetes. Fight diabetes. | Diabetes UK](#)

## 5. Sarah Turner, Wirral Borough Council.

Sarah provided updates about the independent workshops that she has facilitated with Healthwatch Wirral and Wirral Mencap with the people who use Day Services. Representatives from both organisations have been working alongside the people who use the service to complete the Easy Read version of the consultation questionnaire. The link below is to the questionnaire, which we encourage anybody with any vested interest in the future of Day Services to complete:

[Redesign and Transformation of Adult Day Services | Have your say Wirral](#)

## AOB- Information sharing, updates, and news.

### 1. Jacqui Canning Healthwatch Wirral

- **29<sup>th</sup> April 11am-12.30pm – Online via Teams. Mental Health Carers Forum in partnership with Nicola Connor, Participation and engagement lead at CWP** - To explore if a forum would help Carers sharing their experiences with other Carers.
- **6<sup>th</sup> May – Time and venue TBC. ‘Lasting Power of Attorney- Everyone’s business’.** A chance to hear advice, information and discussion from one of Wirral’s award-winning Solicitors Peter Edwards. This FREE event is open to all including front line workers. Please call/email us for further information/link and booking details on 0151 230 8957, [Spare5@healthwatchwirral.co.uk](mailto:Spare5@healthwatchwirral.co.uk) for both events.

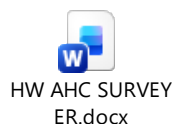
**Please share this with all of your contacts**

### 2. Yvonne Smith

**The Health and Wellbeing group/All Age Disability Strategy 2024-29** is working towards better information on health checks for people with disabilities.

[Help improve NHS appointments for people with disabilities.](#)

If you have a disability, or support someone who does, please complete our short survey about GP appointments and health checks. Your feedback will help us make services easier to access. Take the survey [here](#) Thank you for helping us improve NHS care.



### 3. Dr Jo Clough



Dr Jo Clough, a researcher at the University of Liverpool, shared information on a project running to explore cancer care experiences of autistic patients in the North-West. They still need to recruit autistic patients who have experienced, or are still having, cancer care in the North-West region within the last 12 months. They also need to recruit supporters who may identify as a carer or may be a loved one, family member, partner who have supported the autistic patient with their cancer care experience. If anyone has any questions, they can contact Jo via the email address on the attached poster. The recruitment will be ongoing until the end of May 2026.

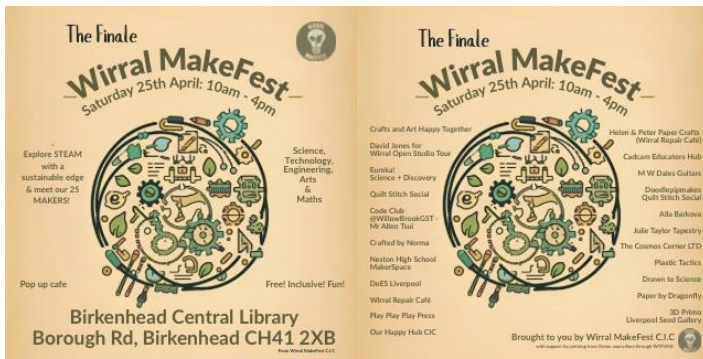
### 4. Wirral MakeFest 2026, Saturday 25 April

- **What:** Wirral MakeFest 2026 – The Finale
- **Who:** An event aimed at All Ages
- **Time:** 10:00 am – 4:00 pm
- **Where:** Birkenhead Central Library on Borough Road
- **Cost:** FREE (Booking essential!)

**Wirral MakeFest** is your chance to dive into a vibrant showcase of imagination and skill:

- Explore dozens of hands-on activities and fascinating exhibits.
- Meet talented Makers showcasing robotics, electronics, coding, traditional crafts, art, repairs, and much more. Get inspired and maybe even discover your next passion
- Enjoy a fun, inclusive day out for all ages, celebrating STEAM and creativity with a sustainable edge.

All information can be found on the website [www.wirralmakefest.org](http://www.wirralmakefest.org)



5. **Nicola Connor** shared news that there will be a free drop-in session at The Stein Centre where people can come to get help with digital healthcare on Tuesday 14 April 10am-12.30pm.



[nicola.connor6@nhs.net](mailto:nicola.connor6@nhs.net)

6. **Wirral Mind** is pleased to introduce their next Community Training Programme at Wirral Mind and is reaching out to invite you and your peers to their **Open Morning on Friday 24 April 2026, 10:00am – 12:30pm.**

This is a fantastic opportunity to:

- **Network with local professionals** and meet our team of sessional trainers.
- **Explore our new community training programme** running from April to July.
- Learn about all the **services Wirral Mind offer.**
- **Sign up for workshops** and take resources away for your teams or service users.

Workshops this season include:

- Green Jam Creatives: Collage Zine Evening
- Confidence Building
- Mental Health Awareness Training
- Acting Out: Understanding ADHD
- Loving Ourselves: Sanity Not Vanity
- Self-Compassion in Action
- Moving Well, Breathing Well
- Understanding Eating Problems
- Wellbeing in Action.

Wirral Mind is particularly pleased to offer their **Mind quality-assured Mental Health Awareness training for free** on this programme, which usually retails at £50 per person. This training is an excellent chance for both professionals and members of the public to develop their understanding of mental health, build confidence in supporting others, gain practical tools and skills, and explore ways to take positive action in the workplace or community.

**Community Training  
Open Morning**  
FRIDAY 24<sup>TH</sup> APRIL 10AM - 12.30PM

**What to expect from our open morning?**  
10am - 11.30am

- Meet and network with our team of professional trainers
- Explore our new community training program
- Opportunity to sign up to new and exciting workshops
- Opportunity to take resources for your peers or service users
- Support with form-filling

11.30am - 12.30pm

- A welcome presentation to Wirral Mind
- An introduction to the programme
- A short engaging workshop exploring the theme of 'Action'

WIRRAL MIND, 90-92 CHESTER STREET, BIRKENHEAD, C14 4SD. 

**Community Training Courses** 

<b>APRIL 24</b> COMMUNITY TRAINING OPEN DAY 10AM - 12.30PM	<b>JUNE 5</b> LOVING OURSELVES: SELFIE NOT VAINITY 10AM - 12.30PM
<b>APRIL 30</b> Green Jam: CHANGING PERSPECTIVES THROUGH ARTS AND CREATIVITY 1.30PM - 3.00PM	<b>JUNE 12</b> SELF-COMPASSION IN ACTION: SUPPORTING PROBLEMS WELLBEING 10AM - 12.30PM
<b>MAY 7</b> CONFIDENCE BUILDING 10AM - 12.30PM	<b>JUNE 18</b> MOVING WELL: WEATHERING WELL 10AM - 12.30PM
<b>MAY 14</b> MENTAL HEALTH AWARENESS 10AM - 12.30PM	<b>JUNE 25</b> UNDERSTANDING FALLING PROBLEMS 10AM - 12.30PM
<b>MAY 22</b> Acting Out: UNDERSTANDING AND 10AM - 12.30PM	<b>JULY 2</b> WELLBEING IN ACTION 10AM - 12.30PM

WIRRAL MIND, 90-92 CHESTER STREET, BIRKENHEAD, CH41 4SD.



Community Training Booklet April to July.p

**Forthcoming BRIDGE Forum dates in 2026:**

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](mailto:Spare5@healthwatchwirral.co.uk)  
Website: [www.healthwatchwirral.co.uk](http://www.healthwatchwirral.co.uk)

