



**Cheshire and
Wirral Partnership**
NHS Foundation Trust



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

Carers of people with Mental Health Forum – Wednesday 24th June 2026

Welcome and Introductions

Jacqui Canning, Healthwatch Wirral Lived Experience Lead, and Nicola Connor, CWP Participation and Engagement Lead, introduced themselves and outlined the purpose of the Forum.

Topics discussed

- What is working well and what could be improved, Carers shared feedback on the support currently available for people experiencing mental health difficulties, including examples of what works well and areas where services or communication could be strengthened.
- Confidentiality requirements and GDPR can make it difficult to receive information about a loved one's care in hospitals or other medical settings. This can be frustrating for both carers and the person they support, particularly when carers feel they need updates to provide appropriate help.
- Repeating information to health professionals can be exhausting and the language and terminology used by medical professionals can be disabling for the patients.
- The importance of chatting to family members about their loved one as sometimes patients' can forget to mention important details when talking to a medical professional.
- Carers are experts for the people they care for.
- Peer support- there is not much of this on wards at hospitals and how it could be beneficial having people with lived experience to chat to during hospital stays.
- [Health passports](#) and [Carer passports](#) are free tools designed to help hospital and medical staff understand specific health, communication, and accessibility needs.
- Social prescribers and how they can help. [The Wirral Social Prescribing Scheme](#) helps people address issues affecting their health and well-being, such as loneliness, stress, or managing long-term conditions. By working closely with GPs and other healthcare providers, trained Social Prescribing Link Workers offer practical, personalised support to empower positive changes in your life.
- At the [Stein centre](#) a Peer support worker works with the MHIST Team, it is hoped that this will help with some of the issues.

- Suicide prevention and how it is being taught to children in schools, teaching that 'it's ok to not be ok'. Early interventions and more awareness needed.
- Drop-in centres on the Wirral include [Silk Family and Carers support service](#) who offer sessions for Carers who care for a person with mental health needs.
- The importance of informing your employer that you are an unpaid Carer so that there is flexibility of working hours in event of an emergency, medical appointments etc.
- Carers Rights Day 2026 in the UK will take place on **Thursday, 19 November 2026**. The annual event is coordinated by [Carers UK](#) and focuses on empowering the millions of unpaid carers across the country. The day is designed to:
 - Ensure carers are aware of their statutory and legal entitlements.
 - Help carers identify available support networks and resources.
 - Raise nationwide awareness regarding the unique challenges unpaid carers face.
- World suicide prevention day is **Thursday 10th September 2026**. More information can be found on [International Association for suicide prevention](#).

Next meeting will be In Person, Date and time to be confirmed.