

Social Prescribing Summer Special

Discover support available for families this summer

In this edition:

- Summer support
 - Free and low-cost activities
 - Food support
 - School uniform support
- Active summer
- Client quotes
- **NEW** About Wirral Social Prescribing Scheme video



The Social Prescribing team is busier than ever, supporting people across Wirral who are facing all kinds of life challenges from loneliness and anxiety to money worries, caring roles, long-term conditions, and more. We're proud to be helping people to move forward, and we couldn't do it without you. Thank you for being part of the journey!

How to refer

Referring is simple - just use EMIS or our referral form, depending on the agreement with your PCN.

Summer Support



Free and low-cost activities

Worried about the cost of the summer holidays? We've got you covered.

If you're looking for ways to keep the kids busy without spending a fortune, we've put together a helpful guide to free and low-cost family activities happening across Wirral this summer. From music and craft fairs to story workshops and festivals, there's something for everyone to enjoy.

Some highlights include:

- Free concerts at Vale Park
- Summer Strum Music Festival (free entry)
- Craft markets and community fairs
- Official Joytime in New Brighton (£1 entry)
- Stories of Nature workshops with Wirral Libraries
- Summer Reading Challenge 2025
- Free views from the top of St Mary's Tower



You can also find links for:

- Free holiday clubs with meals (HAF)
- Kids Eat Free offers
- Free school uniform support through Wirral FUSS

Most events are drop-in, so there's no need to book – just turn up and have fun!


FREE & LOW COST FAMILY ACTIVITIES

SUMMER 2025

citizens advice Wirral

Summer Strum Festival

Music festival with stalls, bars, workshops, crafting, storytelling, kids stuff, and more.

 **Friday 18th July to Monday 21st July 2025, 10:30am - late**

 Hoylake Rugby Club, Carham Road, CH47 4FF

 Free


Just turn up!




Summer Fayre

Arts and crafts, face painting, a card stall, burgers and hotdogs and plenty of activities.

 **Saturday 19th July 2025, 12pm - 4pm**


 Manor House, Oteley Avenue, Bromborough, CH62 7JN


 Free entry - individual costs for various stalls


No need to book, just turn up!

Official Joytime

Entertainment throughout the summer holidays.

 **Mondays - Friday, 1pm - 3pm**

 Vale Park, New Brighton, CH45 1LZ

 £1 per person on the gate




Wirral
Social Prescribing Scheme

Please note: these services are not run by or affiliated with Wirral Social Prescribing Scheme or Citizens Advice Wirral

Summer Programme of Concerts

Free concerts in the Vale Park Bandstand.

 **2pm - 4pm. 13th, 20th, 27th July, 3rd, 17th, 23rd, 24th August 2025**

 Vale Park, New Brighton, CH45 1LZ

 Free

Just turn up!




FREE & LOW COST FAMILY ACTIVITIES


SUMMER 2025 CONTINUED


citizens advice Wirral

Craft Market

Indigo Cafe is holding a summer craft market.

 **Sunday 3rd August 2025**

 Indigo Cafe, 136 Bedford Road, Birkenhead, CH42 2AS

 Free entry - other costs for individual stalls


No need to book, just turn up!



Summer Fair

Enjoy live music, fresh treats, crafts, a raffle, and fun and games for the whole family.

 **Saturday 19th July 2025, 11am - 3pm**


 Egremont Community Centre, Guildford Street, Wallasey, CH44 0BP

 Various costs for individual stalls


Just turn up!

CHARFEST

Live music, children's entertainment, a BBQ, stalls and much more.

 **Saturday 23rd August 2025, 12:30pm - 5:30pm**

 Vale Park, New Brighton, CH45 1LZ

 £1 for under 16's
£3 for over 16's




The New Brighton Summer Festival

Yay Wirral hosts live local entertainment and a retro fairground.

 **Friday 25th to Sunday 27th July 2025, 11am - 7pm**

 The Dips, Coastal Drive, New Brighton

 Free entry - other costs for individual stalls

Just turn up!



Wirral
Social Prescribing Scheme

Please note: these services are not run by or affiliated with Wirral Social Prescribing Scheme or Citizens Advice Wirral

FREE & LOW COST FAMILY ACTIVITIES


SUMMER 2025 CONTINUED



Climb St Mary's Tower

Get the best views of Liverpool's waterfront.

 **Wednesdays - Fridays, 1pm - 5pm**
Weekends, - 10am - 5pm

 Priory Street, Birkenhead, CH41 5JH

 Free

No need to book, just turn up!



Summer Reading Challenge 2025

This year the Summer Reading Challenge is all about exploring nature and discovering the outdoors.

 **From Saturday 5th July 2025**

 Call into your local Wirral Library to sign up


 Free




Stories of Nature

A series of workshops for families by Wirral Libraries.

 Book wirrallibraries.eventbrite.co.uk

 Various locations across Wirral

 Free



OTHER SUPPORT

Advice: citizensadvicewirral.org.uk

Holiday Activities with Food: edsential.com/haf/

Kids eat free: moneysavingcentral.co.uk/kids-eat-free

School uniforms: wirralfuss.co.uk

Please note: these services are not run by or affiliated with Wirral Social Prescribing Scheme or Citizens Advice Wirral

Food Support



Worried about feeding your children this summer?



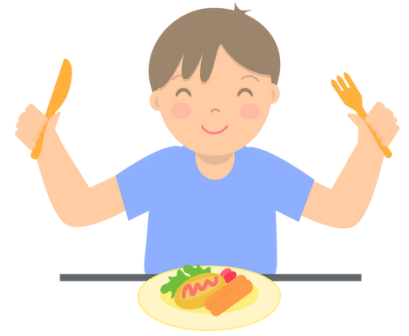
Find out about food support and low-cost shopping options.



If you're worried about the cost of feeding your children this summer, you're not alone. Support is available.

Social Supermarkets

A social supermarket provides affordable, fresh, and nutritious food for those facing financial challenges. Search "social supermarkets" on the [Wirral Infobank website](#) to find your local community shop providing quality fresh food at low prices.



Free Recipe Book: Nutritious Meals with Food Bank Ingredients

Struggling to make meals with food bank items? Check out this **FREE recipe book** created by a University of Nottingham student! It's packed with simple, healthy recipes you can make using a kettle, microwave, and common food bank ingredients.

Great for families on tight budgets, this guide helps you create tasty, balanced meals with what you have. Download it here: [FREE Recipe Book](#)

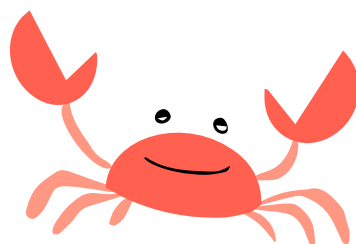
Kids eat free

Many supermarkets, cafes and restaurants offer deals where children can eat free or for a low cost during the school holidays. Take a look at the offers available this summer here: moneysavingcentral.co.uk/kids-eat-free

HAF

School-aged kids eligible for free school meals can join Edsential's HAF programme for fun activities, healthy meals, and new friends all summer long.

Find out more and book your spot on the [Edsential website](#) or call 0151 541 2170.



School Uniform Support



Worried about the cost of school uniforms?

Discover the support available to you.

Wirral Social Prescribing Scheme

citizens advice Wirral

Support is available with the cost of school uniforms.

Wirral FUSS

Provides free, good-quality second-hand uniforms for local schools across Wirral.

Call 07731 831 936 or visit wirralfuss.co.uk to request uniform items for your child's school.

Uniformerly

A free online marketplace where parents, schools, and PTAs can buy, sell, or give away preloved uniform items.

Register at uniformerly.co.uk

Supermarket Uniform Deals

Most supermarkets offer low-cost uniform basics like polo shirts and trousers.

Check [Money Saving Expert](#) for the latest offers and helpful tips.

Let's take the stress out of back-to-school shopping.

Active Summer



Access Kit Link to get some free sports clothes. Kit Link is part of Active Wirral. It aims to break barriers to exercise by making kit accessible to all. The items that are on offer are aimed at all members of the public. Young children, teenagers, adults male and female of all ages. Simply log what you have taken with your postcode - no names needed.

Kit Link is available at:

West Kirby Concourse, Grange Road, West Kirby, Wirral CH48 4HX

Leasowe Recreation Centre, Twickenham Drive, Leasowe, Wirral CH46 1PF

Guinea Gap Baths, Riverview Road, Wallasey, Wirral CH44 6PX

The Oval, Old Chester Road, Bebington, Wirral CH63 7LM

Europa Pools, Conway Street, Birkenhead, Wirral CH41 6RN

Bidston Activity Centre, Valley Road, Birkenhead, Wirral CH41 7EJ

For more information, visit: activewirral.com/kit-link/

You've got your Kit Link. What now?

The Wirral is teeming with picturesque parks, scenic trails, and expansive green spaces. Did you know that the Wirral has 12 outdoor gyms, all with a great choice of equipment designed to keep you fit for free? Find them here: [Outdoor gyms in Wirral parks.](#)

Client
quotes

Client Quotes

"I don't want to give up anymore, I have something to wake up for, and things to look forward to, I'm pushing my mind to keep occupied when I feel down, and I usually dread phone calls - but I've started looking forward to when you phone."

"Before I spoke to you, I didn't know where to start but you broke it down into smaller steps, pointed me in the right direction and that helped me get a handle on things and make progress."

"Thanks ever so much for all your help today and the way you were with me. Your manners and the way you spoke with me was very helpful. I was struck by your empathy and the calmness of your energy. Thank you."

***NEW* About Wirral Social Prescribing Scheme video**

We're pleased to share our new short video introducing the Wirral Social Prescribing Scheme. It highlights how we support patients with non-medical needs - such as loneliness, housing issues, money worries, or managing long-term conditions by connecting them to community-based support.

👉 Watch the video here: <https://www.youtube.com/watch?v=NBWBMn6-0nA>

Please consider playing the video on your waiting room screens to help raise awareness with patients who may benefit from a referral. Thank you for your continued support!

Help us spread the word—please print and display any of the posters above in your surgery.



Wirral Social Prescribing Scheme