

# Calling all Male Carers



Not firing on all cylinders?  
Battery a bit flat?  
Shock absorbers worn out?  
Time for a tune-up, sir?

**“Helping Ourselves” is a health project for male carers living on the Wirral.**

It offers holistic health checks, acupuncture treatments, massage therapy, Bach flower remedies, food energetics courses and meditation classes starting from May 2014, at the Health Pod at WIRED.

**Interested? .....then get into gear!**

Book an appointment, or request an information leaflet by contacting Kate Anderson 07814 589 682 or email [acukate@acukate.orangehome.co.uk](mailto:acukate@acukate.orangehome.co.uk)

leaving a message with your name and contact details



Funded by the CCG Innovation Fund, this service is free of charge on a first come, first served basis.

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