

Carers in Wigan & Leigh


Issue 8 August 2021
www.wlcccarers.com

Reaching out to carers

01942 705959

Speaking with one voice for all carers in Wigan borough

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To follow any of the links contained in this newsletter, download it by clicking the  button in the top right of this screen and accessing the links you're interested in.

In June, Wigan and Leigh Carers Centre were invited to take part in the **Stepping Out Carers' Walks** in association with **The Ramblers**, along with **Bury Carers**, **N-compass**, **Manchester Carers-Forum** and **Salford Carers Service - The Gaddum Centre**.



As a group of carers, we came together and joined for a walk around the beautiful **National Trust grounds at Dunham Massey**.

Stepping Out offers free, sociable walks for carers and the people they care for, giving them the opportunity to enjoy the outdoors, make friends and have a break.

The walks provide respite from caring duties, promote mental health, benefit fitness and well-being, reduce loneliness and isolation as well as connecting people through nature, exercise, laughter and cake.

It was a fabulous day to meet with other carer-focused organisations and we look forward to these regular meets, with further dates being announced soon.

Male carers woodwork group starts with a bang

In July, a group of male carers started a four-week course in Introduction to Woodwork at **Wigan Workshop CIC** in Wigan.

These new workshops are aimed at teaching basic woodworking skills in a purpose-built environment. Carers will be able to create their own unique planters and bird boxes to take home in the last session.

Clare from Wigan Workshop CIC says, "We really enjoyed people using our new rooms and welcoming Wigan and Leigh Carers."

For more information about supporting male carers call 01942 705959.



Wigan 
Council

Wigan and Leigh Carers Centre are commissioned by Wigan Council to carry out Carers Assessments and work in partnership with them to deliver other services to support unpaid carers.

Company registered in England and Wales 07293521. 3-5 Frederick Street, Hindley, Wigan, WN2 3BD.



A group of our male carers have started a four week cooking course with **Fur Clemt** in Wigan. This new cooking course, especially for male carers, who are interested in gaining more confidence in the kitchen and unleashing their inner-chef will focus on making healthy meals with simple ingredients.

Each week is themed with a different cuisine so attendees can learn how to cook meals such as soups, stews, pies, curry and smaller bites such as fishcakes. All meals are designed to be simple, low cost and easy to make – meaning they can balance this with their caring responsibilities across the day.

Taking on a caring role often involves additional domestic duties including cooking, and some carers with limited cooking experience can struggle to prepare healthy, nutritious meals on a daily basis.

Dionne Carroll, Training & Support Officer at WLCC says "**The course is intended to improve the attendees' cookery skills but, as importantly, to give the carers a break from their caring role and the opportunity to meet other male carers, enjoy themselves and feel involved in the community.**"

For more information about how we are supporting male carers and the current courses available, please feel free to contact us on 01942 705959.

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Young carers

Attention bookworms

THE BRICK

QUEENS HALL ACTION ON POVERTY

The team at **The Brick** have been busy sorting and arranging books ready for young people all to collect over the summer holidays. Free books are available from The Brick Works at 4 Hodson Street, Wigan, WN3 4EN Monday to Friday between 9.30 am – 4.00 pm, or from their charity shops in Wigan and Leigh.



Happy reading, and thanks to all at The Brick for everything you do.

Congratulations Sammy

We are delighted to announce that a former young carer, Samantha Mitchleys recently got married to Mike Thomas at St Paul's Church, Goose Green.

Sammy attended our young carers respite group for many years before becoming a volunteer alongside Sue Lewis and Trini Stars. A proud mum of two adorable little boys, Sammy always says how young carers was a big part of her life and she still values the support and access to new experiences she was given.

Her younger sister Samara currently attends the young carers groups, and enjoys the opportunity to access other activities provided by Wigan and Leigh Carers Centre.

Congratulatuons Sammy. We wish you all the very best for a happy future.

Sammy pictured with volunteer Trevor Lewis and trustee Sue Lewis on her special day.



Summer at Wigan Youth Zone

Summer holidays are just around the corner.

Over the summer holidays, Wigan Youth Zone will be delivering a wide range of activities for members such as sports, games, arts and crafts, holiday club, daily evening sessions, outdoor trips and so much more.

Most importantly they are now able to offer free meals for those in receipt of free school meals, whether it's lunch at holiday club or a hot dinner during an evening session. The funding they have received ensures that members will not go without a meal during the summer holidays.

To book onto holiday club or junior session [click here](#).

To book a senior session either call WYZ reception on 01942 612061 or contact any of their social media channels.

Remember, they are still offering free memberships and renewals when you use the code "FREEMEMBERSHIP" at the checkout on their [website](#).



Young carers crafting club

Young carers had a fantastic time enjoying arts and crafts together during our Crafting Club throughout July, getting very messy whilst making salt dough ornaments.

Making salt dough is a really fun, yet easy activity and the young people loved to use their imagination to create all sorts of exciting creations.

We can't wait to welcome young carers to our busy summer activity programme.

Please be sure to check out our timetable and book online.



Our young carers summer programme is taking shape nicely, with lots of activities and events to look forward to.

Please be sure to check out the [events booking page](#) or take a look at the [young carers Facebook page](#) as new events are added regularly.

We can't wait to make some amazing memories and see you at our sessions.



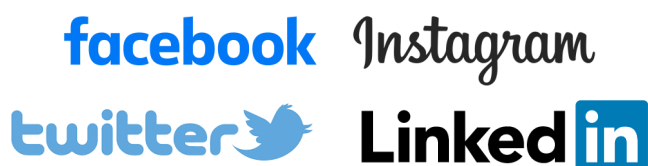
Free 11-16 leisure pass

School pupils aged 11-16 who receive free school meals can apply for a free leisure pass which can offer up to six weeks free activities between Monday 26th July and Sunday 5th September.

To find out more contact:
tellus@bewellwigan.org or ring 01942 828535 and ask about the Holiday Activity and Food (HAF) Programme Leisure Membership Offer. Eligibility for Free School Meals will be checked.



Follow WLCC on:



Young Carers

YOU DID IT



To all our young carers - **you did it**. For many young carers July saw the final days in education and we imagine there were lots of mixed emotions for both you and your families.

You've completed another full year of learning in a global pandemic - juggling periods of isolation, working from home and still managing your caring commitments.

Three words, you are amazing. To our parents, carers, families, volunteers and community who support these amazing young people and continue to support our work, a huge thank you to you too. We know how tough it has been, but together we are striving for the very best for young carers in Wigan and Leigh.

As an organisation, we just wanted to take this opportunity to wish you all a wonderful summer. There are lots of events running throughout summer for young carers, many of which have been posted on our Facebook page, but also more to come soon. Keep your eye on our young carers Facebook and **booking page** for further information.

Our staff and volunteers will be working throughout summer and as always please don't hesitate to contact us if you need any further support. We are here for you. Hopefully, we will see some of you over the holiday period at some of our events and will look forward to catching up. Take care and stay safe.

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Youth group for young carers

There's a new youth group aimed at including young carers aged 8-12. The group meets weekly between 4.00 and 6.00 pm on Sundays at Black Scorpion Karate, Pemberton, WN5 8AA. These sessions are particularly targeted at those who might be having trouble socialising due to having additional needs or being the sibling of a child with additional needs or young carers. **Booking is essential.**



A group of our young adult carers (YAC's) visited the escape rooms in Atherton in July for a night of fun and friendship.

Tasked with the challenge of breaking out of themed rooms using puzzles, teamwork and detective skills, with an hour on the clock, the groups had an intense yet fun experience attempting to solve their way out of the room.

These events are created with the intention of providing respite periods for young people who have caring responsibilities. The respite allows time to destress, promote independence, teamwork and to meet other young carers. It gives young people the opportunity to have time for themselves, especially after the past 18 months. Chief Officer, Angela Allison says **"By organising these events, we hope that all young carers who attended had a joyful experience, and importantly had fun."**

None of this would be possible without the inspired commitment of the small staff team, our very valuable volunteers and our sponsors and donors. Working together we can make a difference to the lives of young carers.

The future belongs to young people with an education and the imagination to create.

Results day webinars for parents & carers

Get advice to help you prepare for results day and support your child with their options after their results

0800 100 900

nationalcareers.service.gov.uk



If your child is getting their results this August sign up to one of the webinars below and get advice on how you can support them on the day.

Tuesday 3rd August, 4.00 pm

Wednesday 4th August, 12.00 pm

The aim of the webinars is for parents and carers to get:

- tips on how your child can prepare
- advice about their options
- advice about leaving education and exploring careers
- signposting to useful sources
- an opportunity for Q&A



Carers cheese and wine evening

We had such a lovely evening welcoming carers to our first cheese and wine night in July.

Our evening sessions are an ideal time if you would like to talk to us after work or other commitments in a relaxed and informal setting.

Carers tried all the different tastes and textures of the cheeses and wines from around the world, along with biscuits and fresh fruits.

A lovely time was had by all, so thank you to those that came along, we can't wait for the next one (Thursday 19th August, 5.30 - 7.30 pm at the carers centre) booking essential: [please click here](#).



Carers peer support group

Are you a carer registered with Wigan and Leigh Carers Centre? Do you want to connect with other carers and share your lived experiences with them by phone, online or in small groups?

Peer support is when people use their own experiences to help each other. There are different types of peer support, but they all aim to:

- bring together people with shared experiences to support each other
- involve both giving and receiving support
- connect people and help them improve their wellbeing
- offer a listening ear to other carers with understanding and empathy

If, as a carer, you feel you can offer this peer support to other carers in a similar situation as you, please contact us and we can put you in touch with others. Call us on 01942 705959.



1 HOUR STRESS BUSTER

Walking, mindfulness, meditation, calming and enjoyable activities in a beautiful natural place.

For the morning person, Tuesday 10th August, 10.30-11.30am

If evenings are better, Tuesday 17th August, 6.30-7.30pm

At Pennington Flash Country Park, St Helens Road, Leigh, WN73PA

This activity is mostly for adults though do ask about bringing older children or prams (at no cost).

Pay £5 or what you can.
Main car park costs £1.50
(card only)

Places are limited, booking essential. For more information contact Cath:

E: cathhawkins@yahoo.co.uk

M: 0798 4123 445

W: www.catherine-hawkins.co.uk



Cath has led activities on the Flash since 2014

AUTISM AND ADHD PARENTS SUPPORT GROUP

EVERY WEDNESDAY 6-7PM

THE DIAMOND CLUB

THE HALL

GREY ROAD

ASHTON-IN-MAKERFIELD

WIGAN

WN4 9QW

FOR FURTHER INFORMATION PLEASE CONTACT
KERRY ON 07725097928

OR EMAIL enquiries.brynparents@yahoo.com

Contact Kerry Morrison.

Email: enquiries.brynparents@yahoo.com

 Facebook.



Have you decided it's time to 'get online'?

For those of us who use mobiles, computers, tablets and the internet, being able to utilise everything it has to offer in terms of communicating with others, information gathering, booking appointments and every type of shopping has literally been a life-saver this past 18 months.

Now may be the time to get some basic training under your belt and see the wealth of wonderful things the internet can do for you, not least to help you in your caring role. We are acutely aware that many of our carers may, at the very minimum, have access to an email address, but do not utilise the internet in other ways.

Wigan and Leigh Carers Centre offers regular Digital Skills Sessions and one-to-one appointments for any carers wishing to improve their online skills with digital devices.

Our next Digital Skills Workshop is:

Monday 23rd August at 2.00 pm. [Book here.](#)

Our next one-to-one digital appointments are:

Monday 9th August, from 2.00 pm. [Book here.](#)

Please get in touch if you would like any further help with 'getting online'. Call us on 01942 705959.





Need a GP? There are lots of ways to access one:

- ✓ Contact your own GP through their website or by phone
- ✓ Ring 01942 482848 for an appointment at a local GP Hub on an evening or weekend
- ✓ Contact 111 online or over the phone for a GP overnight and on weekends





Your Pharmacy can help you with:

- ✓ Hayfever
- ✓ Sunburn
- ✓ Rashes, eczema and dry skin
- ✓ Worms and headlice
- ✓ Dry, itchy and gunky eyes
- ✓ Minor injuries and pain relief
- ✓ Insect bites



Get interview ready

The Interview Dressing Room at The Bridge in Leigh gives you the confidence to succeed in interviews. This great service is run by friendly volunteers and is designed to help you give your best performance and first impression in job interviews.

Have you got an interview by Zoom or Teams? It's still important to look and feel your best. Feel more confident knowing you're giving a good first impression.

Appointments are now being taken for Wednesdays and Thursdays to give you that all important confidence boost, with a free interview outfit. Show them the best of you.

[Visit their page](#) and click 'Book Now'.

The Interview Dressing Room
gives you the clothes and confidence to succeed...



- Interview Outfit
- Make-up Tips
- Check List

Love to move? Try seated gymnastics

The **British Gymnastics Foundation's** Love to Move is an innovative seated gymnastics programme proving to be a great success in improving the physical and mental wellbeing of its participants.

The programme has been designed to be age and dementia friendly, and is transforming the lives of people living with dementia. And the good news is, you can now try it in the comfort of your own home.

Age UK found the programme had a demonstrable benefit in the physical, emotional and cognitive aspects of older people living with mild to advanced forms of dementia, and 100% of carers who have experienced the sessions would recommend them to others.



To find out more, **visit the website.**



Wednesday mornings 10-12 (term time only)
Coffee Morning Drop-in session for parent carers of children with additional needs

Pemberton Business centre
Unit B6a & B6b
Richmond Hill
Pemberton
Wigan
WN5 8AA

Have a brew and a chat, little ones welcome.

Your child doesn't need a diagnosis, just pop along and talk with likeminded parents.

The summer holidays are here, and inclusion matters.

Having something fun to do where it's nice and cool, and quieter can really help.

At least once a month Odeon, Cineworld, Vue, Showcase, Picturehouse and Everyman cinemas show popular films in an autism-friendly environment.

To find a screening near you, [click here](#).

There's also an interactive map of all cinemas offering autism-friendly screenings in the UK.



Why not volunteer for us?

To discuss our volunteering opportunities contact catherine@wlcccarers.com or ring 01942 705959.

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Out & About At Haigh

Join our new, **free**, Out and About sessions at Haigh Woodland Park! These sessions are designed for older adults, including those living with dementia and their friends and families. All sessions are fully accessible for wheelchair and walking frame users and include nature walks, adventure golf, arts & crafts, and more!

Booking is necessary and can be made 1 week before each session by emailing activeinclusive@bewellwigan.gov.uk

10:30am Monday 16th August
Heritage / Reminiscence Activity

10:30am Monday 13th September
Nature Walk

10:30am Monday 27th September
Boccia

Booking is essential as places are limited, and can be made one week before each session by emailing activeinclusive@bewellwigan.gov.uk.

Tea and coffee will be available following the session.

For more information about these sessions, please contact the Active Inclusive team at activeinclusive@bewellwigan.gov.uk.

Summer holiday activities for 0-13 year olds with additional needs at The A Team Hub through Parent Carer Forum.

Thanks to funding from Pears Foundation and the Department for Digital, Culture, Media and Sport.

Preschool play sessions

Play sessions for 5-7 year olds

Summer youth club 8-9 year olds

Summer SEN youth club for 10-13 year olds

For more details of the A Team Hub, visit their site.

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HELLO Summer FUN!!

INCLUSIVE SUMMER SESSIONS FOR CHILDREN WITH S.E.N
MON-FRI
FROM 19th JULY UNTIL 3rd SEPTEMBER 2021

SESSIONS INCLUDE:

- FUN PLAY SEN SESSIONS**
Ages 2-5 years old including sensory room
- SEN SUMMER FUN SESSIONS**
For ages 6-9 year olds & 10-13 year olds including main room free play, sensory, arts and crafts, gaming and much more
- INCLUSIVE BRAZILIAN JU-JITSU TASTER SESSIONS**
Ages 7-13 years old with qualified instructor
- INCLUSIVE DANCE SESSIONS**
For ages 7-11 years old with fun themed dance and free play activities delivered by a qualified dance instructor

Our inclusive Dance and Ju-Jitsu sessions are open to any child

Take a look at our **booking page** for information on our SEN holiday sessions.
01942 316072
<https://the-a-team-hub.square.site/>



SEN SUMMER PLAY SESSIONS
LEIGH

for ages 0 - 13 with additional needs.

Wigan parent carer forum

Pears
Foundation



HM Government

Eventbrite



The Open University

Carers Scholarship Fund

It's not too late to apply to the Open University's Carers Scholarship Fund for the 2021/22 academic year. The fund is designed to support unpaid carers pursue an undergraduate qualification in a way that works best for them. The deadline to apply is 21st August. **For more details please click here.**

August training

We have another six week photography course starting Tuesday 3rd August: 10.00 am - 1.00 pm at Abram Community Centre.

We also have a flower arranging session planned for Thursday 26th August due to demand.

Mindfulness for Carers Health course starting on the 23rd September at the old grammar school on Railway Road, Leigh.

For our young carers we have a varied programme offered in August including learning archery, confidence building and meeting other young carers with social groups at the centre.

Some of the highlights include:

Archery. A six week course at Haigh Hall Country Park, Saturdays 11.00 am - 12.30 pm.

Drawing club for 11-16 year olds. Provided by a professional cartoonist. Carers Centre, Wednesdays 5.00 - 7.15 pm

For a full list of events visit our [booking page](#).



No longer in full time work?

Some of the interest groups you can join:-

Art Appreciation
Astronomy
Board Games
Book Reading & Armchair Critics
Indoor Bowls
Creative Writing
Crime & Punishment
Egyptology
Gardening
iPads & Tablets
Italian
Local History
Luncheon Club
Maths
Mixed Crafts
Musical Instruments
Play Reading
Poetry Appreciation
Quilters & Needlework
Quiz Club
Relaxation/Support
Scrabble
Shakespeare
Singing for Fun
Tai Chi
Ukulele
Walking Cricket
Watercolour Painting
Women & History

... and more to come!

Group facilitators for the above can be found
on the Leigh & District u3a website



learn, laugh, live



Contact us on **07941 479083**

www.leighanddistrictu3a.org.uk

 @Leighu3a

Across the UK, **University of the Third Age #U3A** members are learning, staying active and having fun in later life. It's local, social, friendly, low-cost and open to all.

[Find your local U3a using this interactive map.](#)

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WALKING FOOTBALL

Who:- Aimed at the over 50 year olds, all abilities welcome.
Day of week:- Every Monday 10AM & Tuesday 11AM
Venue:- Howe Bridge Leisure Centre, Eckersley Fold Lane, M46 OPJ
Advance booking required

For more information or to register your place please email or call
steven.edwards@ageukwiganborough.org.uk or Call 01942 615880



HANDS



FACE



SPACE



FRESH AIR



"TOUGH TIMES
NEVER LAST, BUT
TOUGH PEOPLE DO."

Want to try table tennis?

'Bat and Chat'

Mondays and Thursdays 11.00 am - 1.00 pm
Sundays 9.30 am - 11.00 am NEW

Call Norman Smith on 07590 289302 for details.

General practice

Saturday 11.00 am - 12.00 pm
Wednesday 7.00 pm - 8.00 pm

Junior coaching

Wednesday 6.30 pm - 8.00 pm

Call Paul Clarke on 07932 035586 or Tim Holland on 07505 549272 for details.

These sessions are open for players of all ages and abilities. A warm welcome is guaranteed.

Wigan Table Tennis Club

Platt Bridge Community Centre
Victoria Street
Platt Bridge
Wigan
WN2 5AH



A new e-book service has recently launched which gives access to 36,000 digital books and 20,000 audiobooks.

Any member of the borough's library services will be able to download the BorrowBox app to their phone or tablet and access thousands of ebooks and audiobooks free of charge.

For more information visit the **Wigan libraries site** or download the BorrowBox app.

BORROWBOX IS ALWAYS OPEN



DOWNLOAD THE APP NOW

1. Install the BorrowBox app
2. Select your library service
3. Activate with your library membership
4. Borrow eBooks and eAudiobooks



OUR TOWN LIVE



For more information, visit: www.wigan.gov.uk/OurTown

Our Town LIVE – Atherton:
31/07/2021 (10-4pm)

Our Town LIVE – Abram Ward:
31/07/2021 (11-5pm)

Our Town LIVE – Ince:
01/08/2021 (11-5pm)

Shevington Fete:
07/08/2021 (11-4pm)

Our Town LIVE – Tyldesley:
07/08/2021 (11-5pm)

Our Town LIVE – Standish:
14/08/2021 (11-5pm)

Ashton BIG Summer Festival:
21/08/2021 (12-4pm)

Our Town LIVE – Aspull/ New Springs:
22/08/2021 (11-5pm)

Our Town LIVE – Hindley and Hindley Green:
28/08/2021 (11-5pm)

Our Town LIVE – Pemberton
04/09/21 (11-5pm)

Our Town LIVE – Golborne:
12/09/2021 (11-5pm)

Wigan Community Day:
18/09/2021 (10-4pm)



Wigan Council is working in partnership with the community to deliver a wide range of exciting summer events as part of **Our Town Live**.

The programme includes brand new events and the return of some old favourites. Packed full of music, entertainment, and family-friendly fun, these events are designed to support our communities venturing back out into their local areas this summer.

Bring your family along and have some summer fun in our local spaces.

Follow **This is Wigan** or visit www.wigancouncil.com/ourtown for more info.



Wigan Borough's Big Listening Festival

Throughout the rest of this year Wigan Council are asking you for your thoughts on their future plans.

Following the success of the first Big Listening Festival, another engagement festival will take place between June and September.

The council recognises that the world has changed since the pandemic and your feedback will help officers reshape the Deal 2030 masterplan. It's all part of Wigan Council's Recovery Strategy, which was launched in June.

It outlines how the council will build a safer, greener and more secure society with improved health outcomes and a growing and sustainable local economy.

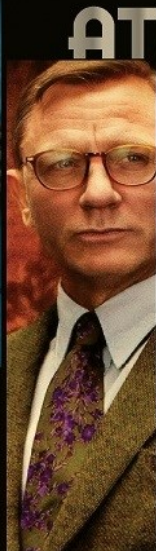
Please take part as they are keen to hear your views on these future plans.

For more information visit: www.wigan.gov.uk/biglisteningfestival. For full details of the Recovery Strategy visit: www.wigan.gov.uk/Deal2030.



MOVIES

Ammonite 27th Aug
The Father 24th Sept
Rocks 29th Oct
Summerland 26th Nov



2021

THE TURNPIKE CENTRE, CIVIC SQUARE, LEIGH

CONTACT: 07969647466

Tickets £5 each Students £3 Online bookings Start time 7:30pm BYOB welcome
www.leighfilmsociety.com Facebook: leighfilmsociety Twitter: @leighfilm

FROM THE GOLDEN AGE OF MOVIES



27th August: The Million Pound Note
24th September: Goodbye Mr Chips
29th October: Blithe Spirit
26th Nov: Guernsey Literary & Potato Peel Pie Society

THE TURNPIKE CENTRE, CIVIC SQUARE, LEIGH
Tea & coffee available. Bring your own lunch.

Start time: 1pm
Free Entry. Donations welcome.
CONTACT: 07969647466
www.leighfilmsociety.com Facebook: leighfilmsociety Twitter: @leighfilm



www.leighfilmsociety.com



We understand that caring
for a loved one can be
challenging at times.

WE'RE HERE TO HELP!



We understand that caring for a loved one can be challenging at times. That's why we are providing free mental health and wellbeing support to carers in Wigan and Leigh.

If you are a carer and are feeling overwhelmed, isolated or low, please don't struggle alone. We are working with Making Space Wellbeing practitioners to provide help and support.

To find out more, give us a call on 01942 705959 or email us at: info@wlcccarers.com.



Greater Manchester
Mental Health
NHS Foundation Trust

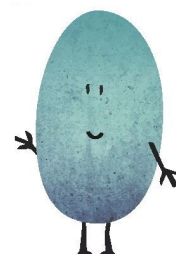
Think Wellbeing

Our phone number is changing

From 1st July 2021, the phone number for Think Wellbeing will be changing.

Think Wellbeing in Wigan offers free NHS therapy for people aged 16 and over to help you change the way you feel by changing the way you think.

If you're registered with a Wigan GP and think we can help, call on **01942 764449** or self-refer online at: www.gmmh.nhs.uk/think-wellbeing.



Improving Lives

Your Covid Recovery

Understanding COVID-19, your symptoms and experiences.



Recovery from Covid-19 can take time. You or your cared for may be experiencing symptoms that are not going away.

Your Covid Recovery has information from rehabilitation experts and patients on a range of different topics.

For more information, visit: [yourcovidrecovery](https://yourcovidrecovery.nhs.uk).



NHS Blood and Transplant is asking men between the ages of 18 and 65 to consider donating their blood plasma. Plasma is used to make antibody-based medicines called immunoglobulins, for people with weak immune systems and a variety of other rare disorders. Men are more likely to have the blood plasma volumes and larger vein sizes making them ideal donors.

For more details and how to donate, [click here](#).

If you're worried about your child's mental health, it's important to take time to listen, and reassure them it's okay not to feel okay.

Visit the **NHS Mental Health Hub** for advice and support if your child has mental health problems.

Helping children with their mental wellbeing



HOLIDAY HARDSHIP

The real cost of school holidays for families



Food

Feeding children out of term time particularly for those families receiving free school meals, puts considerable strain on budgets.



Books and learning

Young children who enjoy reading independently have the door opened to new discoveries and wide interests, to knowledge, creativity, and confidence but the cost of summer holiday learning means some children are being left behind when they return to school in September.



Summer clothes

Families find themselves having to buy summer clothes for their children in the school holidays.

Personal barriers

Lack of personal confidence stops some parents from accompanying their child to new activities.



new school uniform

Families need to buy new school uniform over the summer for the start of the school term.

Emotional pressures

Children can expect to have the same holiday experiences, toys, trips and memories as their peers.



Day trips

Costs for holiday activities and day trips out are unmanageable for some families.



THE BRICK
QUEEN'S HALL ACTION ON POVERTY
www.thebrick.org.uk

At the Brick they want all children to have the best start in life, and enjoy a summer where they can relax, play and spend time with their families. But high costs, especially for childcare and activities mean too many children miss out on these experiences as their parents face impossible situations to try and get through the summer months and make ends meet.

Decades of research has linked childhood reading to future success, however at present one in eight disadvantaged children own no books of their own, whilst one in four owns fewer than ten books. With libraries and schools closed during the pandemic, children from financially vulnerable backgrounds have been disadvantaged even further.

This summer the Brick are offering a short-term response to help deal with the immediate pressure on families and children:

Free kid's books available across all our retail sites in Wigan and Leigh

Free kid's picnic lunch hampers available for collection from The Brick Works throughout August

Emergency food parcels supplemented with highly nutritious food items and snacks, fresh fruit, vegetables, eggs and bread for the whole family.

They will also provide supplementary household cleaning products and toiletries to families who are struggling to meet the extra costs of laundry and household chores when the children are off school.

For more details visit: [The Brick](https://www.thebrick.org.uk).

**SUCCESS IS NOT FINAL;
FAILURE IS NOT FATAL:
IT IS THE COURAGE TO CONTINUE
THAT COUNTS.**

Join The Lewy Body Society on Monday 6th September at 11.00 am for an informal, hour long discussion about how the power of a personal story can help raise awareness of Lewy body dementia. A disease which is little known and often misunderstood, Lewy body dementia affects around 130,000 people plus their families in the UK.

Jane Sigaloff is a writer from London. Her father Peter lived with Lewy body dementia before his death.

Join this online event where Jane will kick off the discussion with her story and the response to her essay, and discuss the role we can all play in raising awareness of Lewy body dementia.

Register via Eventbrite to receive the Zoom link.



The Lewy Body Society

Shining a light on Lewy body dementia



Company registered in England and Wales 07293521. 3-5 Frederick Street, Hindley, Wigan, WN2 3BD.

Carers, mobilise

Our carer get togethers are brilliant for support but we understand it is often difficult for some carers to access due to their caring or working commitments.

We are always on the lookout for any extra support for our carers, especially that can be accessed when it's most convenient. Mobilise Online is a community just for unpaid family/friend carers.

'Keep in the loop' and subscribe to their regular 'carer newsletters', join their 'virtual cuppa' sessions or take a look at their useful 'carer content' which is filled with useful blogs and guides.

To find out more, visit: **Mobilise**.



www.wlcccarers.com

TechMates continue to support

A digital mentor service created during the Covid-19 pandemic is continuing to support some of the borough's most vulnerable residents.

TechMates was launched last year to prevent isolation for those residents who are unable to leave their homes and lack the basic digital skills to utilise technology.

This is where volunteers and council staff come in.

As a TechMate, they provide one-to-one basic digital support over the telephone, helping residents build their digital skill-set through the use of different devices and tools so they can browse the internet, communicate with friends and family and access essential online services when they need it most.

A full training programme is in place for anyone else who is keen to volunteer.

For more information about the scheme, or to refer someone who you think needs support, visit: www.wigan.gov.uk/TechMates.



CONTACT US: help@reachnorthwest.org www.reachnorthwest.org

Summer events for SEN children aged 3-16*

Reach North West is a voluntary community group that supports autistic children and their families. Join **Reach North West** (private group) on Facebook for further information (you will need to answer 3 short questions so you're not declined).

Activities are planned for August 5th, 6th, 19th, 20th, 27th at various venues including: Foxfields Therapeutic Horse Riding Centre Horwich, The Hub at Westhoughton, Wave Adventure Bolton, Poppywood Alpacas Horwich.

Most sessions will require a parent/guardian to stay with their child.

For more information visit: **Reach North West** or email: help@reachoutnorthwest.org.

*Some activities are for children aged eight and above, and others are focussed on younger children.

This is your
reminder that
you can
handle
whatever this
week throws at
you.

WIGAN AND LEIGH CARERS CENTRE

SUPPORTING YOUNG & ADULT CARERS
IN THE WIGAN BOROUGH

Do you look after
a **family member**,
friend or **neighbour**
who cannot manage
without
your support?



Wigan and Leigh Carers Centre
Charity Number 1120908
Registration Number 7293521

WE ARE HERE TO SUPPORT YOU

CALL 01942 705959

EMAIL: [INFO@WLCCCARERS.COM](mailto:info@wlcccarers.com)

WEBSITE: WWW.WLCCCARERS.COM

WIGAN AND LEIGH CARERS CENTRE are a registered local charity who have been supporting carers for more than 10 years. If you're a WIGAN carer or caring for somebody living in WIGAN, we're here for you.

SUPPORTING YOUNG & ADULT CARERS

BENEFITS ADVICE
BEFRIENDING
BEREAVEMENT SUPPORT
CARERS ASSESSMENTS
CARERS CARD
EMOTIONAL SUPPORT
HELP WITH FORM FILLING
KNOW YOUR RIGHTS
ONE TO ONE SUPPORT &
ADVICE
SOCIAL GROUPS
TRAINING & EVENTS

We are here:

Wigan and Leigh Carers Centre
3-5 Frederick Street,
Hindley,
Wigan,
WN2 3BD



01942 705959



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