

Speaking with one voice for all carers in Wigan borough
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WLCC welcomes Rox from Mytime

Hi, I'm Roxanne and I'm the new Development Officer for Mytime Wigan. I am pleased that this exciting and successful project is coming to Wigan borough thanks to funding from **Wigan Council** and the support of **Wigan and Leigh Carers Centre** and **Local Solutions**.

It connects carers with local hotels, restaurants and other businesses offering free overnight stays, afternoon teas, spa days, theatre tickets, and more. The idea of the scheme is to give carers space to relax and recharge, and offer some social interaction, helping them return to their caring role with renewed energy and confidence.

As a carer, looking after a family member or friend can affect your physical health and mental well-being. Having time for yourself is so important and this is the reason Mytime was developed.

I have already had kind offers from some local businesses and more details will follow but it would be wonderful for even more businesses to get on board. No offer is too small. If you know someone who could contribute to this valuable project, please contact us.

For more information on how to register or get involved, please visit our website at: **mytime4carers.co.uk** or call us on 07545 652 775.



Congratulations Catherine

Congratulations to our newly appointed Office and Facilities Lead Officer Catherine for gaining her NCFE CACHE Level 2 Certificate in Counselling Skills.

This qualification focuses on key counselling skills to enable learners to provide support wherever it is required. Many people find it helpful and empowering to seek the support of counselling at some point in their lives. People in any situation, especially carers, could benefit from counselling, and those with the correct understanding, knowledge and skills can provide them with support to improve personal well-being.

Catherine can use the knowledge and skills she has learnt to complement her role as Office and Facilities Lead Officer, providing a dedicated support service to unpaid carers in Wigan. Congratulations Catherine, we are so proud of you. We would also like to welcome you to your new role.



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

Carers Week event 2021

We recently had an incredible day acknowledging unpaid carers at our Carers Week event at the Holiday Inn Express in Leigh Sports Village.

The ethos of the day was **“making caring visible and valued”** during the annual awareness week, which recognises the vital contribution of unpaid carers who assist relatives and friends needing support.

Chief Officer, Angela Allison said on the day “We are recognising the vital contribution made by unpaid carers in Wigan and the heightened challenges they have faced throughout the Covid pandemic.

It is imperative that we recognise the contribution carers make and help ensure they get the support they need. While we know that many feel caring is one of the most important things they can do, its challenges should not be underestimated.

Helping unpaid carers build their confidence and feel more valued is an essential step along the path back into the community. It is an important strand of our work, as many carers tell us they are lonely, feel isolated and sometimes it is difficult to access the support they need. During this week and the months and years ahead we will continue, as always, to develop our service and support unpaid carers in the best way possible.”

Wigan and Leigh Carers Centre organised a packed programme of support and events for the day. There was a marketplace area with stall holders who provide support in the community to carers in areas such as health, education, finance, law, respite, relaxation, counselling and advocacy. Carers Centre staff were on hand throughout the day to offer information, advice, one-to-one support and help promote the excellent carers' services provided locally. We also welcomed new carers who were able to register on the day and receive a Carers' Emergency Card.



Carers were offered the opportunity to sample meditation, exercise sessions, workshops and seminars, arts and crafts, dancing, reiki and much more.

A number of presentations also took place during the day thanking adult carers, young carers and the dedicated group of volunteers that support the vital work of WLCC.

A free carers raffle was organised and shared virtually for those who couldn't make the day.

Wigan and Leigh Carers Centre would like to say a huge thank you to the venue, all the supporters, volunteers and staff on the day.

Our 36,000 carers are heroes of the borough, doing an amazing job to look after and support loved ones every single day. So to you, we must also say a heartfelt, thank you.

If you know someone who is caring for someone, encourage them to get in touch to find out more about the support available 01942 705959.



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Carers Week award winners

We would like to say a very sincere thank you and congratulations to our carers award winners.

Presentations took place during our Carers Week event at The Holiday Inn Express in Leigh.

Winner of the Unpaid Carer of the Year Award was awarded to Lauren Jade Gibson. Lauren was nominated by her mum, Michelle.

Winners of the Aisla Mae Parr Young Carer Awards:

5-11 age group: Noah Selby

12-18 age group: Thomas Simm

19-24 age group: Cerys Stockton

Awards were jointly presented by WLCC Chief Officer Angela Allison, Director of Children's Services Colette Dutton and Aisla Mae Parr.

The awards provide a great opportunity to highlight the inspirational stories of carers from all sectors of our community. It seeks to acknowledge and celebrate the dedication that carers show to their local community or the difference they have made to the lives of those they are caring for.

Congratulations to you all.

Pictured (left to right) Colette Dutton: Director of Children's Services, Angela Allison: WLCC Chief Officer, Cerys Stockton: 19-24 winner, Aisla Mae Parr, Lauren Gibson: adult carer winner, Thomas Simm: 12-18 winner.



Health and Social Care students from Wigan and Leigh College, along with Wigan Council staff helped to deliver some 'hugs in a box' to young carers in the borough recently.

Thanks everyone, we know this made a huge difference.

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a warm note to say

THANK YOU

for supporting
#CarersWeek

with
Wigan and Leigh Carers Centre



A huge thank to everyone who supported our **#CarersWeek** event last month:

Wigan Council, Willow Project, Wigan Parent Carer Forum, Think Ahead Stroke, Mersey Care NHS Foundation Trust, Greater Manchester Mental Health NHS Foundation Trust, Wroughtington, Wigan and Leigh Teaching Hospitals NHS Foundation Trust, BeWell Wigan, Healthwatch Wigan and Leigh, HealthyRoutes Wigan Borough, Community Link Workers Wigan Borough, Wigan STEAM, Citizens Advice Wigan Borough, Age UK Wigan Borough, Forest Falls Healing, Wigan and Leigh College, Lancashire and South Cumbria NHS Foundation Trust, UK Reiki Federation, WigLe Dance CIC, Breathworks, Hero Lifestyle by Helen Kimber, Sue Bardsley Specialist Fitness, Christine Morland (card making tutor), Whistling Wren, Atherton Physiotherapy and Sports Injury Clinic, mytime Wigan, Holiday Inn Express Leigh Sports Village, ENV Graphics and Signage Limited.

Volunteers: Keith, Pete (and his replica trophy), Debbie, Brian, Maria, Jen, Dianne, Sandra, Susan, Trevor, Ashly, Juliet, Frank, Dorothy and Nigel.

All of our carers, visitors and WLCC staff.

What a team.

Thanks so much everyone.

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Local inventor raising funds for WLCC

Local retired signwriter, and WLCC carer John Ball has put his undoubted talents to great use by making this incredible fairground organ.

John from Bickershaw, started the project at the beginning of the second lockdown and has constructed the organ almost entirely from recycled materials. The organ also contains a DVD player so it can play music.

Now John has completed the task he intends to sell the organ and is generously planning to donate part of the proceeds to us.

John, who is a carer for his wife explains that building his creations provides him with important respite from his caring role.

WLCC's Lisa Fletcher quite rightly states how "John has such an amazing talent and the organ is absolutely fabulous. It's a shame his ability has never been more fully recognised, especially when he does so much for charity. As well as thanking him we wanted to raise his profile."

If you are a male carer registered with us and would like to discover what courses and classes we can offer you, please feel free to contact us to find out more. Alternatively, go direct to our [events booking page](#) and see what interests you.



Tips and guidance for new carers

Are you a new to caring? Liz from Carers UK's **Helpline Advisory team** will be joining carers to offer tips and guidance on things to do when you are new to a caring role. Wednesday 21st July, 3.00 – 4.00 pm. Please note places are limited to 25 participants. **To book click here.**

Respite fund launched

Her Royal Highness Princess Anne has launched a Respite Fund, aimed at providing small grants to 30,000 unpaid carers so they can "take a much-needed break from the constant demands of their caring role."

We are so proud that our Chief Officer and one of our carers recently took part in a Zoom call with HRH the Princess Royal amongst others, to discuss their **#caringroles** and the respite fund for carers. Chief Officer of Wigan and Leigh Carers Centre, Angela Allison and carer, Graham, received the honour of attending the virtual meeting and talking honestly about the much-needed additional support for unpaid carers to get some respite. Respite breaks are incredibly important - allowing carers to look after their own health, as well as the health of the person they're looking after. We look forward to hearing more about it.

To find out more, [click here](#), for FAQs about applying, [click here](#).

TOGETHER
WE'RE THE
PEOPLE
CARERS
TRUST



Read about Aisla Mae's incredible fundraising, see page 8.

Introducing Mark, Wigan's Admiral Nurse

What an absolute pleasure it was to welcome Mark Oakley, newly appointed Lead Admiral Nurse for Wroughtington, Wigan and Leigh Teaching Hospitals NHS Foundation Trust to the Carers Centre for our Dementia Action Week event.

Mark came along to speak about his role in Wigan. Mark says ***"This is the first Admiral post in Wigan and my role will provide the specialist dementia support that patients and families need."***

When things get challenging or difficult, Admiral Nurses work alongside people living with dementia, their families and carers: giving the one-to-one support, expert guidance and practical solutions people need.

Admiral Nurses are continually trained, developed and supported by **Dementia UK**. Families that receive their support have someone truly expert and caring by their side - helping them to live more positively with dementia in the present, and to face the challenges of tomorrow with more confidence and less fear.

Congratulations on your new role Mark and thank you for supporting our event. It is excellent that we can offer such comprehensive support for those living with dementia and their carers.



Why not volunteer for us?

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

Thanks to Tech Mates team

Thank you so much to the Tech Mates team from Wigan Council for all you do to support carers in Wigan.

Carers enjoyed a fantastic afternoon at the Carers Week Tech Mates Tea Party - filled with laughter, cake and tech-related questions.

If you are a carer who needs any digital help with devices or getting online please don't hesitate to contact the carers centre. We have a range of support options available, just ring 01942 705959.



MACMILLAN CANCER SUPPORT

Caring for someone with cancer

Macmillan have a host of excellent resources for people with cancer, and their carers. One of the most useful for working carers might be the **'Working while caring for someone with cancer'** guide which includes information about:

- Getting support at work
- Flexible working
- Your rights at work

Talking about cancer with your employer and the people you work with.

There is also advice if you're self-employed.

For more information visit **Macmillan**.

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Carers' Hearts CIC have continued to produce some excellent podcasts for carers. In March they focused on male carers and includes an interview with Brian, a working carer. Brian spoke about his own experiences as a young carer caring for his elderly grandmother, and now as a working carer supporting his wife. You can listen to all the podcasts here: <https://carershearts.org/podcast/>.

WLCC events

We have a wide range of exciting courses and activities coming up.

- Our popular men only courses will be running (cooking and woodwork).
- Further digital skills are being provided by Peter our volunteer with new one-to-one sessions being trialed.
- The Basic Sign Language course has been extended by a further six weeks and the group will be taking a field trip to a deaf school.
- Our Mindfulness Walks are continuing every Wednesday morning.

To find out more and book, please visit our **events page**.

Why not get involved? We know caring is hard. Find some time **for you**.



SCAM WARNING: DOORSTEP CRIME

WHAT IS DOORSTEP CRIME?

Doorstep crime includes traders cold calling at your door and claiming that work needs doing to your home or garden. They may prey on insecurities by saying there is a safety risk if you leave the work undone. If you agree to let them go ahead, the work is usually badly done and the price is put up because they pretend to have found extra things that needed doing.

COMMON TYPES OF COLD CALLS INCLUDE:

- Your roof or guttering is damaged – when in reality it may not be.
- Trees on your property are unsafe and need attention – they may or may not be unsafe, but consult a qualified tree surgeon to find out.
- Your roof has moss on it which needs cleaning – the National Federation of Roofing Contractors advises that moss on a roof is not a problem and that this service is completely unnecessary
- Your driveway needs cleaning – if you agree then the trader may persuade you to have other areas cleaned too, pushing up the price from the original estimate.

If you have been affected by this report it to **Action Fraud** by calling **0300 123 2040** or visiting www.actionfraud.police.uk

ActionFraud
Report Fraud & Internet Crime
actionfraud.police.uk

HOW TO STAY SAFE?

- It's best to not open the door to anyone you don't recognise.

REMEMBER:

- Obtain 3 written quotes before choosing a trader.
- Don't pay any money upfront, particular in cash.
- Only pay for work once it has been completed and you are satisfied with the job.
- Check online reviews prior to work being agreed.

You can access many of our services online at gmp.police.uk. For emergencies only call **999**, or **101** if it's less urgent.

**GREATER MANCHESTER
POLICE**



Doorstep crime can affect anyone, but often elderly and vulnerable people are targeted. Doorstep criminals may also pose as police officers, a tradesperson, or say they're looking for a lost child/pet and ask to look in your house. These criminals often appear convincing and plausible. Avoid doorstep traders - Wigan Council has a list of good traders that you can use if you need some work doing: www.wigan.gov.uk/goodtrader.

Recently we had the absolute honour of meeting nine-year-old star fundraiser Aisla Mae Parr.

Back in February, we were delighted to report how Aisla Mae had set up her own challenge to fundraise for our charity, with the aim of raising £200 for our young carers. She set herself the goal of walking at least two miles every day in February and March, and in all walked more than 255 miles and raised a staggering £1,200, smashing her original target of £200.

To honour this incredible achievement we invited Aisla Mae to the centre to meet some of the team and introduce her to some of our young carers. Chief Officer, Angela Allison said “**Aisla Mae is an absolute superstar and our little hero for taking on such a challenge to raise vital funds for our charity. We hope your incredible story will inspire others, so kind and thoughtful.**”

Angela presented Aisla Mae with a framed certificate, gift voucher, and personalised teddy as a thank you for her amazing feat. As a tribute to Aisla Mae’s astounding efforts we have decided to name an award in her honour – The Aisla Mae Inspiring Young Carer Award which will be launched in the upcoming Carers Week in June.

Aisla Mae, we sincerely thank you for your kindness and your caring heart. Your amazing efforts will help us to continue our work, so we can be there for those young carers who need us the most.



Aisla Mae pictured with Chief Officer, Angela Allison, and Young Carers Support Worker, Peter Wild.



WIGAN ATHLETIC COMMUNITY TRUST'S EXTRA TIME HUB



Would you like to meet like-minded people in your area and bring your free time alive?

Wigan Athletic Community Trust's Extra Time Hub provides over 55s the opportunity to meet people, socialise and do the things they enjoy. Due to the COVID-19 pandemic sessions are currently running online with various ways of support and activities to get involved with!

- Virtual sessions including coffee mornings running every Tuesday (11am) and Thursday (4pm)
- Support from staff through regular phone calls/emails/socially distanced garden gate visits

To find out more or to get involved please email c.blundell@wiganathletic.com or call 01942 318090



[facebook.com/LaticsExtraTime](https://www.facebook.com/LaticsExtraTime) @LaticsCommunity



Online Conference

Tuesday 9th
November
2021



Online Conference

Tuesday 9th
November
2021

autism
a hands on approach

18th Annual National Conference

Tuesday 9th November - ONLINE 2021

With live Q&A – to book visit www.autismahandsonapproach.co.uk

Speakers you can hear:

Andy Smith



Charlotte Moore



Francesca Happe



Mandy Barker



Simon Baron-Cohen



Anna Kennedy



Deborah Wortman
& Mark Berry



Gail Spruce



Ruth Williams



PLUS Andy Burnham, Mayor of Greater Manchester will join a live Q&A

Follow us on social media to discover more
about this year's speakers

KEY TOPICS:

The Pattern Seekers:
How Autism drives
Invention

Autism in Women
and Girls

Autism and ADHD

Autism in Police
Custody: Keeping the
noise down!

What would Young
People with Autism
Like us to do
Differently?

How to Tango
to Two Different
Beats – Navigating
Relationships when
your Partner and
Children are on the
autistic spectrum.

Any queries email
autism.ahandsonapproach@gmail.com

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Autism-A Hands on Approach



autism.ahandsonapproach

£50

professionals

£20

parents, carers
and autistic
people



Carers and cared for are continuing to enjoy Mindfulness Walks together around the borough, organised by Wigan and Leigh Carers Centre.

Getting out and immersing yourself in your local green spaces can help you breathe a sigh of relief, and why not aim to bring some of that calm back with you?

We are looking forward to exploring more of our borough's beautiful areas throughout July.

To view our upcoming walks and other events, **please visit our booking page.**

Recognising our amazing volunteers

Volunteers for Wigan and Leigh Carers Centre have played an essential role within our charity, not just at our recent event but for many years.

Volunteer and Befriending Coordinator, Catherine Ellis says "Our wonderful team of volunteers dedicate their time and skills to ensure that carers in Wigan can get the support in their time of need."

At the Carers Week event, Catherine gave a thank you speech and individually thanked volunteers for their commitment to the charity.

We are so proud of the immense dedication they've shown, we simply couldn't do it without them.

Why not volunteer for us?

To discuss our latest range or volunteering opportunities please contact: catherine@wlcccarers.com or ring 01942 705959.



“Let’s talk about flexible working”

How flexible working could help you – and how to start the conversation with your employer



Being an unpaid carer can make additional demands on your life. When you take or took on a caring role, you may still wish or need to continue to work or run your business. Continuing in a job or role when you start caring is a significant part of your identity and who you are, as well as providing psychological and financial benefits. However, you may be reluctant to share this new responsibility with your colleagues or employers and that can be isolating and distressing.

There are selection of short videos from Carers UK. These are great resources for carers to watch and encourage them to speak to their employers to get support if and when they need it. There’s also a new free handy guide ‘Let’s Talk About Flexible Working’.

To find out more or to watch the film, visit:
Carers UK films.

Active Inclusive

Wigan Council

Be Well

●Wheels For All

Booking slots available from 10am – 12:45pm, every Thursday.
For all enquiries email activeinclusive@bewellwigan.org

●Disability Swim

Leigh Leisure Centre - 11:55am – 12:45pm
Wigan Life Centre - Healthy Living Zone 9:30am – 10:30am
Howe Bridge Leisure Centre 11:15am – 12:15pm
Call the Leisure Centre to book

●Supported Gym

1 to 1 and small group gym support sessions will be starting the week commencing 12th April at:
Robin Park Leisure Centre
Ashton Leisure Centre
Leigh Leisure Centre
Howe Bridge Leisure Centre
Wigan Life Centre - Healthy Living Zone



For more information on how to access Active Inclusive contact activeinclusive@bewellwigan.org

www.wigan.gov.uk/BeWell/

Be Well Wigan is Wigan Council’s new holistic approach to health and wellbeing. Be Well brings leisure and wellbeing services together under one roof, helping to make an even bigger impact on the health and wellbeing of residents and customers, in the heart of their local community.

From 1st April all leisure and wellbeing services previously managed by Inspiring healthy lifestyles have been managed by Wigan Council under the Be Well brand. Whether you’re looking to ease your way back into fitness, gain some respite or look for an activity for your cared for, there’s something for everyone at Be Well, whatever your age or ability.

To discover more, visit the Be Well page at:
Wigan Be Well.

Reintroducing people with dementia to noisy environments

Many people struggle with hearing when there is a lot of background noise, and some people also have a sensitivity to loud sounds. This sensitivity can induce anxiety and stress in certain situations, a condition called *hyperacusis*. At a time when many will have become accustomed to the quiet environment of home, they, and people living with dementia may be worried about going out into a noisy social setting.

Dementia Voices have produced a resource of information to help tackle some of these anxieties. For further information [click here](#).





Feedback

Enjoyed every minute of the day and so did my 94 year old mother who I care for who attended with me. All the WLCC people made her feel very welcome and all spent time chatting with her and listening to her. She loved it. She's still talking about it and told everyone she's spoke to today. I really benefited from the yoga and reiki class.

Had a very good chat with Mark the Dementia Nurse and left the day feeling refreshed and positive. Would definitely love to attend the next day. Thanks so much you're doing an absolutely brilliant job well done.

June 2021



Tel: 01942 705959
Web: www.wlcccarers.com

Just some of the amazing feedback we received following our Carers Week event held in June.

Making a difference to the lives of carers and their cared for.

Thank you so much to everyone who took the time to let us know how the day went for you.

We will ensure all this feedback is reflected in the organisation in further events.

We are already looking forward to Carers Week 2022.

carers coffee morning



CARERS COFFEE MORNING
PROVIDE AN OPPORTUNITY FOR
UNPAID CARERS TO GET TOGETHER
WITH THEIR PEERS IN A SAFE AND
FRIENDLY ENVIRONMENT.
STAFF ARE ALWAYS ON HAND AT THE SESSIONS TO
FACILITATE AND PROVIDE SUPPORT.

COFFEE MORNING AT THE CENTRE OR VIA ZOOM

CALL 01942 705959
WWW.WLCCCARERS.COM
INFO@WLCCCARERS.COM

EVERY MONDAY 10 AM
CARERS CENTRE
HINDLEY
WIGAN
WN2 3BD



Carers Trust are seeking the views of young carers and young adult carers who support someone with drinking problems. (A young carer is someone under 18. A young adult carer is someone aged 18 to 25).

The survey aims to better understand the needs of these carers and help influence decision makers like the government. It should only take about five minutes to complete but closes on 5th July 2021.

If you would like to complete the survey or to find out more, visit the [surveymonkey page](#).

**If you are caring for a loved one,
you are amazing! Not only do you give a loved
one a better quality of life, you may well be
extending their longevity.**

**Just remember to look after your own health
and wellbeing, your own wants and needs
– because you are very important.**

Young carers

Budding artists

During the June school holidays, young carers received another warm welcome from Wigan Steam with the opportunity to work with illustrator Emily Taylor-Calland on a three day project where they created a collaborative mural to go on display in Wigan town centre.

Working as a group, it was their decision on what they would like the mural to be about, creating design ideas, then painting the selected design guided by Emily.

A chance to experiment with drawing, painting, printmaking and more - we can't wait to see the artwork go on display in a public space.



In conjunction with:



WIGAN STEAM

Young carers wellbeing packs

Young carers across Wigan recently received wellbeing packs thanks to money gifted from the charity **Forever Manchester**.



More than 200 packs were sent out with the support of Wigan and Leigh Carers Centre, who put together the bespoke packs to cater to the needs and age of each young person.

The goodie bags included, mindfulness colouring books, grow your own plants, craft activities and other items such as pamper treats, puzzles, toys, journals and stationery sets.

The wellbeing bags complement other work that has been ongoing by the Young Carers Team to support the needs of young carers in Wigan throughout the lockdown, including young carers' assessments, emotional support, counselling and activity clubs. The Young Carers Team currently support more than 500 young carers in Wigan.

Carmen France-McGrail, Young Carers Manager said **"Being a young carer can be hugely challenging but even more so in recent months when many have been isolated from friends and family. For many of our new young carers, they have not had the opportunity to meet staff face to face or take part in any activities."**

The bags also included information about 'Mind of My Own' an app launched specifically for young carers. Mind of My Own is co-produced with young people, for young people. It aims to fit into young people's lives and will encourage our young carers to share their thoughts and feelings more regularly

- they can send messages to our support workers, completely securely, to vocalise their thoughts, ideas, problems and worries. As well as being 100% secure, it has a fantastic young person-friendly interface that our carers will love. Mind of My Own enables young people to have their voices heard and to participate in the decisions about their life.

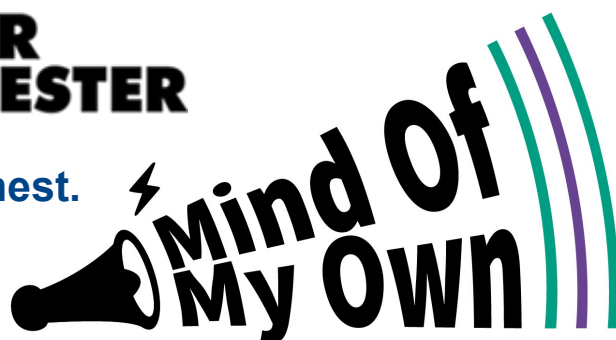
For Carmen: **"It was such a pleasure to put together these bags for our young carers, as a treat to thank them for all they do in helping to care for their loved ones, especially during these challenging times. It is especially poignant that we are delivering these bags during Mental Health Awareness Week as they contain lots of therapeutic tools to help young people to manage their mental health and self-care. Among other things it offers hope and support to many young people – especially those feeling isolated or alone – and can be a welcome addition to their healthy coping strategies throughout life."**

A big thank you to Forever Manchester for funding this project to help improve mental health and wellbeing for young carers. Our young carers absolutely loved receiving their bags and finally meeting some of the team/volunteers face to face.



Tell us what you're feeling. Get it off your chest.

See page opposite for more details of the Mind Of My Own app.



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Mind Of My Own for young carers

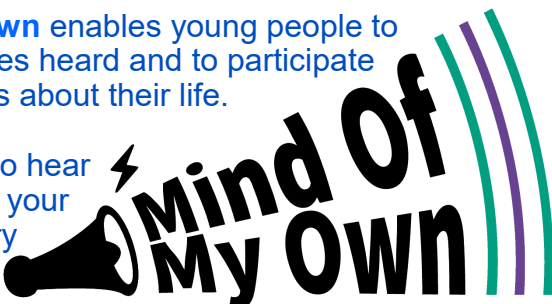
We are delighted to continue to offer a brand new app for young carers - **Mind Of My Own**. Mind Of My Own is an app co-produced with young people for young people. It aims to fit into young people's lives and will encourage our young carers to share their thoughts and feelings more regularly - they can send messages to our support workers, completely securely, to vocalise their thoughts, ideas, problems and worries. As well as being 100% secure, it has a fantastic young person-friendly interface which we hope you will love.

We are really excited to offer the app and we want to get as many young carers onboard as possible.

If you're a young carer and would like the app on a phone/tablet/PC at home please get in touch with the Young Carers team and we'll get back to you totell you how to get up and running with it.

Mind Of My Own enables young people to have their voices heard and to participate in the decisions about their life.

We're waiting to hear from you. Use your voice, it's a very powerful thing.



A smart phone or tablet is required and you can delete it at any time if you don't feel it's right for you. The app is safe and easy to use and allows young carers to share simple information with us, it is not an assessment it is an interactive tool. We can't send information or respond via the app, it is designed to let young carers express their feelings.

If you would like to read more about the app, simply visit **Mind Of My Own**, and for a video explaining how the app works, [click here](#).

Confident young carers

During the recent half term holidays, young carers came to the Carers Centre for a **'Confident Me'** taster session.

This series of exciting sessions is designed to help children and young people feel empowered, unlock happiness and more, all whilst meeting other young people who are also carers.

The fun and interactive session gave a taster of the course that will be run in the summer holidays and aims to build young people's confidence and give them a voice.

'Confident me' aims to let children feel: **I am awesome, I am calm, I can shape my life and be empowered to make decisions.**

Now, following the fantastic response and feedback to the taster session, we are pleased to announce that we are running a five-week programme in the summer holidays for young carers aged 10-14..

Wednesday 28th July 2021 2.00 pm
Wednesday 4th August 2021 2.00 pm
Wednesday 11th August 2021 2.00 pm
Wednesday 18th August 2021 2.00 pm
Wednesday 25th August 2021 2.00 pm

For more details and booking, [click here](#).

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Mind Of My Own

We use Mind Of My Own apps

"I find speaking in this way much easier. It's revolutionary"

Better care happens when children are better listened to. Mind Of My Own Apps help make this happen by giving children and young people a voice.

Find out how Mind Of My Own can support the children and young people you work with today.

support@mindofmyown.org.uk
www.mindofmyown.org.uk
@MindOfMyOwnApp

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Male carers

WLCC welcomes rugby league legend

WLCC would like to say a huge thank you to Danny Sculthorpe from the charity **State of Mind Sport** for delivering such an inspiring and thought-provoking talk to a group of our male carers in June. Danny is an NHS wellbeing coach, **Willow Project** patron, Mental Health Keynote Speaker, three times sepsis survivor, and ex-pro rugby league player.



Danny spent time talking to carers about mental health, mental wellbeing and life choices. He also explained how mental illness can affect anyone, from all walks of life. Mental illness doesn't discriminate.

Many male carers feel there is a lack of recognition by society, professionals and services for the role they play, and that the needs of male carers are different to those of female carers. As a result, men are less likely to seek and ask for support in their caring role. Danny described lots of useful tips to help reduce stress and anxiety, and his talk highlighted positive mental health and the importance of looking after your wellbeing, especially as a carer.

Thanks, Danny, for talking so honestly and sharing some excellent advice.

At a time where the world feels very fragmented and still somewhat divided, it seems all the more important to focus on what unites us as human beings – and sharing our experiences, spending time with others and talking to someone really does help.

Let's all remember that we are here for each other.



A DAY IN THE LIFE

WORDS BY KIERON SALES

Kieron is Dad to Alfie.

A parent carer, an [#unpaidcarer](#).

Please take time to read his blogentry compiled specially for Carers Week.

Kieron says "This week is Carers Week and as both myself and my wife, Louise are parent carers for our son Alfie, I thought I'd share a snippet of a typical day in our lives as carers through my **Duch Dad blog**.

Please read, please share and if you know of any carers maybe just drop them a text to say what they're doing is amazing as this year's Carers Week theme is make caring visible and valued."

Thank you Kieron. An honest and inspirational blog that provides strength and support to carers.



#CARERSWEEK

THE
SALES

Think F.A.S.T Act F.A.S.T

 **Think Ahead Stroke**
Support. Advice. Information.

Stroke is a medical emergency, call 999 at any sign of Stroke

Face

Ask them to smile.

Does the smile look uneven?



Arms

Ask them to raise both arms.

Does one arm drift down?



Speech

Does their speech sound strange?

Ask them to repeat a phrase.



Telephone

Brain cells die every second.

Call 999 at any of these signs!



Think Ahead Stroke offers information, advice and support to stroke survivors, their families and carers.

 **01942 824 888**
www.think-ahead.org.uk

 @ThinkAheadWigan
 Think Ahead Wigan
Think Ahead Stroke is a registered charity No. 1128934.

Think Ahead Stroke is a Wigan-based stroke awareness and support charity delivering a range of services and initiatives for its members and the wider community across Wigan and Leigh. In particular, Think Ahead provides a community of support and advice to stroke survivors and their carers through shared knowledge and experience.

Founded in 2000, Think Ahead places an emphasis on encouraging stroke survivors and carers to participate in regular organised social activities, monthly excursions and short break holidays. They recognize that although many stroke survivors can go on to lead happy fulfilling lives, their lives and those of their carers will never be the same again.

The organisation also plays an important role in shaping stroke care and support available through the NHS and social services. Their Virtual Carers Group meet every week and support one another through their shared experience. To find out more, visit: **Think Ahead Stroke**.

Follow WLCC on:

facebook Instagram

LinkedIn 

Think Ahead Stroke Support. Advice. Information.

VIRTUAL CARERS GROUP

ALL CARERS WELCOME
CALL 01942 824888 TO JOIN!



JOIN US
ON ZOOM

WLCC Chief Officer, Angela Allison was delighted to offer support and guidance at the **Think Ahead Stroke** Carers Week Q & A session in June.

Working in partnership to support carers in Wigan together.

 **Think Ahead Stroke**
Support. Advice. Information.


WLCC
Wigan and Leigh Carers Centre
Charity Number 1128934

Think Ahead Stroke's Carers Week Q&A
with special guests from Wigan & Leigh Carers Centre



NHS

Feeling anxious, stressed and worried? Do you feel like you cannot cope?

- ☒ Search www.nhs.uk for support with 'Anxiety, Fear & Panic' or try www.gmmh.nhs.uk & search 'anxiety'.
- ☒ For self-help resources & other helpful links register with the Recovery Academy at www.gmmh.nhs.uk/recovery
- ☒ If you are aged 18+ visit the Crisis Café at Atherleigh Park, Leigh.

If you need urgent support with your mental health, please call 0800 051 3253.



“Let’s talk about flexible working”

How flexible working could help you – and how to start the conversation with your employer



 **carersuk**

Being an unpaid carer can make additional demands on your life. When you take or took on a caring role, you may still wish or need to continue to work or run your business. Continuing in a job or role when you start caring is a significant part of your identity and who you are, as well as providing psychological and financial benefits. However, you may be reluctant to share this new responsibility with your colleagues or employers and that can be isolating and distressing.

There are selection of short videos from Carers UK. These are great resources for carers to watch and encourage them to speak to their employers to get support if and when they need it. There’s also a new free handy guide ‘Let’s Talk About Flexible Working’.

To find out more or to watch the film, visit:
Carers UK films.



**DEMENTIA
CARERS COUNT**
Supporting Family Carers

Let’s talk about
Dementia



Dementia Carers Count have successfully launched a programme of live online learning sessions which includes over 20 different titles, and started the development of a new platform for a ‘Virtual Carers Centre’. All the live online learning sessions are free to attend and have been developed with the needs of family members and friends caring for someone with dementia in mind. The sessions run for approximately one to one and a half hours and cover a wide range of topics including, communication; resilience; mental capacity; visual changes; and carers' rights and benefits. To access the above resources, please visit: [Live Online Learning - Dementia Carers Count](#).

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

Wigan Council 

Active Inclusive

● Wheels For All

Booking slots available from 10am – 12:45pm, every Thursday.
For all enquiries email activeinclusive@bewellwigan.org

● Disability Swim

Leigh Leisure Centre - 11:55am – 12:45pm
Wigan Life Centre - Healthy Living Zone 9:30am – 10:30am
Howe Bridge Leisure Centre 11:15am – 12:15pm
Call the Leisure Centre to book

● Supported Gym

1 to 1 and small group gym support sessions will be starting the week commencing 12th April at:
Robin Park Leisure Centre
Ashton Leisure Centre
Leigh Leisure Centre
Howe Bridge Leisure Centre
Wigan Life Centre - Healthy Living Zone



For more information on how to access Active Inclusive contact activeinclusive@bewellwigan.org

www.wigan.gov.uk/BeWell/

Be Well Wigan is Wigan Council’s new holistic approach to health and wellbeing. Be Well brings leisure and wellbeing services together under one roof, helping to make an even bigger impact on the health and wellbeing of residents and customers, in the heart of their local community.

From 1st April all leisure and wellbeing services previously managed by Inspiring healthy lifestyles have been managed by Wigan Council under the Be Well brand. Whether you’re looking to ease your way back into fitness, gain some respite or look for an activity for your cared for, there’s something for everyone at Be Well, whatever your age or ability.

To discover more, visit the Be Well page at:
Wigan Be Well.

TIME TO TRY SOMETHING NEW?

WIGAN AND LEIGH CARERS CENTRE NEEDS YOU

**CHECK OUT OUR LATEST VOLUNTEERING
ROLES TO SUPPORT CARERS**



READER LEADER

**LEADING ON A WEEKLY
CARERS READING GROUP TO
HELP TO GIVE SOME MUCH
NEEDED TIME FOR THE THINGS
THEY ENJOY.**

CARERS SUPPORT

**PHONE BEFRIENDING
WELFARE CALLS TO CARERS
LEADING WALKS
YOUNG CARERS CHAMPION
OUT OF HOURS SUPPORT
(EVE/WEEKEND)**

OUTREACH & FUNDRAISING

**SETTING UP CARERS
ACTIVITIES ACROSS THE
BOROUGH
SUPPORTING FUNDRAISING
ACTIVITIES**

CENTRE CHAMPION

**TRUSTEE - JOIN OUR BOARD
SUPPORTING RECEPTION
SETTING UP A GROUP BASED
ON SKILLS YOU CAN OFFER**

**Check out [doit.life](https://www.doit.life) to see how you can make a difference or call and
speak with Catherine on 01942 705959 or email her directly at:
catherine@wlcccarers.com.**

Dementia Skills Sessions



Thinking Differently About Dementia Free Online Training

*"It is the best resource on dementia
that I have come across"*

Wednesday, 14th July 2021 10.30 am – 12.30 pm

Wednesday, 21st July 2021 6.00 pm – 8.00 pm

For family, friends and caregivers of people living with dementia.
Booking Essential.

www.dementiaadventure.co.uk/thinking-differently-about-dementia

Thinking Differently About Dementia is a free, online training session for the friends and family of people with dementia. Upon completion you'll be equipped with practical knowledge and skills which will help you in your supporting role. To book simply visit: **Thinking Differently About Dementia.**

Carer [noun]

/ˈkeərə(r)

[1] Cares (unpaid) for family or friends who have a disability, illness or who need support in later life: Washing them. And their laundry. And their dishes. Keeping appointments. And records. And tempers. Giving medicine. And time. And hugs. Filling forms. And fridges. And silences. Dealing with doctors. And nurses. And pharmacists. And social workers. And benefits agencies. And care workers. And a lack of sleep.

[2] Needs support to manage a life of their own.

Looking after someone?

Find out about the help
and support available at
carersweek.org

Carers Week has been made possible by Carers UK working with five other national charities.
Carers UK is a charity registered in England and Wales (1443206) and in Scotland (SC036037) and
a company limited by guarantee 304537. Registered office 23 Great Dover Street, London SE1 4LS.

Headline supporter



Too many people don't know about the lives that unpaid carers lead.

Juggling commitments and daily fights.

Carrying on day to day behind closed doors and without recognition.

Without unpaid carers, the UK would grind to a halt.

Let's make the carers in our lives feel appreciated - **always.**

Let's make sure our hidden carers are supported - the one's who do not think of themselves as a carer. It could be your friend, your work colleague, your neighbour, a school child.

The fact is that any one of us could find ourselves in the role of an unpaid carer.

You are not alone.

Carers we hear you. We are there for you.

Call us on 01942 705959 for support and guidance.



Feeling anxious, stressed and worried? Do you feel like you cannot cope?

- ☒ Search www.nhs.uk for support with 'Anxiety, Fear & Panic' or try www.gmmh.nhs.uk & search 'anxiety'.
- ☒ For self-help resources & other helpful links register with the Recovery Academy at www.gmmh.nhs.uk/recovery
- ☒ If you are aged 18+ visit the Crisis Café at Atherleigh Park, Leigh.

If you need urgent support with your mental health, please call 0800 051 3253.

Get the right care



at the right time



Continence service survey

Have you used continence services in Wigan borough or do you care for someone who does? Healthwatch Wigan and Leigh want to shine a spotlight on these services, so they are asking you to come forward and share your views, confidentially and anonymously. If you would like to offer your views, text CONTINENCE to 07939 061829 or email: karen.wilson@healthwatchwiganandleigh.co.uk.

For more details, see opposite page.

Have you used continence services in the Wigan Borough or do you care for someone who uses continence services?

Healthwatch Wigan and Leigh wants to hear about people's experience of using continence services in the Wigan Borough and we want to hear from you. Continence isn't something that gets discussed much, but good continence services play a vital role in keeping people independent and well in our communities. We want to shine a spotlight on continence services, to understand whether they are meeting the needs of people in the Borough and make recommendations for improvement.



We want to make sure that people's experiences are at the heart of our work, so we are asking you to come forward and share your views with us. We want people to feel comfortable talking to us about this, so we are offering a range of ways to get in touch.

All information will be heard confidentially and recorded anonymously as a report later in the year.

To share your experience:

- Phone 01942 834666 to arrange a convenient time to talk
- Email karen.wilson@healthwatchwiganandleigh.co.uk
- Text CONTINENCE to 07939 061829 to receive a call back

"Happiness and calm are skills that can be learned, just like driving or dancing and can stay with you for a lifetime." Breathworks

Learn skills to become less stressed on the

Mindfulness for Stress: 8-week Course

Boost your well-being, discover new sources of resilience, joy, calm and cope better with anxiety and the stress of everyday life. During this proven course you will learn the foundations of mindfulness and meditation, beginning a practice that will change the quality of your life.

Course fees begin at under £14 per session (concession) and subsidies available.

Wednesday 21st July-8th September

1-3.30pm

Old Grammar School, 55 Railway Road, Leigh, WN7 4AD

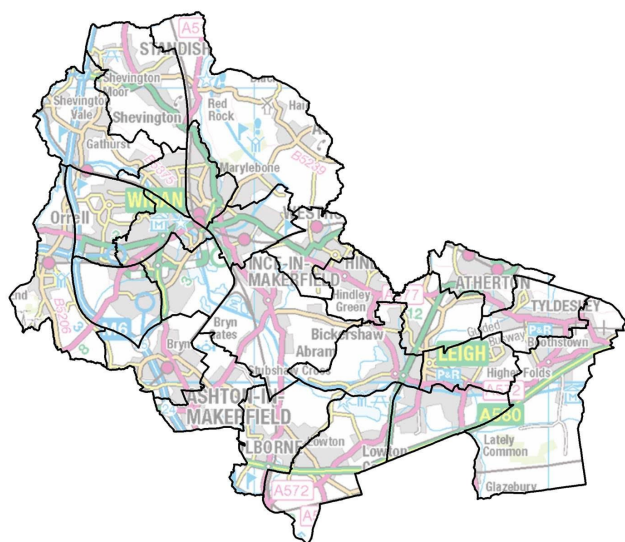
All opportunities are perfect for complete beginners or those who wish to refresh their meditation practice.

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

Email: cathhawkins@yahoo.co.uk

Mob: 0798 4123 445

breathworks



Wigan ward boundaries consultation

Your views are sought on proposed changes to the council wards and ward boundaries for Wigan Borough Council. Between now and 23rd August of this year, people are being asked to comment on these changes.

If you would like to read more or wish to get involved visit the [Local Government Boundary Commission website](https://www.localgovernmentboundarycommission.org.uk).

The
Local Government
Boundary Commission
for England

ChatterBrain

Let's talk Mental Health



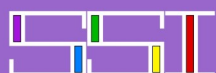
WhatsApp 075 9595 7100
WiganSpectrum@gmail.com
Facebook.com/SpectrumSocial

A safe place to talk mental health
A community to support each other

Weekly Zoom call

Tuesdays 18:00-20:00

Meeting ID: 320 922 0153
Passcode: Z0Jv0c



Perspective

Virtual autism social group

Every Wednesday 18:00-20:00

Meeting ID: 320 922 0153
Passcode: Z0Jv0c

Somewhere to be yourself
People who understand
Building friendships
Drinking allowed

Scan To Join Zoom



WhatsApp 075 9595 7100
WiganSpectrum@gmail.com
Facebook.com/SpectrumSocial



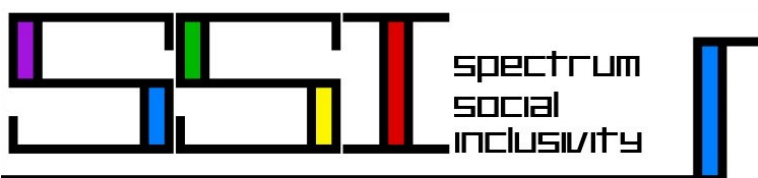
Spectrum Social Inclusivity is a local organisation offering support to adults around the areas of mental health and autism.

On Tuesdays between 6.00 and 8.00 pm they run Chatterbrain, a mental health support group where you can talk openly and honestly about your struggles via Zoom.

On Wednesdays they run Perspective, again between 6.00 and 8.00 pm. This is SSI's virtual autism social group where adults on the autistic spectrum can attend and meet others who will more fully understand them.

The last Friday of each month sees varied in-person events for anyone who attends their online groups. The aim is to host a range of activities such as going out for meals, visiting local parks, bowling, etc. (The exact activity is decided during the first meetings of the month by people who attend Chatterbrain and Perspective.

To find out more visit **SSI's facebook page**.



To foster and support an atmosphere of social inclusion for adults

Perspective + ChatterBrain

Virtual autism social group

Let's talk Mental Health



SSI Community Events
Last Friday of each month

Facebook.com/SpectrumSocial
WiganSpectrum@gmail.com
WhatsApp 075 9595 7100

Bowling

Nature Walks

Visiting Museums

Grabbing A Meal

Watching A Movie

Going Out For Drinks





**music
makes
us!**

Rock against dementia

Part of World Rocks Against Dementia, this workshop on Wednesday 21st July takes you through some guided exercises - all set to popular lively tunes for people living with dementia.

We know that keeping active has been difficult these past months. The Brain Charity's specialist team will take you through a set of integrated exercises, which are beneficial for agility and mobility, to help maintain balance and flexibility and minimise the risk of trips and falls. These are specifically for people living with dementia.

All abilities welcome. The session will run on MS teams between 11.00 am and 12.00 pm, **and the link can be accessed here.**



At LEIGH TOWN HALL, 1st Floor, Time: 1pm
Six covid community recovery screenings for 2021.

2ND AUG: GREASE
9TH AUG: MAMMA MIA
16TH AUG: MAMMA MIA HERE WE GO AGAIN
23RD AUG: THE GREATEST SHOWMAN
30TH AUG: THE SOUND OF MUSIC
6TH SEPT: MARY POPPINS

Six weekly sing-a-long community screenings for health and wellbeing and covid recovery.
Sing your way to health and happiness.
Entrance is £2. Booking Online Essential for Track and Trace.

Wigan Council AM. ARCHIVES & RECORDS SOCIETY
CONTACT: 07969647466
www.leighfilmsociety.com Facebook: leighfilmsociety Twitter: @leighfilm

Sing-a-long Mondays will consist of six weekly community screenings for health and wellbeing to aid post-covid recovery at Leigh Town Hall.

It has been medically proven the benefits of singing:

- Relieves stress.
- Stimulates the immune response
- Increases pain threshold
- May improve snoring
- Improves lung function
- Develops a sense of belonging and connection
- Enhances memory in people with dementia
- Helps with grief

Book your ticket here.

**REGISTER NOW
TO TAKE PART IN
NHS RESEARCH**



Help BEAT Coronavirus
www.researchforthehealthcare.org



Blessing in Disguise

PRESENTS

Santa in July



Santa in July - Halfway to Christmas

Nominate a child or young person with a life limiting illness or disability.

Nominations are welcome for those who may have been seriously ill, battling life threatening conditions over the last festive period or for whom enjoying Christmas in December is just not an option. Nominate a child or young person who has kept smiling against all the odds to come along and have a special day with Blessing in Disguise at our Santa in July Party on Thursday 22nd July 2021, 1pm to 4pm.

If you would like to nominate a child or young person please complete the attached form and either email it back to myself on blessingindisguise.lindsey@gmail.com or blessingsindisguisecharity@gmail.com

For more information please contact :
blessingsindisguisecharity@gmail.com or
blessingindisguise.lindsey@gmail.com.



12,000 carers

Registered with
Wigan and Leigh Carers Centre



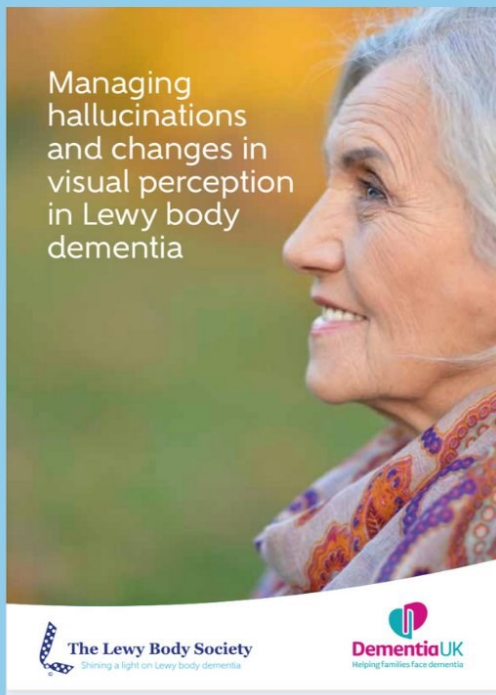
In May, WLCC achieved a significant milestone, we registered our 12,000th carer. As a registered charity, WLCC have been supporting Wigan's carers for over 10 years with a team of dedicated professionals and volunteers, giving their warmth and compassion to support unpaid carers.

We want to continue to build on our achievements and help Wigan become more carer-friendly, highlighting and supporting hard to reach young and adult carers. If you are a carer, or know someone who is, support is available from WLCC.

To find out more, call 01942 705959, email info@wlcccarers.com, or visit www.wlcccarers.com.

facebook
twitter

Instagram
LinkedIn



New resource

Managing hallucinations and changes in visual perception in Lewy body dementia

Download to print at home or order a hard copy at:

www.lewybody.org/downloads

Hallucinations can be one of the most challenging symptoms of Lewy Body Dementia. If you would like to discover more about them or Lewy Body Dementia, there is a new, free downloadable guide.

To get your copy, **click here**.

Finding the Fun in Dementia

How reminiscence can be a shared activity at home



This resource has been written by Karen Meenan of Making Hay Reminiscence Theatre in collaboration with Engaging Dementia



Many thanks to @EngagingDemIrl for sharing their 'Finding the Fun in Dementia' booklet - **here's a free download link** for anyone who wants to connect or reconnect with people living with dementia.

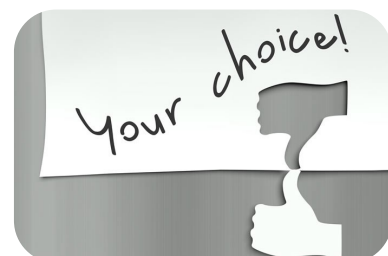
Choose how your personal medical information is used

Did you know you can choose if data from your health records is shared for research and planning?

Your health records contain a type of data called confidential patient information and this data can be used to help with research and planning.

If you would prefer that this information is not shared, go to the **NHS website** to find out how you can control who sees what.

The deadline to choose your privacy level is 30th September 2021.





WLCC would like to offer a huge thank you to Katy Davison from Mark Reynolds Solicitors Ltd who came to deliver a legal talk to carers recently.

Katy explained areas of law including power of attorney, trusts, probate and wills in such a way as to give people a clear understanding. There was also time for anyone to ask questions.

Dionne Carroll, Training and Support Officer for Wigan and Leigh Carers Centre said, **“With so much uncertainty surrounding these issues for carers, it’s important to have access to specialist advice, whether it’s to help navigate the complex and sometimes daunting issues of care costs or understanding the legal issues around wills, trusts and powers of attorney.”**

Important: Wigan and Leigh Carers Centre does not and cannot endorse or recommend any professional services. Please note, by telling you about these organisations, we’re not recommending them. We can’t guarantee the quality of service an individual solicitor or lawyer will give. Other organisations, solicitors and law firms may also provide a high-quality service.



HANDS



FACE



SPACE



FRESH AIR



Divine Days Community Art CIC have recently launched Man-Archy, a new mental health project based in Skelmersdale to support men impacted by Covid-19.

The scheme also offers a free advice service.

To find out more about Divine Days or Man-Archy **visit their website** or email: man-archy@divinedays.co.uk.

WE ARE DELIGHTED TO ANNOUNCE THE CONTINUED PARTNERSHIP BETWEEN

WILLOW PROJECT AND WIGAN AND LEIGH CARERS CENTRE





WLCC are delighted to announce that **Willow Project** has been commissioned for another 12 months to offer counselling sessions for young carers from Wigan and Leigh Carers Centre.

Willow Project is a registered charity, supporting children, young people, and their families throughout Wigan Borough, who are affected by mental health and emotional issues.

We know their commitment to Wigan and its young people already have a really positive impact in the local community, and we are proud of our partnership.

You can find out more about Willow Project [here](#).



A new men's mental health project in Skelmersdale to support men impacted by Covid-19 is soon to be launched.

Man-archy will help to reconnect men to help each other through challenges and to reconnect with their community.

The support group helps men to become more physically active and follow a more healthy lifestyle looking after both their hearts and minds.

Man-archy also offers a free advice and guidance service to help link men into local services and projects.

Contact us at:
man-archy@divinedays.co.uk



Researchers from the Netherlands are looking forward to learning

How being a carer shapes your mobility?



We are looking for people who:



provide unpaid care for a person who has dementia.

55+ are aged 55 or over

Participation will involve:



talking about your experiences as a carer in an interview



a drawing task about your movement



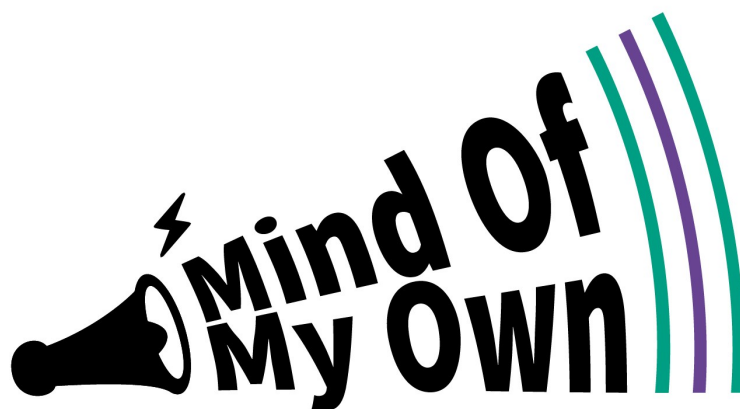
If you are interested in the study or have any questions please contact Tom Lowe at meaningfulmobility@rug.nl or 07957 757 805



Researchers at the university of Groningen in the Netherlands are seeking carers for a study on mobility experiences. The participants must be 55 or over, provide unpaid care for someone with memory problems and/or dementia and live in England. The research entails a drawing activity and a telephone interview. If you are interested you can contact the lead researcher, Tom Lowe, by emailing him at: meaningfulmobility@rug.nl or by telephoning him on 07957 757805.

Have you registered for the exciting Mind Of My Own app?

It's designed with young carers in mind.



Tell us what you're feeling. Get it off your chest.

See page 15 for more details of the Mind Of My Own app.



STRUGGLING TO BE HEARD?

Join our next online support session for adult siblings of someone with a learning disability.

Topic: Intro to advocacy, part 1

Date: Tues 13th July, 7pm - 8.30pm

For details & to book, visit www.sibs.org.uk

Sibs

For brothers and sisters
of disabled children and adults

Supported by



Struggling to be heard as a young adult sibling of someone with a disability? Sibs' online sessions will focus on the rights of your disabled brother or sister, skills in advocacy (including advocating for you and your sibling); as well as looking after yourself. Expect a warm welcome and safe environment for open and supportive discussion. [Book here, booking essential.](#)

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

WLCC's Lisa scales great heights for charity

Well done to our Digital Media Officer, Lisa Fletcher for raising over £600 for The Brain Tumour Charity, climbing Snowden in memory of her dear dad on Father's Day.

Lisa scaled Wales' highest mountain and completed the 3,560ft trek to the top of Snowdon and back in just over six and a half hours.

Along with a small group of fundraisers from The Brain Tumour Charity, Lisa set off from Llanberis at 5.30 pm to climb to the summit for sunset and finished the nine-mile round trip at just after midnight to commemorate Father's Day.

Lisa first heard about The Brain Tumour Charity when she was searching online for information following her dad's diagnosis. The level of underfunding for the disease is Lisa's motivation to fundraise for the organisation. Over £500m is spent on cancer research in the UK every year yet only 2% of that amount is spent on researching brain tumours.

Lisa says "Those four short weeks from my dad's diagnosis until the end of his life was the hardest experience of my life. It was truly devastating to watch such a healthy and happy dad become so unrecognisable in every way imaginable. Unless you have been through it yourself, no one will truly understand or know the extent of what our family went through."



Even in the midst of her own grief, Lisa's commitment to help others continues, especially to carers, "I feel very proud to work for a charity such as Wigan and Leigh Carers Centre, driving change and making a difference to the lives of carers."

She is delighted to have completed the challenge and for her funds, along with those of others, to raise a collective group total of over £22,000 to The Brain Tumour Charity.

Lisa says "I've never walked up a mountain like this, it was very challenging at some points - especially near the top because it's quite rocky."

Thankfully, the weather was dry, and I was treated to some amazing views to spur me on. Keeping my dad's memory alive is important to me, to show that even in times of sadness and grief, you can make a positive difference to the lives of others."



To learn more about the charity and the work the do, visit [The Brain Tumour Charity](#).

If you would like to donate to the charity, [visit Lisa's fundraising page](#).

Autism support

Leigh Community Trust have recently opened their new A-Team Hub. The hub provides fun, friendly play sessions for children with a diagnosis of autism (or waiting for a diagnosis) as well as a holiday club and support sessions for siblings and parents.

For more information and to book, [click here](#).



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?



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



info@wlcccarers.com



www.wlcccarers.com

KEEP CONNECTED ON SOCIALS

