



WIGAN AND LEIGH CARERS CENTRE

CARERS WEEK 2021

WEDNESDAY 9TH JUNE 2021
9.30 AM - 8 PM
HOLIDAY INN EXPRESS, LEIGH



Young & Adult Carers Workshops



01942 705959

Relaxation & Therapy Sessions



info@wlcccarers.com

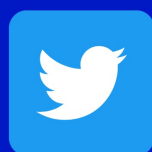
Activity & Wellbeing Sessions

Talks & Seminars



www.wlcccarers.com

Support & Services for carers of all ages



This Carers Week we're
coming together to help
Make Caring Visible.

carersweek.org

BOOKING IS ESSENTIAL, LIMITED PLACES

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.

What is Carers Week?

Carers Week is an annual event to raise awareness of unpaid carers. It is a chance to celebrate the amazing work that carers are doing across the UK, but also to highlight the issues that carers are facing.

It also helps people who don't think of themselves as having caring responsibilities to identify as carers and access much-needed support.

This year, carers across the country are continuing to face new challenges as a result of the Covid-19 pandemic. Many people are taking on more caring responsibilities for their relatives and friends who are disabled, ill or older and who need support.

They need to be recognised for the difficulties they are experiencing, respected for all they are doing, and provided with information, support and understanding. So during Carers Week, we're coming together to help make caring visible and valued. The campaign is brought to life by thousands of individuals and organisations who come together to provide support for carers, run activities, highlight the vital role carers play in our communities and draw attention to just how important caring is.

When is Carers Week?

Wigan and Leigh Carers Centre are proud to be supporting Carers Week 2021, championing carers across Wigan and the wider communities, celebrating their amazing work and calling for them to receive more support.

Save the date for this year's Carers Week, which is taking place from 7 –13 June.

Come and celebrate Carers Week with Wigan and Leigh Carers Centre. Join us as we celebrate the wonderful contributions made by all of our young and adult carers in Wigan.

How can I get involved in the Carers Week events organised by Wigan and Leigh Carers Centre?

We have a full day of fantastic events, activities and workshops on Wednesday 9th June, to be held at the Holiday Inn Express Hotel in Leigh.

For a full timetable of events see centre pages. For details of how to get there, see overleaf.

Please note, booking for all events is essential.

Wigan and Leigh Carers Centre are working with a wide range of charities and partners to recognise and celebrate the important contribution made by Wigan's estimated 36,000 carers. Throughout the week we will also be bringing you useful carer related information, Tech Mates Tea Parties, fun activities and our weekly coffee and chat session. You can keep up to date with all the Carers Week celebrations, information and announcements by checking our social media channels and in our email communications. We look forward to seeing you there!

How can I support Carers Week?

Attend one of the free events or workshops being organised for both carers and professionals.

Better Breaks for Unpaid Carers – Join the campaign

We are calling on the government to increase funding for carers' breaks, giving more carers the opportunity for some time away from their caring role. Support the campaign now by writing to your local MP and asking them to raise the need for better breaks support in parliament.

It's really simple, **just click this link** to find out more and to complete the online form.

Add your voice to help make caring visible and valued.

In three simple steps you can add your voice to the Carers Week wall. Why not encourage your friends and family to do the same? To contribute simply **click here**.



7 - 13 June 2021
Make Caring
Visible and Valued

carersweek.org

Raise awareness and make carers visible in your community: **Downloadable resources.** There is a fantastic range of downloadable resources for you to share. Simply **click here.**

Share your story

Share your story of becoming a carer, and how you recognised you needed support. Email us at: **lisa.fletcher@wlcccarers.com**.

Employers for Carers

Register your company with Employers for Carers to access free resources which provide guidance on supporting carers in the workplace. To register, **click here.**

Support Wigan and Leigh Carers Centre

You can share our Carers Week content on social media, visit our pages to see what we're doing and how we are reaching out to support local carers. It is vitally important that we recognise the contribution carers make to their families and local communities, workplaces and society, and that they get the support they need.

Carers, their friends or family, and professionals can all get involved to celebrate carers. It is important that we help identify carers allowing them to access information and support.



We will have a wide selection of partner organisations in attendance throughout the day to offer support, guidance, and workshop demonstrations. These include:

- Wrightington, Wigan and Leigh NHS Foundation Trust
- Greater Manchester NHS foundation Trust
- Willow Project
- Healthy Routes
- Mark Reynolds Solicitors
- Be Well
- Think Ahead
- Healthwatch
- Wigle Dance
- Citizen's Advice Bureau
- Parent Carer Forum
- Age UK Wigan Borough
- Wigan Borough CCG
- Black Scorpion Karate
- Wigan STEAM
- Breathworks
- UK Reiki Federation
- Card Making Tutor
- Info Hero Lifestyle
- My Mind and Body Coach



Carers Week is an annual awareness campaign that celebrates and recognises the vital contribution of the UK's unpaid carers. This year's Carers Week is taking place from 7th - 13th June.

From sharing information with a struggling friend, to holding a virtual information event in your workplace, there are lots of different ways to get involved in Carers Week, including:

- Add your voice to the **Carers Week website** and show your support: [click here](#).
- Ask your employer to **pledge their support** on the Carers Week website: [click here](#).
- Help promote Carers Week on social media with **#CarersWeek**.
- Do you have Twitter? **Give us a follow** and help share our news. We'd love to reach 2,000 followers by the end of Carers Week: <https://twitter.com/WiganLeighCarer>.
- You can also like our **Facebook page** and join our **LinkedIn group**. You could even encourage your employer to join the LinkedIn group and find out more about supporting carers at work.
- Encourage your organisation to display posters/information at work or on the staff intranet, about both Carers Week and Wigan and Leigh Carers Centre.

Download [the definition of a carer](#). Download [our information guide](#).





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CARERS WEEK 2021

WEDNESDAY 9TH JUNE 2021

9.30 AM - 8 PM

HOLIDAY INN EXPRESS, LEIGH





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info@wlcccarers.com



www.wlcccarers.com





CARERS WEEK PROFESSIONALS SESSIONS

9.30 AM & 2.45 PM

BOOKING IS ESSENTIAL, LIMITED PLACES



This Carers Week we're coming together to help Make Caring Visible.

carersweek.org

Join in with one of our Carers Week Professionals sessions

How can I get involved?

If you work with members of the community in any capacity then it is likely that you will come into contact with carers at some point in your job. At present WLCC is actively supporting over 12,000 carers, but it is estimated that there are approximately 36,000 people in a caring role in the Wigan council area. This means there are still a huge number of 'hidden' carers out there. This is where we need your help.

This year's theme is 'Making Caring Visible and Valued' in recognition of the fact that carers are now more isolated and hidden than ever. During Carers Week, we want to bring carers to the forefront of local consciousness and encourage communities to identify and support their carers.

Raising awareness

The best way you can help is to raise awareness of the Carers Centre and its services.

The more people that hear about the Carers Centre and become aware of the support we offer, the more likely they are to contact us.

If you have digital communications channels with your clients, you can share our resources and useful information with them. If you are in your workplace, there is also a [printable poster](#) that you can display in support of Carers Week.

We would also appreciate you sharing our social media posts to help reach carers that do not follow us.

Follow us on: [facebook](#) [Instagram](#) [twitter](#)  [Linked in](#)

If you are working in a health, social care, education or community setting, then joining one of our Professionals Information sessions will help you to identify and support carers better. The sessions look at what it means to be a young or adult carer, how to spot someone who is in a caring role, and what steps you can take to provide support and refer them on.

Professionals Information Sessions: Wednesday 9th June, 9.30 am and 2.45 pm at the Holiday Inn, Leigh.

To attend, please [click here](#), booking is essential.

Aisla Mae Parr Awards for Young Carers

Throughout Wigan, young carers dedicate themselves to providing remarkable levels of care to their loved ones and continually put other people's needs first, often taking on extra responsibilities. More than ever and due to Covid-19, young carers have had to display even more resilience in the face of adversity and with many services and sources of support temporarily unavailable. And so, it's never been a more important time to recognise and pay tribute to the selfless work they do every day.

Over the past year young carers have faced a lot of changes with school, friendships and in social activities but as we move to happier times, everyone at Wigan and Leigh Carers Centre wants to say a huge thank you for all that you are and all that you do.

Once a year, we would like to give young carers the acknowledgement they deserve through the Aisla Mae Parr Awards, a brand new celebratory set of awards to young carer in the following age categories: 5-11 years, 12-18 years, 18-24 years.

If you know a young carer who dedicates their life to caring for others, nominate them using the link below. Make your nomination by clicking [here](#).

We hope you all enjoy being part of Wigan and Leigh Carers Centre and feel supported by our dedicated team. The Young Carers Awards say a huge 'thank you' to all young carers across Wigan especially in such a difficult year but they also highlight some amazing achievements worthy of praise.

Closing date for the awards: Friday 4th June at 6.00 pm. Winners to be announced and presentations made at our Carers Week event, Wednesday 9th June at Holiday Inn Express, Leigh.

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Time	Fireplace Lounge	Conference Lounge WLCC	Syndicate Room 1 Therapy	Syndicate 2 - Counselling
9:00-9:30am	MARKET PLACE SET UP	tea/coffee area		
9:30-10:00am			REIKI x 1apt 9:30am-9:50am	
10.00-10.15am	MARKET PLACE	WLCC CARERS SERVICES		
10:30-10:45am	<i>Break</i>	<i>Break</i>	<i>Break</i>	WILLOW 10:30am-11:15am
10:45-11:15am	outdoor area meet for walk or if cycling main entrance at the front of hotel 10:45am-11:45am	tea/coffee area	REIKI x 2 & 3 apts 10:45am-11:05am	
11:30-12:00pm	MARKET PLACE	WLCC CARERS SERVICES	REIKI x 4 & 5apts 11:20am-11:50am	WILLOW 11:30-12:15pm
12:00-12:30pm	MARKET PLACE	WLCC CARERS SERVICES	REIKI x 6 & 7 apts 12:00pm-12:20pm	WILLOW
12:00- 1:30pm	<i>Lunch</i>	<i>Lunch</i>	<i>Lunch</i>	<i>Lunch</i>
1.30-2.00pm	outdoor area meet for walk or if cycling main entrance at the front of hotel 1:30pm-2:30pm	tea/coffee area	REIKI x 8 & 9 apts 1:30pm-1:50pm	WILLOW 1:15pm-2:00pm
2.15-2.45pm	MARKET PLACE	WLCC CARERS SERVICES	REIKI x 10 & 11 apts 2:15pm-2:35pm	CARD MAKING 2:15pm-3:15pm
2:45-3:15pm	MARKET PLACE	WLCC CARERS SERVICES	REIKI x 12 & 13 apts 2:50pm - 3:10pm	CARD MAKING
3.15-3.30pm	<i>Break</i>	<i>Break</i>	<i>Break</i>	<i>Break</i>
3.30-4.00pm	MARKET PLACE	tea/coffee area	young carers apts	
4.15-4.45pm	MARKET PLACE	WLCC CARERS SERVICES	young carers apts	LEGO 4:30PM-5:30PM 5-9 yrs
5:00-5:30pm	MARKET PLACE	WLCC CARERS SERVICES	young carers apts	LEGO
5.00-6:30pm	<i>Evening Meal</i>	<i>Evening Meal</i>	<i>Evening Meal</i>	<i>Evening Meal</i>
6.30-7.00pm	MARKET PLACE	tea/coffee area	young carers apts	LEGO 6:30pm-7:30pm 10-14 yrs
7.15-7:45pm	MARKET PLACE	WLCC CARERS SERVICES	young carers apts	LEGO

Pennington Suite 1 - Exercise	Pennington Suite 2 - Exercise	Orrell Suite - Mental Health	Bridgewater Suite Arts & Crafts
		WLCC PROFESSIONAL TALK	
DANCE DISPLAY		CAB TALK TO WLCC	
<i>Break</i>	<i>Break</i>	<i>Break</i>	<i>Break</i>
YOGA 10:45am-11:30am	DEMENTIA TALK	DANCE	STEAM 10:45-11:45am
NUTRITION 11:45am-12:30pm	VOLUNTEER TALK	MINDFULNESS 11:30-12:30pm	STEAM
NUTRITION	CAB Q & A WITH CARERS	MINDFULNESS	
<i>Lunch</i>	<i>Lunch</i>	<i>Lunch</i>	<i>Lunch</i>
YOGA 1:30pm-2:15pm	PILATES	MINDFULNESS 1:30-2:30pm	STEAM 1:30-2:30pm
NUTRITION 2:30pm-3:15pm	TAI CHI	MINDFULNESS	STEAM
NUTRITION		WLCC PROFESSIONAL TALK	
<i>Break</i>	<i>Break</i>	<i>Break</i>	<i>Break</i>
YOGA 3.30pm-4:15pm	TAI CHI		STEAM 3:30pm-4:30pm
NUTRITION 4:30pm-5:15pm	PILATES	CASUALITY MAKE-UP/SPECIAL EFFECTS 4:30pm-5:30pm 11-16yrs	STEAM
NUTRITION	SELF DEFENSE DISPLAY 5:15pm-5:30pm	CASUALITY MAKE-UP/SPECIAL EFFECTS	
<i>Evening Meal</i>	<i>Evening Meal</i>	<i>Evening Meal</i>	<i>Evening Meal</i>
HIT TRAINING 6:30pm-7:00pm	WIGLE DANCE 6:30PM-7:30PM		STEAM 6:30pm-7:30pm
	WIGLE DANCE		STEAM

Carers Week Activities

Building carer-friendly communities across Wigan

A huge thank you to Catherine Austin at **Wigan Libraries** who has created this fantastic display in Wigan Library ahead of this year's **Carers Week**.

We are so proud of everyone who has already shown such amazing support to carers in our borough. Carers may not be aware that there is support available in libraries to help them in their caring role. Libraries offer a range of services such as a dedicated carers books collection, concessionary rates for carers, information about local support groups and free access to E-resources from home if you don't have time to visit the library.

The Carers Centre are always looking for ways to improve the services in Wigan and would welcome feedback from carers about what else we can do to help.

THANK YOU!



7 - 13 June 2021

**Make Caring
Visible and Valued**

carersweek.org

One in five

schoolchildren aged
11-16 in England
are young carers

Take the reins



My Life work with people needing support and their carers, and they know how hard lockdown has been. They want to help improve your wellbeing and do something for **you**.

Why not register for their **FREE** Equine Guided Learning session on Thursday 10th June, as they do their bit to celebrate Carers Week? Designed to build your confidence, self-esteem, help you feel in control and revive your energy levels, you'll also enjoy a complimentary lunch and refreshments from the Stable Door Café & Ice Cream Parlour, simply because you deserve it.

See the flyer opposite for more details and register on 01257 472900 or via: info@my-life.org.uk.

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FREE EQUINE GUIDED LEARNING SESSION FOR CARERS!

**10th June, 10am-3pm,
for Carers Week**

Caring for a loved one through the pandemic has been challenging.

This Carers Week, through person-centred coaching, we'll use our

horses to help you improve your wellbeing, discover how to make your own dreams and goals a reality, build your confidence, self-esteem, feel in control AND revive your energy levels!

This is an opportunity to do something for you.

Includes complimentary refreshments and lunch from The Stable Door Café & Ice Cream Parlour, because you deserve it!

**Book your free session on 01257 472 900 or email
info@my-life.org.uk**

My Life, Thompson House Equestrian Centre, off Pepper Lane, Standish, Wigan, Lancashire, WN6 0PP.

Mental wellbeing

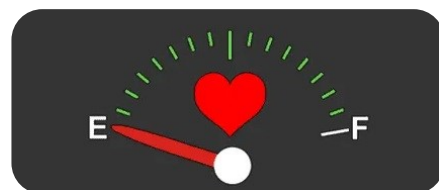
Avoiding carer fatigue

Caring for someone has many positive and rewarding aspects to it and it can be the most loving thing you can do for someone else. It can however, also be challenging, leaving you feeling exhausted and in some cases can be extremely lonely and isolating. If you find you are struggling it is important to ask for help and support.

The stress of caregiving can take a toll on your physical and mental health and your relationships, which could lead to burnout, a state of emotional, mental, and physical exhaustion. At this time, both you and the person you're caring for suffer, which is why caring for yourself is a necessity. Looking after your own mental and physical wellbeing is just as important as making sure the person you are caring for takes their medication on time and goes to their medical appointments. If you can recognise the signs of carer stress and burnout, you can take action to prevent things from getting worse and start to improve the situation for both you and the person you are caring for.

If you are struggling with your caring role, please contact Wigan and Leigh Carers Centre and we can offer you guidance and support.

Telephone 01942 705959 or email: info@wlcccarers.com.



Are you struggling with your mental health wellbeing?

Experiencing home-schooling pressures?

Relationship breakdowns?

Feeling alone?

Need someone to offload to?

Caring responsibilities leave you with no time to talk to people?

Scared to reach out for help or advice?

Have things just got too much?



Did you find yourself answering yes to any the questions above? If so, the **Emotional Wellbeing Group** may be a perfect option for you. **EWG** is a non-profit organisation based in the North West that offers a free, easy to use and confidential online live text chat service with a counsellor for adults aged 18 and above. The group aims to offer support to anyone whose mental health wellbeing has been impacted by Covid-19 or by other individual needs. EWG also offers a multitude of helpful information and advice on their website, enabling you to create a bank of useful resources.

This past year has highlighted the importance of reaching out and talking to one another. However, we understand that commitments as a carer can make it difficult to access the opportunity to talk to someone. This is why we have decided to partner up with EWG to offer you the chance to talk in a safe space with experienced counsellors, whenever you need them. **It helps to talk.**

Our student volunteer counsellor, Yasmina says **“I think EWG counselling is a great alternative for carers and anyone else who needs a friendly ear. Being able to access this easy, short term advice and guidance is amazing. Not only do I think the live chat service will be extremely helpful for many, I also think the bank of helpful resources is very handy.”**

To find out more, visit: **EWG** or contact WLCC on 01942 705959.



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AISLA MAE PARR AWARDS

YOUNG CARERS AWARDS 2021

WIGAN AND LEIGH CARERS CENTRE

Closing
Date
04/06/2021

AGE CATEGORIES:

5-11 YEARS
12-16 YEARS
18-24 YEARS

Winners to be
announced and
presentations at
Carers Week event
Wed 9th June 2021

Call 01942 705959
for more details



Dementia carers

Empowered Conversations run online courses for family carers of people living with dementia. The courses provide carers with some space to think about communication, how they connect, what might be going on for the person living with dementia and what changes they can make to stay connected with family members. The sessions run on a regular basis, and both daytime and evening courses are available. To register your interest email: emmasmith@ageuksalford.org.uk.



Upcoming sessions

A Conversation with Dr Penny Foulds and Sharon Boulter

Wednesday 9th June - 1.30 - 2.30 pm

Dementia is one of the biggest challenges we face today with around 50 million people around the world currently estimated to be living with the condition. There are currently no drugs available to cure dementia, none that prevent it or slow down its progression.

It is only through research that we can understand what causes the disease, develop effective treatments, improve care, and hopefully one day find a cure. One of the difficulties researchers currently face is finding enough volunteers to take part in their studies, without volunteers to participate there is no hope in finding a cure.

To attend this course [click here](#).

Another Conversation with Dr Maggie Ellis

Wednesday 23rd June, 1.30pm - 2.30 pm

In this follow-up webinar to 'Introduction to Adaptive Interaction', Dr Maggie Ellis discusses the progression of the approach over the years. Maggie will show a collection of her research videos and provide an up-to-date summary of findings, developments and new directions.

People with advanced dementia who have lost the ability to speak are typically thought to have no communicative abilities or desire to interact and, as such, are excluded from the social world. People with advanced dementia retain both the urge to interact and individual repertoires of non-verbal communicative capacities including sounds, movements and facial expressions. These actions can be used by caregivers to re-engage individuals with advanced dementia in social interaction, an approach known as 'Adaptive Interaction'.

To attend this course [click here](#).

Dementia carer rights conference

In addition to our event on Wednesday 9th June, the University of Manchester is hosting an online conference on Friday 11th June between 3.00 and 4.30 pm looking at dementia carer rights.

This online session provides an overview of carer rights in the context of dementia and is part of the University of Manchester's research project which is analysing the changes to local authority support during Covid-19. Particular attention will go to understanding the impact on carers over 70 looking after partners living with dementia at home.

The webinar will cover these key areas:

- When to ask for help from public authorities
- What to ask for
- What to expect

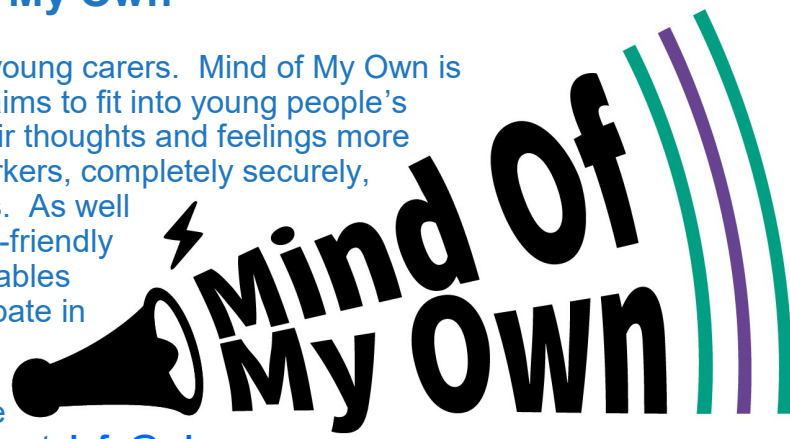
Please note that none of the webinar content constitutes legal advice.

To book onto the event, [click here](#).



Mind of My Own

'Mind of My Own' is 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.



If you would like to register for this exciting app, please contact us by telephoning 01942 705959 or emailing us at: info@wlcccarers.com.

Follow us on: **LinkedIn** **twitter** **facebook** **Instagram**



carersweek.org/pledge-your-support



**WE CAN'T
THANK YOU
ENOUGH**



FROM WIGAN AND LEIGH CARERS CENTRE

Kindly supported by:



We would like to say a huge thank you to **Lawrence Hunt & Co. Ltd. SPAR stores** for their very kind donation of £500 to Wigan and Leigh Carers Centre.

Thank you for helping us to continue supporting unpaid carers of all ages in our local community of Wigan.

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



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