

Issue 3 March 2021

Support Aisla Mae in her marathon walking challenge for young carers

Eight year old Aisla Mae from Lowton was inspired by Captain Tom and his endeavours, and has decided to walk every day until the end of March 2021. Her aim is to walk an average of two miles a day and she has generously decided to donate any money she raises to help support Wigan's young carers.

We think she's an incredible young lady and an absolute inspiration. At the time of going to press Aisla Mae had raised an incredible £945, money that will help make a real difference to the lives of young carers in Wigan.

If you'd like to support Aisla Mae, or read more about her challenge, details can be found at: <https://www.gofundme.com/f/aisla-maes-fundraiser-walk>.

Thank you Aisla Mae, your kindness is amazing.



New training courses coming soon

WLCC is pleased to announce that as a result of the last training grant meeting held on the 10th February with Wigan Council, the following training courses were allocated funding and approved for carers; creative art sessions both online and face to face for adult carers, courses for male carers including cooking and introduction to woodworking and Level 2 accredited Reiki training offered to those carers that have previously completed Level 1.

The centre will also be receiving funding to apply for centre registration to the Royal Society of Public Health (RSPH). This registration will allow the centre to deliver more of the popular Level 2 RSPH Understanding Health Improvement Award to carers across Wigan borough.

New training for March 2021

Saturday mornings online using Zoom – Dementia training for carers (10:30am-1.00pm for all sessions)

Part 1 Introduction to dementia, signs and symptoms 6th March

Part 2 Responding effectively with behaviours 13th March

Part 3 Living well with dementia 20th March

Digital skills interactive workshop provided by Liz Chapman from Techmates

Tues 9th March - Exploring Zoom 10.00am-12.00pm

More mindfulness walks

Every Wednesday morning 10.00am-11.00am

Appley Bridge The Meadows, WN6 9AW, 10th March

Standish Worthington Lake, WN1 2XW, 17th March

Bickershaw Country Park, WN2 4XR, 24th March



The above is by no means exhaustive, please visit the following to book or find out more about the wide range of courses and activities on offer: <https://www.ticketsource.co.uk/wigan-and-leigh-carers-centre>.

Congratulations Angie Sales - Survey winner

Throughout December 2020 and January 2021, we asked carers to provide feedback about our services through our Carers Survey. As our Chief Officer Angela Allison explains, only a carer can tell us the things that could have made their experience of care and treatment for the person they care for better.

A big thank you to young carer Purdey for drawing and announcing the winner of the £50 voucher, awarded for completing the survey, and well done to Angie Sales. We will be in touch with you.



Thank you to everyone who took the time to complete the survey. Your insights will make a big difference in the shaping of future developments in the provision of services for carers.

Stay scam alert'

At the height of the pandemic, City of London Police reported a 400% increase in scams as a result of coronavirus-related fraud. During these already testing times it's important you stay alert to potentially fraudulent activities you may encounter. For some useful advice the consumer group Which? have a series of useful tips. Visit <https://tinyurl.com/carers-alert> to read more.

Living with grief

In a year of 100,000 unforeseen deaths, with many thousands of people losing loved ones to the pandemic, Dame Esther Rantzen recently explored the experience of bereavement and coping with grief in the Channel 5 documentary *Living with Grief*. Dame Esther strips away the television presenter veneer in this extraordinarily personal and candid exploration of what it's really like for people to deal with loss. From the death bed to the first anniversary, from dark days of suffering, to finding ways to celebrate, through vivid stories and unearthing memories, Esther takes a journey through life after loss, and with the help of her children, challenges her approach to her own bereavement.

For those struggling with bereavement there is a wide range of support available via organisations such as: www.thegoodgrieftrust.org.

Why not volunteer for us?

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

Music Makes Us, a free musical dementia programme, is now running online! Music can play a vital role in the daily care for people living with dementia - it stirs memories, reduces agitation and creates moments of joyful connection - but sometimes it can be difficult to know how to start.

This 12-week video series takes participants through useful exercises, practical tips and lively songs to get engaged and active, comprising of:

- Dance & physiotherapy workshops
- Singing & speech and language therapy sessions

You'll also get a consultation with a speech & language therapist or physiotherapist to speak about any specific issues you, or the person you care for, might be facing.

Sign up now at: <https://bit.ly/34fdmAo>.

WLCC join Nextdoor

WLCC have now joined the nextdoor service, the neighbourhood hub for trusted connections and the exchange of helpful information, goods, and services.

Visit www.nextdoor.co.uk for more details.



FREE 12-WEEK WORKSHOPS FOR PEOPLE LIVING WITH DEMENTIA

music makes us move
Physiotherapy through Dance

Helping improve communication and mobility through the love of music.

music makes us sing
Speech & Language Therapy through Singing

For enquiries:
0151 298 2999
info@thebraincharity.org.uk



Young carers

Young carers get first aid training

During the February half term holidays, several young carers undertook First Aid Training with Spartan Training Services Ltd. They are now accredited Emergency First Aiders!

The Young Carers Team have always supported young carers to learn more about first aid; whether through small taster sessions or formal accredited training. We do this for several reasons.

Firstly, the skills and knowledge prepare for difficult situations they may face in their caring role. We find that they are more at ease about what they should and shouldn't do in an emergency following training.

Secondly, over the years countless young carers have mentioned that being first aid qualified helps them get paid and / or voluntary work, and enhances their CV for further education opportunities.

Well done to all the young carers that took part - you are a credit to yourselves and your families.

Health support for young people

ChatHealth is a safe and easy service allowing you to speak to a qualified health professional about a subject you may not want to discuss with your own health team. All you need to do to get started is send a message, you don't even have to give your name. Discreet and quick. It only takes one message to start making a difference. You'll get confidential advice from trained health staff in your area.

To find out more visit: www.chathealth.nhs.uk/.



Walk and Talk groups for young carers

The Walk and Talk groups allow young carers to take a break, get some exercise and catch up with each other and someone from the Young Carers team. The young people have also learnt lessons in dealing with the peculiarities of the British weather!

Peter Wild, Young Carer Support Worker said, *"We've targeted children in the Hag Fold area of Atherton as the Greengrass centre is the home base for the Estuary group. The walk around the Pretoria and Carr Brook pond area is also accessible to children in that area who don't have transport."*

If you're interested in joining future walks, please contact Peter on 07843 998044.

Young carers take part in Road Code Training

Several young carers came online recently to undertake the UPS Road Code Training session, provided by Greater Manchester Youth Network.

UPS Road Code is a driving awareness programme that aims to empower 13-19 year olds to be safe in and around cars before they even start learning to drive.

Well done to all everyone who took part. A great success and huge outcomes for the young people involved.

How risky are we?

- Road Rage
- Young drivers with their peers
- Tired driving
- Dangerous weather conditions
- Drink and drug driving
- Driver inexperience
- Using your phone

Logos for UPS, UK YOUTH, and GREATER MANCHESTER YOUTH NETWORK are visible at the bottom.

Give us a hand with Young Carers Action Day

We are really excited to be celebrating Young Carers Action Day on 16th March 2021 and would love for you to celebrate with us. Young Carers Action Day is an annual event, organised by Carers Trust. It has taken place over the last six years to raise awareness of young carers and the incredible contribution they make to their families and local communities.

We would like all of Wigan's young carers to get involved in our special 'Caring Hands - I am a Young Carer' project which will give young carers a voice in the form of a creative handprint.

Collectively all the handprints will be featured in a short video that will truly reflect the thoughts and feelings of young carers in Wigan. There will be a special small gift for everyone who completes a handprint. All handprints will be anonymous.

Be as creative or individual as you want. This is **your** hand. We hope you can all get involved and enjoy this activity. Find out how to get involved by visiting our social media pages.



Men care too

Did you know that 42% of all unpaid carers in the UK are male? (Source: Carers UK). Taking on a caring role can have a real impact on men's sense of themselves, who they are and what they do. They often don't like the 'carer' label or acknowledge they are a carer, seeing their caring responsibilities as an act of love or friendship. Sometimes male carers are isolated in this role and unwilling to ask for help.

While there is much in common between the support needs of both men and women, there are also subtle differences that often go unrecognised.

Unpaid carers of both genders feel their health suffers and that they are prone to mental health issues or loneliness due to their caring responsibilities. They also feel they have little choice about fulfilling this caring role. After all, if they don't do it, who will?

Wigan and Leigh Carers Centre want to ensure that male carers are proactively identified and encouraged to self-identify to our service. It is also important that they register with their GP. Seeking emotional and practical support is something that male carers in particular can find difficult to do. However, if they are to remain healthy and able to provide the care that is needed, it is vital that they feel supported.

Male carers must take responsibility for their own wellbeing, in order to continue to nurture and look after the person they care for.

Our **Men's Group** is open to all male carers, supporting someone living in Wigan. The group is relaxed and has a social focus. Members do not have to talk about their personal life or caring role if they choose not to.

Come along to Wigan and Leigh Carers Centre on the first Thursday of the month and meet other male carers who understand you and your situation. Next Men's Social Group: Thursday 4th March, then Thursday 1st April - book at <https://www.wlcccarers.com/events-booking2/> or call 01942 705959.

Music for Dementia

Do you know someone living with dementia? Did you also know there is a free internet radio station, playing meaningful music for people living with dementia and their carers? Not only does music have a valuable role to play in enhancing quality of life, it also helps carers in their vital roles.

m4d radio is part of the Music for Dementia campaign to make music available to everyone living with dementia. Their ambition is to make music freely available and a part of the care plan of everyone. No adverts, just music.

Find out more here: www.m4dradio.com.



Arty Sessions

95 Bradshawgate Leigh, WN7 4ND

Drop off and
pick up -
PA's welcome.



Ages 10-16
1-3pm
Sat
6th March

For
Children/young
people with
additional needs

Ages 10-16
4.30-6pm
Tues
2nd March

Ages 5-11
10-11:30am
Sat
6th March

To book email admin@wiganpcf.org.uk
or call 07719 330 602



Pears
Foundation



HM Government

Help with PPE for carers

Unpaid carers across the country who do not live with the people they care for can now benefit from **free** PPE through a new national scheme. Following a successful pilot to establish the distribution method and logistics, free PPE is now being made available to 'extra-resident' unpaid carers who need it, so they can continue to keep themselves and those they care for safe from Covid-19 if they have to move between households. The provision of free PPE to unpaid carers builds on the government's commitment to provide free PPE until at the least the end of June 2021.

We would like you to help by identifying unpaid carers who would benefit from PPE and encouraging/supporting them to contact us to arrange an order. Examples of PPE include:

- Gloves
- Aprons
- Faceshields
- Masks
- Hand gel

As key workers, unpaid carers are also able to access priority testing when they have symptoms through the government's testing portal. Please contact us for further details: 01942 705959, www.wlcccarers.com, info@wlcccarers.com.

New Covid-19 shielding guidance

Earlier this month an estimated 1.7 million people were added to the existing 2.3 million people being asked to shield as a response to Covid-19.

As many of this group have not yet received their first dose of the vaccine it is expected that they will be prioritised to offer the maximum protection.

If you require further information about Covid or shielding, the most up-to-date information can be located at: <https://www.gov.uk/government/publications/guidance-on-shielding-and-protecting-extremely-vulnerable-persons-from-covid-19>.

Carers have your say

The National Institute for Health Research is inviting patients, carers, service users and members of the public interested in health and social care to join a number of its national and regional research committees. If you're passionate about equality and diversity in health services this is the group for you.

If you would like to learn more about the opportunity to help the NIHR make funding recommendations on world-class research, improving NHS services and social care in England, visit their site at: <https://www.nihr.ac.uk/>.

Make WLCC your Amazon charity of choice and . . . smile

Amazon Smile is a simple way for customers to support their favourite charitable organisation every time they shop with Amazon. Shoppers who start at Amazon Smile will find the same Amazon they know and love, with the added bonus that Amazon will donate a percentage of the cost of eligible purchases to support a charitable cause.

Make your shopping matter. When you choose Wigan and Leigh Carers Centre as your charity, you are helping to support all young and adult unpaid carers in Wigan. You shop. Amazon donates. You help Wigan and Leigh Carers Centre.



#RIGHTNOW

VOLUNTEERS ARE MAKING A DIFFERENCE

at Wigan and Leigh Carers Centre



IN JANUARY 2021

OUR **VOLUNTEERS**

MADE 60 BEFRIENDING PHONE CALLS TO CARERS

PROVIDED 70 HOURS OF SUPPORT THROUGH GROUPS, COUNSELLING & FORM FILLING



FOR MANY CARERS, THIS IS LIFELINE IN THESE CRITICAL TIMES. THANK YOU VOLUNTEERS

Wigan and Leigh Carers Centre are doing everything they can to support people who need it the most. Our Charity has shown great resilience, trying to adapt and deliver vital services for unpaid carers across Wigan.

We want to say a huge **thank you** to our group of passionate and talented volunteers, making a difference every single day, through befriending and support services. We are so proud of the striking determination and commitment to support those in need, even when they may be struggling themselves.

Volunteers make our charity stronger.

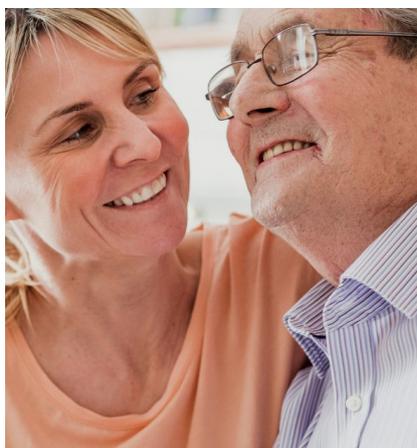
Thank you for your invaluable contribution to the young and adult carers of Wigan throughout the month of January 2021.

Charity offers support through music to people living with dementia

If you know someone who is supporting someone living with dementia, there is an amazing charity providing free MP3 players with meaningful bespoke music. Each MP3 player will have a personalised selection of 15 favourite songs.

Music has been shown to be of benefit those living with dementia, with musical memories remaining accessible for longer than other memories. Being able to listen to favourite songs can provide joy and comfort to those living with dementia.

To find out more visit: <https://purpleangel-global.com/mp3-players/>.



Support all young and adult carers in Wigan when you shop with

amazonsmile
You shop. Amazon gives.



PPE for unpaid carers in Wigan

Contact us

Call 01942 705959
Email info@wlcccarers.com

www.wlcccarers.com

- Gloves
- Aprons
- Faceshields
- Masks
- Hand Gel

