

Speaking with one voice for all carers in Wigan borough

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Welcome to the latest issue of our newsletter. Inside you'll find special features on Mental Health Awareness Week, Dementia Action Week and Dying Matters Week, each with a selection of useful resources. We've also got our regular section on young carers as well as a wide range of features, stories, tips and support to help you in your caring role. We hope you enjoy.



If you want to access any of the links contained in this newsletter, simply download it by clicking on the PDF tab in the top right hand corner of this page and select the ones you're interested in.

Young carers receive some fantastic NOSH

During the Easter half term holidays WLCC staff and volunteers were out delivering NOSH bags to young carers with help from Nomad Rangers and Wigan Council HAF project.

NOSH bags are for families to cook a meal together and cater for the number of people in the household and their dietary requirements. Young carers who make meals for parents, siblings, or the person they care for can develop their cooking skills by following the recipe and using the ingredients in the bag. For example, a 'Cottage Pie NOSH bag' includes potatoes, mince, onion, carrots, pie mix, herb pot etc. Dessert is also included.

Planning meals can be hard, especially on a budget or if you have a lot of people in the family to consider. These meals are healthy, low cost and help young people across Wigan to live healthier, more independent lives.

Young Carers Manager, Carmen France-McGrail said: ***"The collaborative working that has taken place between Nomad Rangers, Wigan Council and ourselves to assist in the delivery of this project has been a fantastic achievement and we hope it has been of benefit to the young carers in promoting health and wellbeing."***



Coming soon: In next month's issue.



07 - 13 June 2021



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.

YOUR VIEWS MATTER

Have your say! **Your** views are important to us, so make sure your voice is heard by telling us what you think.

Please let us know what you think about our newsletter and future content. Do you have any suggestions for articles or anything you feel we should share? Would you like to have a go at writing an article yourself or perhaps a blog?

We'd love to hear from you. We are totally committed to involving carers in everything we do.

Contact the Carers Centre on 01942 705959 or email: lisa.fletcher@wlcccarers.com.

A guide to caring

The Carers UK **Looking after someone** guide is divided into a number of useful sections and offers great practical support including topics such as: getting help, your finances and employment. To find out more about your caring rights visit Carers UK at: www.carersuk.org, or to download your own copy of the guide [click here](#).

Rapid lateral Flow Testing

You can now order regular Rapid Lateral Flow tests to be sent direct to your home. You receive seven tests in each package and can reorder as and when you need them.

The tests are absolutely free and available by following [this link](#).

STAY ALERT ► CONTROL THE VIRUS ► SAVE LIVES

Marie Curie care and support through terminal illness

Call the Marie Curie support line for practical or clinical information and emotional support if you're living with or caring for someone who has a terminal illness, whatever your situation.

The support line is a confidential helpline which can provide practical information on everything from managing day-to-day with a terminal illness, to planning ahead and emotional support if someone needs to talk. They also have nurses available to talk to on the support line, who can offer information on any medical questions you may have. You can reach them by calling freephone **0800 090 2309** or via the **online chat** facility. They are open Monday – Friday 8.00 am - 6.00 pm and Saturdays 11.00 am - 5.00 pm. If you can't speak English, or English isn't your first language, the support line is available in over 200 languages. Get in touch and they can request an interpreter to join and translate your call live.

Don't suffer alone.

Care and support
through terminal illness



Free Joy Club membership for over 65s

The Joy Club is offering older unpaid carers free lifetime membership to a website that facilitates social interaction and supports its members' mental and physical wellbeing. Unpaid carers aged 65 and over can now benefit from free lifetime membership of The Joy Club - normally £5 a month - giving them access to a variety of activities, events and product discounts.

Activities available to members include a choir, creative writing masterclasses, virtual art lessons, yoga, Pilates and Tai Chi classes, as well as regular talks from experts and fellow members. All activities and products can be enjoyed either at home or online, making The Joy Club ideally suited to those who are housebound due to caring responsibilities.

If you are interested in this offer please email us at: info@wlcccarers.com to get your access code. For more information, or to see if the Joy Club is for you, visit: <https://thejoyclub.com/>.

THE JOY CLUB

Who cares?

Three in five of us will become unpaid carers at some point in our lives – we will look after a loved one who due to illness, disability, a mental health problem, or an addiction, cannot cope without our support. Sara Challice recently spoke about how she cared for her husband Neal for 13 years after he was diagnosed with a brain tumour. Sara fell ill whilst caring for Neal and wrote the book 'Who Cares', which empowers other carers to care for themselves whilst looking after a loved one.

We think it's a fantastic podcast, raising awareness of the importance of self-care for unpaid carers and the vital support Sarah received from local and national charities. To listen [click here](#).

Citizens Advice Scams Action service

Get free, impartial and confidential help with online scams



0808 250 5050 (free from mobiles and landlines)

Monday - Friday 9am - 5pm



citizensadvice.org.uk/scamsaction

We are delighted to share the news that Aisla Mae, who recently set up her own challenge to fundraise for our charity, and was featured in our previous newsletter, has been nominated for the **Rotary's 'Young Citizen of the Year Award'**, recognising her work in helping others.

Aisla Mae from Lowton was nominated for her caring nature and fundraising to help others who need it. Just 8 years old, Aisla Mae decided to set herself the challenge of walking at least 2 miles every day in February and March to raise money for **Wigan and Leigh Young Carers**. In all, she walked more than 255 miles and raised a staggering £1,200, smashing her original target of £200.

Aisla Mae and the other local nominees will now go through to the national awards, which take place on 22nd May, 2021.

We wish you the best of luck - thank you for your amazing fundraising efforts - you are a truly inspirational young lady, and we are so proud of you.

Rotary **YOUNG CITIZEN AWARDS**



www.thebigask.uk

Think **BIG**

Be heard

Take part

Young carers and parent carers, an opportunity for your voice to be heard

The Big Ask is a survey for and about children and young people aged 4–17 in England. This is your chance to have your say on the things that matter. You can explain what your life is like, what you want in the future, and anything you think is holding you or your child back.

The study will use what you say to tell the people who run the country or your local area what you think needs to change to make your life better, or that of your child.

The survey is split into different age groups, so you can fill in a version appropriate to you. There are also easy-read 'accessible' versions if you need them. You won't be asked for your name, phone number or email, and what you say will be kept safe and private, it won't be shared with anyone else. You don't have to answer any question that you don't want to.

This is the largest ever survey concerning children and young people in England. What you tell them will be used to show the government what you think, and what children need to live happier lives. The survey will only take you 5-10 minutes.

To complete the survey, simply [click here](#).

Follow WLCC on:

Linked in **twitter**

facebook **Instagram**



Please give me space.

'Please give me space' is a new initiative from the makers of the Hidden Disabilities Sunflower Lanyard Scheme. It is designed to support people with non-visible disabilities, to socially distance during the coronavirus pandemic.

Please give me space is designed to alert members of the public that they need to keep their distance from the wearer of the 'Please give me space' symbol, as the wearer has difficulty maintaining social distance.

Find out more about the initiative here: <https://pleasegivemespace.uk/>.

Carer's Credit

Carer's Credit is a National Insurance credit that fills up gaps in your National Insurance record. It helps towards your State Pension while you're not making any contributions because of your caring role.

You might be able to get Carer's Credit if:

- You are aged 16 or over
- You're not yet getting State Pension
- You don't qualify for Carer's Allowance
- You spend at least 20 hours a week caring for someone
- The person you're looking after receives a benefit because of their illness or disability. For example, Attendance Allowance (the middle or highest rate of the care component), Disability Living Allowance, Personal Independence Payment (either rate of the daily living component) or Armed Forces Independence Payment.

If the person you're caring for doesn't get one of these benefits, you might still be able to claim by completing a 'Care Certificate'.

Find out more about Carer's Credit at **GOV.UK** <https://www.gov.uk/carers-credit> or contact the Carers Centre for further help and support.

Thank you to Richard from **Prostate Cancer UK** who kindly delivered an awareness presentation to our Men's Group in April.



Hearing an awareness talk is a great way for small groups to learn more about the most common cancer in men. We know that these talks can truly make a difference: speakers have helped men identify symptoms and encouraged men to speak to their GP about the issue.

**PROSTATE
CANCER UK**

Information about Prostate Cancer can be found at <https://prostatecanceruk.org/>, and all of the services are open to men, their carers, family and friends.

Thanks to our telephone befriending volunteers

A massive thank you to our telephone befriending volunteers who have been working so hard to offer a listening ear, support and encouragement to local carers over the telephone.

Thanks to funding from the **Carers Trust** we have been able to reach out to carers, offering phone support, bereavement support and digital skills sessions to help carers, reducing loneliness and isolation during the pandemic.

To support this role, we purchased some resources for our volunteer befrienders to help them to look after their own wellbeing and further develop their befriending role.

Once again, a **huge** thank you to our dedicated group of volunteers.



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

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WLCC RSPH training

A group of carers recently took part in **RSPH Level 2 Understanding Health Improvement** training, gaining new skills and working towards achieving a qualification.

The aim of this award is to provide candidates with an understanding of the principles of promoting health and wellbeing and enable them to direct individuals towards further practical support in their efforts to attain a healthier lifestyle.

The Level 2 RSPH Award in Understanding Health Improvement is a nationally recognised award which is accredited by The Royal Society for Public Health (RSPH) and supported by the Department of Health.

Dionne Carroll, Training and Support Officer said ***"We hope the offer of gaining such training and opportunities such as this course will help carers recognise their expertise and use it to take up new opportunities. It was real a pleasure to meet with carers who are already seeing the benefits of attending the course, which has provided a boost in confidence and skills."***

Well done to you all - fantastic to see carers actively involved in improving the health of the working population in our community.



Is your information correct?

- Have your personal details changed since you registered with Wigan and Leigh Carers Centre?
- Have your contact details changed, have you moved house, got a new mobile number or email address?
- Have you changed your name or any other way you identify yourself?
- Have you changed school?
- Have your caring circumstances changed?

It's important we have your correct details, especially your email address as this is how we send our regular newsletters and event notifications out, ensuring we distribute information in a timely manner. If any of your details have changed, please get in touch and let us know so we update our records. You can email info@wlcccarers.com or ring 01942 705959 to change your details.

Please also let us know if you wish for your details to be removed from our records.

KEEP YOUR INFORMATION UPDATED

PLEASE KEEP US INFORMED HELP US TO KEEP YOUR INFORMATION UPDATED

CALL 01942 705959
EMAIL [INFO@WLCCCARERS.COM](mailto:info@wlcccarers.com)

WLCC
Wigan and Leigh Carers Centre
Charity Number 1139068
Registration Number 7233521

WIGAN AND LEIGH CARERS CENTRE

Greater Manchester Covid-19 Recovery Peer Support Group

Manchester Health and Care Commissioning have set up a Greater Manchester Covid-19 Recovery Peer Support Group on Wednesdays between 6.00 and 7.00 pm. If you're recovering from Covid-19 and are interested in talking to others who are going through a similar experience, text 07702 668169 or email Val, Head of Engagement at val.bayliss-brideaux@nhs.net with your name. A WhatsApp group is also available for people to continue conversations throughout the week.



Your

COVID Recovery

Expenses are available to support people to join the peer support group online. For further information about the group, please visit: yourcovidrecovery.nhs.uk.

Stop and smell the roses

With summer in full swing, carers embraced a seasonal activity at WLCC throughout April in the form of creative flower arranging.

Using a variety of beautiful flowers, the group enjoyed a sunny time together creating their very own personalised flower displays.



Our thanks go to Anne, our wonderful tutor, who helped carers learn the skills to create these impressive blooms – we think they're stunning.

If you'd like to discover what classes we are running in the future, please contact us to find out more and book your place.



Thank you Anne

It was lovely to say a massive final thank you to one of our longest serving volunteers, Anne, who has supported WLCC for over ten years.

You may have seen Anne on reception at the centre, where she worked hard to offer a warm welcome, listening ear, support and hope to carers.

Anne, all of your volunteer work has been greatly appreciated. Thank you so much for the immeasurably valuable contribution you have made to us. We at Wigan and Leigh Carers Centre are so grateful for everything you have done for us and wish you all the very best.

Contact catherine@wlcccarers.com, or telephone 01942 705959 to find out how you can make a difference to carers through volunteering with us.



What do you think of NHS 111 service?

Until the end of May, Healthwatch Wigan and Leigh want to speak to Wigan borough residents about their experience of using the NHS 111 service online or by telephone in the last three months. This is a joint piece of work between the local NHS and Healthwatch Wigan and Leigh.

They want to gather some positive experiences of using the service to encourage more people to think of NHS 111 as the first point of contact, and to help promote the service and how it can help when you need urgent help but aren't sure what to do.

As well as gathering positive experiences the team also want to hear if you think anything could have been better so they can work to make any improvements or help people to access the help they need.

Who should get involved?

Any residents who live in Wigan borough and have used the NHS 111 service online (by visiting 111.nhs.uk) or by calling 111 in the last three months. This can also be if you used NHS 111 on behalf of a child or someone you care for.

How to get involved?

You can complete the simple form available online ([click here](#)).

Alternatively, if you would prefer to speak to someone about your experience, contact the Communication and Engagement Team by calling 01942 482711 or emailing shapeyournhs@wiganboroughccg.co.uk.



**Have you used the NHS 111 service
in the last 3 months?**



Tell us your story



Free Online Exercise Class for Unpaid Carers Paired Exercise for Carers and the Cared for

Mondays at 6pm

- Motivate Each Other -
- Enhance your Relationships -
- Have Fun Moving More -

TO REGISTER:

<https://us02web.zoom.us/join/register/tZcscOyqgTKuHtSSHgPAXpJT154GimevDMIM>

Classes will take place via ZOOM on **Monday evenings at 6pm** and will run for **6 weeks***.

Classes will start on the **10th of May 2021** and run until the **21st of June**. For more information, contact Don't Tone Alone CIC through info@donttonealone.co.uk.

*There will be no class on the 31st of May (Spring Bank Holiday Monday).



Wake Up To Lyme 2021

May is Lyme disease awareness month, which means the launch of the annual Wake Up To Lyme Campaign. This year, the campaign will be entirely online due to the pandemic, and aims to raise awareness on how to prevent tick bites, how to safely remove ticks and the importance of early treatment for those people who become unwell following a bite.

Lyme disease is a terrible condition and can turn fit and healthy people like Stephen Bullough from a karate world champion to being bed bound, all from a tick bite.

Free exercise classes for unpaid carers. Don't Tone Alone (DTA) are delighted to announce its new class offering from 10th May. This new, free and bespoke exercise class is for unpaid carers as well as the person they care for. The class will be held every Monday at 6.00 pm via Zoom and will run for six weeks until the 21st June, excluding Monday 31st May as this is a bank holiday.

Each class will consist of low impact, paired exercises which are designed to increase physical strength, combat stress and increase range of motion and flexibility while allowing participants to have fun moving together. This class will be suitable for people of all ages and fitness levels.

If you are interested and wish to know more, or want to register, please [click here](#).

Upon registering, participants will be contacted by one of the highly qualified, Level 4 Specialist Health trainers to evaluate any long term conditions or disabilities. The exercises involved will be specifically catered to the abilities of the registrants to ensure that the classes are as inclusive as possible, creating a positive impact in the lives of all who attend. Additionally, an extra date and time will be added to meet demand.

These online classes present an amazing opportunity for carers and their loved ones to exercise together in the comfort and security of their own homes under expert and empathetic guidance. In exercising together, participants will be able to create new happy memories, strengthen existing bonds and boost their health and wellbeing.

If you have any queries please get in touch through info@donttonealone.co.uk where somebody from DTA will be happy to answer any questions you might have.



If you would like to get involved or find out more about the dangers of tick bites and Lyme disease, visit the LDUK site: wakeuptolyme.com. There is also an opportunity to support the charity and the work they do by giving to their [donation page](#).



Coronavirus vaccine research

Vaccines are the most effective way to prevent infections like coronavirus (Covid-19), and researchers are always looking for volunteers to take part in their studies so they can find out which possible new vaccine works best.

If you think you would like to get involved in this important research, please visit the **NHS website** to find out more or subscribe to their newsletter.

Mental health awareness

Mental Health Awareness Week

Hosted by the Mental Health Foundation <https://www.mentalhealth.org.uk/>, Mental Health Awareness Week will take place from 10-16th May 2021. The theme is 'Nature'.

Mental Health Awareness Week is an annual event when there is an opportunity for the whole of the UK to focus on achieving good mental health. The Mental Health Foundation started the event 21 years ago and each year the Foundation continues to set the theme, and organise and host the Week. The event has grown to become one of the biggest awareness weeks across the UK and globally.

Mental Health Awareness Week is open to everyone. It is all about starting conversations about mental health and the things in our daily lives that can affect it. This year we want as many carers as possible to think about connecting with nature and how nature can improve our mental health. The theme was chosen because being in nature is known to be an effective way of tackling mental health problems and of protecting our wellbeing. This seemed particularly important this year, in the year of a pandemic. Research has shown that being in nature has been one of the most popular ways the public have tried to sustain good mental health at a challenging time.

WLCC take a holistic approach to support. We run workshops, social events, counselling sessions, advisory services and other activities. We aim to make you feel better. We help you with respite, stress management, mindfulness and wellbeing to boost your confidence and positivity. We work with carers to help deal with mental health conditions for better day-to-day wellbeing.

Our Mindfulness Walks have proved to be particularly helpful and have been a great source of regular support to carers. Why not join us on our Mindfulness Walks throughout May:

- Wednesday 5th May, 10.00 am - Amberswood, Hindley.
- Wednesday 12th May, 10.00 am - Cutacre Country Park, Bolton.
- Wednesday 19th May, 10.00 am - Whitehead Hall Meadows, Astley.
- Wednesday 26th May, 10.00 am - Red Rock, Wigan.

To book any of the sessions, please visit: <https://www.wlcccarers.com/events-booking2/>.

NHS
North West
Boroughs Healthcare
NHS Foundation Trust

Need urgent help with your mental health?

You can now call our 24/7 mental health crisis lines for **FREE**.



- Call **0800 051 3253** if you live in **Wigan**
- Call **0800 051 1508** if you live in **Halton, Knowsley, St Helens and Warrington**

www.nwbh.nhs.uk/help-in-a-crisis

NHS
Lancashire &
South Cumbria
NHS Foundation Trust



If you need help, no matter what it is, we are here to support and signpost you.

Would you prefer to talk to someone?

Call **0800 915 4640**

Text 'Hello' to **07860 022846**

Open Mon-Fri 7pm-11pm and Sat-Sun 12pm-Midnight

If you are struggling with a mental health crisis, don't face it alone. Ring one of the relevant numbers above.

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

Mental health awareness resources

Mental Health Awareness Week is also a chance to talk about any aspect of mental health that people want to – regardless of the theme. We understand how important it is that carers feel supported both with their own mental health and those they care for. This Mental Health Awareness Week, we want to highlight some of the support networks and resources available to carers right now.

1. **Coffee Morning at the Carers Centre.** Every Monday, 10 am (join us at the centre or online). For some carers, simply having a support network who understands what you do and what you might be going through is a real lifeline.

2. **Carers UK Care for a cuppa.** Carers UK are currently hosting weekly 'Care for a cuppa' sessions, in which carers can have a coffee and an online chat and just take a break for themselves. For more information, visit: <https://www.carersuk.org/help-and-advice/get-support/online-meetups>.

3. **TLC.** Mental Health Coffee Morning at the Carers Centre (or online) Friday 21st May 10.30. Tea Listen Connect (TLC) is all about encouraging conversation about mental health and increasing openness on the topic. Join us at the Carers Centre or join online. To book visit: <https://www.wlcccarers.com/events-booking2/>.

4. **Counselling, CBT and befriending support with the Carers Centre.** Here at Wigan and Leigh Carers Centre, we offer a wide range of activities and support options for those who are caring for others. As part of our service, we also offer support for the mental health and wellbeing of our carers, as we know how important this is. Please get in touch on 01942 705959 if you feel you would benefit from such support.

5. Mental Health Awareness Sessions at the Carers Centre

Carers in Mental Health (2 part course)
Mental Health Awareness
Mental Health Awareness

Friday 7th May and Friday 14th May, 1.00 pm (online)
Tuesday 11th May, 6.30 pm (online)
Tuesday 18th May, 10.00 am (online)

To book any of the sessions, please visit: <https://www.wlcccarers.com/events-booking2/>.

6. **Support in the Wigan area.** There are a number of great mental health and emotional wellbeing organisations in Wigan borough that can provide support for mental health. For more information, [click here](#).

Can't find a local support group? Why not consider setting up your own or volunteering at the Carers Centre to run a group.

7. **Apps delivering self help strategies.** Digital is an increasingly popular medium for carers who are looking for support with their mental health. Many value the anonymity and confidentiality that apps can offer. Apps can give you control over when you can access support and you can log off at any stage. However, with over 327,000 health apps currently available, how do you know that the apps you are using are safe and helpful? The NHS Apps Library helps patients and the public to find trusted health and wellbeing apps. Visit: <https://www.nhs.uk/apps-library/category/mental-health/> for more information.

8. **Every Mind Matters.** Self-care and self-kindness cannot be overvalued in these difficult times. If you're looking for tips and advice for looking after your mental wellbeing, try getting a personalised Mind Plan from Public Health England's 'Every Mind Matters' platform. Designed specifically to help manage your mental wellbeing during the pandemic, it includes a tailored Covid-19 Mind Plan, Covid-19 specific content for individuals and their loved ones, and support for specific mental wellbeing issues such as anxiety, stress, low mood and overcoming trouble sleeping. <https://www.nhs.uk/oneyou/every-mind-matters/>.

9. **SHOUT for support in a crisis.** If you're feeling anxious, worried, or stressed, and want to talk to someone but don't know where to turn, SHOUT are always there for you. Their fully confidential, free text service connects you with a trained crisis volunteer who is there to support you. Struggling to cope? Text SHOUT to 85258. For more information visit: <https://giveusashout.org/>.

10. **Check the Mind website for resources and help.** Mind provides help and support for anyone experiencing a mental health problem, and have many resources designed specifically for carers who may be struggling. From links to respite care to financial support. <https://www.mind.org.uk/>.

Other ways to look after your own well-being:

If you are feeling under a lot of pressure as a carer right now, there are a few ways you can try to relieve some of that stress:

- Make sure you are taking time for yourself every day, whether that's a walk, time in front of the TV with your favourite show, reading a book or enjoying a bubble bath.
- Make sure you're getting enough sleep, following good 'sleep hygiene' habits such as no screens an hour before bed, and even trying a meditation exercise to help you relax before sleep.
- A healthy diet and adequate hydration – this helps avoid chronic fatigue and malnutrition, focusing on this need sends a kind message to the body.
- Contact with other carers – carer groups offer a support network which is a great release for pent up emotions and concerns.
- Stay in touch with friends and family via phone and video calls, and don't be afraid to ask for help.
- Change of environment (where possible), short trips for both carer and cared-for are beneficial.
- Writing things down. Using a journal or a diary, can help you to defuse a situation that you have kept inside you. For some people, they use journals as a way of sharing difficult feelings, expressing words that they would not be able to say out loud.
- Have you tried listening to the Spotify mood playlists? They've got one for all different emotions as well as 'focus' and 'chill' for if you are working and relaxing.
- If you feel like you need to cry, that's perfectly okay – expressing your emotions through crying can be very soothing and feels much better than hiding them away or pretending you're okay when you're not. There is nothing wrong with crying; it's a natural human response to a wide range of emotions, including happiness and sadness.

We know it has been incredibly difficult for everyone affected by coronavirus, especially with families being unable to visit their loved ones or carers being able to gain respite support. Coronavirus has brought change to all of us in some way, we will all be feeling different during this unusual time, but it is important to recognise when it may be more than just feeling down.

This is not a definitive list of support or techniques to help you cope, more strategies are available. There is help out there if you are worried, have any questions or just need someone to talk to. If you are struggling to cope, please speak the Carers Centre for one-to-one support or alternatively contact your GP, for advice.

Have you checked out BBC's Headroom yet? It offers a collection of wellbeing tips, personal stories, podcasts and music mixes to help you look after yourself and your loved ones. Whether it's everyday tips, sounds to relax your mind, strategies to cope with parenting or films to get you talking, this is a great toolkit with dedicated resources that recognise the impact the pandemic is having on everyone's mental health.

Click here for more information and resources.

How Nature Helps Your Mental Health

Free Online Event



Book your free ticket to a one-off training session in partnership with Mental Health Foundation.

This year, Mental Health Awareness Week (10-16th May) is focusing on the benefits of nature. In support of this important work, Dementia Adventure and The Mental Health Foundation have teamed up to offer you a free online session looking at how nature can help you look after your mental health.

If you support someone living with dementia in an unpaid capacity, they invite you to this free one hour session on 12th May at 1.30pm.

In order to attend this informative event, booking is essential.

To book your place simply **click here**.



in partnership with

dementiaadventure.org



Dementia matters

Dementia Action Week at WLCC



What is Dementia Action Week?

Led by Alzheimer's Society, Dementia Action Week is a national event that sees the public coming together to take action to improve the lives of people affected by dementia. In 2021, the week will take place on 17th – 23rd May. One in three people born in the UK today will go on to develop dementia in our lifetime, and there will be one million people living with dementia by 2025 making dementia care one of the greatest challenges facing our society.

What are WLCC doing for Dementia Action Week?

We are hosting two activities on **18th May** at the centre:

In the morning we are holding a carers peer support group with a talk from the Lewy Body Society, and the opportunity to chat to other carers (online and in the centre). **To book, click here.**

In the afternoon we are holding a classic film and scones afternoon for the carer and cared for person to enjoy together. **Booking here.**

Where can I get dementia support and information?

If you are worried or need support, please call the Dementia Connect support line on 0333 150 3456 to speak with an expert adviser. You can also join the conversation with other people affected by dementia in an online community called Talking Point by **visiting here.**

Wigan and Leigh Carers Centre provides support to both young and adult carers who are caring for individuals living with dementia.

Upcoming support events

There are a wide range of support sessions run by organisations such as Dementia Adventure. To find out more visit **Dementia Adventure.**



Nature is Calling

Access the wellbeing benefits of nature
dementiaadventure.co.uk/nature-is-calling



dementia adventure

Do you support a friend or family member who has dementia?

Come and join a brand new, free, 'Nature is Calling' drop-in session delivered by **Dementia Adventure.**

Research shows that connection to nature has significant wellbeing benefits for people living with dementia. It can improve a person's mood, sleep, concentration, appetite as well as communication skills. It can also help to slow the increase of some symptoms and prevent onset of the condition.

In a relaxed and informal atmosphere, they will look at why getting outdoors is essential to the wellbeing of people with dementia, and how to overcome some of the barriers to getting outdoors, whether physical, mental or emotional. There will be plenty of room for discussion with people in a similar situation and opportunity to ask questions.

There are three different sessions, you can attend them all or the one(s) that most apply to you. To find out more and book your free place, visit: **<https://dementiaadventure.co.uk/nature-is-calling/>**.

Dementia Carers Count (<https://dementiacarers.org.uk/>) 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.**



Useful dementia resources

Below are a series of useful links to help with understanding and living with dementia.

<https://www.alzheimers.org.uk/get-support/daily-living/your-relationships#content-start> – Your relationship

<https://dailycaring.com/how-to-avoid-strained-sibling-relationships-when-a-parent-has-alzheimers/> – A US article but some interesting points to consider

<https://teepasnow.com/blog/how-to-talk-to-family-members-that-are-in-denial-about-dementia/>

<https://www.helpforalzheimersfamilies.com/learn/the-basics/alzheimers-faqs/sharing-alzheimers-diagnosis/> – Talking to a person with a diagnosis – suggestions if you are not sure how to talk about 'dementia'

<https://shop.alzheimers.org.uk/daily-living-aids> – Aids to living well

<https://www.dementiauk.org/get-support/understanding-changes-in-behaviour/sundowning/> – Ideas when someone becomes more anxious in the evenings – things to try

<https://www.met.police.uk/herbertprotocol> – If you are concerned about the person going missing (walking with purpose)

<https://www.alzheimers.org.uk/blog/jelly-drops-sweets-tackle-dehydration-dementia> – Jelly drops for dehydration in dementia

<https://www.youngdementiauk.org/> – Support for the under 65s

<https://www.lewybody.org/> – The Lewy Body Society

<https://www.raredementiasupport.org/> – Support for the rarer forms of dementia

<https://www.playlistforlife.org.uk/> – Pulling together meaningful music to lift the mood

<https://www.alzheimers.org.uk/get-support/making-your-home-dementia-friendly>

<https://www.3ndementiawg.org/> – Great support and mentor type approach for people living with dementia

<https://www.dementiavoices.org.uk/> – Great support and resources for people with a diagnosis, there are local groups for the person with the diagnosis.

Dementia interpreter course

Come and join this brand new interactive training course to improve how you communicate with someone that is living with dementia. The course will involve working in small groups of three with group discussions.

On completion of this course you will be a Level One Dementia Interpreter and there is a pathway that can increase your knowledge and level of attainment which will be explained by the tutor.

Thursday 20th May, 9.30 am. Wigan and Leigh Carers Centre, 3-5 Frederick Street, Wigan, WN2 3BD.



Dying matters

Dying Matters Awareness Week, running from 10 – 16th May 2021, is a chance for organisations and individuals to come together and open up the conversation around death, dying and bereavement. Dying Matters want people of all ages to be in a good place when they die - physically, emotionally and with the right care in place. Getting there means having some important conversations and taking some careful decisions.

This year, the week will focus on the importance of being **in a good place to die**. Where people die is changing. More people than ever are dying at home in recent years, and the pandemic has seen this number leap by tens of thousands.

There is no right or wrong place to die; it will be different for everyone. But it is important for families to think about it, to talk about it and to plan for it.

Dying Matters has several resources to help you get started talking and planning for death, including leaflets and podcasts.

Let's talk about dying: Talking about dying doesn't make it happen, but it still feels taboo. This leaflet will help break those barriers and get you talking about the inevitable. For your free downloadable copy, please [click here](#).

Things to do before you die: How to get started with thinking about what you want at the end of life, and starting to plan. You can download your own version of this resource by [clicking here](#).

What to expect when someone important to you is dying: If you are caring for someone who is in the last stages of life, or who may be soon, this information is for you. It is designed to help prepare you for what to expect in the very last days and hours of a person's life. Personal copies of the guide can be downloaded by [clicking here](#).



Dying
Matters

Make sure
that you and your
loved ones are
#InAGoodPlace
when you die.

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

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Celebrate your life, your way

Have you ever thought about what you want for your funeral? You probably already know whether you want to be buried or cremated, but what about the details? Where do you want your funeral to be held? Do you want readings, and if so, which ones and read by whom? Perhaps there's even a particular route you would like your hearse to take.

By taking the initiative and setting out what you want now, you can get on with living your life, knowing that when the time comes your loved ones will know what you wanted and be spared from having to make difficult decisions.

To help you do this, Dying Matters and the National Association of Funeral Directors have produced My Funeral Wishes. It's a simple form which lets you create a personal funeral plan that reflects you as an individual. If you wish to download your own copy which you can read at a later date, you can do so by [clicking here](#).

Greater Manchester Bereavement Service is here for you, no matter how long it's been since your loss.



Greater Manchester Bereavement Service



Greater Manchester Bereavement Service can help find support for anyone in Greater Manchester that is bereaved or affected by a death.

No one needs to feel alone as they deal with their grief.

For further information about our services, please visit: www.greater-manchester-bereavement-service.org.uk.

Dying Matters

My funeral wishes



Dying Matters

In partnership with



Getting your funeral right can give you peace of mind and will help your friends and relatives to remember you, following their loss

Mental Health Awareness Week
10-16 May 2021

See pages 8 - 10 for more information.



Bereavement support services

Ataloss. Help for people who have been bereaved. Includes a search tool for local support, grief chat service, grab life activity support weekends, bereavement support for men, and support for young people. <https://www.ataloss.org/>.

BAMEStream Bereavement Support Service. Support for adults from Black, Asian and other minority ethnic (BAME) communities who've been bereaved due to covid-19. Provided by the Nafsiyat Intercultural Therapy Centre, which offers therapeutic support in over 20 different languages. Telephone 020 7263 6947 or visit: <http://www.bamestream.org.uk/>.

Child Bereavement UK provides information and support (including a helpline) when a baby or child of any age dies or is dying, and when a child is facing bereavement. <https://www.childbereavementuk.org/>.

Cruse Bereavement Care is a national charity, which provides support, advice and information to children, young people and adults when someone dies. <https://www.cruse.org.uk/>.

The Good Grief Trust help all those affected by grief in the UK. They aim to find the bereaved, acknowledge their grief and provide reassurance, a virtual hand of friendship and ongoing support. <https://www.thegoodgrieftrust.org/>.

Marie Curie The Marie Curie support line provides practical and emotional support for anyone who's been bereaved, whether it happened recently or some time ago. You can also get ongoing support from a bereavement volunteer. Support line: 0800 090 2309. Online information and support: <https://www.mariecurie.org.uk/help/support>.

My Wishes is a free online platform that helps you get started thinking about your end of life. It leads you through funeral plans, care plans, bucket lists and more. <https://www.mywishes.co.uk/>.

SANDS is the leading stillbirth and neonatal death charity in the UK. Sands exists to reduce the number of babies dying and to ensure that anyone affected by the death of a baby receives the best possible care and support for as long as they need it. <https://sands.org.uk/>.

Sue Ryder supports people who are living with a terminal illness, a neurological condition or who have lost someone: <https://www.sueryder.org/>.

WAY (Widowed and Young) Foundation. WAY is the only national charity in the UK for men and women aged 50 or under when their partner died. It's a peer-to-peer support group run by a network of volunteers who have been bereaved at a young age. It runs activities and support groups for people coping with grief. <https://widowedandyoung.org.uk/>.

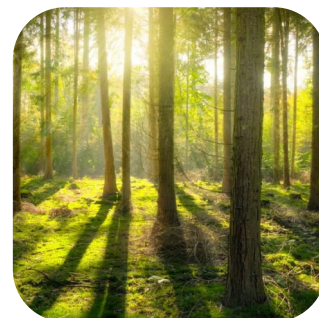
Winston's Wish is a child bereavement charity which offers specialist practical support and guidance to bereaved children, their families and professionals. Telephone 08088 020 021 or visit: <https://www.winstonswish.org/>.

More weekly mindfulness walks

Wednesday mornings 10.00 am to 11.00 am.

Seaman's Way, Amberswood, 5th May WN2 2AG.
Cutacre Country Park, 12th May, BL5 1BS.
Whitehead Hall Meadow, 19th May, M29 7JB.
Red Rock, 26th May, WN1 2UW.

For more details on any of these events or courses please visit the WLCC website at: <https://www.ticketsource.co.uk/wigan-and-leigh-carers-centre>.



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

Young Carers

Young Carers join Wigan STEAM seedling Project

Over the Easter half term holidays young carers were given the opportunity to join the **Wigan STEAM** (<https://www.wigansteam.co.uk/>) Seedling Project.

Seedling is a participatory arts project that aims to improve the mental health and wellbeing of people in our local communities, encouraging creativity with nature.

Using creative skills, young carers made their own ceramic pots to grow sunflowers, made wildflower seed-bombs, participated in a tapestry weaving activity using natural materials and tried their hand at different types of print-making.

Thank you to Wigan STEAM for organising and inviting young carers. (Project funded as part of HAF with Wigan Council).



Young carers try out bushcraft training

Some of our young carers had a fantastic time at Haigh Woodland Park during the half term Easter holidays. From den building to fire lighting, the group used problem solving skills and teamwork to increase their knowledge and competence in bushcraft activities.

Our thanks go to Wigan Council's HAF project for creating these amazing opportunities for young people in Wigan.



Next month, find out all about Carers Week 2021.



7 - 13 June 2021
Make Caring
Visible and Valued

carersweek.org



Continuing to enjoy the outdoors in the half term holidays, young carers experienced new and fun activities at Scotsman's Flash.

Scotman's Flash is a fantastic outdoor adventure centre just 10 minutes from the centre of Wigan, featuring a huge lake and lots of exciting experiences for everyone to enjoy. It's the perfect place for water sports, whether you're brand new to canoeing, sailing and kayaking or want to get your game on with courses and qualifications to match your skills.

Young carers from around Wigan came together to enjoy the thrills of being out on the water in a safe and supervised environment. The outdoor adventures and challenges bring out the best in everyone, using excitement to drive achievement and confidence.

Our thanks to Wigan Council's HAF project, staff at Scotsman's Flash and volunteers and staff at Wigan and Leigh Carers Centre.

Special effects masterclass at WLCC

During the Easter half term holidays, young carers attended a **Special Effects Makeup Course** introducing them to many aspects of film and TV makeup designs ranging from ageing make-up and special effects such as cuts, scars and even stubble.

These incredibly realistic makeup designs and attention to detail gave young carers a great opportunity to learn some of the specialised skills of makeup effects.

It's fantastic to see young people trying new experiences and developing confidence, perhaps even broadening their career prospects.



Why not volunteer for us?

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

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Check out our fabulous Lego creators

During the Easter half term holidays young carers spent time at the Carers Centre having fun, getting creative and making new friends.

Showing their talent and imagination with some amazing creations - exploring the creativeness and uniqueness that young carers (aka extraordinary Lego builders) have and want to show to others.

WLCC student, Lucy says **"It was a lovely nurturing, supportive environment for the young carers - we talked, we built, we laughed and importantly had fun together"**.

Thank you to each one of you who attended and joined us, we hope you enjoyed it as much as we did. See you all again soon.



Training information

Wigan Council has provided further funding for carers and community groups to access training for the coming year. An individual carer can apply for up to £200 towards training, and community groups can access up to a maximum of £1,500. To complete an application form and for further details please contact Dionne: dionne@wlcccarers.com.

Training grant deadlines for applications

Wed 12th May 2021 4.30 pm

Wed 11th Aug 2021 4.30 pm

Wed 10th Nov 2021 4.30 pm

Wed 9th Feb 2022 4.30 pm

New training for May 2021

WLCC are excited to be offering a brand new training course on Basic Sign Language and Deaf Awareness which will be taking place over six weeks on Tuesday mornings (10.00 am – 11.00 am) at the centre starting on the 11th May.

The centre is also working with Linda from Studio L in Atherton to host a four week bungee fitness course at Victoria Mill in the evenings from 7.15 pm to 8.15 pm.

The Carers in Mental Health two day course is being delivered for carers over the age of 18 who are supporting someone with mental health needs and want to understand what mental illness is and learn coping strategies to help with their caring role. There will be two programmes running, the first will be on the 7th and 14th of May and the second will be on the 28th May and 4th June (all using Zoom).

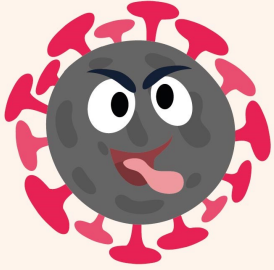
As part of the up-and-coming Dementia Awareness Week, there will be a chance for carers who support someone living with dementia to come into the centre and socialise with others on the 18th May at 10.00 am.

WLCC are proud to be offering the Dementia Interpreter course for carers on the 20th May, which is an innovative new international programme to help to improve communication with those that are living with dementia. The course includes lots of practical activities and discussions and gives each participant opportunities to experience what it might be like to have dementia.

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CORONAVIRUS

Fact sheet for kids



WHAT IS CORONAVIRUS?

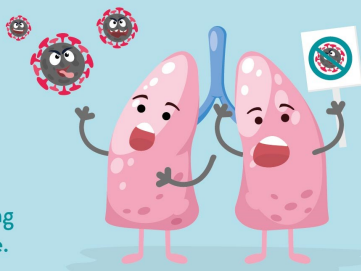
A coronavirus is a type of virus. Coronavirus (COVID-19) is a new strain of coronavirus, which means no-one has caught it before and our bodies are not immune (protected) from it yet. It spreads very quickly and is making a lot of people poorly at the moment.

HOW DOES A VIRUS WORK?

1. Your body is made up of millions of tiny cells.
2. Viruses can't survive outside the body for long, so they try to get into our cells.
3. When viruses get inside our cells, we get infected.
4. Once a cell is 'infected', the virus multiplies and can spread around the body.
5. Our body produces antibodies that fight the virus and help us get better.

WHY IS CORONAVIRUS DANGEROUS?

If the virus gets into the cells in our lungs, it can stop the cells from doing their job, which is to help us breathe.



WHO CAN CATCH IT?



Children can catch the virus just as easily as adults, but it doesn't make them as poorly.

Adults who are already poorly and elderly people are the most affected, but most people can get better from it.

HOW CAN WE PROTECT OURSELVES?

The virus can spread very easily and we carry it and pass it onto others even if we don't feel poorly ourselves.

There are 2 important things we can do to protect ourselves, our friends and our family.



WASH YOUR HANDS

Washing your hands with soap and water helps get rid of the virus. This will prevent the virus from getting into our bodies and spreading to other people. Let's all remind one another to wash our hands!



AVOID OTHER PEOPLE

To stop the virus spreading, we need to keep away from other people and stay at home for a time. But don't worry - life will go back to normal!

HOW ARE SCIENTISTS TRYING TO KEEP US SAFE?

Scientists are working hard to find a Coronavirus vaccine. A vaccine can help protect the body from being infected.



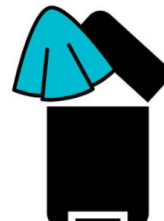
REMEMBER

IT ISN'T YOUR FAULT IF SOMEONE YOU KNOW CATCHES CORONAVIRUS.

Produced by Dan Hawcutt - Alder Hey Children's NHS Foundation Trust



CATCH IT.



BIN IT.



KILL IT.

Remember to wash your hands for **20 seconds**



WE'RE ON THE LOOKOUT

FOR A NEW ADDITION

TO OUR AWESOME TEAM SUPPORTING YOUNG CARERS IN WIGAN



www.wlccarers.com

EMAIL US!

send in your CV + covering note to elaine@wlccarers.com or call 01942 705959

Come and join our team

Are you interested in making a real difference to young carers' lives? Do you understand the challenges which young carers face in daily life? Have you experienced engaging and supporting children and young people?

Wigan and Leigh Carers Centre is currently looking for a kind, caring and friendly person to join our professional team as a Young Carers Club and Activity Worker. Your primary role will be to organise, run and oversee young carer's clubs and activities.

Through providing young carer clubs and activities we aim to support young carers to have a break from their caring role; meet with other young carers in similar situation; forge friendships; and provide opportunities to take part in fun activities and experiences they may otherwise miss out on.

You will be based at Wigan and Leigh Carers Centre in Hindley but must be able to travel boroughwide. You will be working mainly two evenings per week, but flexibility is required to support activities during school holidays and occasional weekends.

Benefits include pension, free parking nearby, paid Enhanced DBS check, five days paid leave if you are a carer, 20 Days holiday per annum plus eight days of Bank Holiday (pro-rata for part-time posts).

To apply, please send your CV and short covering note to elaine@wlccarers.com.



Be your own bosom buddy

Get to know your breasts and what's normal for you.

Touch – feel for a lump or other changes
Look – for changes in shape and texture
Check – with your GP if you find any changes

www.smallc.org.uk/breast

small
THE BIC
Spotting cancer early saves lives

Janet from your local breast screening service has created a video that talks you through what happens before, during and after your breast screening appointment. The breast screening service is set up with all Covid-19 safety measures in place so you can relax and know you are safe. If you do get invited for breast screening please take up the appointment. Breast screening is fast, free and can save lives. To watch the video, [click here](#).

Together to stop bowel cancer

April was bowel cancer awareness month, when a number of events and activities were held to raise awareness of the disease. Did you know around 268,000 people living in the UK today have been diagnosed with bowel cancer? It can affect anybody, regardless of their age or background and the good news is it is treatable and curable especially if diagnosed early, which is why it is so important to help raise awareness of bowel cancer and the symptoms.

To find out more about the condition and the activities around beating it, [click here](#).



Put on your dancing shoes

Carers have been learning all the techniques of Latin line dancing.

Led by Dionne, our amazing Training and Support Officer, the dancers have been discovering signature moves of merengue, salsa, cha cha cha and bachata.

Dionne says *"We introduce new dances all the time, which makes this class ideal for beginners or experienced dancers alike. Dancing is great fun for you and has positive effects on our physical and mental wellbeing."*



- MAKE A DIFFERENCE
- USE YOUR SKILLS
- SUPPORT CARERS
- WORK AS A TEAM

Are you passionate about carers issues?

Do you have strong financial and communication skills?

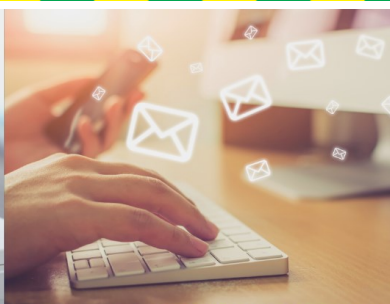
Could you be our next Charity Trustee?

TRUSTEES MEET EVERY 2 MONTHS TO HELP PLAN FOR AND SUPPORT THE CARERS CENTRE

CONTACT CATHERINE@WLCCCARERS.COM TO FIND OUT MORE ABOUT TRUSTEE ROLES AND RESPONSIBILITIES

www.wlcccarers.com

STAY ALERT ► CONTROL THE VIRUS ► SAVE LIVES



If you need information or support, we are here and can be contacted in a number of ways.

Telephone - Call us on 01942 705959, our working hours are Monday - Friday 9.00 am - 4.30 pm

Email – send us a message anytime by emailing us directly at: info@wlcccarers.com.

Social Media - You can message us via social media. You can also like or follow us to keep up to date with support, services, activities and events.

Facebook - <https://www.facebook.com/WiganandLeighCarersCentre/>

Twitter - <https://twitter.com/WiganLeighCarer>

Instagram - <https://www.instagram.com/wiganleighcarerscentre/>

LinkedIn – <https://www.linkedin.com/company/wigan-and-leigh-carers-centre/>

WIGAN AND LEIGH CARERS CENTRE

KEEP IN TOUCH

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

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