

Speaking with one voice for all carers in Wigan borough

Follow us on: facebook Instagram twitter LinkedIn

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

Living with Parkinson's disease

Wigan and Leigh Carers Centre were delighted to welcome Michael Ekin and partner, Linda to our Carers Coffee Morning in September.

Michael and Linda came to speak to carers about Parkinson's disease. Michael has been living with Parkinson's for over two years and through his lived experience wants to help others and make a difference in his local community. Each person diagnosed with Parkinson's has a different experience, each person has their own combination of symptoms and side-effects. The symptoms of Parkinson's are mainly caused by the loss of nerve cells which produce a chemical called 'dopamine' which controls movement. Low levels of dopamine affect how your body moves, making day-to-day activities such as eating, getting dressed or using everyday objects such as a phone or computer difficult.

Whether you have Parkinson's or you care for someone who does, you can get help and support that's right for you. Michael's positive outlook on life certainly shone through during his inspiring talk; he has since set up his own Parkinson's support group to try and help people with PD, caregivers and members of the community to navigate and empower every aspect of Parkinson's.

Thank you to Michael and Linda for sharing your story.

If you need any more information about how we can support you, please don't hesitate to get in touch with us on 01942 705959.



ANNUAL GENERAL MEETING

Monday 11th October 2021.
12.00 noon.

Wigan and Leigh Carers Centre or
<https://tinyurl.com/WLCC-AGM>

See page three for full poster.



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.

WLCC supporting Cycle for All event

You may have seen Wigan and Leigh Carers Centre at September's Three Sisters 'Cycle For All' event in Ashton. It was a great opportunity to meet members of the public and talk about how we support carers in Wigan and Leigh. Likewise, it was wonderful to reconnect with registered carers and professionals who popped by to say hello and introduce themselves.

Richard Smith, Wellbeing Officer for Sports Engagement at Wigan Council said ***"I just wanted to say a huge thank you to all partners that attended the event at Three Sisters. It was one of the busiest events we've ever had, with 600+ cyclists taking to the main track throughout the day and between 700-800 attending the event as a whole."***



Every Thursday from 2.00 pm, Community Link Workers will be at the Carers Centre in Hindley for carers to meet and chat to.

A Community Link Worker is a member of your GP Surgery Team and provides advice and support on any social issues affecting you, such as local services and community-based groups and activities. They can support you with any social issues that are affecting health and wellbeing, for example: money worries, debt, benefits and welfare, unemployment, social isolation, bereavement or housing.

For further information about Community Link Workers and how they can help carers, please contact us on 01942 705959 or email: info@wlcccarers.com.

CARERS TRUST

HAVE YOUR SAY

Carers Trust wants to involve unpaid carers more meaningfully in their work and have arranged a workshop in October to help them do this. To find out more and express your interest in the event on Wednesday 27th October between 9.30 am and 1.00 pm, please [click here](#).

NHS

Public Health England

Cervical screening can stop cancer before it starts

Don't ignore your cervical screening invite. If you missed your last cervical screening, **book an appointment with us today.**

Remember to book cervical screening!

CERVICAL SCREENING SAVES LIVES

Why not volunteer for us?

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

Follow Wigan and Leigh Carers Centre on:



Wigan and Leigh Carers Centre
invites you to our

01942 705959
EMAIL: INFO@WLCCCARERS.COM

AGM 2021

Annual General Meeting

Monday 11th October 2021

12 noon

Carers Centre, Hindley, WN2 3BD

or

online via Microsoft Teams

<https://tinyurl.com/WLCC-AGM>

You're invited!

**Join us and learn more about
Wigan and Leigh Carers Centre**

EVERYONE IS WELCOME

COME AND SHOW YOUR SUPPORT

We recently enjoyed another amazing night welcoming carers to our cheese and wine event.

Our evening sessions are an ideal time if you would like to talk to us after work or other commitments in a relaxed and informal setting. Our carers tried all the different tastes and textures of the cheeses and wines from around the world, along with biscuits and fresh fruits.

Community Link Workers were also in attendance, to allow them to support carers with any social issues affecting their health and wellbeing, for example: benefits and welfare, money worries, housing, bereavement, debt and social isolation.



Thank you to everyone that came, we hope you had a lovely evening.



Our next cheese and wine evening is Thursday 14th October at 5.30 pm.

Call Catherine Leyland on 01942 705959 to make your reservation, or [book here](#).

RAINBOW FLOURISH

**Feed your interests.
Grow your community.**

A free group for LGBT people over 50.

Learn new skills, expand your social circle and develop personal growth in areas that interest you.

The LGBT Foundation's Pride in Ageing programme has launched a series of new social groups for LGBT over 50s and it's coming to Wigan (and online). **Book your place and find further information on event safety measures [here](#).**

The groups will be taking place physically, but there will also be an online group for anyone who can't attend in person. **Please see [here](#) for full group listings.**

Come along and join in with monthly activities or relax with a cup of tea and some cake while meeting other LGBT people in your local community. This group will take place on the third Monday of every month from September 2021. Booking is essential, please book your free place for this event **[via this link](#)**, and they will be in touch with full arrangements and venue details in the week before the event.

These groups are run by Pride in Ageing at LGBT Foundation and are supported by Ambition For Ageing and the Older People's Fund.

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

Carers get their walking shoes on

Carers from Wigan and Leigh joined up with fellow carers from around Greater Manchester in September as part of the glorious Stepping Out walks at Fletcher Moss Park, Manchester.

Walkers from Manchester, Bury, Salford, Wigan and Leigh enjoyed a picturesque walk in the sunshine through the park.

We look forward to joining them again on Wednesday 13th October from 11.00 am at Heaton Park in Manchester. All are welcome and a light lunch is included. Booking is essential via our website, on 01942 705959, or via emailing: info@wlcccarers.com.



Why not volunteer for us?

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

Working towards a better life
for people with disabilities

www.embracewiganandleigh.org.uk



Behaviour SUPPORT CIRCLE

Last Monday of every month

6pm - 8pm

Monthly support group for parents/carers to explore and share different strategies, approaches, ideas and information.

Guest speakers attend the first hour followed by a chance to talk with other parent/carers.

2021 Dates:

- Monday 27th September
- Monday 25th October
- Monday 29th November
- December (TBC)

*Please note – we ask that you do not bring children to the event.

VENUE

Wigan Youth Zone
Parsons Walk
Wigan
WN1 1RU

e FOR MORE INFO
CONTACT ANDY
01942 233323
a.sampson@embracewiganandleigh.org.uk

For more details contact us on:

☎ 01942 233323

or send us a message via:

f /embracewiganandleigh

Embrace Wigan and Leigh Registered Charity Number 1082663 (England and Wales)

Empathy
northwest
Counselling & Psychotherapy

New community support group

Belongings

Hoarding Support Group

Hoarding affects many people in the UK. Hoarding can be common with many people not even recognising this as being a problem. However hoarding can have an impact on relationships and families.



Empathy Northwest CIC
are here to help.



We are hosting a brand new monthly support group. Meetings will be on the last Wednesday of every month beginning on the 29th September, 6-7pm.

This is totally FREE and anyone affected by hoarding including family and friends are welcome to attend. You will be able to share your experiences and help support each other.

CONTACT : 03033031333 to book a place or drop in:
16 Library Street Wigan WN1 1NN

Follow WLCC on:

facebook Instagram

twitter LinkedIn



Wigan Parent Carer Forum have put together a useful range of resources to help parent carers with a range of issues.

For more details, including a list of upcoming training, please visit their site.

On Saturday 18th September, Wigan and Leigh Carers Centre attended Wigan Community Day, a vibrant event in the town centre bringing the whole community together.

Wigan Rotary Club organised the day in which any local good causes can freely set up a stall to promote their cause. It is usually held in July, but due to lockdown restrictions, the decision was taken to host it in September this year.

Wigan and Leigh Carers Centre joined the event in a collaborative stall with our good friends **Bridging Gap Mental Health** and **Talk About it Mate**.

Angela Allison, Chief Officer for WLCC said, “The event was incredible, it was lovely to be out talking to people about our services and support. Lots of information and advice was given out to both carers and community professionals.”

Thank you to Wigan Rotary Club for offering such a warm welcome to us all.

See you next year.



Wigan and Leigh Carers Centre are delighted to be working with Kieran from Bridging Gap Mental Health bringing a new 12 week peer support programme for carers in Wigan and Leigh.

The programme has been designed to deliver peer support and promote mental health recovery for unpaid carers that support someone living in Wigan borough. The first six weeks of the programme will involve one to one appointments of an hour with Kieran who has a wealth of experience around mental health and substance misuse. A further three weeks will then involve meeting others on the programme and working together with them to agree and organise a group activity in the community in the form of a fundraiser. The final three sessions will involve carrying out the fundraiser and visiting different areas around the community.



For more details and how to sign up, [visit our website](#), call 01942 705959, or email us on: info@wlcccarers.com.

Dementia-friendly Music Cafe

Wigan's one and only Dementia-friendly Music Cafe is back.

- Fresh cakes
- Fresh teas and coffees
- Fresh faces
- Fresh places
- Fresh music
- Fresh air

£5 per person.

Friday 24th October at Wigan Wheel Restaurant (at the side of Wigan College, near the bus station and Tudor House pub). 2.00 - 4.00 pm.

Limited to 50 spaces so book your place now on 07584 499497.



Do you want to learn new skills and gain confidence
In how to use the internet safely?

Need help with your new phone, laptop or tablet?

Learn how to pay your council tax or access GP
appointments?

Get online with our digital workshops throughout
October.

Please bring your digital devices to the session.

Wigan and Leigh Carers Centre, Wigan, WN2 3BD.

Monday 4th October

Monday 11th October

Monday 18th October

Monday 25th October

All sessions run from 2.00 to 3.30 pm.

Book online, call 01942 705959 or email: info@wlcccarers.com and we will book your place.



DIGITAL SKILLS WORKSHOPS

NEED HELP WITH YOUR NEW PHONE, TABLET OR LAPTOP?
GET ONLINE WITH OUR DIGITALWORKSHOP

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

MONDAYS
THROUGHOUT OCTOBER
2.00 PM
CARERS CENTRE
HINDLEY
WIGAN
WN2 3BD



Happy Days Special Needs Community Group

Happy Days Special Needs Community Group is an informal parent-led special needs community group.

Refreshments available.

Free, but donations welcome.

Meetings, the last Sunday of the month, 2.30 - 4.30 pm at All Saints Church Hall, Kenwood Ave, Leigh, WN7 2LL. For more information email: Happydayssncg@gmail.com, call: 07788 297908, or join their private Facebook group.



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Male carers



MALE CARERS SOCIAL GROUP

THURSDAY 7TH OCTOBER
1PM - 2.30 PM
CARERS CENTRE
HINDLEY
WIGAN
WN2 3BD

CALL 01942 705959
WWW.MALECARERS.COM
INFO@WELCCARERS.COM



On Thursday 7th October we are delighted to welcome two guest speakers to our Male Carers Social Group.

Firstly we will be welcoming author, life and fitness coach and ex rugby league player, Joe Collins. Joe, from Winstanley, has written *From Dark Times to Brighter Days*, a hard-hitting, emotional book which captures his experiences with depression and how he has turned his life around.

The 26 year old, a former Warrington Wolves player and now a personal trainer, has long been a champion of the mental health cause, and has taken part in many charitable efforts. He has decided that now is the time to tell his story and share his positive habits, with the ultimate goal of helping others turn around their unenviable situations.

Secondly, we will be welcoming Community Link Worker, Jamie Hubbard to talk about the services and support he can offer to carers.

Book online by clicking [here](#), alternatively, call us on 01942 705959 to reserve your place.

We would like to pass on our congratulations to a group of our male carers who completed the six week archery course at Haigh Woodland Park.

A great achievement gents, we hope you enjoyed the experience.

To find out more about our current range of activities, please visit our [booking page](#).



Let's keep life moving.



FRESH AIR



TESTING



FACE COVERINGS



APP



HANDWASHING

A big thank you to a group of our male carers who have been working hard to make planters for our new blooms at the Carers Centre. Utilising skills they perfected on a woodwork course we ran, we're delighted with the end results.

We think you'll agree, they look amazing. Thank you so much Graham, Mike, Kevin, Dave and everyone

For those with an interest in dementia or supporting dementia carers, we are delighted to announce that A Conversation with Dr Kailas Roberts is to be held on October 6th.

If you would like to join the conversation or find out more, **[please click here](#)**.



helping you stay connected to people living with dementia

Young carers

YOUNG CARERS GROUP



A space for **Young Carers** to be creative, connect with others and explore issues that matter to them.

WHO Young Carers aged 11-18 years in Greater Manchester

WHEN Monday evenings (term time only)

WHERE at The Lowry, Salford

To find out more information or to access our referral form please email paige.steers@thelowry.com



When your child says...

“I’m fine”

...but you know they're not

turn to
YOUNGmINDS

Are you a young person with caring responsibilities for somebody with dementia?

If you are aged 11-17 yrs. you can help us adapt *iSupport* for young dementia carers



What is *iSupport*?

iSupport is an internet-based support package for carers of people with dementia. It includes self-care, problem solving and relaxation techniques.

What would I be doing?

You would have access to *iSupport* so that you can have a go at using it. We would then ask you to give us your opinion on how it can be adapted to best support young people in a similar situation to yours.

To find out more please contact:

Patricia Masterson Algar - p.m.algar@bangor.ac.uk @PMasterson_80



Creative Saturdays

Our Saturdays have been well spent getting creative and having fun with a group of our young carers.

We have been making jewellery, tried some balloon modelling and even had a go at making our own pompom key rings.

The inner detectives were also on point as we enjoyed a classic game of 'who done it?', with Cluedo.

Finally, to round off a busy morning filled with activity, we settled to watch classic family movie, Shrek.

A fab Saturday well spent. Thanks to those young carers who joined us.

To find out what activities young carers can get involved in, **please visit our website** or contact the young carers team on 01942 705959.



Train to Grow!

For a good source of free training opportunities funded by People's Postcode Lottery and Carers Trust, **click here**.

Welcome back...

QUESTION TIME

#AskAndyGM

We are pleased that the Government has accepted advice from JCVI that all adult carers will be offered a Covid-19 booster vaccine. **See the full statement by Carers UK here.**

Unfortunately the JCVI guidance on the two phases of the booster programme isn't clear about whether carers will be called under phase 1 or 2. Carers UK will be urgently asking for the JCVI guidance to be updated to make this clear so that we can advise carers clearly.



You're invited to join the Mayor of Greater Manchester, Andy Burnham, for his first Question Time event in more than 18 months. The event will take place in Bury on Thursday, October 28, 2021 and will begin at 7.30pm. For more information visit **#AskAndyGM**.

Congratulations Mark

The team at WLCC would like to say good luck to Wigan's first Lead Admiral Nurse, Mark Oakley who officially launched Wroughtington, Wigan and Leigh Teaching Hospitals NHS Foundation Trust's Admiral Nurse Service recently.

Admiral Nurses are specialist dementia nurses. Continually supported and developed by **Dementia UK**, they provide life-changing support for families affected by all forms of dementia, including Alzheimer's disease.

This is a wonderful and much needed development to support people living with dementia and their families and carers.

Well done Mark, you have put so much work into this and it will certainly benefit the people of Wigan and Leigh.



Are you worried about getting online or not having the skills or confidence to use your tablet, laptop or phone? Then read on . . .

Being online can help carers by:

- Improving knowledge by researching and receiving information by email
- Improving wellbeing by reducing loneliness or social isolation
- Improving physical health by helping find answers to routine questions online or finding a new hobby
- Improving life by being able to watch their favourite sports online or take educational courses
- Improving relationships by sharing posts on social media

Some resources to support you in getting online include:

- **Digital Wigan**
- **Helping older people make the most of the internet**

Here at Wigan and Leigh Carers Centre we run digital sessions, led by our volunteer Peter.

He can work at your own pace, on your device to look at some of the worries you might have. Meet other carers and learn new skills. Mondays from 2.00 pm.

- 4th October - communicating and sharing online
- 11th October - transacting - buying, selling with confidence, applying for things
- 18th October - problem solving - finding solutions to problems online
- 25th October - handling information - how to store your information safely

We are also excited to be part of this years Digitober and **Get Online Week** to help support carers build confidence with digital skills and gain access to tools online.

For more information or to get involved, **visit our website**, email: info@wlcccarers.com, or call us on 01942 705959.

Closing the digital divide in Greater Manchester.



Hear the extraordinary tale of how two anti-war Manchester women imprisoned in 1917, were rediscovered, using M15 surveillance papers, census returns and family papers. Wednesday 6th October, 11.00 am - 12.00 pm. **Booking information here.**

Take this opportunity to see Leigh Town Hall after its refurbishment including conservation of its historic interior and the creation of a new state-of-the-art home for Archives: Wigan and Leigh. Various dates. **Booking information here.**

October is the season of harvest, Halloween and all things autumnal. So join local artist Nerissa Cargill Thompson as we celebrate food and sewing, throughout years gone by, by creating our own little fabric apples out of old pieces of fabric. Saturday, 9th October, 1.00 - 3.00 pm. **Booking information here.**

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VOLUNTEER GET INVOLVED



Do you have a few hours to spare for making phone calls or meeting for coffee or short walks, completing benefits forms, leading a reading group, or offering your specific skill to support local carers through volunteering?

Whether you are a carer wanting to share your lived experiences with others, a student looking for experiences, retired and looking to use your skills, or working and have some time to give back, we need your skills, empathy and understanding.

A massive thank you also to our current volunteers, all doing a fantastic job supporting carers and young carers. November sees Befriending Awareness Week and our

phone befrienders have been making a massive difference to carers they call. What does Befriending mean to you?

Contact Catherine on catherine@wlcccarers.com or ring 01942 705959. **Alternatively check out all of our volunteering opportunities here.**

What is Befriending? “During the past year, I have been making weekly telephone calls to a carer who is somewhat isolated. Initially, our conversations were mostly about making sure that she had everything that she needed, such as shopping and medications.

After a few telephone calls, we began to get to know each other better and we started to chat as if we were old friends. I told the carer all about my cats and the chaos that they cause with their mischievous ways. The carer told me about her family and about when she was younger. We do discuss some of the challenges that the carer faces and I offer a friendly and listening ear. We also like to complain about the weather and how unreliable public transport can be! I really enjoy my weekly chats with the carer. When we entered lockdown, I found myself with some spare time and it has been really lovely to use that time to offer some support to somebody who was feeling the effects of isolation”.

A Carers UK report shows that more than 8 in 10 (81%) of surveyed unpaid carers described themselves as “lonely or socially isolated” due to their caring responsibilities. We can make a big difference to local people.



#Befriendings
*supporting people
at all ages
and stages of life*

Befriending Week
1-7 November 2021



WLCC training

Digitober

We are currently offering weekly digital skills covering the essential computing skills including communicating, transacting, problem solving, handling information and content, and staying safe online. These sessions will be delivered in a group at the carers centre. Starting 2.00 pm, Monday 4th October – Mon 25th October.



Dementia Interpreter

This brand new interactive training is for carers to improve how to communicate with someone that is living with dementia. The course will involve a lot of working in small groups of three and group discussions. On completion of this course you will be a Level 1 Dementia Interpreter and there is a pathway that can increase your knowledge and level which will be explained by the tutor.

Tuesday 19th October 9.30 am - 12.30 pm

Tuesday 26th October 1.00 - 4.00 pm.

For a full list of our exciting events timetable, please visit our events page.

Umbrella Arts

3 week course | Colour Therapy with paint pours
Free for those who are unpaid Adult Carers
or Parent Carers

Free
for carers!



Start Tuesday 5th October 7 - 9pm for
3 weeks, (face to face) @ Umbrella Arts

Start Wednesday 6th October 12:30 - 2:30pm
9pm for 3 weeks (online via Zoom)

Start Thursday 7th October 12:30pm - 2:30pm for
3 weeks, (face to face) @ Umbrella Arts



This course is funded via Wigan & Leigh Carers Centre so it can be provided for free for our unpaid carers from around the Borough. It includes all equipment and materials. Additional take home packs are available to buy. To book or for more information message our Facebook page, or text Wendy on 07806 433269. www.umbrella-arts.org.

Umbrella Arts 95 Bradshawgate Leigh WN7 2ND



JOIN US FOR A SOCIAL EVENING GET TOGETHER

CHEESE & WINE EVENING

Thursday 14th October 2021

5.30 pm - 7.30 pm

Wigan and Leigh Carers Centre,

3-5 Frederick Street

Hindley, Wigan, WN2 3BD



WIGAN AND LEIGH CARERS CENTRE

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

So why not come along to our carers Cheese and Wine Evening?

Thursday 14th October, 5.30 pm at the Carers Centre in Hindley.

Book online by clicking here, call 01942 705959, or email info@wlcccarers.com.



“My life is so different but I have grabbed it with both hands.”

Wyn, carer for her husband, Colin

In *Two in Three of us Will Care*, a new guide issued by Carers UK, five carers share their stories on how caring has changed their lives. Supported by the Masonic Charitable Foundation and London Masons, the guide explores sources of support for carers, and encourages those who do not already identify as carers to seek help.

To read the guide, simply click here.

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

Memory Walk

In aid of the Alzheimer's Society

Be Well



11am, Sunday 10 October 2021

Haigh Woodland Park

Join us, and special guest Phil Clarke, for a 1-mile accessible or 10-mile challenging walk and help raise money in aid of the Alzheimer's Society

The walks are FREE but donations to the Alzheimer's Society are welcome on the walk leaders Just Giving page: [justgiving.com/fundraising/MWOYO21-TracyMorris](https://www.justgiving.com/fundraising/MWOYO21-TracyMorris)

For further details visit: [wigan.gov.uk/ActiveWalk](https://www.wigan.gov.uk/ActiveWalk)



Wigan Council

Getting Together with The Reader



Discover The Reader
Free, weekly reading groups



Grab a cuppa, be with people, share stories

Fancy helping us set up Shared Reading groups?

We run weekly get togethers that are open to all. We share great stories and poems, read aloud, and have a chat about them. Everyone's welcome, and there's no pressure to get involved straight away – it's okay to come along just to listen.

We'd love to start some of these groups with Wigan and Leigh Carers, so we're offering training to lead these groups for free. The role of the Reader Leader is about making everyone feel comfortable in the room, and empowering others to be able to speak up to talk about the texts.

Please let us know if this sounds interesting to you!

[@thereaderorg](https://www.thereader.org.uk) www.thereader.org.uk



The Reader



Government
Counter Fraud
Function

GOV.UK/coronavirus



Beware of COVID Pass FRAUD

Criminals are using the **NHS COVID Pass** as a way to target the public by convincing them to hand over money, financial details and personal information. They are sending imitation text messages, emails and making phone calls pretending to be from the NHS, and offering fake vaccine certificates for sale online and through social media.

- ✓ The **NHS App** is **FREE**
- ✓ The **NHS COVID Pass** is **FREE**
- ✗ The NHS will **NEVER** ask for payment or any financial details



Do not respond to requests for money or important personal information such as bank details or passwords.



Be alert to links and attachments in unexpected text messages or emails.

The NHS COVID Pass is available to demonstrate your COVID-19 status either in a digital or paper format via the NHS App, the NHS website or by calling 119.

For information on how to get your **FREE NHS COVID Pass** visit

www.nhs.uk/nhscovidpass

FURTHER GUIDANCE AND SUPPORT



National Cyber
Security Centre

If you receive a call and suspect it to be fraudulent, hang up. If you are suspicious about an email, forward it to report@phishing.gov.uk. If you are suspicious about a text message, forward it to the number 7726, which is free-of-charge.



Action Fraud
National Fraud & Cyber Crime Reporting Centre
actionfraud.police.uk

If you believe you are the victim of a fraud, please report this to Action Fraud as soon as possible by visiting actionfraud.police.uk or calling 0300 123 2040.

CrimeStoppers.

If you have any information relating to NHS COVID Pass or vaccine certificate fraud you can stay 100% anonymous by contacting Crimestoppers online at covidfraudhotline.org or phone on 0800 587 5030.



Meet new people
Form connections
Make new friends

Are you at a loose end on Mondays and looking to meet new people, try new things and enjoy activities and days out with others? We would love to meet you at our new Monday Social Club. Our club is for everyone and anyone who would like to form connections with others in Upholland, Wigan, Skelmersdale and surrounding areas. All ages and abilities welcome.

If you have struggled with feeling isolated, are looking to expand your social circle or just have nothing happening on Mondays and want to spend time with others in a lovely friendly environment, then our club is for you. Our Monday sessions will vary with different activities and events to suit our group so we are looking for your help and input in compiling our programme together.

Our activities and sessions will include:

- Mindfulness, meditation and sound therapy
- Music performances and interactive music sessions
- Arts and crafts
- Local history club
- Photography group
- Pilates
- Internet cafe
- Guided walks for varying abilities
- Board game afternoons
- Quizzes and bingo
- Daytrips in our fully accessible 16 seater minibus
- And more.

The Drop in Club will run from 10.00 am to 4.00 pm and you can come for the whole day or just part of the day as you wish.

The Club is always free to attend. Most activities will be run for a donation only but some activities and daytrips will be at an extra cost. We would like to make sure the club is affordable to all.

We really hope to see you at our first meeting with your own ideas and suggestions for our club. If you have an idea or hobby you would like to share and help to run a session **please contact us**. Our Club is held in St Thomas's Church in Upholland. It is not a religious club and everyone is welcome.

There is a café serving hot and cold food and drinks. **Please get in touch** if you have any questions, and spread the word to your friends, family and neighbours, especially those who may not be online. We want to make sure our club is accessible to all so let us know if you have any special requirements.

Find us on Facebook.



COVID-19

Take a test, even if you have mild symptoms.

Let's keep life moving.

Order your PCR test now at nhs.uk/Get-Tested or call 119



FRESH AIR



TESTING



FACE COVERINGS



APP



HANDWASHING



Around half of all accidental house fires that fire and rescue services attend each year are cooking related fires. Research carried out by Lancashire Fire and Rescue Service shows most cooking fires were caused by the person becoming distracted by something in the home, with 119 cooking fires caused by distractions in 2020.

This is why LFRS is campaigning to raise awareness of the dangers of cooking fires, with the message "Stay there and cook it!".

ANNUAL GENERAL MEETING

Don't forget our AGM
Monday 11th October 2021.
12.00 noon.

Wigan and Leigh Carers Centre or
<https://tinyurl.com/WLCC-AGM>
See page three for full poster.

WIGAN AND LEIGH CARERS CENTRE

SUPPORTING YOUNG & ADULT CARERS
IN THE WIGAN BOROUGH

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



Wigan and Leigh Carers Centre
Charity Number 1120908
Registration Number 7293521

WE ARE HERE TO SUPPORT YOU

CALL 01942 705959

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

WEBSITE: WWW.WLCCCARERS.COM

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

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We are here:

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