

Carers in Wigan & Leigh

Issue 9 September 2021


www.wlcccarers.com

Reaching out to carers

01942 705959

Speaking with one voice for all carers in Wigan borough

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

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

We hold our Carers Coffee Morning every Monday morning from 10.00 am (except Bank Holidays) and a warm welcome always awaits you.

It's a chance to meet other carers, have a lovely cuppa and a natter.

It is a great opportunity to meet like-minded people who are in the same position as you are. Staff are also on hand to support you, and offer the very best advice we can. Even if you don't feel up to staying for the full duration, just pop in for a drink or some cake, or join us via Zoom.

Book online, or call us on 01942 705959 to reserve your place.



Just a gentle reminder. If you wish to attend any of the events or activities at the Carers Centre, please you can pre-book either by calling us or reserving your place online via [our booking page](#), or through [Ticketsource](#).

We have a duty to monitor the number of people attending and keep a register of all attendees. This is essential for us to ensure all our staff and guests remain safe.

Thank you for your understanding in this matter.



**BOOKINGS ARE
ESSENTIALS**

Please see below
for details

**Wigan
Council**

Wigan and Leigh Carers Centre are
commissioned by Wigan Council to carry
out Carers Assessments and work in
partnership with them to deliver other
services to support unpaid carers.

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

The original six week Basic Sign Language and Deaf Awareness course has since been extended by a further five weeks so that course participants can continue on their learning journey in sign language thanks to volunteer tutor and carer, Josephine.



We would like to congratulate all the carers for their hard work, dedication and perseverance. We know it's not easy to juggle caring commitments and study, but you are all doing amazingly well.

Wigan Emergency Department (A&E) is for serious and life-threatening conditions:

- ✓ Severe chest pain
- ✓ Difficulty breathing
- ✓ Bleeding you can't stop
- ✓ Possible broken bones
- ✓ Loss of consciousness

Wigan Borough
Clinical Commissioning Group

Aged 16 or 17?

You can now get your COVID-19 vaccination

To go to a local clinic in Wigan, Hindley or Leigh:

- Call 01942 807780 to pre book your appointment
- Follow NHS Wigan Borough CCG on Facebook or Twitter for the latest walk-in clinics

To go to a national clinic (you may need to travel further):

- Call 119
- Visit www.nhs.uk to book online

www.healthierwigan.nhs.uk

Do you find it difficult to make an appointment with your GP? Maybe digital services like Ask My GP have made things easier?

Healthwatch Wigan and Leigh would love to hear about your experience accessing care through your GP. They have created a confidential online survey which takes five minutes to complete.

If you would like to share your experiences, [click here to go to their survey](#).

Follow Wigan and Leigh Carers Centre on:

These boots are made for walking

Carers braved all weathers in our Mindfulness Walks for carers and cared for throughout August. We have visited lots of recreational parks and woods all around the borough including Mesnes Park, Dean Wood, Alexandra Park and Blundell's Wood.

We will be continuing our walks throughout September, every Wednesday morning, meeting at 10.00 am at venues across Wigan and beyond:

- Wednesday 1st September - Beacon Country Park
- Wednesday 8th September - Rivington Walk
- Wednesday 15th September - Rivington Walk
- Wednesday 29th September - Rivington Walk

As always, if you'd like to join any of the walks, please either **book online** or call us and we will make your booking (01942 705959). Please contact Dionne if there is a walk near to where you live that you'd like us to explore, we are open to



Weekly Walk and Talks

THURSDAYS 5PM AND SUNDAY 2PM
MEET AT DERBY STREET, ORMSKIRK



If you live nearer to West Lancashire, Hope Street's walk and talk sessions are a great opportunity to meet and get out in nature with similar minded people. The sessions provide a calm and peaceful break with a welcoming friendly atmosphere, where people are able to openly speak to each other.

Immersing yourself in the natural world can help bring a sense of relaxation, positive health and wellbeing benefits.

Getting out into nature is a great way to connect with your community, especially in these isolating times.

Walk and Talks meet on Derby Street, Ormskirk every Thursday at 5.00 pm, and Sunday at 2.00pm.

For more information click here.



Thanks to Andrea

We'd like to say a big thank you to one of our carers, Andrea who took this picture at a recent walk around Alexandra Park.

We think it captures perfectly the fun and friendship you can enjoy on our Mindfulness Walks.

If you would like to attend future walks, **please visit our booking site** to see when we're heading off to next.

Follow WLCC on:

facebook Instagram

twitter  **LinkedIn**

Congratulations Angela



We send our sincere congratulations to Young Carers Support Worker, Angela Hill who has been awarded her BA Hons in Education from The University of Central Lancashire (UCLAN).

She attended her award ceremony in July, and celebrated with family and fellow classmates. Angela says **"The graduation ceremony was lovely. It was also really wonderful to see all the other people from my course on the day. It was hard work but graduating was brilliant."**



Congratulations Angela on your academic success, we are very proud of you.

“

It gave me time to reset, rest and relax, thus aiding my wellbeing... The break gave me a lifeline at a time when I was struggling.

- Deborah, Carer



Carefree

Don't forget you can self-refer to Carefree for a break if you're a full-time unpaid carer.

In order to register just **click this link**, or go to the designated page: <https://carefree/34ZGLi8>.

If you have any difficulties or would like us to refer on your behalf, please don't hesitate to get in touch.

For more details of the services Carefree offer carers, visit **their website**.



GM LGBTQ+

ONLINE DEMENTIA SUPPORT GROUP

A safe and friendly space to express yourselves and support each other:

- Speak or listen in a LGBTQ+ safe space
- Be anonymous if you prefer
- Make friends / connections with others
- Talk about issues that are important to you
- Guest speakers
- Fun monthly quiz

Join our online peer support group for people living with or caring for someone with dementia, who identify as LGBTQ+ (lesbian, gay, bisexual, trans, queer). We are here to provide you anonymity in a friendly and safe environment where you can share your experiences or concerns with like-minded people.

FIRST TUESDAY OF THE MONTH

2PM - 3.30PM

For more information and the link to the next meeting, **click here**.

FOR MORE INFORMATION

0161 622 9252 | Maggie.Hurley@ageukoldham.org.uk

If you are from the LGBTQ+ community and would like some advice on any other services or would like to speak to someone please contact the LGBT Foundation on 0345 330 3030

Could it be a scam?

Be #ScamAware

Contact the Citizens Advice consumer service online or at 0808 223 1133 for advice.

Watch out for coronavirus scams—whether that's emails pretending to be from the government, adverts selling face masks at high prices, or someone knocking at your door asking for money for a fake charity.

Don't give money or personal details to anyone you don't know or trust, and don't click on any links they send you.



cts
Chartered Trading Standards Institute

NATIONAL TRADING STANDARDS
Scams Team

Department for Business, Energy & Industrial Strategy

Supported by:

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WLCC bereavement support group

Wigan and Leigh Carers Centre host a peer support bereavement group on the 3rd Monday of every month at 12.30 pm, held at the Carers Centre. The group is facilitated by counsellors and gives people the opportunity to discuss their bereavement, whether recent, or longer ago.

The group aims to enable people to meet others who are experiencing a similar journey, talk about what helps them and share knowledge on support. You can **book online** or call us on 01942 705959 to discuss your thoughts or ideas for this group. We look forward to welcoming you to the carers centre.

Forthcoming groups:

- 20th September
- 18th October
- 15th November
- 20th December



WELCOME TO THE TEAM



KULLI

TRUSTEE
WIGAN AND LEIGH CARERS
CENTRE



We are delighted to announce the appointment of a new trustee, Kulwant Paddan (Kulli).

Kulli has over 10 years' experience working in the Learning Disability Housing Sector, and has previously worked in Economic Development and Regeneration overseeing European funding that enabled the redevelopment of Cleveleys Promenade. Kulli has extensive housing management experience, and currently manages an agile team for Progress Housing Group. He is passionate about engagement, community involvement and diversity; this has inspired him to be instrumental in setting up BAME and LGBT networks.

Kulli said, "I'm honoured to be joining Wigan and Leigh Carers Centre at this incredibly exciting time as the charity grows from strength to strength. This is an opportunity to make a real difference to individuals and to represent the community in Wigan and Leigh in leadership role. I am looking forward to working with people of all ages and backgrounds."

As a dad of two young children, I will be able to draw on my experiences and ensure the Carers Centre reaches carers who need help and support."

Appointed through an extensive recruitment process, Kulli will be joining our group of dedicated Trustees.

Chief Officer, Angela Allison said, *"I am delighted that Kulli has joined our Board of Trustees. I believe that the knowledge, expertise, and innovation that Kulli will bring will add to the diversity of skillset we already have."*

Kulli's extensive business acumen and personal skills will, I am sure, prove invaluable to us as we look to continue the amazing work of our small charity in the post Covid future."

Welcome aboard Kulli. Exciting times are ahead for WLCC and the unpaid carers we champion.

**MACMILLAN'S
ONLINE
COMMUNITY**

WE ARE
MACMILLAN
CANCER SUPPORT

Macmillan have launched a new online support network for those living with cancer. The *Online Community* understands what it's like to have cancer and is an online forum with 90,000 members who have all been there. Support is available 24 hours a day, in a safe environment. **For more information or to join, visit the Macmillan Online Community.**



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Tapas evening a resounding success

We recently held the second instalment of our new social evenings for carers, and what a lovely evening we had.

This time it was a tapas evening with a delicious array of Spanish dishes to accompany a selection of world wines, beers and soft drinks.

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. It's also a chance to meet fellow carers, share conversations and enjoy a bite to eat.

Thank you to those that came along, a lovely time was had by all and we can't wait for the next event.

To find out about our upcoming social events as well as the wide range of activities we run, [click here](#).

VOLUNTEER GET INVOLVED

Here is some feedback from Joanne, a volunteer who supports young carers.

"I love going on residentials as a volunteer with young people. I find them so rewarding to just see the kids having fun, making new friends and them just being kids for once, as when they're home their caring responsibilities are so high they don't get to be just kids, so its all worthwhile. I would support young carers activities anytime."

Are you understanding and a good communicator with children and young people? Contact us to find out about volunteering to support young carers to help make a

difference like Joanne does in young carers lives.

Email: catherine@wlcccarers.com or call 01942 705959 to discuss our volunteering opportunities.

Early Years and Primary Education

**online training
workshop**

On Tuesday 21st September, the Down's Syndrome Association are holding an online training session between 9.30 and 11.00 am. Priced at £10.00 the session is designed for parents, carers and education practitioners and will explain how to support primary school aged learners who have Down's syndrome.

Some of the topics to be covered include:

- Social inclusion
- Curriculum access,
- Speech, language and communication
- Social development.

To book your place, or for more information, [please click here](#).

Win a break

Carers UK and Regina have launched a new six-month partnership raising awareness of caring and highlighting the importance of breaks for unpaid carers.

The partnership aims to help people who are looking after someone identify themselves as carers. Carers UK research has found that the majority of carers take over two years to recognise their caring role. Earlier identification means carers will be able access the help and support they need sooner.

The partnership will be promoted on packs of Regina Blitz household towels in supermarkets across the UK. The on-pack text will help unpaid carers to self-identify by explaining the kinds of tasks a carer might do.

As part of the partnership Regina Blitz will be running a Breaks for Unpaid Carers Giveaway, giving carers the chance to win a free break, from cinema tickets and recipe boxes to hotel stays and spa days.

The breaks giveaway will enable prize winners to take some time for themselves away from their caring responsibilities, something that's essential for their mental health and wellbeing. The on-pack promotion includes details of a webpage and a QR code to scan, which will enable carers to enter the draw by sharing their personal experience of caring.

Regina Blitz will also be supporting Carers UK's Care for a Cuppa sessions. These online meetups give carers the opportunity to chat and share how they're feeling with other carers who understand the ups and downs of caring, in an informal and supportive setting, and carers who attend will be treated to gift bags.

To find out more visit [Carers UK](#) or [carers breaks](#).



Why not volunteer for us?

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

Action Fraud has received over 700 reports from members of the public about fake emails purporting to be from the NHS. The emails claim to be able to provide people with a "digital passport" that "proves you have been vaccinated against COVID-19". These emails are fake, and the links within them lead to genuine-looking websites that steal your personal and financial information.

How to protect yourself:

In the UK, coronavirus vaccines will only be available via the National Health Services of England, Northern Ireland, Wales and Scotland. You can be contacted by the NHS, your employer, a GP surgery or pharmacy local to you, to receive your vaccine. Remember, the vaccine is free of charge. At no point will you be asked to pay.

- The NHS will never ask you for your bank account or card details.
- The NHS will never ask you for your PIN or banking passwords.
- The NHS will never arrive unannounced at your home to administer the vaccine.
- The NHS will never ask you to prove your identity by sending copies of personal documents such as your passport, driving licence, bills or pay slips.
- Your vaccination status can be obtained for free through the official NHS app, NHS website, or by calling the NHS on 119.

How to report scams:

If you receive a call you believe to be fraudulent, hang up. If you are suspicious about an email you have received, you can report it by forwarding the email to: report@phishing.gov.uk. Suspicious text messages can also be reported by forwarding them to the number: 7726 (it's free of charge).



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

WLCC training and activities

Crochet. Four week course starting Tuesday 7th September. 10.30 am - 12.30 pm at the centre.

Mindfulness for carers' health. Starting Thursdays from 2nd September at the old grammar school in Leigh 1.00 pm - 3.30 pm. Tutored by Cath, a carer herself.

Birthday card making workshop. Wednesday 29th September 10.30am - 12.30 pm.

Walks for September are going to be led by our wonderful volunteer Keith who has regularly supported WLCC over the past three years and is our resident expert on the Rivington area. He will be leading three different walks around Rivington on the 8th, 15th and 29th September at the usual time of 10.00 - 11.00 am. **For information on the meeting place please click here.** At the end of each walk there will be an opportunity for carers to sit down in a café and socialise afterwards.

On the 21st September WLCC carers have been invited to attend a walk arranged by Stepping Out with the Ramblers to Fletcher Moss in Manchester and carers are able to take the person they care for and there are still plenty of spaces left. 11.00 am 2.00 pm.

Carers Retreat Project. WLCC have been awarded £500 from The Deal Communities Fund from Wigan Council to create an informal outdoor space where carers can sit down and relax while having a bit of privacy.

The men's group are involved with enhancing the outside of our centre by working in partnership with Eric Alker from Hindley Allotment Society. We think you'll agree they're doing an amazing job.

Feel Good Fridays. WLCC is working closely with local businesses in the area to provide one-to-one therapy appointments for carers including reiki, massage, reflexology and hair, nail and make-up appointments. The first appointments will take place on 10th September between 10.00 am and 4.00 pm, and will be provided by Suzanne from Forest Falls Healing in Hindley. Places are limited so **please book using ticket source.**



See page 22 for details of a special screening of The Father to mark Alzheimer's Awareness Month.

3 vaccination centres
+1 pharmacy run with a mix of appointment only and walk-in clinics



433,051 vaccines

to Wigan residents (227,991 first dose, 205k+ second dose). **71%** of all residents have received their first dose and **63%** their second.



17,500 vaccines

administered to health and social care staff



Target groups

Everybody 16+, clinically or extremely clinically vulnerable and frontline health and social care staff to come forward ASAP for their first dose if not already vaccinated.



It's been wonderful to see carers benefiting from respite opportunities provided by **mytime**.

mytime connects unpaid carers who would benefit from a break from their demanding caring roles with local businesses offering a range of complimentary leisure breaks. Carers have been enjoying meals at local restaurants, attending fun family festivals, enjoying a relaxing coffee at the book club and even trying their hand at axe throwing.

Feedback from carers has been overwhelming:

"Had a lovely day yesterday with my friend at Black Pepper restaurant. Great food, fabulous company. Thanks so much mytime for organising this day for Carers, we greatly appreciate your support. Keep up the good work."

"Amazing charity doing amazing things for carers in Wigan, thank you so much for the tickets to see Wigan Warriors v Wakefield last night at DW stadium. Lovely food and company, we had a great night."

"Thank you so much for arranging the visit to Chethams library, it was amazing! Hazel was overwhelmed, to say she enjoyed it is an understatement. She never stopped smiling all day."

"Hand on my heart, what you are doing for unpaid carers is truly wonderful, all the way through the pandemic unpaid carers have been forgotten whilst our roles stepped up beyond more than we could ever have imagined. For you to do this for us, to allow us to actually enjoy ourselves is more than we could have asked for. Thank you again!"

Here's a reminder of how **mytime** works:

- Firstly, you need to register with **mytime**. Registered carers with the Carers Centre can either be referred by one of our team or you can register yourself, [through this link](#) or you can email them at: RHartnell@localsolutions.org.uk.
- Once you are registered you can check out the monthly offers on the **mytime** website. They occasionally post last-minute offers on their social media pages. They try to put offers on early in the month to allow time to book the places.
- When you see an offer that interests you in the current month from the website or socials you can email RHartnell@localsolutions.org.uk or express an interest via the form on the website. (Please note by registering an interest it does not guarantee you the break. They have lots of carers in the borough in need of a break and they will do their best to get everybody on something. They can even add you to a reserve list).
- They will contact you to advise if they are able to book you on the offer. (All offers are non-transferable and non-changeable). If you aren't able to make an event, they ask you to let them know as soon as possible.
- Please help them reach more carers and businesses by liking socials posts and sharing when possible. The feedback so far has been amazing, and they want to support as many of you as possible. If you go on a break through **mytime** it also really helps if you can share your experience and maybe a picture of your day.

If you have any questions, please do not hesitate to contact the Carers Centre on 01942 705959 or email info@wlcccarers.com, and we will be more than happy to tell you more.



**KEEP EACH
OTHER SAFE**

"It is a strange, sad irony that so often, in the territory of a disease that robs an individual of memory, caregivers are often the forgotten."

— Karen Wilder



What a lovely morning spent at Mesnes Park, Wigan for one of our Mindfulness Walks in August.

So many great photo opportunities and beautiful surroundings to take a gentle stroll and enjoy the scenery.

Mesnes Park is a jewel nestled on the edge of Wigan Town centre, with a touch of Victorian glory. Formal gardens, a bandstand and waterfall, sit side by side with a pavilion which houses Frederick's ice cream parlour and serves delicious teas and coffees.

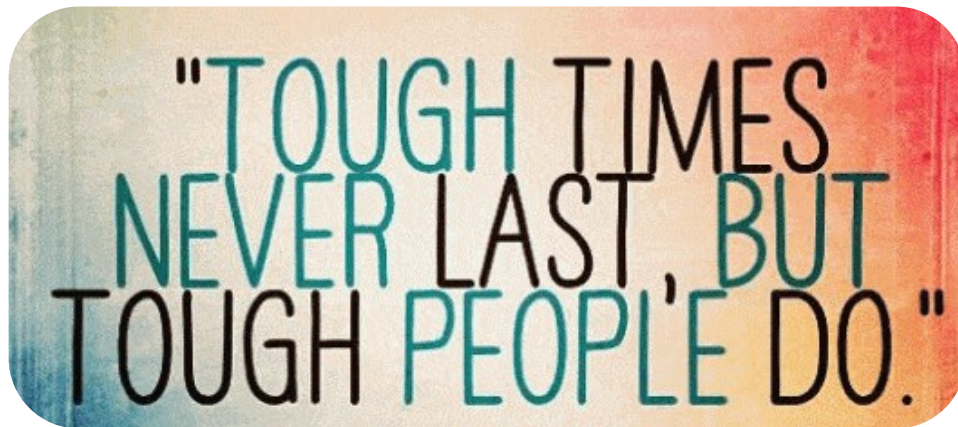
Who could forget the brass foot of Sir Frances Sharp Powell bringing back many memories of years gone by? A Covid-safe and sanitised rub of the foot to make a wish.

May all your wishes come true.



Thanks to everyone who joins each week on our Wednesday morning walks.

For more information about the walks or to book on a forthcoming jaunt, please visit our booking page by **clicking here**.



If you struggle to attend any of our Digital Skills sessions for carers there are some free multi-lingual guides to download at home through the buzz Age Friendly Team.

The buzz Age Friendly Team have produced a series of handy guides to help you get started with a new smartphone or tablet. Click on the links below to read guides on how to download an app, how to find a website, how to avoid scams and more.

- [How to download an app](#) - [English](#) - [Urdu](#) - [Farsi](#) - [Arabic](#) - [Polish](#) - [Romanian](#)
- [How to find a website](#) - [English](#) - [Urdu](#) - [Farsi](#) - [Arabic](#) - [Polish](#) - [Romanian](#)
- [How to join a Microsoft Teams meeting](#) - [English](#) - [Urdu](#) - [Farsi](#) - [Arabic](#) - [Polish](#) - [Romanian](#)
- [How to set up an email account](#) - [English](#) - [Urdu](#) - [Farsi](#) - [Arabic](#) - [Polish](#) - [Romanian](#)
- [How to video call](#) - [English](#) - [Urdu](#) - [Farsi](#) - [Arabic](#) - [Polish](#) - [Romanian](#)
- [Choosing internet access](#) - [English](#) - [Urdu](#) - [Farsi](#) - [Arabic](#) - [Polish](#) - [Romanian](#)
- [Scams](#) - [English](#) - [Urdu](#) - [Farsi](#) - [Arabic](#) - [Polish](#) - [Romanian](#)
- [Glossary](#) - [English](#) - [Urdu](#) - [Farsi](#) - [Arabic](#) - [Polish](#) - [Romanian](#)

We hope the guides help you get connected.

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Happy smiles all round

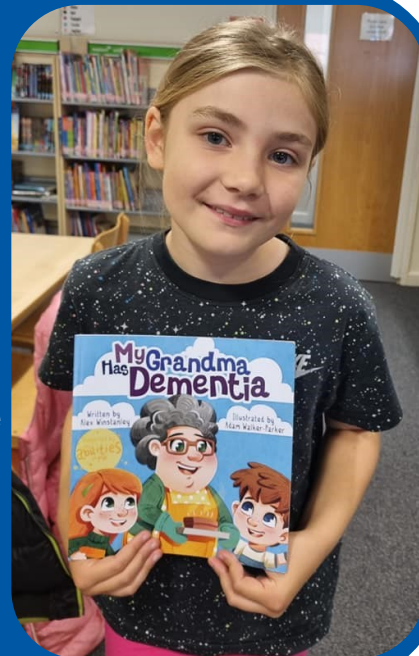
It was absolutely fantastic to attend the session at Platt Bridge Library in August with **Happy Smiles Training CIC** and **Alex Winstanley**, who were supporting young people's awareness and understanding of mental health and depression.

If you didn't already know, Alex has written a series of books that aim to raise awareness of long term health conditions for a younger audience, with the aim to help reduce anxieties around friends and family members living with such conditions.

The interactive workshop provided young people with an opportunity to create change, and inspiration to be positive role models in their community.

Well done Alex and the Happy Smiles Training team for providing such an engaging and thought-provoking session, we loved it.

All of Alex's books are available to buy on Amazon or can be borrowed from your local library.



State of Caring survey 2021

See page 25 for details or [click here to take part](#).



DOES YOUR CHILD HAVE REGULAR HOSPITAL APPOINTMENTS OR STAYS IN HOSPITAL??

COME ALONG TO OUR VIRTUAL COFFEE & CHAT DROP IN!

Until we can meet in person, join our Hospital Parent Advisers and meet other parents to share experiences and advice at our friendly Zoom Coffee & Chat.

Our friendly parent advisers can help with a range of topics, including:

Advice on benefits | Help with education
Helping your child sleep | Encouraging positive behaviour

Tuesdays: 14 Sep, 12 Oct, 9 Nov

Time: 11 am – 12 noon

We hope to see you there!

Information and booking details available [here](#)

contact For families with disabled children

Contact is a trading name of Contact a Family. Charity registered in England and Wales (284912) and Scotland (SC039169).

OUR BY YOUR SIDE PROJECT

During the pandemic we know many of you have lost face-to-face support and are struggling even more with the pressures and effects of the pandemic. Sadly Covid has meant we have been unable to attend your hospitals, but your Hospital Parent Advisers are still here to offer advice and emotional support.

WHAT IS OUR BY YOUR SIDE PROJECT?

We help parents of children with disabilities and special educational needs who attend hospital with their most pressing issues including advice on benefits, education, sleep and behaviour.

We guide families through services, help them find local support groups, signpost to local organisations, and offer a listening ear during stressful times. We are here for you whether your child attends hospital regularly or if you have a one-off appointment coming up.

COME ALONG TO OUR VIRTUAL COFFEE & CHAT!

During our informal Zoom Coffee & Chat we will be happy to support you and answer any questions you have as well as having some much-needed friendly chat.

More information and booking details are available at [Eventbrite](#)

If you can't make the Coffee and Chat Drop in but would still like to chat with your Hospital Parent Adviser please see our website for [details about how to get in touch](#).

*"You can't pour from an empty cup...
look after yourself as well."*
Parent carer

Male carers

Male carers hit the target



A group of our male carers started a six week archery taster session at **Haigh Woodland Park** in August.

Archery is an enjoyable and fun activity that has been around for centuries. Carers had competitive spirit at the first session, beginning to learn the basics, including range safety, shooting and scoring.

We're sure they'll enjoy the rest of the course and we look forward to hearing how your skills progress over the duration of the course.

We wish to pass on our congratulations to one of our male carers Dave, who successfully completed The Royal Society for Public Health Level 2 Understanding Health Improvement training.

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

The award is nationally recognised, accredited by The 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."**

Well done Dave. It's fantastic to see carers actively involved in improving the health of our community.

If you are interested in taking part in this course in future, the next intake is Tuesday 12th October and Wednesday 13th October, 9.30 am - 2.30 pm.

To register, [click here](#).



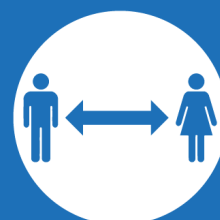
Carer, Graham helping to build planters for the centre as part of our carers retreat project. Thanks Graham.



HANDS



FACE



SPACE



FRESH AIR



Young carers

Park and play fun

Some of our young carers had a great time at the Park and Play Sessions held over the summer at Walmsley Park in Ince.

They had two hours of fun, lots to explore, and importantly time to chill and chat.



Follow WLCC on:

facebook Instagram

twitter LinkedIn

BOXING
FOR
BETTER

www.Boxingforbetter.co.uk
info@boxingforbetter.co.uk
@boxingforbetter

WIGAN & LEIGH YOUNG CARERS BOXING AWARDS

6 WEEK COURSE
TF1 GYM, WN5 9BJ
6PM -7PM

14TH SEPTEMBER
21ST SEPTEMBER
28TH SEPTEMBER
5TH OCTOBER
12TH OCTOBER
19TH OCTOBER



Brilliant news for young carers, a new boxing award programme with **Boxing for Better**, a six week course at **TF1 Gym** in Wigan, is starting on the 14th September.

Thanks to The National Lottery Community Fund we are able to offer young carers aged nine and above, two six week blocks of our Boxing Awards programme.

Participants will be able to earn the first level of the Boxing Awards qualification.

This programme is completely free and will give young carers an opportunity to learn new skills, meet new friends, release some stress and have fun whilst gaining credits towards nationally recognised qualifications.

Booking is now live on our website, click here.



We've been sent some amazing footage from Jessica at **WigLe Dance CIC** showcasing the creative talents of a group of our young carers.

Developing choreography, costume design and creative film editing, the group have created a short video, set to the song 'Girl is on fire'.

Jessica says "Thank you so much for your contribution to the dance festival. We thoroughly enjoyed every minute of it. The young carers were such a pleasure to work with and we hope we can work with you all again in the near future."

Well done to all our young carers who took part in the project, this is a brilliant final piece.

To view the video, **just click here.**



Ten young carers went to Brathay Hall for a residential retreat in August, funded by The Deal.

Threaded throughout the course were discussions, reflection on, and demonstration of the five ways of wellbeing:

- 1) Connect;
- 2) Be active;
- 3) Take notice;
- 4) Keep learning;
- 5) Give.



Each day there were a set of roles for the young carers to take on, and these roles were rotated throughout the course.



Day one. After the journey to Brathay and a brief tour of the site, we undertook team building on the low ropes, followed by an overview of the week. After tea we went on a brief trek into a local forest to play camouflage.

Day two started with a session on Yoga and Mindfulness and then we headed down to the coast for pond dipping, litter picking, sand dune exploration and beach art.

Day three was a big challenge with a walk on Loughrigg Fell, which was made more challenging by the British weather demonstrating why the area is called the lake district, but dropping a lake on our heads.

Day four started with some basic lessons in rafted canoes along with some challenges such as swapping boats and canoe racing. We had a packed lunch at Ambleside and made our way back to base. One boat got caught up in the wind and had to be towed a little way which was way cooler than rowing.

Some feedback from the Young Carers themselves:

- “It made me feel more in touch with nature and the outside.”
- “It was good without a phone as I can concentrate more, I enjoyed this trip and it made me happy.”
- “It has made me feel healthier and more active and more connected to the outdoors.”
- “I got to splash around like a child.”

I’ve thanked a whole host of people via Facebook, but I would particularly like to thank Joanne Petit once again for giving up four days to support the young carers on this trip.

Thanks, Peter.



Psychological Wellbeing Service

making
space

TAKE THE FIRST STEP

Email: masp.wellbeing@nhs.net
Contact number: 01925 581755



A group of our daring young carers had an incredibly valuable experience at Challenge 4 Change in August.

Challenge 4 Change is a unique indoor urban activity centre offering a range of activities. From ground level challenges including a tyre pit, scramble net and parallel bars, to high level challenges such as the 35 foot high aerial trek, leap of faith and climbing wall, there is something for everyone. The centre provides all required specialist equipment, adaptive harnesses and qualified and experienced instructors. All that was left for the young carers to do was decide how brave they were and get involved in their chosen activities which proved to be highly enriching and unforgettable.

Angela Hill, Young Carer Support Worker said **“It was great to see so many happy faces. They pushed themselves out of their comfort zones to climb Jacob’s ladder, conquer the leap of faith and test their nerve along the aerial trek. It was an experience they will not forget.”**

It’s more important than ever to engage and inspire young people. Resilience, confidence, raising self-esteem, team building and developing skills help young carers succeed through fun and practical activities.

It was an amazing day, full of unforgettable experiences for our fantastic young carers.



“I CAN’T JUST POP ROUND”

Join our next online support session for adult siblings of someone with a learning disability.
Topic: Distance carers
Date: Mon 27th Sept, 6.30pm-8pm
For details & to book, visit www.sibs.org.uk

Sibs For brothers and sisters of disabled children and adults

Supported by
LDE
Learning Disability England

The Charity SIBS will be running a new session this month for sibling carers who live further away from their disabled brother or sister.

The course aims to talk about the challenges of caring from a distance and strategies to support you.

The 90 minute session will be held via Zoom on Monday 27th September, 6.30pm – 8pm.

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



Continuing to enjoy the outdoors over the summer break, some of our young carers experienced new and fun activities at Scotsman’s Flash.

Scotsman’s Flash is 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 brought 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.



Confident young carers

Throughout August, some of our young carers attended an empowering six week 'A Confident Me' programme, led by our dedicated volunteer Ashly.

During one of the sessions, young carers made their own gratitude jars. A gratitude jar is a fun way to create a visual reminder of all the blessings in our lives. Essentially, it's a place to record and store everything you're thankful for. Whether it's a person, a kind act or a positive detail in your everyday life, young carers took time to think and write it down on a slip of paper to keep in their own, beautifully decorated gratitude jars.

Here are some examples of what they are grateful for:

- "I am grateful for my sister because she makes me laugh."
- "I am thankful for the lunch I had today. It was my favourite: pizza!"
- "I appreciate my grandma because she visited me when I was sick."

We want to encourage young carers to make the gratitude jar part of their daily routine and this activity works great as part of a bedtime routine.



Cartoon drawing club

A group of our talented young carers have been attending a Cartoon Drawing Club throughout the summer holidays at the Carers Centre.

Together they have been learning to draw some of their favourite characters with a professional cartoon artist.

Cartoon workshops are a fun, simple and unique 'hands on experience where young people are encouraged to explore their own creativity.

An expert illustrator specialising in the art of cartoon and caricature had young carers drawing funny faces and developing their own cartoon characters in no time.

Suitable for complete beginners, this activity had fun written all over it and young carers had a blast creating their very own cartoon



Wigan STEAM held another of their exciting activity workshops over the summer holidays for some of our young carers.

We loved seeing the group get so creative with each activity.

A big thank you to the amazing tutors for providing such a wonderful opportunity.



Follow us on:



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



A massive congratulations to our young carer Zain for recently completing and graduating from Wigan Youth Zone's Get A Job course.

The Get a Job course is an eight week employability skills programme which offers each enrolled student a great chance to get into work, apprenticeships, training or further education.

During the last month participants have been learning all the skills to help them take their first steps on the career ladder, focussing on skills such as CV writing, learning to present and practice interviews.

As a result of the course, a number of students are leaving with jobs, including Zain.

Well done Zain on your fantastic achievement, you've worked so hard on this.

If you are a young carer and would like to join in on the next cohort of 'Get a Job', please email kim.owen@wiganyouthzone.org or contact the Young Carers team on 01942 705959 who will be able to tell you more.



IT'S YOUR FUTURE

TAKE THE SURVEY & MAKE YOUR VOICE HEARD

Young carers in West Lancashire

Twinkle House are offering two new courses to older children and young people who live in or around Skelmersdale.

These six week workshops will run regularly from September, and are aimed at 9-11 year olds and 12-16 year olds. The next series of groups starts the week beginning 13th September between 4.00 – 5.00 pm.

Booking early is highly recommended and more details can be obtained by emailing Twinkle House: wellbeing@twinklehouse.co.uk.

For further details of Twinkle House's activities [visit their website](#).

**SUCCESS IS NOT FINAL;
FAILURE IS NOT FATAL:
IT IS THE COURAGE TO CONTINUE
THAT COUNTS.**



FREE

Children's Mental Health Level 2

Start date **Thursday 9th September 12:30pm-3pm** for 8 weeks at **Beech Hill Children's Centre** No placement required!

Please call Leanne to book or email/inbox our page on Facebook

01942 356580 leanne@discoverct.co.uk

Follow Discover Training CIC on Facebook and Instagram

Please note; fees for this course are free if you are unemployed and in receipt of a state benefit (including child benefit or tax credits.) If you are employed but only earning an individual income of £18,135 you will also be funded

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A letter from Jess, one of our first young carers



Young carers was most definitely one of the most memorable experiences of my youth. I joined around the age of six and left when I was 10 when I moved from the Wigan area to the United States. Because of young carers I was able to find an outlet of expression and make friends in a world where I had very few. Because of the skills they taught me and the example set by the wonderful volunteers, I was drawn to do good for my community as well. I am now a fully qualified volunteer firefighter and find that I am thankful every day for having people that were there for me at a young age who believed in me and made me feel at home. I still keep in contact with Trevor



Lewis, and visit whenever I can (seen here), an amazing volunteer with the carers Jubilee group that I was in. He and so many others have inspired me to do good for my community. Next year I hope to return to the UK to study at university and would love to volunteer with young carers myself.

It would truly mean the world to me if I could become that same inspiration to another young carer like myself.

We think you're pretty amazing Jess and are sure you will excel.

NHS
Greater Manchester
Mental Health
NHS Foundation Trust

24/7 Helpline

Although things are changing very quickly, here at Greater Manchester Mental Health NHS Foundation Trust, we are still here to respond to your needs.

We know you still need us, so we have extended our helpline to 24/7 which you can call any time, day or night, if you feel your mental health is beginning to suffer.

The 24/7 Helpline number

Our helpline is now free to use - 0800 953 0285

We are here to help you during this tough time – please reach out to us when you need us. We may have a lot of calls to get through, so please bear with us, but you are important to us and we will help you as much as we can.

For the latest updates and information

www.gmmh.nhs.uk/coronavirus-updates

In an emergency

If you are concerned about an immediate risk of harm - either to yourself or someone else - phone 999. If it is not an emergency but you require urgent advice, call 101 for non-emergency access to the police or NHS 111.

Please only attend your local Accident & Emergency department after speaking to 111, or in a physical or mental health emergency.



Improving Lives



See page 15 for the full story about our young carers' adventures out on the water.

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

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

During August, a group of our intrepid young carers set off to the Lake District for a wellness retreat with **Brathay Trust**.

The Brathay programme offers a range of challenging outdoor experiences and is designed to give young people an opportunity to take part in inspirational, life-changing experiences that support their personal development by expanding their horizons, bringing out the best in them both physically and mentally, and building on their leadership skills.

With support from “The Deal”, funding was gained to support Wigan's young carers in years 10 and 11 for this unique residential retreat with a focus on wellbeing, resilience, developing life skills, making friends, and having fun.



The first day was spent settling into the accommodation and then exploring the local area including taking in Windermere from an amazing viewpoint. From then on, a jam-packed programme of expert-guided activities took place such as beach and hill walks, canoeing, yoga, and bushcraft skills. After a busy day of activities, the group came together for a hearty meal and enjoyed the social areas for continued team-building and socialising.

Through these types of activities, it allows young carers to overcome challenges, build confidence and enrich their lives through gaining self-esteem and a sense of achievement. For many, the positive effects of the respite and skills gained in this trip are both immediate and long lasting. For some it will provide a life changing experience.

Young Carer Support Worker Peter Wild said, “**an event like this trip needs numerous “thankyous. Thanks to Brathay for hosting. Thanks to Gemma, Mark, and Jacqui for the activities, and the background team for catering, admin, etc. Mark is thanked especially for driving to and from the site. Watching how Brathay’s programmes evolve over the years has been great. To Angela Hill, and Claire, for helping round up attendees. To Carmen and Angela Allison, for not giving up on getting this done. To Joanne, volunteer for agreeing to support the trip. Finally, to the young carers for going, getting involved and generally behaving brilliantly and looking after each other.”**



We would also like to thank Peter Wild for all his support and organisation.

We’ve included a few of our favourite photos, what an amazing and unforgettable four day experience.

For a full account, see page 14.

Has your loved one had COVID-19?

NHS
Wigan Borough
Clinical Commissioning Group

A lot of people will have some **ongoing symptoms** afterwards.
This is normal. It can take several weeks or even months to fully recover.

Visit yourcovidrecovery.nhs.uk to learn more
Give them time.

Happy 30th birthday to Willow Project

What an amazing day celebrating Willow Project's 30th birthday in August.

Willow Project held the celebration at its Atherton headquarters marking 30 years of their amazing charity which provides young people with crucial therapeutic counselling.

There was lots of activities to enjoy such as pizza making, face painting, self-care and live music.

Dionne and a group of carers from the Carers Centre performed a Latin dance routine and workshop, getting everyone involved in a spot of salsa.



A big thank you to Willow Project for inviting us and letting us be a part of your special day, it was fantastic.

A huge happy birthday to you all.

ENCOURAGING HEALTHY RELATIONSHIPS

SUPPORT FOR YOUNG PEOPLE AFFECTED BY DOMESTIC ABUSE TO BECOME AWARE OF THEIR OWN BEHAVIOURS AND FORM POSITIVE RELATIONSHIPS.

Domestic abuse can impact young people in a variety of ways and for those who are engaging in harmful behaviour with others, additional support with this can be beneficial.

We can offer support from a professional who can help them to develop healthy relationships.

They will:

- Have a safe and confidential space to talk openly about what they're going through
- Not be judged, but be supported with their experiences and concerns
- Identify harmful or unhealthy relationship behaviours and question these
- Explore and discuss healthy relationships and behaviour
- Be supported to develop safe and positive relationships in their lives

“Until I worked with you, I didn't know how to be less angry. Thanks for all your help.”

- YOUNG PERSON

**FOR MORE INFO
PLEASE SPEAK TO:**

Our Children & Young People's Team:
CYPservice@talklistenchange.org.uk

www.talklistenchange.org.uk/encouraging-healthy-relationships



Charity No: 512710
Company No: 1559314
© Talk Listen Change 2020



GMCA GREATER
MANCHESTER
COMBINED
AUTHORITY

Young people affected by domestic abuse can seek support from Talk Listen Change, to help them become aware of their own behaviours and form positive relationships with others.

14-19 year olds from Wigan can be referred via: bridgingtochange@talklistenchange.org.uk or via telephone on 0161 872 1100.

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

for what is thought
to be best in any
point of view.

Dementia

serious illness of the
of the brain. It is a
mental deterioration
for what is thought

DEMENTIA ACTIVITY SESSIONS 3 WEEKS

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

STARTING:
FRIDAY 1ST OCTOBER 2021
PEMBERTON MASONIC HALL,
CHAPEL STREET
WIGAN
WN5 8JP



This forthcoming programme is for carers and the person they care for to get together and enjoy a selection of different activities together.

Help the person you care for to think about their past experiences and you might learn something new about them too.

- Friday 1st October
- Friday 8th October
- Friday 15th October 2021

All sessions run between 10.30 am - 12.30 pm.

Pemberton Masonic Hall, Wigan, WN5 8JP.

To book **click here**, call 01942 705959 or email: **info@wlcccarers.com** to book your places.

Are you caring for a family member or friend with dementia? If so, the team at Dementia Carers Count have created some free online sessions which may be of interest to you.



DEMENTIA
CARERS COUNT
Supporting Family Carers

Spotlight on carers' rights and benefits

Monday 20th September, 1.30 - 3.00 pm via Zoom

This session explores the topic of carers' rights and benefits, and the types of assessments and support available. The various benefits will be described, and there will be an opportunity to reflect and apply this to your own situation.

This session is for you if:

- You would like to gain a better understanding of the rights and benefits available to you and the person you care for
- You want to spend time with experienced healthcare professionals who will answer your questions in a safe, supportive environment
- You would like to meet other people who are taking care of a friend or family member with dementia in a similar situation

To participate, please click here.

Spotlight on caring about pain in dementia

Friday 24th September, 11.30 am - 1.00 pm via Zoom

This session aims to provide an overview of how pain may be experienced by a person with dementia and the impact it may have on both the person you care for and you as a carer. There will be an opportunity to explore the impact and consequences of pain for a person with dementia and how taking different approaches may improve pain management and wellbeing.

This session is for you if:

- You would like to gain a better understanding of pain and the implications for someone with dementia
- You want to understand the risk factors and consequences for both you and the person you care for
- You would like to learn how pain can be identified and managed effectively with tips and strategies
- You wish to discuss the emotional impact of pain for both yourself and the person with dementia
- You would like to spend time with experienced healthcare professionals who will answer your questions in a safe, supportive environment
- You want to meet other people who are taking care of a friend or family member with dementia in a similar situation

To participate, please click here.

For World Alzheimer's Month, Dementia Friend Champion, Nicky Bellenger will be running two family-friendly Dementia Friends sessions via Zoom.



Suitable for children age seven and older to attend with family, to learn more about dementia.

Weekend and after school options. Booking links below:

Sunday 12th September, 10.30 am.

Wednesday 22nd September, 4.30 pm.

While no one can change the outcome of dementia or Alzheimer's, with the right support you can change the journey.

As part of Alzheimer's Awareness Month, join us for a screening *The Father* (2020) with Leigh Film Society.

Friday 24th September. The Turnpike Centre, above Leigh Library, Civic Square, Leigh WN7 1EB. Doors open 6.30 pm. Film starts at 7.30 pm. Bar available. We also allow you to bring BYOB, cinema snacks and pizza.

Film duration: 97 minutes.

To book, click here.

You may remember in the July newsletter we ran a feature about John Ball, one of our male carers. Well, John has now been featured in a short film commissioned especially for the **Wigan Arts Festival**.

The Road to Happiness is a short documentary film that explores how the people of Wigan and Leigh have found happiness in their everyday jobs and hobbies.

Before he retired, he was a very talented sign writer and artist and continues to create extraordinary pieces in his spare time - very kindly donating them to local charities. This helps John, who cares for his wife who is living with Alzheimer's.

We're delighted to see John on the big screen.



NORTHERN HEART FILMS PRESENTS THE ROAD TO HAPPINESS

PRODUCED AND DIRECTED BY NATASHA HAWTHORNTHWAITE AND SCOTT BRADLEY
CAMERA NATASHA HAWTHORNTHWAITE ADDITIONAL CAMERA SCOTT BRADLEY AND BEN G. BROWN
EDITED BY NATASHA HAWTHORNTHWAITE AUDIO POST PRODUCTION STUDIO 344 AUDIO
PRODUCTION ASSISTANT BENEDIKTE GIBSON SET PHOTOGRAPHY AND POSTER BY SCOTT DAVID JACKSON

  SUPPORTED BY 

COVID DELTA VARIANT

NEW SYMPTOMS TO LOOK OUT FOR



Diarrhoea



Blocked/Runny Nose



Aching Muscles



Long-lasting Headache



Vomiting



Sore Throat



Tired and Unwell

IF IN DOUBT TAKE A TEST

Haigh Woodland Wanderer





Haigh Woodland Park

If you've ever wanted to go to Haigh Hall but found getting there a problem, help is now at hand. A new weekend bus service has been launched.

With tickets available for £1 for adults and 50p for children (free for concessions), the Wanderer's hourly route includes stops in Scholes, Whelley, Aspull and Wigan Road.

In addition to the weekend schedule, the service will also run throughout the autumn half-term school holidays (Monday 25th to Friday 29th October) to coincide with the Haigh Halloween Festival.

The bus leaves Wigan bus station hourly, on the hour from 10.00 until 3.00, and returns hourly at half past the hour from Stocks Gate at Haigh from 10.30 to 3.30.

For more information and a full timetable with interim stops, [please click here](#).

Well done Aldi in Ashton



Well done to Aldi in Ashton-in-Makerfield, they have been recognised as being **#CarerFriendly** in **Mobilise Online's** latest blog.

[Check it out here.](#)

WHAT'S ON THIS MONTH

[Click here for more info](#)

Follow WLCC on:



If you're suffering from toothache, a cut toe, or just feeling unwell and unsure of what to do...

111 online has the support and advice you need



When you think you need A&E, contact NHS 111 by phone or **go online**.

NHS 111 will help you find out what local service can help you.

Depending on the situation, we can:

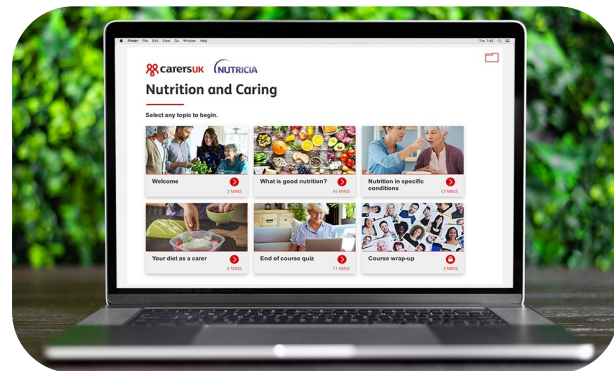
- Book you an appointment at the Accident & Emergency department (A&E).
- Direct you to an alternative, more appropriate local service.
- Connect you to a nurse, emergency dentist, GP or pharmacist.
- Arrange a face-to-face appointment, if required.

Eat well, stay well

Carers UK have updated their nutrition e-learning course and it's available for carers to access for free on their website.

To mark the 10-year partnership with Nutricia, they have used feedback from carers to create an exciting new version of the e-learning course. It's full of information and tips on good nutrition for carers and the people they care for.

To check it out, [click here](#).



Transport assistance



Are you having a tough time arranging your child's school transport for the new term?

School transport is an integral part of a child's education. If they can't get to school or have a stressful time doing so, they can't learn and take part in the school day like other children.

For information on your local authority's legal obligations to disabled children and advice on what to do if their offer is unsuitable, visit [Contact's website](#).

Don't forget there's also a free SEN helpline. Call them on 0808 808 3555 (Mon-Fri 9.30am-5pm) for support with transport and education.



(This study was given ethical approval by Research Ethics Committee on 16/10/2020 (Ethics Ref no: 20/WS/0131 & contact Tel: 0141 314 0212))

Children with obsessive-compulsive disorder (OCD): Identifying Acceptable Support Strategies for Parents

Are you a parent or carer of a child or young person age 8-18 who is diagnosed with obsessive-compulsive disorder (OCD)?

Would you be willing to take part in a research interview about improving support for parents of children with OCD?

Interviews can take place by phone, video chat, depending on your preference.*

*This study will not involve any face-to-face interviews due to restrictions relating to Covid-19.

To request a study information sheet or for further details, please contact our study researcher:

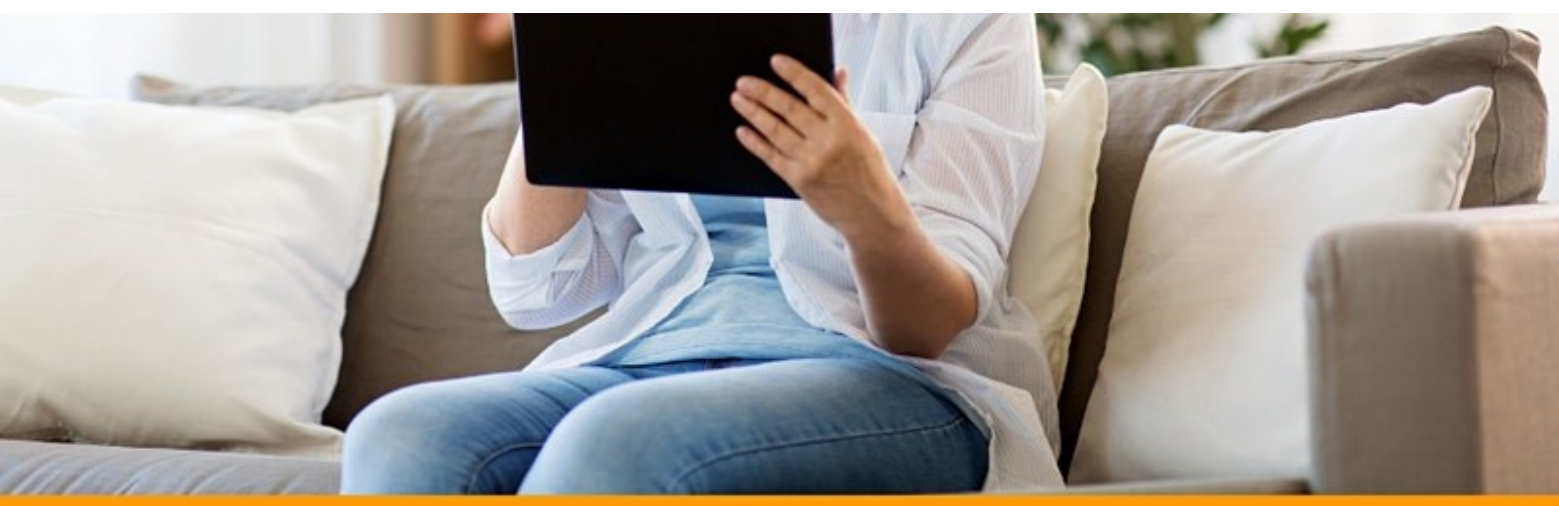
Emma Sowden

Tel: 07795 612178

Email: emma.sowden-2@manchester.ac.uk



Phase 1: Parent flyer- Version 1.0 (18.08.2020) IRAS ID: 283830



Online Communication Course for carers of people living with dementia living in Greater Manchester

The course runs for six weeks on Zoom and is for family carers of people living with dementia across Greater Manchester.

The course provides carers with some space to pause and consider communication and how you connect. It will include a mixture of exercises, films, animations and lots of discussion and sharing.

Research has shown that four months after attending a course, carers had improved communication and reduced stress levels.

"I used to think he was doing it on purpose, now I realise it's the dementia that's making him act like that. It's helped me to be more patient and think about how hard it can be for him", Sarah, Trafford.

For more information about the next course, [please click here](#).

Take our survey for unpaid carers



The annual State of Caring Survey is the UK's most comprehensive research into the experiences and lives of carers. The 2021 survey is now open for you to tell Carers UK what caring has been like for you in the last year.

The survey can be completed [here](#) and will close on 13th September.

Cycle Three Sisters 2021

Wednesday 15th September 3pm-8pm

- **FREE** family event
- Something for all ages and abilities
- Bring your own bike or borrow one of ours
- Refreshments available
- No need to book, register on the day

- Bikes and E-bikes to hire
- Wheels for all adapted cycles
- Cycling stalls
- Balance bike track
- Free bike maintenance
- and much, much more!



Three Sisters Race Circuit, Ashton-in-Makerfield, Wigan, WN4 8DD

For further information

wellbeing@bewellwigan.org

wigan.gov.uk/ActiveCycle




WIGAN GROUP 6:30PM WEDNESDAY

Penson Street
Community Centre,
Penson Street, Wigan WN1 2LP

07894 971 434

 Directions4Men



 DirectionsForMen

 Directions4Men

hello@directionsformen.org.uk

Directions for Men are a men's peer support group. They meet in Wigan every Wednesday. You'll soon realise you're not alone and you'll have a group of men supporting you through whatever you're going through. For more information call 07894 971434.



HANDS



FACE



SPACE



FRESH AIR



VIRTUAL CAFÉ'S



Quiz Night

Join our Moving
Forward Cafe

Every Sunday 6-7pm

Help & hope in one place

The UK's National Bereavement Support network,
bringing all services together under one umbrella.
Helping anyone affected by grief, anywhere in the UK.

Weekends can be incredibly difficult if you are bereaved. When family and friends are getting together, it can feel a lonely time. So, why not join Nicky and Charmaine at The Good Grief Trust, every Sunday for a chat on Zoom with others who know how you feel?

To book email: Hello@thegoodgrieftrust.org.

MENTAL HEALTH SUPPORT IN MANCHESTER

If you need help – we're here:

- Online at our mental health website
- Contact your local helpline on 0800 234 6123 or the numbers in your crisis support plan
- Need more urgent mental health support and don't feel able to contact your locality helpline? Dial 111.



GMCA GREATER
MANCHESTER
COMBINED
AUTHORITY



NHS

in Greater Manchester



Thank you so much to tutors Louise and Emily at STEAM, and our wonderful volunteer Trev for giving such great support to our young carers and families.



State of Caring survey 2021

See page 25 for details or click here to take part.

 carersUK

See page 16 for more details about our young carers' time at the STEAM project.



Are you a carer?

KING'S
College
LONDON

We are looking for people who provide care or support to family, friends or neighbours to take part in an online study.

Resilience is the ability to adapt to or 'bounce back' from difficulty. We know that carers can show resilience, living with long-term stress and adapting to challenging circumstances. We also know that caregiving can impact carers' own wellbeing.

You could help us to find out more about carer resilience and wellbeing, and the different ways of thinking that drive resilience. We hope to use what we find to create new ways to support carers.

You will be asked to complete some online questionnaires and a card-sorting game, at home and at a time that suits you. It should take 40-60 minutes in total.

As a thank you for taking part, you can enter a prize draw to win gift vouchers worth £10, £25 or £50



To take part or find out more:

Scan the QR code

Email bethany.nicholson@kcl.ac.uk

Visit <http://bit.ly/carerstudy>

This study has ethical approval and is conducted by researchers at King's College London.
Ethical approval reference number: HR/DP-20/21-21362

Mindfulness Group

**De-stress | Calm | Relax | Me-time
Meditate | Gentle | Movement | Breath
Restore | Relief | Enjoy | Connect**

"Think about everything in a more relaxed and positive way."

Enjoy weekly sessions or come when you can.
Perfect for complete beginners or those who wish to refresh their meditation practice.

Tuesdays

Begins 5th October

1.30-2.30pm

Kingsleigh Methodist Church
73 King Street, Leigh, WN7 4LR

Cost: £6/£5 Conc

TEA, COFFEE & BISCUITS ARE FREE



To book a place and for more information contact Cath

Email: cathhawkins@yahoo.co.uk | Mob: 0798 4123 445

W: www.catherine-hawkins.co.uk | [f catherinehawkinsartist](https://www.facebook.com/catherinehawkinsartist)

Places are still available for the Breathworks, eight week Mindfulness for Health Course especially for carers registered with Wigan and Leigh Carers Centre. The courses are held at the fully accessible Old Grammar School, 55 Railway Road, Leigh, WN7 4AD on Thursdays between 1.00 - 3.30 pm. The course starts on September 2nd and runs through to October 28th (no session on 23rd September).

The course is free to attend, so if you are a carer looking for new ways to live better with a long-term health condition or pain, then **book here**.

Volunteer opportunity: If the Mindfulness for Health course sounds interesting but you aren't a carer, would you be interested in supporting this course? You will have the opportunity to take part in the whole course for free while assisting with things like setting out equipment or making drinks. It would be great if you have some experience in the areas of mindfulness, meditation, especially with Breathworks. If this sounds interesting please email: cathhawkins@yahoo.co.uk.

Follow WLCC on:

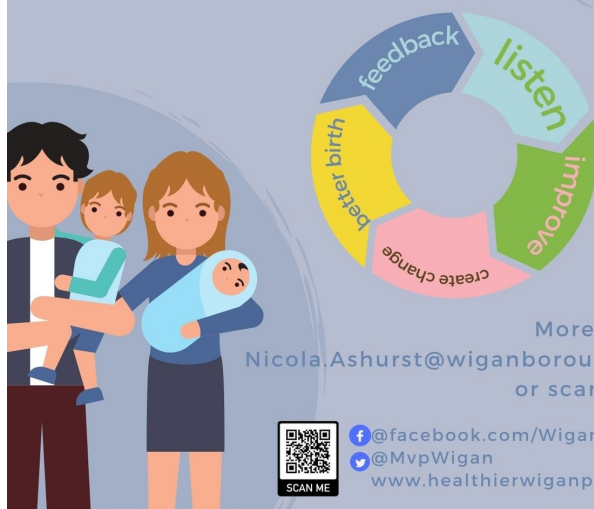


The Mindfulness Group will restart on Tuesday October 5th, from 1.30-2.30 pm at Kingsleigh Methodist Church, Leigh, WN7 4LR. Enjoy weekly sessions or come when you can for meditation, mindfulness, a de-stress and calm in a friendly small group setting. Free sessions for carers and those affected by dementia are available thanks to funding from Dementia Friendly Communities. A drink and biscuit are also free.

All opportunities are perfect for complete beginners or those who wish to refresh their meditation practice. **For more information please click here.**

WIGAN BOROUGH MATERNITY VOICES PARTNERSHIP

If you've used maternity services in the last 2 years we want to hear from you!



More information:

Nicola.Ashurst@wiganboroughhccg.nhs.uk

or scan the QR code



[@facebook.com/WiganboroughMVP](https://www.facebook.com/WiganboroughMVP)
[@MvpWigan](https://www.facebook.com/MvpWigan)

www.healthierwiganpartnership.nhs.uk



Juggling care, guilt and grief

This conversation between Kate Mosse and Hospice UK CEO Tracey Bleakley explores our reluctance to talk about dying, death and bereavement, and themes that are touched upon in 'An Extra Pair of Hands', the gentle heroism of our carers, small everyday acts of tenderness, and finding joy in times of crisis.

Dying Matters and Hospice UK are thrilled to welcome Kate Mosse in an exclusive virtual event on 9th September from 3.00 - 4.15 pm. The subject of the session is exploring what it feels like to care for someone who is dying, giving a different view on ageing, love and loss.

To attend this free event, **please click here.**



healthwatch

Wigan and Leigh

Have you or do you know someone (adults or children) who has received urgent and emergency care treatment at a time of mental health crisis.



Healthwatch Wigan and Leigh would like to hear about your experience of accessing mental health urgent and emergency care treatment at a time of crisis.

We would like to listen to your positive experiences about accessing mental health services when you are in a crisis and if you have found it difficult to access mental health services when you are in a crisis?

We want to make sure that people's experiences influence the provision of services provided to the public. So, we are asking you to come forward and share your experiences with us.

All information will be heard confidentially and recorded anonymously in a report later in the year and shared with our providers and commissioners.

Contact Andrea Arkwright on 01942 834666

Text to MENTALHEALTH 07939061874 for a call back.

andrea.arkwright@healthwatchwiganandleigh.co.uk

[Healthwatch Wiganandleigh | Your spotlight on health and social care services](#)

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.

SUPPORTING YOUNG & ADULT CARERS

BENEFITS ADVICE
BEFRIENDING
BEREAVEMENT SUPPORT
CARERS ASSESSMENTS
CARERS CARD
EMOTIONAL SUPPORT
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KNOW YOUR RIGHTS
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ADVICE
SOCIAL GROUPS
TRAINING & EVENTS

We are here:

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



01942 705959



info@wlcccarers.com



www.wlcccarers.com

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