

Carers in Wigan & Leigh

Issue 11 November 2021


www.wlcccarers.com

Reaching out to carers

01942 705959

Speaking with one voice for all carers in Wigan borough

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JOIN US FOR A SOCIAL EVENING GET TOGETHER

CHEESE & WINE EVENING

Thursday 25th November 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

Cheese and wine Evening Thursday 25th November

Join us for Carers Rights Day. Come and have a nibble and a glass of wine. 5.30- 7.30 pm. **To book, please click here**, or call 01942 705959.



We would like to share this amazing picture that our wonderful volunteer, Daniel has very creatively produced for the carers centre.

Daniel says, "The idea for the painting started from a conversation with Angela. She asked if I could make something simple and A4 size to put near the front door, just to let people know who we are as I think the outdoor signs are currently getting redone. I showed her the sketch last Friday and she was really happy with it. Initially I was going to paint it digitally but I've always preferred making traditional art. Feels like I spend a lot of time on computers so it was nice to come home and work on something not screen based. So I got my acrylic paints out, turned up the music and got stuck in with it.

For the painting, I wanted to just do something that has a friendly and welcoming feel with warm, vibrant colours. My aim was to also show the different kinds of people we get as carers, hence the two child and two elderly characters. Hopefully, people will see the image and get the message that we help carers of different



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.

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ages, ethnicities, disabilities etc. The happy heart in the centre also adds a bit of love to the painting. I also went with a blue sky background as sometimes carers come in and just talking to them can brighten their day.

Style-wise, my background as an animation student and love for Saturday morning cartoons as a kid influences the way I draw characters. I also love the 60s California art styles (as seen in concert and surf culture posters) that mix cartoon and psychedelic imagery. That kind of art is always very positive and energetic so that's a huge inspiration in terms of composition for me.

Hope everyone enjoys the painting, really enjoyed putting it all together.”

We think it's absolutely superb and we can't wait to put this in pride of place for all our visitors to appreciate.

Thank you Daniel, you are an extremely talented and gifted young man and we appreciate you so much.

Mindfulness course

Carers are more than half way through their eight week Mindfulness Course with Breathworks tutor, Catherine Hawkins.

The course itself includes a balance of teaching, questions and discussion, guided meditation, practices to help participants develop mindfulness and self-compassion to relieve pain and anxiety, supporting mindful movement practice.

Catherine says, “I had a moment today to take a few images of the venue, Kingsleigh Methodist Church (Leigh) all set up for the Mindfulness for Carers Health Course. Today's sessions was all about noticing the small pleasures in life. Seeing these lovely autumn berries in the little garden behind the church were a delight for two of the carers.”

We hope all the carers are reaping the benefits of the course and learning support skills and practices to help in their caring roles.



It was wonderful to be a part of Wigan's Community Cohesion event on 29th September at Golborne Parkside, celebrating Equality, Diversity and Inclusion with local partners and community groups from across the borough.

We listened to some inspiring speakers and spoke to some wonderful organisations delivering such great work all around Wigan and beyond.

It was also an opportunity for attendees to find out all about the carers centre and the offer of support to unpaid carers.

We hope all the carers are reaping the benefits of the course and learning support skills and practices to help in their caring roles.



Carers enjoyed a creative morning learning how to make their own birthday cards in September.

Huge thanks to Christine for delivering the session, everyone had a lovely time.



Blooming marvelous course for carers

We held a second instalment of our Flower Arranging Workshop for carers, in Pemberton during October.

These flower arrangements are just stunning.



Feedback from carers has been amazing, "Spent a lovely morning making autumn/winter flower arrangements. Thank you Sam for making it so interesting."

Take a peek at our new website

We are excited to welcome you to the brand new Wigan and Leigh Carers Centre website, a goal we have been working on for quite a few months. We are still working on improvements and would welcome your feedback and thoughts.

What have we improved?

- New language setting - the ability to change to a language of your choice.
- Self-refer - you are now able to refer yourself as a carer online.
- Refer a carer - professionals are now able to refer carers online.
- Events booking - book yourself onto any of our upcoming events and activities.
- Newsletter - download the latest copy of our carers newsletter and previous copies if you've missed any in your inbox.
- Sign up/subscribe to the carers' newsletter.
- Connect with us through our social media channels.
- Keep up to date with all the latest news.

Also coming soon:

- Change font/size of text.
- Live chat box function.

LIVE NOW!
Visit our new website

<https://wlcccarers.com/>

WLCC training

Mindset and Life Training six week programme – Starting on Thursday 4th November 1-3pm and finishing 9th December.

A brand new mindset programme for male carers will be provided by inspirational rugby player Joe Collins.

This course will be based on:

1. Looking at habits how to get rid of bad ones and implement good ones to improve your life.
2. Beliefs: how to change your own internal belief system about yourself and the world.
3. How to get on better with people and build relationships faster.
4. How to achieve anything you want too in life using neural linguistic programming.
5. How important it is to control your environment and what you let into your life.

The aims of this course will be to help carers improve their mental health, their lives, their love for their job and their performance.

Carers in Mental Health. Part 1 Fri 12th Nov and Part 2 19th Nov 1-3pm online using Zoom. For carers who are supporting someone with mental health needs and want to understand what mental illness is and learn coping strategies to help with caring role. Carer must attend both sessions (Part 1 and Part 2).

First Aid – Friday 19th 10.30am-12.00pm, Leigh Miners Welfare Institute, Tuesday 14th December, 1 Meyrick Street, Wigan.

Mindfulness Walks – Andrea Grice has volunteered to lead the remaining carers walks for the rest of the year supported by Michael Hurst who have both completed their walk leader training provided by Paths for All. Both Andrea and Michael are regular attendees of the carers walks and are very passionate about walking and supporting other carers to get walking.

Pennington Hall. WN7 3UA. 3rd November 10am-11am.

Fairy Glen. WN8 7TG. 10th November 10am-11am.

Astley Street Park. M29 7BB. 17th November 10am-11am.

Redwood Park. WN5 8EZ. 24th November 10am-11am.

For more training and activity opportunities, [visit out events booking page by clicking here.](#)



Breast cancer support group

Have you or do you know someone who has suffered or is suffering from Breast Cancer?

Do you want support and to network with others who have gone through this?

Friendly and informal group.

Come in for a cuppa and a chat.

YMCA, Hilton Street, Ashton-in-Makerfield, Wigan, WN4 8PD.

Last Monday of every month 11:00am to 1:00pm. No bank holidays.

Contact: jgdipsey@hotmail.co.uk or telephone 07714 655132.



BREAST CANCER SUPPORT



REMEMBRANCE DAY

Lest We Forget

Wigan and Leigh Carers Centre
will be open on
Sunday 14th November from 9 am til 1 pm
serving hot drinks and cakes



Remembrance Day

Wigan and Leigh Carers Centre will be open to all on
Sunday 14th November between 9.00 am and 1.00 pm.

In Hindley we have a beautiful Veterans Memorial Garden just around the corner from the carers centre. For those who are visiting the garden or the nearby church services, please feel free to come and join us for hot drinks, refreshments, cakes and biscuits. Or if you would simply like some company, our doors will be open to welcome you.

Commemorating those who have lost their lives. Lest we forget.



Parent & Carers Training

FREE training available for parents and carers of children aged 0-25 years with special educational needs or disability

What are Annual Reviews?
4th Nov- 10am - 11am

The Early Years Framework
25th Nov - 10am - 11am

Preparing for School Meetings
16th Dec - 10am - 11am



HOW TO BOOK...

All the training is virtual and can be accessed via the same Zoom code which will be emailed after booking via our website.

The SENDIASS team have some exciting training available for local parent/carers. The training includes subjects such as:

- Annual reviews
- Early Years Framework
- How to prepare for meetings

To book, **simply click here.**



Counselling support



- Are you struggling with your mental wellbeing?
- Experiencing pressures?
- Feeling alone?
- Need someone to offload to?
- Caring responsibilities leave you with no time to talk to someone?
- Scared to reach out for help/advice?
- Waiting on counselling support or not able to commit yourself to ongoing counselling sessions?
- Have things just got too much?

Did you find yourself answering yes to any the questions above? If so, there may be a solution for you.

Emotional Wellbeing Group is an organisation based in the North West that offers a free, easy to use and confidential online live message chat service with a counsellor for adults 18+, either as a one off or continuing counselling.

EWG aims to offer support to anyone whose mental health wellbeing has been impacted by Covid-19 or by other individual needs. EWG also offers a multitude of helpful information and advice **on their website**, enabling you to create a bank of useful resources.

This past year has highlighted the importance of reaching out and talking to one another. However, we understand that commitments as a carer can make it difficult to access the opportunity to talk to someone. Alongside the existing counselling offered through the carers centre, we have decided to work with EWG to offer you the chance to talk in a safe space with experienced counsellors, whenever you need them.

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

For more information click [here](#).

Speech and Language workshops for parents of disabled children aged 4-16

If your child has speech issues related to autism, language impairment, hearing impairment or another disability, make sure to book your place for free.

You'll learn about the communication chain, how you can support them, key strategies and developing a common approach.

Choose your date and book below:

Primary school age:

4th November (AM): bit.ly/Primary4Nov 25th November (PM): bit.ly/Primary25Nov

Secondary school age:

9th November (PM): bit.ly/Secondary9Nov
8th December (AM): bit.ly/Secondary8Dec



WLCC on Nextdoor app

Did you know Wigan and Leigh Carers Centre is now on the Nextdoor app?



If you use this app or visit their website, why not give us a follow by clicking here?

Welcome Katie



We would like to introduce you to Katie who has recently joined the WLCC team on student placement.

Katie is a student social worker studying a BA Social Work Degree at Edge Hill University. The degree combines perspectives from social care, health, education and other relevant disciplines to ensure graduates can work effectively in the multi-disciplinary environment of today's social work.

We caught up with Katie and here's what she had to say:

"My name is Katie, I'm 20 years old and I am currently in my second year of my BA Social Work degree at Edge Hill University. I have joined the Wigan and Leigh Carers Centre for my second year 70 day university work placement. Here I hope to be able to join the existing team to work effectively to support both adult and young carers with their needs. I hope to be able to use this experience to meet new people, support those that need my help, widen my knowledge and learn a lot through these experiences as well as understand more how I can apply my first year theory studies to practice and meet my PCF and SWE standards.

For the last three years I have worked part-time alongside my studies at Le Petit Four café in Wigan town centre. Here I have enjoyed meeting lots of new people and becoming familiar with the regular customers.

Before attending university I gained my BTEC Level 3 Health and Social Care qualification at college and I used this course to give me an insight of the various different career options available, before sticking with my original pathway of social work. Currently, I wish to become a children and families social worker, but I am using the opportunities I have during my placement here to explore my options with this.

In my spare time, I love making arrangements with friends and family and planning social events. I love visiting new places and often find myself looking for the next place I can go and tick off my "bucket list". For example, this year I attended Leeds festival and this was an amazing experience outside of my work and studies to unwind. I camped for five days here and saw a lot of music artists, gained a few blisters, and used a lot of dry shampoo! I enjoy a lot of social events, meeting new people, visiting new places and I have a particular interest in national trust sites and the history behind them."

Jill Woosey, Carers Case Officer said, "Students are an integral part of WLCC. Their contribution of energy, skills and compassion help us provide the best possible services to unpaid Carers in Wigan."

Welcome to the team Katy.

In October our carers and those they care for joined with Carers Stepping Out for a walk around Heaton Park and Heaton Hall in Manchester.

Carers from Wigan and Leigh joined with fellow carers from around Greater Manchester for a stunning walk with gorgeous views, followed by a delicious light lunch.

Nearly 40 walkers from Manchester, Bury, Salford, Wigan and Leigh had a fantastic day.

They all enjoyed the beautiful flowers, fresh air, and stunning views across fields and woodland to the hills.

On the shorter walk they made time to see all the animals, including alpaca, goats, geese, small pigs and the three very large pigs were being fed.

Those on the shorter walk lingered so long that everyone on the longer walk got to the café first.

Everyone enjoyed the delicious new sandwich menu at The Stables Café.

Thank you to Carers Steeping Out for asking us to come along.



Self care for carers

A group of carers attended a short workshop in Aromatherapy and Self Care at the carers centre in October.

Expertly led by retired nurse and local holistic therapist, Suzanne from Forest Falls Healing, the group explored what self care is and how difficult it can be to look after yourself when you are caring for someone else.

Looking after your own wellbeing is important as a carer. Suzanne spoke about the use of essential oils and how to incorporate them into busy lives. She gave demonstrations on how to make your own bath salt mixture. Suzanne says "A relaxing bubble bath can sometimes make all the difference after an exhausting day - even trying one small thing, such as this, can help you feel a little calmer."

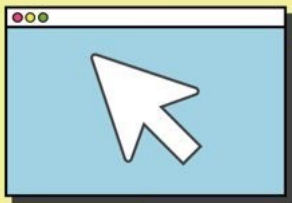
Well done to Geraldine, who was the lucky winner of the raffle prize, a self-care pamper kit. We hope all the carers who attended the session found it beneficial to their caring roles.



TEA PARTIES

Come along to our free TechMate Tea Parties to learn new digital skills, problem solve tech issues, all while having a brew and biscuits.

Please bring your own device. (devices can be provided for those without, ask a member of staff or contact us at digitalsupport@wigan.gov.uk)



Wigan Library

Wigan Life Centre, The Wiend, Wigan, WN1 1NH
First Monday of the month 11:30am-1pm

Leigh Library

Civic Square, Market Street, Leigh, WN7 1EB
Second Tuesday of the month 12:00pm-1:30pm

Ashton Library

Wigan Road, Ashton-in-Makerfield, Wigan, WN4 9BH
Fourth Thursday of the month 1:30pm-3pm



 www.wigan.gov.uk/techmates

@ digitalwigan

DigitalWigan

Another great initiative from our friends at Digital Wigan. TechMates tea parties in Wigan, Leigh and Ashton libraries, helping to boost digital skills and solve your tech problems with a lovely cuppa.



Whether you are a new carer or have been caring for someone for a while, we believe it's important that you understand your rights and are able to access the support that is available to you as soon as you need it.

Know Your Rights, the theme for Carers Rights Day 2021, is about:

- Making carers aware of their rights.
- Letting carers know where to get help and support.
- Raising awareness of the needs of carers.

As unpaid carers you need to understand your rights wherever you are in your caring journey: whether you are in the workplace, in a healthcare setting, when interacting with professionals, or at home.

We want to empower carers with information and support, so you can feel confident asking for what you need. We also want carers to know how to challenge things if their rights are not being met.

To support this national event we are giving carers the opportunity to talk one-to-one with our Chief Officer, Angela Allison, to have a chat about your caring role, our current services and any support that you need. Meet in your own home or in a local café if you prefer.

We encourage you to book your place for these events as soon as possible.

Dates and times available:

- Thursday 4th November - 10.00 am. 1.00 pm. 5.00 pm.
- Thursday 11th November - 10.00 am. 1.00 pm. 5.00 pm.
- Thursday 18th November - 10.00 am. 1.00 pm. 5.00 pm.
- Thursday 25th November - 10.00 am. 1.00 pm. 5.00 pm.

Book online, call 01942 705959 or email: info@wlcccarers.com.

It's a great chance to have your say.

Umbrella Arts

workshops | wellbeing | gallery | artisan boutique

Carers enjoyed the three week creative art sessions at Umbrella Arts in Leigh throughout October (these are free fully funded sessions just for carers).

Focusing on therapeutic colour therapy, it is a super fun acrylic painting style. This abstract art technique is for people who can't really draw, haven't taken lessons, are totally messy, and just want to make something pretty.

The best part of paint pouring is that you never know what you are going to get, they almost all turn out beautifully.



Flexible working for carers

The Government has set out new proposals to make the right to request flexible working a day one entitlement for every employee in Britain.

It will also introduce a day one right to one-week's unpaid leave for carers balancing a job with caring responsibilities.

To read the Carers UK press release, [click here](#).



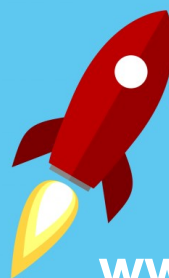
SAVE THE DATE

THURSDAY 25TH NOVEMBER 2021



WLCC
Supporting carers of all ages

Charity Number 1138908
Registration Number 7293521



OUR NEW WEBSITE HAS

LAUNCHED

www.wlcccarers.com

It was the final session of the four week crochet course at the end of September. This small workshop was suitable for complete beginners who have never crocheted before, or for anyone who may have crocheted in the past. It provided an opportunity for carers to express their creative side and begin learning all about the art of crocheting.

Carers thoroughly enjoyed coming together and we were delighted to receive this feedback from one carer, ***“Coming to the centre and feeling welcome and happy made a big impact on me. Rachel was a great person easy to speak to and it was a pleasure to socialise and make new friends. Thank you.”***

WLCC would like to say a huge thank you to teacher, Rachel from **Cesca & Woodrow** for such a great workshop, she will be back to deliver a four week jewellery making course very soon.

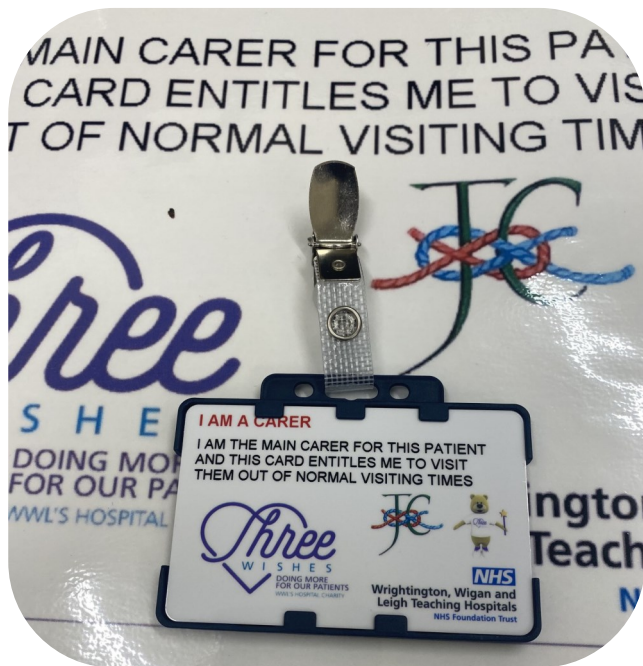


We are delighted to be working closely with lead Admiral Nurse for Wigan, Mark Oakley in creating 300 of these brand-new carer ID cards.

The cards are a new initiative to support dementia care and John's Campaign at WWL (Wrightington, Wigan and Leigh Hospitals).

We'd like to offer a big thank you to Mark Leyland at Wigan and Leigh Carers Centre for all his help in creating the cards.

They will make a huge difference to those carers supporting someone living with dementia in a hospital setting.



Some fab photos from our recent sewing course for Carers at Meyrick Street, WN5.

Handmade oven gloves and aprons looking absolutely amazing. We certainly have some talented ladies and gents on our course.

Great to see such progression already, keep up the hard work.



Why not volunteer for us?

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

EXTRA TIME HUB



Because the best time is your time...

Would you like to meet like-minded people in your area and bring your free time alive?



We are bringing retired and semi-retired people together to meet people, socialise and do the things they enjoy.

Why not join us?



Wigan Athletic's Extra Time Hub

At our Extra Time Hub, it's your time so you decide what you do. Quizzes, games, arts and crafts, music, singing, table tennis, films, talks, walks, bungee jumping or just sitting and having a chat over a cup of tea – Nothing is off the agenda if you really want to do it.

Come and join us:

Tuesdays at Wigan Youth Zone
Parsons Walk Wigan WN1 1RU

Thursdays at Leigh Miners
Kirby Road Leigh WN7 4EF

1.00pm - 3.00pm
Refreshments included

Contact Christine Blundell on 01942 318090
or 07889 537143 for more information.
Email: c.blundell@wiganathletic.com

@LaticsCommunity

@LaticsCommunity

www.wiganathletic.com/community

Supporting partners



It was great to attend the 'Extra Time Club' organised by Wigan Athletic Community Trust at Leigh Miners in October. Catherine, Jill and student, Katy from Wigan and Leigh Carers Centre went along to meet those that attend the group.

Extra Time Hubs bring people in their retirement years together to socialise and do the things they enjoy. The Hubs are communities of likeminded people. They include weekly gatherings, often at the football stadium, but also a varied combination of face-to-face and online groups and activities.

A big thank you to the Extra Time Group for welcoming us to join your activity session, it was so lovely to meet everyone and we look forward to attending again soon.

If you are a carer and would like to find out more about support in the community, such as Extra Time Hubs, please contact Jill or Catherine on 01942 705959 or by emailing: info@wlcccarers.com.

Extra time choir

Extra time are looking to put together a choir and hold a monthly choir session on a Thursday at Leigh Miners after the hub session 3.00 - 4.00 pm. The venue is still to be confirmed but if you are interested in joining please contact Christine Blundell at: c.blundell@wiganathletic.com.

They also are in need of a musician to support the choir practice, so if you can strum/play a few chords or know anyone that can please shout up.



Follow Wigan and Leigh Carers Centre on:



Out of Hours Service



- ✓ Europa has launched a free out of hours service for citizens of **Greater Manchester** who are facing low mood or social isolation because of Covid 19.
- ✓ We have a fantastic friendly team of people speaking several European languages waiting to take your call now.
- ✓ We offer group work, a referral to our tele befriending service as well as more in depth 1:1 counselling in **Polish, Romanian, Lithuanian, Russian and English**.
- ✓ Do not suffer in silence contact Europa now for a friendly chat and extra help if you need it.

Contact number - 0161 5412 686



www.europia.org.uk

Europa Registered Charity No. 1161453
Europa OISC No. N2020000121



Europa recently launched a free out of hours service for citizens of Greater Manchester who are facing low mood or social isolation because of Covid-19.

They have a fantastic friendly team of people speaking several European languages waiting to take your call now.

Europa uruchomiła bezpłatny serwis poza godzinami pracy dla mieszkańców Greater Manchester, którzy mają niskie samopoczucie lub izolują się z powodu Covid-19.

Europa a lansat un serviciu gratuit în afara programului pentru cetățenii din Greater Manchester care se confruntă indispoziție sau izolare socială din cauza Covid-19.

They offer group work, a referral to the tele-befriending service as well as more in depth one-to-one counselling in Polish, Romanian, Lithuanian, Russian and English. Do not suffer in silence, contact Europa now for a friendly chat and extra help if you need it.

The lines are open Monday – Thursday 5.00 pm – 7.00 pm and Saturday 10.00 am – 12.00 pm.

Contact number - 0161 541 2686.

They look forward to speaking with you soon.

This serviced has been funded by Greater Manchester Combined Authority.

Cancer support training

New Training Course: Support for carers, families and relatives of people affected by cancer. Open to all, this two hour course will demystify the cancer experience and provide 'tips' for support, help and information.

Tuesday 23rd November at 10.30 am. **Register here.**
Tuesday 30th November 6.00 pm. **Register here.**

For more information on living with cancer, visit the **Cancer Champion website**.



Do you or the person you care for have a medical appointment, but cannot get there because of fuel shortages or otherwise? TfGM Ring & Ride service provides accessible, low cost transport to disabled and older people with walking difficulties.

For more information visit the TfGM website by clicking here.

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Living positively with dementia

The Alzheimer's Society have launched a useful guide to help people living with dementia realise there is hope after diagnosis.

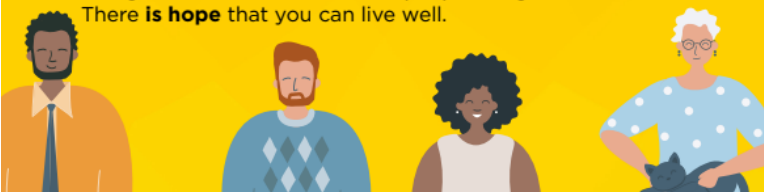
To read a copy, [click here](#).

Living with Dementia

My Life, My Goals

A practical guide full of **hope** to help you set your goals

This guide has been created with people living with dementia. There **is hope** that you can live well.



UNIVERSITY OF
EXETER

Alzheimer's
Society
United
Against
Dementia

id Innovations
in Dementia

A huge thanks to carer, Graham who has been up to Hindley allotments during the past few months continuing to work on planters for our outside space. Thanks Graham, we appreciate it so much.

The beginning of October saw the start of our six week sewing course for carers at **Meyrick Street CIC** in Wigan.

Carers will learn the skills to make different items each week, including; tote bags, cushions and make-up bags.

This six week tutor led course will give carers a foundation to work on various projects, including:

- Setting up a machine and getting started, learning about basic tools you need.
- Taking measurements.
- Learning about different seams and stitches.
- Pattern cutting, pinning, button holes, zips, hemming, using interfacing.
- This is a free course and an opportunity to learn lifelong skills.

To find out about other courses, please visit our [booking site](#).

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

Soul Time



Do you like good music?

Join our new music making group and listen to some great tunes, chat about your favourite music, and even write your own songs!

If it's Northern Soul or Irish music, 70s prog rock or 50s doo-wop, you'll get the chance to talk about the music you love. We'll explore music together through a range of different activities, all for free!

Monday 15th November, 1-3pm @ The Fire Within, The Galleries

Monday 13th December, 1-3pm @ The Fire Within, The Galleries

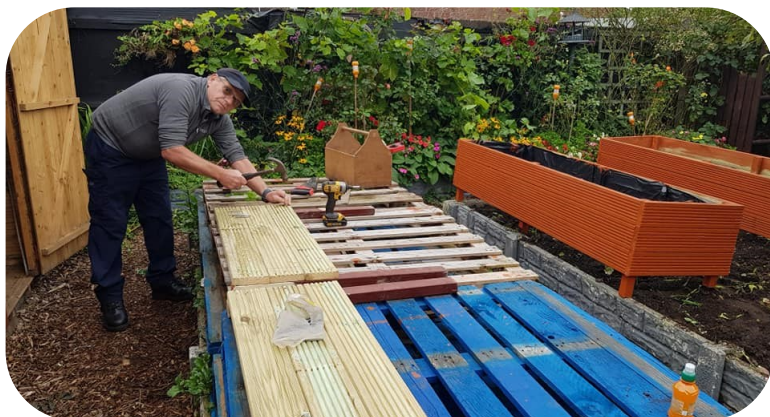
These sessions are aimed at younger people living with dementia and their carers and will be led by professional musicians and composers from Manchester Camerata Orchestra.

For more information please contact Helena Bull:

hbull@manchestercamerata.com | 0161 226 8696



Wigan
Council



Wigan Borough Domestic Abuse Service

DROP IN'S

FREE, CONFIDENTIAL ADVICE AND SUPPORT

AVAILABLE TO ANYONE AFFECTED BY DOMESTIC ABUSE

NO APPOINTMENT OR REFERRAL NEEDED

HELPLINE MON - FRI 7-7 01942 311365



MONDAY

9.30am - 12.30pm - Ince Startwell Centre
Charles Street, WN2 2AL

9.30am - 12.30pm - Well Women Centre, Leigh
55 Church Street, Leigh, WN7 1AZ (Female only)

10am - 12 noon - One House Community Centre
45 Haigh Road, Aspull, WN2 1RR

TUESDAY

10am - 1pm - Chandler House Medical Centre
Poolstock Lane, Wigan, WN3 5HL

WEDNESDAY

9.30am - 1pm - Atherton Startwell Centre
Formby Avenue, M46 0HX

THURSDAY

10am - 1pm - Golborne Startwell Centre
Talbot Street, WA3 3NN

11.30am - 2.30pm - Pennygate Medical Centre
Ladies Lane, Hindley, WN2 2QG

10am - 12 noon - Standish Library
Cross Street, WN6 0HQ

10am - 12 noon - Central Park
Montrase Avenue, WN5 9XL

FRIDAY

10am - 1pm - DIAS Domestic Violence Centre
Rodney House, King Street, Wigan, WN1 1BT

11am - 2pm - Well Women Centre, Leigh
(Female only)

A free helpline is here to help anyone, including service users and carers, who feel their mental health is beginning to suffer.

Call 0800 051 3253, at any time, day or night.



Greater Manchester
Mental Health
NHS Foundation Trust

Our 24/7 Helpline

You can call the numbers below, **free of charge**, every day, 24 hours a day

Bolton, Salford, Trafford and City of Manchester

0800 953 0285

Wigan

0800 051 3253

We are here to help you during this tough time - please reach out to us if you need us.

TIME TO TRY SOMETHING NEW?

WIGAN AND LEIGH CARERS CENTRE NEEDS YOU

CHECK OUT OUR LATEST VOLUNTEERING ROLES TO SUPPORT CARERS



READER LEADER

LEADING ON A WEEKLY CARERS READING GROUP TO HELP TO GIVE SOME MUCH NEEDED TIME FOR THE THINGS THEY ENJOY.

CARERS SUPPORT

PHONE BEFRIENDING
WELFARE CALLS TO CARERS
LEADING WALKS
YOUNG CARERS CHAMPION
OUT OF HOURS SUPPORT
(EVE/WEEKEND)

OUTREACH & FUNDRAISING

SETTING UP CARERS ACTIVITIES ACROSS THE BOROUGH
SUPPORTING FUNDRAISING ACTIVITIES

CENTRE CHAMPION

TRUSTEE - JOIN OUR BOARD
SUPPORTING RECEPTION
SETTING UP A GROUP BASED ON SKILLS YOU CAN OFFER
JOB SEARCH SKILLS

CHECK OUT [HTTPS://DO-IT.ORG/OPPORTUNITIES/SEARCH](https://do-it.org/opportunities/search) TO SEE HOW YOU CAN MAKE A DIFFERENCE OR CALL AND SPEAK WITH CATHERINE ON 01942 705959
INFO@WLCCCARERS.COM

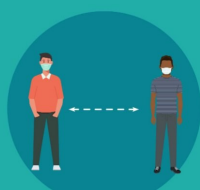
STAY SAFE



HANDS



FACE



SPACE

Follow WLCC on:

facebook

Instagram

twitter

LinkedIn

Male carers

Marathon man Michael

Everyone from Wigan and Leigh Carers Centre would like to say congratulations to carer, Michael who completed the Wigan 10K back in September, along with his son.

Michael came to show his medal to the male carers social group in October and received a mass of applause from his fellow carers and those that had sponsored him.

Michael, we know this is a massive achievement for you and we are so so proud. Thank you for showing us your medal. You are an inspiration.



Once again we would like to extend our thanks to a group of male carers who are continuing to help build flower planters to create a warm and welcoming environment for the carers centre.

Despite the downpours in September, they worked tirelessly on these handmade crafted pieces with an aim to get them installed ready for our winter flower beds.

Thanks gents they are amazing.

In October we had the pleasure of welcoming guest speaker and mental health advocate, Joe Collins to our male carers social group.

Author, life and fitness coach and ex rugby league player, Joe Collins 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.

He spoke to carers about positive mental health habits he uses on a daily basis and how these can be incorporated and adapted to suit carer's lives.

Thank you Joe for taking the time to come and speak at the carers centre. Thank you also for presenting some of our male carers with their archery certificates and medals.

Our next Male Carers Group is Thursday 4th November at 1.00 pm.



Young carers

Young carers cook club

Some of our wonderful young carers have been very active and thoroughly enjoying the experience of learning to cook pizza during Cook Club.

This included washing up and decorating mini pumpkins.

Thanks to Shirley of Fur Clempt and volunteers, Sue and Trev for supporting.



It was an honour and pleasure to collect a cheque from the Asda Golborne store recently.

We were lucky enough to have been nominated to be part of the Asda foundation's 'Green Token Giving Scheme'. Massive thanks to all the shoppers at Asda Golborne for supporting us.

Thank you to Gill and Ruth at Heath Street Methodists for putting us forward for this award.

The money will go towards supporting young carers from the Golborne area.

If anyone else has a small group or charity in the Golborne area they think would benefit from the Asda scheme contact Cheryl at the Golborne store.



With special thanks to

ASDA

Young carers have knock out time

Well done to this group of young carers.



They've taken part in a six week boxing programme and all achieved their first accredited award through **Boxing Awards**.

Thank you to the funders, The National Lottery Community Fund and Boxing for Better for creating such a rewarding programme.



Huge well done and congratulations to all the young carers for achieving and taking part.



Wigan Council

Preparing for Adulthood

8th-12th November 2021

FREE online event on Microsoft Teams

8th My Development

9th My Health and Happiness

10th My Independence

11th Informing Me

12th My Support



@PfAEvent



Preparing for Adulthood Event

Book on via

<https://bit.ly/3AhYWfZ>

Wigan Council



Working to become
Dementia
Friendly
2018-2019

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."

FREE SESSIONS
FOR CARERS
& THOSE
AFFECTED BY
DEMENTIA

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

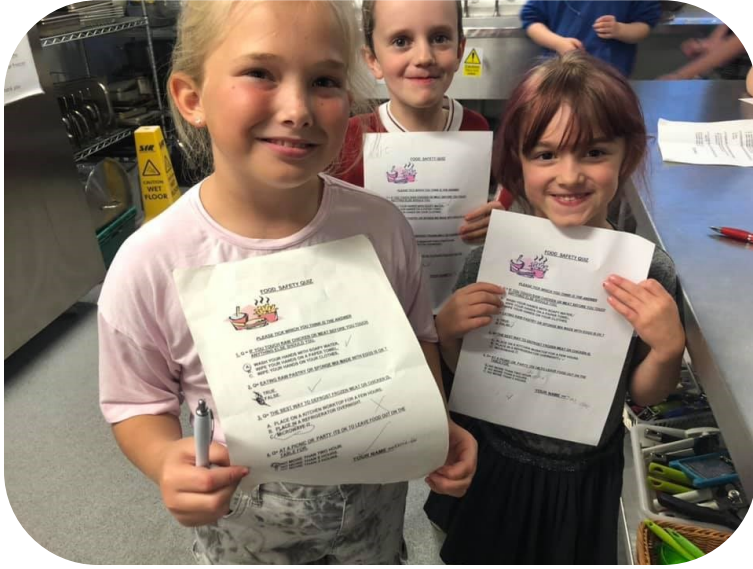
To book a place and for more information contact Cath

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

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

Young carers 'cooking' good

Lovey to see young carers progressing with their Cooking Course at Fur Clempt in Wigan. Breakfast muffins in the making thanks to teacher, Shirley and supported by volunteer, Trev, who gave the children a food quiz in order to think about food hygiene.



Thank you to our fantastic volunteer Sue Lewis for her thought provoking poem.

All In A Day's Work

She was eleven, just started big school
New uniform, friends old and new
Are you staying for netball practice
Are you staying for science club
How could she explain
Some knew why and had stopped asking
Others just thought she was being ignorant.

She had to rush home, her mum relied on her
There was only the two of them
During the day at school her mind wandered
What were they having for tea
Did they have enough milk and bread
Would mum's new medication be working?

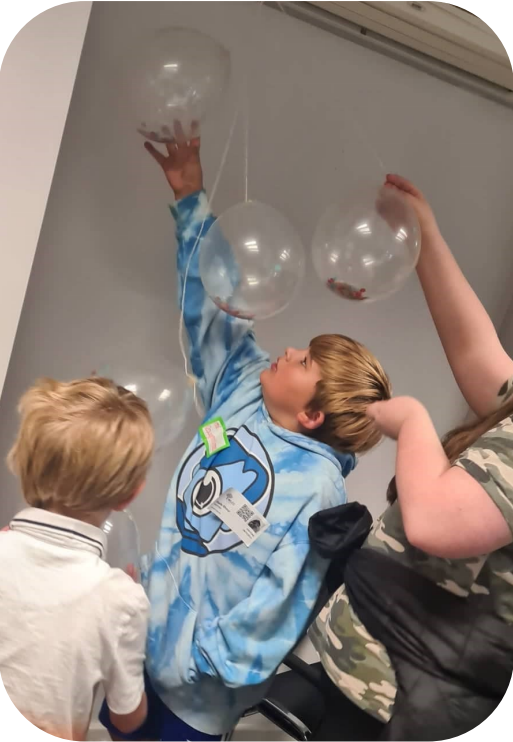
Many mornings she was so tired she had to drag herself out of bed
Start her Daily routine, sometimes she felt guilty other times frustrated
But it was worth it to see her mums lovely face
Of an evening after tea they would sit and cuddle on the sofa, watch tv
This was the routine six days a week.

But today was Tuesday. Tamsin from her Young Carers group would soon pick her up
A Befriender had been arranged to sit with Mum
The group were going bowling, she was excited
For a couple of hours she would be with friends
Carefree no responsibilities.

**Follow Wigan and
Leigh Carers
Centre on:**



Some of our young carers recently took part in a Mystery Game Night, working together on problem solving skills and importantly having fun together.



The young carers worked as detectives and found the clues hidden around the room and solved the puzzles.

They had to find the keys and locks, use UV pens to find hidden clues and put their hands in disgusting gloop, ewwww.

Claire Thorpe, Young Carers Support Worker says “They solved the puzzle in 33 minutes and we had pizza afterwards and played a game of Wink Murder - a game in which a secretly selected player is able to “kill” others by winking at them, while the surviving players try to identify the killer!”

We hope everyone had a fun time together.



we are Explorers
Safe Spaces for Young People to Explore their Identities

Join Jam, Shawn and Yoriko at Explorers, a safe space for LGBTQ+ youth in Leigh.

Explorers is a structured social group with a monthly theme and activities aimed at earning a badge every month!

We work closely with other community groups in Leigh to offer access to fun activities, workshops and visits in the wider community.

Every Saturday, 1pm-3pm
Ages 13-19
Patrick House in Leigh
jam.explorers@yahoo.com

Earn Badges - Make Friends - Have Fun
Receive Support - Gain Skills - Be Yourself!



LGBTQ+ CARERS NETWORK

Do you identify as LGBTQ+? Do you look after someone?

Join our friendly group for LGBTQ+ carers with the opportunity to meet others and chat, either online or in person. We are planning informative meets on a range of topics and social activities. We are also inviting people to get involved with the ongoing plans for the group.

Group meets last Tuesday of every month 6-7pm

Contact keisha.tomlinson@gaddum.org.uk to sign up!



Flower arranging workshop

What a fantastic morning at our flower arranging workshop at the carers centre in October. Carers enjoyed some relaxing time, creating seasonal autumnal floral displays - a unique arrangement with help and guidance from expert tutor, Samantha.



Another amazing evening welcoming carers to our Cheese and Wine event in October.

A selection of delicious cheeses and accompanying wines were served, along with the most beautiful homemade cakes (thanks to Jen).

Thank you to all the carers who came along, we hope you had a pleasant and relaxing evening with us.

A huge thanks to volunteer, Susan Austin who was the most amazing host.

Our November event date will be coming soon and we are looking at organising a special Christmas evening celebration.

Thanks everyone.



Support for veterans

What a pleasure to welcome Mike Mills from Wigan Borough Armed Forces HQ who came to deliver an informative talk to the carers centre team meeting.

He spoke to staff about the support and services for current and former military personnel that is offered locally in Wigan.

The HQ is a one-stop centre providing advice and guidance for Armed Forces Serving Personnel, Veterans and their families within Wigan Borough regarding health and wellbeing, welfare, education, housing, employment and social inclusion.

We are delighted to be working in partnership, identifying both carers and military personnel, to ensure they receive the very best support for themselves and their families.

Thank you Mike, we think the work you that you are all doing is magnificent and pioneering for Wigan.

If you are a Veteran or Armed Forces Personnel, please get in touch with the carers centre who can tell you more information about the support they can provide, call 01942 705959 or email: info@wlcccarers.com.



Follow Wigan and Leigh Carers Centre on:



December & New Year Opening Hours

DECEMBER 2021

Thursday 23rd December Open as normal

Friday 24th December 9.30 am - 12.30 pm

Saturday 25th December Closed

Sunday 26th December Closed

Monday 27th December Closed

Tuesday 28th December Closed

Wednesday 29th December 9.30 am - 4.30 pm

Thursday 30th December 9.30 am - 4.30 pm

Friday 31st December 9.30 am - 4.30 pm

JANUARY 2022

Saturday 1st January Closed

Sunday 2nd January Closed

Monday 3rd January Closed

Tuesday 4th January Normal hours then resume

Throughout the period, including Bank Holidays we will be operating a telephone support line for Carers

01942 705959



WLCC
Supporting carers of all ages

Charity Number 1138808
Registration Number 7293521

ACC LIVERPOOL

KIDZ TO ADULTZ NORTH



Kidz to Adultz North is a free exhibition for carers, parents, professionals and all those who support children and young adults with disabilities and additional needs (children welcome).

Come along to the first Live Kidz to Adultz Exhibition since the start of the pandemic. We are so looking forward to seeing you at the new location - ACC Liverpool, Kings Dock, Liverpool Waterfront, Liverpool, Merseyside, L3 4FP.

Wednesday 17th November 2021, 9.30am – 4.30pm.

To reserve your ticket please [click here](#).

VOLUNTEER GET INVOLVED



Volunteering at Wigan and Leigh Carers Centre is rewarding, fun and varied.

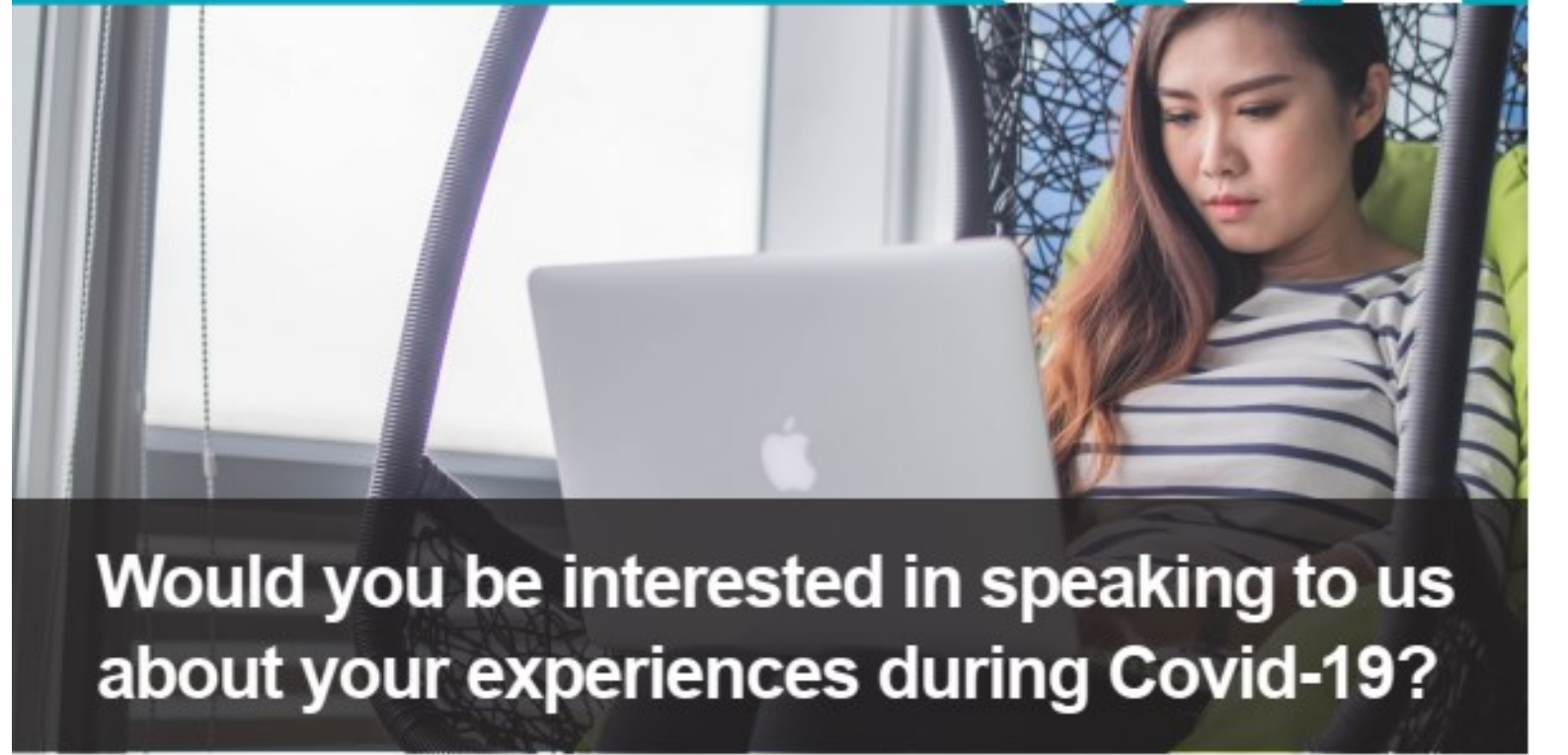
We need more people like you to support more carers across the whole of the Wigan and Leigh borough. You just need to have empathy and understanding of others and offer a few hours a week to make a real difference.

Maybe you enjoy talking and listening to other carers about your experiences, maybe you enjoy supporting children and young people, maybe you have skills to share such as job searching or fundraising ideas. If you can offer any of these skills - or something else - volunteering could be for you.

Get in touch for an informal chat by emailing: info@wlcccarers.com, calling us on 01942 705959, or popping in to the carers centre in Hindley, we are open and look forward to meeting you.

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

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

A photograph of a young woman with long brown hair, wearing a grey and white striped shirt, sitting in a modern chair and looking at a silver laptop. The background is slightly blurred, showing what appears to be a window or glass partition.

Would you be interested in speaking to us about your experiences during Covid-19?

We would like to speak to young adult carers (aged 18-24) who have been providing unpaid care, help or support to a relative, partner or friend with care needs during the pandemic. We would like to understand your experiences of the pandemic, social distancing and social isolation, including any impacts on mental health, well-being and daily life. We would like to speak with you if you:

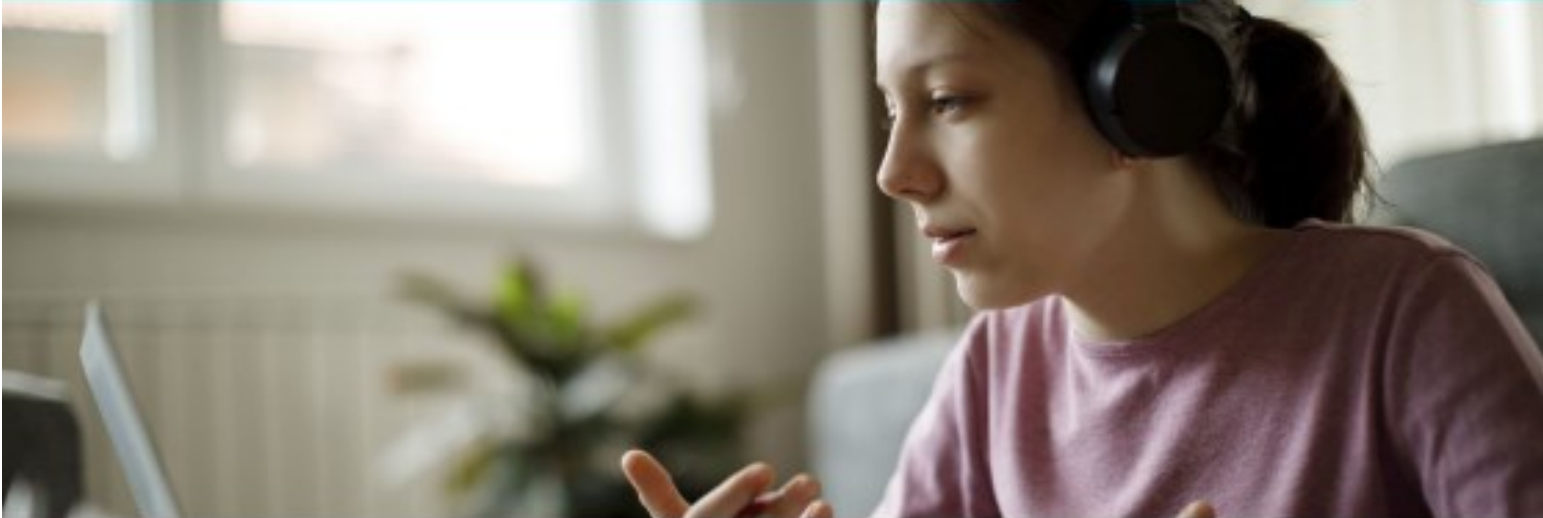
- » are aged 18-24 years old
- » provide unpaid care, help, or support to a family member, partner or friend with care needs (e.g. mental or physical health problems, frailty, disability). This might include providing personal care, emotional support, practical support with everyday tasks, managing appointments or dealing with medications or supporting them to look after other members of your family.

What will happen if I take part?

- » You will have the opportunity to discuss the study with a trained researcher and ask questions.
- » You will be asked to take part in an interview with a researcher over the telephone, or via a video call depending on your preferences. The interview should last around 45 minutes.
- » The information you give us will be anonymised and kept confidential.
- » We will offer you a £10 online gift voucher to thank you for taking part.



If you are interested in hearing more, please contact:
Tom May
University College London
Email: t.may@ucl.ac.uk
Tel: 07724 833396



Would you be interested in speaking to us about your experiences during Covid-19?

We are really interested in how different groups of people including young carers aged 13-17 years old are feeling, and what you are thinking about 'social distancing' and having to stay at home during Covid-19. We would like to invite you to speak to a researcher about your experiences if you:

- » are aged 13-17 years old
- » provide unpaid care, help, or support to a family member or friend with care needs (e.g. mental or physical health problems, frailty, disability). This might include providing personal care, emotional support, practical support with everyday tasks, managing appointments, dealing with medications or supporting them to look after other members of your family.

What will happen if I take part?

- » You will be able to ask the researcher questions about the study before you decide to take part.
- » If you would like to talk to us, we will ask you some questions via a telephone or video call about your experiences and opinions.
- » If you are 13-15 years old, an adult who is responsible for you will have to give their permission for you to take part, but it is completely up to you whether you do.
- » The questions should last for around 45 minutes
- » The information you give us will be kept private and we will not use your name when we write about it.



If you are interested in hearing more, please contact:
Tom May
University College London
Email: t.may@ucl.ac.uk
Tel: 07724 833396

LEIGH FILM SOCIETY PRESENTS
the classic christmas movie



It's a
Wonderful
Life

FRIDAY 10th DECEMBER 2021

at LEIGH PARISH CHURCH, ST. MARY'S WAY, LEIGH
DOORS OPEN AT 6.30pm STARTS AT 7.30pm

TEA & COFFEE AVAILABLE

TICKETS:

£5 Adults £3 Children (under 16)



FAMILY TICKET £12

2 adults / 3 children

TICKETS AVAILABLE FROM OUR WEBSITE BELOW

CONTACT: 07969647466

TWITTER: @leighfilm FACEBOOK: leighfilmsociety WEBSITE: leighfilmsociety.com





GET INTO HEALTH & SOCIAL CARE > KICKSTART x WWL

- > Online course: 16th - 26th November
- > Six-month work placement: starts 7th December

Aged 16-24 and looking to start a career in the NHS?

- This programme combines two weeks of online learning with a six-month placement.
- The programme starts with a two-week online course which covers NHS values and professionalism.
- You'll then have a six-month work placement in health and social care roles as Ward Helper or Business Admin Assistant. The placement is for 25 hours per week and will take place within Wrightington, Wigan and Leigh Teaching Hospitals NHS Foundation Trust
- You'll be assigned a mentor at the hospital to support you throughout your placement.

To be eligible for this programme you must be aged 16-24 and receiving Universal Credit.

SIGN UP OR FIND OUT MORE

Contact your Job Centre Work Coach to register your interest.



**HERE FOR
GREATER MANCHESTER**



Domestic abuse support in Wigan

Hi everyone,

My name is Angela Owens and I have recently been asked by Wigan Borough Domestic Abuse Service to help make the service more accessible to people from minority backgrounds. This includes black and minority ethnic people, as well as carers, people with disabilities, people from LGBTQI+ and all other under represented groups.

What are the barriers and how can we push them down? We know domestic abuse affects people from all backgrounds and all communities.

Institutional racism and structural inequality will continue to flourish through the silence of policy makers until and unless we decide otherwise.

I am getting out and about in the community and look forward to meeting people and hearing what you have to say.

If you are affected by any of the issues raised above, **please visit Wigan Council's domestic abuse portal.**



**LOVE IS NOT
ABUSE**

Domestic abuse in any form is not acceptable. Look out for the red flags. If you're worried about someone, contact Wigan Borough Domestic Abuse Helpline today **01942 311365**

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

SUPPORTING YOUNG & ADULT CARERS

BENEFITS ADVICE
BEFRIENDING
BEREAVEMENT SUPPORT
CARERS ASSESSMENTS
CARERS CARD
EMOTIONAL SUPPORT
HELP WITH FORM FILLING
KNOW YOUR RIGHTS
ONE TO ONE SUPPORT &
ADVICE
SOCIAL GROUPS
TRAINING & EVENTS

We are here:

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



01942 705959



info@wlcccarers.com



www.wlcccarers.com

KEEP CONNECTED ON SOCIALS

