


Speaking with one voice for all carers in Wigan borough

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WLCC welcomes new trustee, Zain Boyko

Wigan and Leigh Carers Centre would like to announce the appointment of a new trustee, Zain Boyko.

Zain is 20 years old and is a young carer and a student. He has been a carer since the age of 16 and currently cares part time for his two younger brothers, who are eight and five years old. One of Zain's brothers has ADHD and his other brother has Autism and Global Delay. Zain is studying in IT and hopes for a successful future career in this industry. Zain is passionate about engagement, community involvement and supporting young carers; this has inspired him to be a member of the board of trustees, helping to make a difference to carer's lives.



Zain said "In 2019 I had to take the full responsibility of my two younger brothers, especially during the pandemic. Due to this, I had to put my studies on pause and take up challenging responsibilities I had to adapt to. It has helped me to mature and get a real taste of what parenthood is like.

During this struggle I have had tremendous support from Wigan and Leigh Carers Centre. They would provide free trips to go out with other young carers in a similar position to me. We would take part in activities such as bowling, challenge for change, escape rooms and much more. It is great to meet people who have similar understanding to you. Being part of the group makes me feel that you are never alone taking up caring responsibilities.

Wigan and Leigh Carers Centre provide free courses that would help me in my caring role such as cooking and first aid. During the pandemic I received a wonderful health and wellbeing bag that would help me with my self care as a carer - it made me feel appreciated and valued.

Wigan and Leigh Carers Centre offer so many opportunities to me, as such, I have now secured a job. I attended a course which helped with employability skills, hosted by Wigan Youth Zone and once I completed the course, they offered me a job as a Youth Worker. I can fit this position around my caring responsibilities and they enable me to work flexible times. I really enjoy working there as I am very familiar with the environment. I attended as a child and have fond memories of my time there. After caring for my two younger brothers with special needs, working with other young people felt like the right avenue for me. I respect that everyone is different and must be treated and cared for in different ways.

Being a carer while trying to build your future is a big mountain to climb and can be stressful. To relieve some of that stress I use my free time wisely to chat with good friends, get out and do a hobby that is healthy, whether it is going to gym or playing football. I also practice gratitude by being grateful to God. I look at other's lives across the globe and I realise how fortunate I am. This makes me feel that there is never something missing from my life, although I do like to aim high of course."

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



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.

A warm welcome to our new Volunteer Co-ordinator, Joe Cobb

We would like to introduce you to Joe Cobb who has recently joined the WLCC team as our new Volunteer Co-ordinator.

As part of Joe's role, he'll manage all elements of volunteering within our organisation. He will be leading on all aspects of the day-to-day administration and supervision of our dedicated team of volunteers and their activities. He will also be responsible for recruiting and training new volunteers and matching volunteers to opportunities that suit their skills.

We caught up with Joe and here's what he had to say: **"I have worked in the charity and voluntary sector for over 22 years with a wide range of experience in community work and supporting volunteers. I look forward to being able to work closely with WLCC's volunteers and to develop further volunteering opportunities, to make a positive difference to both the volunteers and the carers supported by them."**

Phil Humphries, Chair of the Trustees said **"We are delighted to announce that Joe has joined our team as Volunteer Co-ordinator. Every day, in so many ways, our volunteers give their time and effort to make an incredible difference to carer's lives. Congratulations on being part of our dynamic volunteering team!"**

Welcome to the team Joe.



WLCC volunteer breakfast

We welcomed our dedicated volunteers to the centre during November for a delicious breakfast and a team catch up.

It's always humbling to hear about the caring, compassionate and patient roles they undertake for the centre and supporting our carers. Volunteering at the Carers Centre can take form in many roles – we heard from our befrienders, our counsellors, our form fillers, walk leaders, group leaders and much more. It was an opportunity to share, listen and reflect.

We sincerely thank you for your continued time and expertise, it was lovely to welcome you all to the meetings. I'm sure all our carers will agree, you have helped to support them in their caring roles in more ways than you would ever know.

We profoundly appreciate everything that you do for us, so thank you.



Skiggle: providing help for disabled people

Skiggle is a registered charity providing help and support to disabled people, their families and carers. Their online marketplace is intended to allow a friendly community to rehome much needed supplies, providing support for disabled adults and children.

Are you looking for disability care products, care equipment or care-based essential items? If so, **join the Skiggle community today.** www.skiggle.co.uk.

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WLCC attains Carer Confident accreditation

We are delighted to announce that Wigan and Leigh Carers Centre has been accredited the Carer Confident Level 1 Active award. Thank you Employers for Carers for this recognition of the support we've put in place at Wigan and Leigh Carers Centre. We're very proud of how we have supported employees who are balancing work with caring.

We encourage businesses and employers to sign up to the Employers for Carers platform. The workplace is often the trigger for someone identifying themselves as a carer.

'Carer Confident' is the Employers for Carers' benchmarking scheme. The scheme assists employers to build a supportive and inclusive workplace for staff who are (or might become) carers, and to make the most of the talents carers can bring to the workplace. The scheme also seeks to recognise employers who achieve this, and inspire others to follow suit. Other employers accredited include the Bank of England, Network Rail, Santander UK, Public Health England, Department for Education and HMRC.

Employers for Carers is Carers UK's membership forum for employers who want to support the people in their workforce who are carers. Its purpose is to:

- provide practical advice and support for employers seeking to develop carer-friendly policy and practice and retain skilled workers
- identify and promote the business benefits of supporting carers in the workplace
- influence employment policy and practice to create a culture which supports carers in and into work.

Member organisations of Employers for Carers and their employees get free access to guides and resources specifically designed to help make working and caring easier.

In September 2021, the government announced that working carers will have the right to a week's unpaid leave and the ability to request flexible working from the moment they start their employment. This is in response to the government's consultation on carers' leave, launched in March 2020, in recognition of the need to better support working carers.

Working carers represent a significant proportion of the working population and at the height of the pandemic, Carers UK estimated that over a quarter (26%) of all workers were juggling work and care. It is essential that in order to support carers to stay in paid work there is investment in social care and that affordable and accessible care is available. The overall message from carers is that equality, support and recognition are all connected and high on their agenda. They want to be recognised and valued for what they do, to have the information to be able to care well and safely and make the right decisions for them and their family. Supporting carers in the workplace benefits the UK's growing numbers of carers and also benefits employers.

Find out how your organisation could do the same. [More about the scheme here](#). Call 020 7378 4956 or email: client.services@carersuk.org.



The Employers for Carers
benchmarking scheme





Your gift can make a difference to a young carer this Christmas.

We are having a Christmas toy appeal, calling on all residents in the borough to help make a child's Christmas a happy one.

We ask that you donate toys and gifts that are age appropriate for 5-18 year old boys and girls. We are looking for unopened new toys and treats to cover these ages. They can be handed in at Wigan and Leigh Carers Centre in Hindley.

For the families we work with, Christmas can prove an extra struggle, trying to provide a perfect Christmas for their children whilst facing ongoing financial and emotional difficulties with challenging caring circumstances.

If you are looking to donate to a charity instead of sending Christmas cards this year, we would be incredibly grateful for any contributions which make a difference to young carers in the local community.

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Welcome to our new Carer's Assessor, Sue Edwards

We would like to introduce you to Sue Edwards who has recently joined the WLCC team as a new Carer's Assessor, supporting carers with carers assessments.

The role of an assessing officer is to assess and support unpaid adult carers, assessing their needs and the impact on being a carer. Sue will work closely within the team and in partnership with local community groups and charities that also support adult carers.

We caught up with Sue and here's what she had to say, **"I have spent many years in social care and really enjoy enabling people to have a great quality of life regardless of their personal circumstances. I am a qualified garden designer and love being outdoors, I have a special interest in therapeutic gardens, as well as garden history. I also make bead jewellery in my spare time and find it very relaxing. Enjoying my day and enabling others to improve their mental health and well-being is what gets me up in the morning."**

Lisa Kirby, Carer's Assessor Lead, said **"We are delighted to announce that Sue has joined our dedicated team of Carer's Assessors. As a team we are committed to working with carers to empower them, support their health and wellbeing and provide a quality assessment service."**

We are very pleased to welcome Sue onto the team here at WLCC and look forward to her sharing her knowledge and expertise with team members as well as carers.

We would like to say a huge thank you to Hindley Green Junior Volunteers Club who came over one weekend in November to start their volunteer tidy up outside the Carers Centre.

They collected 11 bags of leaves. They also made a start on getting the planters ready for new winter bulbs and blooms.

What an absolute credit to the community you all are. Big thanks also to Christine Lawler and all the mums who helped to facilitate.

Working together for our community can make a huge difference.

Thank you.



Beware of COVID Pass FRAUD



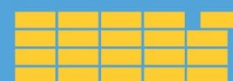
The NHS COVID Pass is FREE



The NHS will **NEVER** ask for payment or any financial details



TOP TIPS FOR DEALING WITH STRESS



TIP 01

Divide big tasks into small ones



TIP 02

Create to-do lists



TIP 03

Stay active

WHEN THINGS AREN'T SO GOOD OUT THERE...
MAKE INSIDE FEEL BETTER.
Visit Every Mind Matters for more tips and advice



Wigan and Leigh Carers Centre nominated for national volunteering award

We are thrilled to announce that Wigan and Leigh Carers Centre has been nominated for a prestigious volunteering award, The Queen's Award for Voluntary Service, in recognition of our efforts and connection with the community.

Wigan and Leigh Carers Centre recently had the honour and pleasure of welcoming Deputy Lieutenant of Greater Manchester, Martin Ainscough CBE for a guided tour and an opportunity to meet volunteers, carers, staff and trustees.

The Queen's Award for Voluntary Service is the highest award given to local volunteer groups across the UK to recognise their outstanding work and contribution to their local community. The award was originally created over a decade ago for Her Majesty to mark the Golden Jubilee in 2002 and to recognise the outstanding contributions made to local communities by groups of volunteers. The Queen's Award for Voluntary Service is equivalent to an MBE for volunteer groups.

Any volunteer-led group comprising two or more people having a positive impact on the lives of others in an exceptional way can be nominated for an award. A group must satisfy the eligibility requirements before the nomination can be processed through to the assessment stages of the award.

Phil Humphries, Chair of Trustees said, **"The Queen's Award for Voluntary Service celebrates the work of a fantastic, diverse range of volunteer groups whose work has enhanced and supported local communities over a number of years. It is also a chance to highlight our volunteers' outstanding contribution to society and to recognise the crucial role they have played to support vulnerable people during the coronavirus pandemic."**

Volunteers are the glue that holds our communities together. In these challenging times, they have stepped up their response and been vital to the national effort, for which we are all grateful. They are selfless, committed and compassionate, and work tirelessly, along with our core team whether at the forefront or behind the scenes, to support unpaid carers."

We are very proud and humbled to be nominated for this award.



Do you know a carer or someone who is cared for that would benefit from, and deserve, a free garden make over?

The ITV series 'Love Your Garden' with Alan Titchmarsh are looking for individuals to be nominated for the popular gardening show.

If you want to nominate a carer or someone who is cared for, complete the simple nomination form by the deadline of 28th February 2022.

The nomination form asks you to explain why the person you have nominated deserves the makeover, so be ready with a great answer.



Changes to our bodies as we get older mean that cold weather and winter bugs affect us more than they used to. And this winter, we know we'll need to live with coronavirus as well as other respiratory viruses.

What you can do

As we age, our immune systems become weaker and less able to fight off viruses. We gradually lose the muscle mass that helps us keep warm and moving about. And the cold makes health conditions harder to manage – it can even affect our hearts and circulation. The good news is that there's lots we can do to help keep ourselves well in winter.



Keep moving

Try not to sit still for more than an hour at a time. Even a little bit of activity now and then can help you maintain strength and mobility.

Eat well

Spending more time indoors and doing fewer of the things we enjoy means it can be difficult to keep up the motivation to prepare meals. But it's good to try and keep to a routine. The main thing to remember is that it's better to eat a bit of what you fancy – even if it's just a slice of cake – than to eat nothing.

Get your winter vaccinations – even if you're fighting fit

This winter, respiratory viruses are expected to be more widespread, as we were less exposed to them during the coronavirus lockdowns. So it's especially important to get your vaccinations this year.

Those aged 50 and over are eligible for a Covid-19 booster jab. It's not too late to have your first jabs, either, if you haven't yet.

You're entitled to a free flu jab from the doctor or pharmacist if:

- you're aged 50 or over
- you care for someone, such as a friend or family member
- you have a serious long-term health condition
- you live in the same house as someone who is immunocompromised.

When you get your flu jab, check if you're also eligible for the pneumo vaccine, which helps protect you from pneumonia, and the Shingles vaccine.

Make sure your home is warm enough

Try to heat your home to a steady and comfortable temperature throughout the day. Close the curtains at dusk to help keep heat in. It's a good idea to keep your bedroom window closed at night when the weather is at its coldest.

Stop the spread of germs

As well as getting vaccinated, there are some other simple measures we can take to reduce the spread of illness – which is especially important this year. Regularly washing your hands with soap and water is one of the best ways to stop germs spreading. It's a good idea to keep some antibacterial gel with you when you're out and about, too.

Wrap up well and stay stocked up

Wearing plenty of layers is the best way to keep warm in winter. If you're heading out, make sure you take some extra layers, even if you don't need them immediately – the temperature can drop significantly when the sun goes in.



**The hidden value
of unpaid carers:**
a conversation with
Fatima Khan-Shah



Save as PDF and click here.



TURN2US

FIGHTING UK POVERTY

Unpaid carers can use the free online benefits calculator provided by **turn2us** which makes it easier to work out which benefits you might be able to claim, and how much you could get. To access the online calculator, **click here**.



Stop the spread this winter.



The flu virus kills almost 11,000 people and hospitalises tens of thousands more in England in an average year. It's more important than ever to get your flu jab this year.

Find out if you're eligible for a free flu vaccine at
nhs.uk/wintervaccinations

Feel Good Fridays

Throughout November, carers booked to receive a range of wellness treatments including manicures, massages, reiki and hair appointments, working to boost their health and wellbeing.

'Feel Good Friday' is a concept which fuses many things. Each month we will look at offering a mixture of self care and wellness activities such as



Carers enjoying a mindfulness walk at Viridor Woods.



Carers complete Mindfulness Course

Carers have completed an eight week course in Mindfulness, expertly led by Breathworks tutor, Catherine Hawkins.

A huge well done to you all. The feedback from carers has been excellent, "It was a lovely break from my caring responsibilities. I came away feeling rejuvenated after each session."

Mindfulness is a practice that helps you to become more aware of what is happening for you in each moment. Practicing mindfulness can help you to feel calmer, more grounded and more able to manage stress and emotional difficulty.

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

breathworks



each item listed below, please circle the number which best reflects how you have found this course

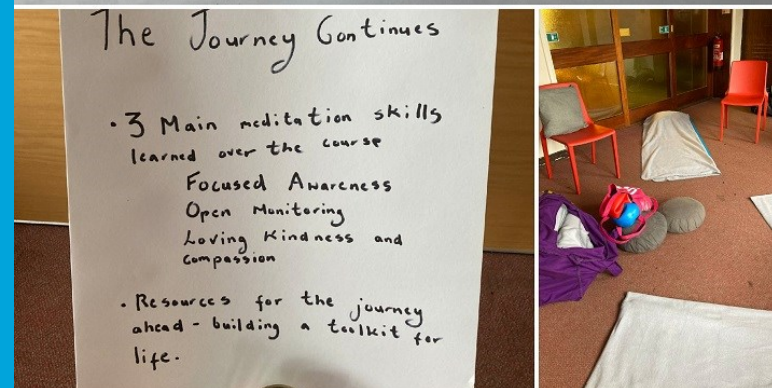
1 means no use 10 means very important

| 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |
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Breathworks Mindfulness for Health Course Evaluation

On the scale below please rate how important the course has been for you where 1 means not important at all and 10 means very important.

1 2 3 4 5 6 7 8 9 10



Things that can be equally true:

.....

| | | |
|----------------------|-----|--------------------|
| You are resilient | and | need a break |
| You gave your all | and | need to back out |
| You are independent | and | still need others |
| You were sure | and | things changed |
| You are kind | and | have boundaries |
| Others have it worse | and | your pain is valid |
| You did your best | and | now you know more |

As a carer do you ever feel the need for self-care, but then you feel guilty about taking time for yourself?

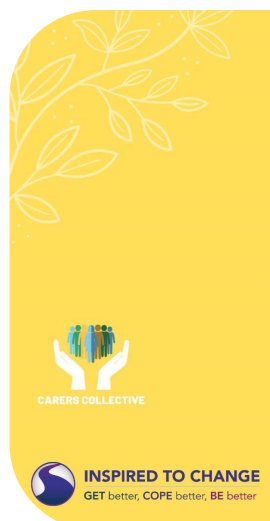
You are the heartbeat of your family and can only look after others who depend on you if you look after yourself. You spend so much time looking after other people that you may forget yourself; but you are important too and deserve to be cared for as much as anyone else.

You do not have to struggle alone.

Do not be afraid to ask for help; many carers will be feeling the same way as you and asking for help, and looking after your own needs is a strength, not a weakness. Reaching out and taking the help that is there for you is the best way to look after the people who matter to you. Notice who is reliably there for you to listen and offer practical support.

**“Act as if what
you do makes
a difference.
IT DOES.”**

WILLIAM JAMES



Solution Focused Hypnotherapy Taster Session

With Kerry Seymour, Inspired to Change

Thursday 6th January, 6pm

See page 13 for details

Male carers



Another full house for our male carers get together in November.

This informal get together is a great opportunity for male carers to come together for a cuppa and chat, meeting other male carers.

The group talks about anything and everything in a very casual, yet supportive environment. It's also an opportunity to meet some of our friendly team at the centre who can provide any support if needed.

For information about forthcoming events [visit our booking page](#).

November saw the start of our new male carers six week Mindset and Life Training Programme with Joe Collins (author and Wellbeing Coach).

The aim of the course is to help male carers to improve their mental health, their lives, their love for themselves and to incorporate this into their daily routines.

We look forward to hearing how this brand new course can impact on carers lives.



Full steam ahead for our male carers

A group of our fabulous male carers enjoyed a visit to Bolton Steam Museum recently.

This is a very professionally set up and run museum relying on volunteers to operate and maintain the many magnificent steam engines that once powered the mills and factories of Great Britain and the North West. It's a credit to their passion and hard work.

Charming, pure nostalgia. A great day out for our carers.

Are you a male carer? Call 01942 705959 to ask about the support we can provide you. We're waiting to hear from you.



WLCC proud to work with Bridging the Gap Men's Mental Health Service



WLCC recently welcomed Kieran Jones from Bridging the Gap to our Hindley base. Keen to work in partnership with crucial organisations across the borough we were delighted to see the incredible turnout at the first meeting.

Focusing on men's mental health, Bridging the Gap provide a vital service and they can be **contacted here**.

At the beginning of November, carers began their six week yoga, relaxation, and meditation programme at the Carers Centre (and online for those wishing to join from the comfort of their own home).

The involved learning simple breathing techniques to help relieve stress and aid in relaxation (known as pranayama), and gentle yoga exercises to help with restoring balance in both mind and body (known as asana).

Becoming mindful of your own needs, so you become the best version of yourself when caring for others can be difficult. Yoga has been proven to be a wonderful, holistic method of self-care to soothe the nervous system, reduce anxiety, depression and stress, improve concentration, increase vitality and much more. As a caregiver, you can positively impact your health by practicing these techniques.



During November carers attended a four week introductory course in Polymer Clay Jewellery. The course, for complete beginners will teach carers how to design, create and professionally finish a small collection of earrings and necklaces.



SIGNS AND SYMPTOMS OF LUNG CANCER

NHS

A cough that isn't COVID-19, that lasts for three weeks or more

Coughing up blood

Persistent breathlessness, tiredness or lack of energy

An ache or pain when breathing or coughing

Chest infection that keeps coming back

Loss of appetite or unexplained weight loss

Follow Wigan and Leigh Carers Centre on:



Young carers

Young carers winter bulb workshop

In November young carers took part in a 'Winter Bulb Planting Workshop' creating their own unique pots to take home. They artistically painted their own pot with colourful designs then filled the pots with winter bulbs and blooms. It was a wonderful social and interactive workshop, discovering how to achieve great colour and interest with planting combinations, selecting the right pots and providing the right care.



Young carers at The Lowry



We had a wonderful time with young carers and parent carers watching the awarding winning performance, 'Who Cares' at The Lowry Theatre in November.

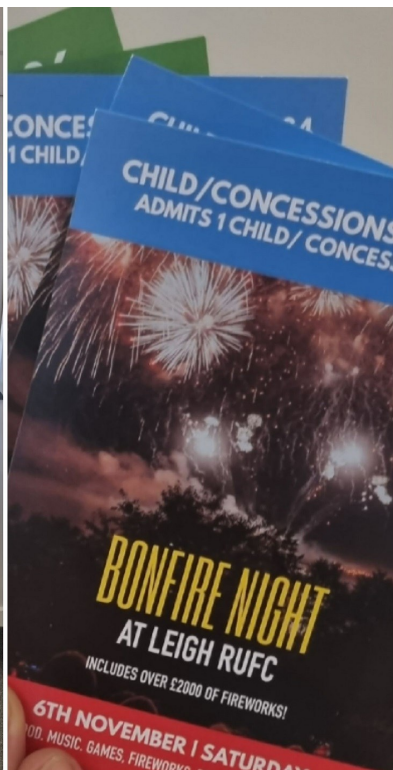
This play unearths the hidden voices of young carers and what life is really like for them.

It was also an opportunity to raise awareness amongst those who interact with young people on a daily basis.

We even bumped into the ladies from Wigan STEAM.

Thanks to volunteers Sue and Trev, and our very own Lisa for their assistance on the night.

Thank you LUNG, The Lowry, Gaddum and the 'Who Cares Campaign' for creating such a powerful and emotive production.



A huge thank you to Leigh RUFC who very kindly donated a number of tickets to their bonfire and fireworks in November. Our young carers and their families greatly appreciated your generosity.

Thank you so much.



Young carers Saturday morning workshop making tea light jars in November.

We think you'll agree they look great.

Young carers benefit from Co-op Local Community Fund

Thank you so much to the staff and customers of Co-op. We were so thrilled to be part of Co-op's community fund this past year and as one of the local beneficiaries, Wigan and Leigh Young Carers have been awarded the staggering amount of £2,974.55 from the Co-op Community Fund. Recently, Peter Wild from our Young Carers Team met with Ryan from the Astley branch and his Co-op colleagues at the cheque presentation event.

Thank you to everyone who picked our charity to support, we know how important our young carers are to local communities and collections like this really do make all the difference for the opportunities we are able to provide.

This fantastic amount of money will give young carers broad and rich opportunities to explore, make connections within the world and enhance their learning, development and resilience.

To become a Co-op member and help towards your community charities pop in store and sign up for a card. When you shop at the Co-op and use your membership card you can select a local charity to benefit.

So, on behalf of young carers across Wigan borough, thank you.



Pathways 2 participation

Pathways 2 Participation is a collaboration between Wigan Athletic Community Trust and the Young Carers Team.

It provides respite, alongside resilience and team building opportunities for a targeted cohort of young carers.

So far they have taken part in activities such as Ninja Warrior, Wigan Haigh Ropes and an afternoon at Scotsman's Flash.

Thanks to Dave Coppin and Steve Eastwood for facilitating the programme, and Joanne Petit for her volunteer support.



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



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Young carers Rotary Club Day

The Young Carers Team were very pleased to be able to renew our relationship with Wigan and Golborne Rotary Clubs. Over the years they have funded several activity days for young carers. Unfortunately, due to Covid restrictions we were unable to run these, until now.

During half term they funded a day of activity at Scotsman's Flash in Wigan for young carers aged between five and 16.

Young carers took part in the climbing wall, bush-craft, rafted canoeing and crafts, with oodles of food kindly provided by the Rotarians.

Thanks to Trev and Sue Lewis for their continued tireless support, and the Be Well team for hosting.

Rotary



Young carers, we need your help. WLCC are aware of our environmental responsibility and want to make sure we're doing as much as we can to reduce our carbon footprint.

We're running a competition for suggestions we could adopt in order to reduce our carbon footprint and improve our sustainability score.

The competition will be split into three age groups so make sure you provide your name and age when you submit your entry.

The competition will close in January and the best suggestion in each age group will receive a prize.



Send your entry to: **Peter.wild@wlcccarers.com** by Monday 10th January 2022. Good luck.

Solution Focused Hypnotherapy Group Coaching sessions for carers aim to empower you to recognise the skills and resources you already have and to discover the small steps which you can take to help move forward and cope with the day-to-day challenges of life.

This free one hour taster session is hosted on Zoom and will cover:

- An introduction to how the brain works
- An introduction to solution focused hypnotherapy and how it works
- A 15 minute guided relaxation
- An outline of what the group coaching programme will look like.

All you need is a notepad and pen and quiet, comfortable space.

Thursday 6th January 2022, 6.00 pm.

Register in advance for this meeting by clicking here. Upon registration you will receive a confirmation email containing information about joining the meeting.

Grants for low income families raising disabled children

Family Fund supports families living across the UK who are who are raising a disabled or seriously ill child or young person up to the age of 17. The support is focused on those on low incomes with a child/children who have a high level of additional support needs. Family Fund believe that all families raising disabled or seriously ill children and young people should have the same choices, quality of life, opportunities and aspirations as other families. They support this by providing grants for a range of essential items. Families can apply for kitchen appliances such as fridges, freezers and cookers, as well as clothing, bedding, games, books and music, laptops and tablets, family breaks, sensory toys and more.

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Who can apply? Family Fund uses their own child and young person's eligibility criteria to assess a disabled or seriously ill child or young person's additional support needs based on the social model of disability. You can read more about their general eligibility criteria online. Children and young people do not need a diagnosis to meet the criteria.

How can I apply? If you're thinking of applying to Family Fund, you can do so in a number of ways. You can register to apply online, download an application pack to print at home, or you can order a free application pack to be sent out to you.

You can find out more by visiting: familyfund.org.uk, emailing: info@familyfund.org.uk, calling: 01904 550055, or joining the conversation on Facebook, Twitter or Instagram.



Family Fund
Helping disabled children

Bereavement and loss: Life after caring



Many carers think that when their caring role stops – whether through bereavement, or the person they care for going into permanent residential care - that the support available for them as a carer also stops.

Wigan and Leigh Carers Centre are keen for carers to know we are still here, even when your caring role has finished. We are here to support you. You may still wish to attend our activities and events or if you are a bereaved carer, join with our monthly bereavement friendship group or receive emotional support such as counselling.

Whether you had been looking after someone for a long time, or had only recently started due to a loved one's deteriorating health, it can be hard adjusting to life without your loved one and your caring role. This might mean you have time for a much needed rest or break, or it could mean you have the opportunity to do the things you love or begin something you've always wanted to do. But having more time to yourself can also be daunting to some carers, and you may even find that you feel more tired and fatigued than you did when you were caring.

After caring for someone it's really important you take time for yourself and let yourself adjust to your new time or schedule. Once you do feel ready to get back into things again, you may want to take on a new challenge or activity to get you connected with your community or make new friends.

Your knowledge and experiences from your caring role are hugely valuable.

A volunteering role can reduce isolation and help connect you with your community. You may wish to use skills you have to help others. Volunteering could be helping at groups, joining the befriending service, helping with young carers or being involved in other ways. You can find out about our volunteering opportunities by [visiting our website](#).

Follow Wigan and Leigh Carers Centre on:

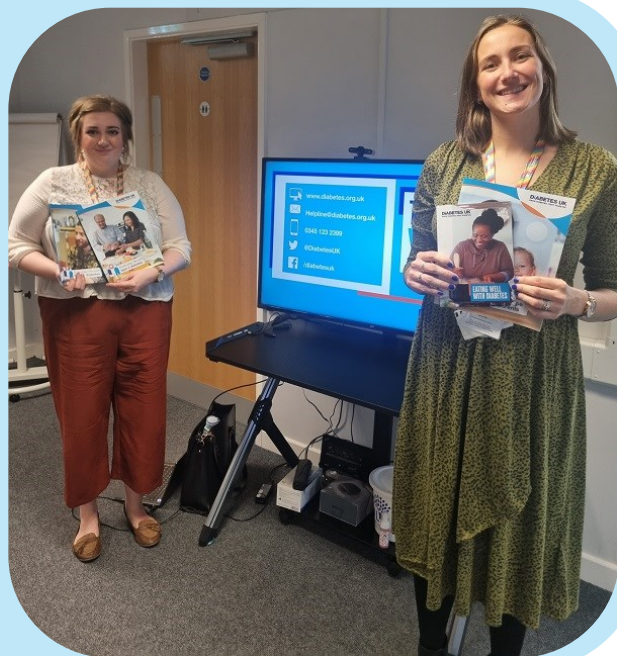


A huge thank you to Jennifer and Emma from Diabetes UK who came to give an informal talk to us at the Carers Centre in November, delivering some excellent advice and sharing some of their amazing resources.

Diabetes UK provides a wealth of information for those living with diabetes and advice on how to prevent it. Adjusting to the knowledge that you or a member of your family has diabetes takes time and it is often helpful to meet other people who live with diabetes and have been through a similar situation as they can offer understanding, help and support at an important time.

We recommend visiting the [Diabetes UK website](https://www.diabetes.org.uk).

DIABETES UK
KNOW DIABETES. FIGHT DIABETES.



Forthcoming diabetes awareness training for carers

These diabetes awareness sessions have been developed to offer general diabetes awareness as well as specific support for those caring for people living with diabetes. There will also be information about the resources that Diabetes UK provide for professionals in the care sector.

- Tuesday 7th December. 1.00 - 3.00 pm at Wigan and Leigh Carers Centre, Hindley: [Book here](#).
- Thursday 9th December. 7.00 - 9.00 pm (training delivered online). [Book here](#).



WARNING: COURIER FRAUDS



WHAT IS COURIER FRAUD?

Courier fraud is when victims receive a phone call from a criminal, pretending to be a police officer or bank official. Typically, victims are told to withdraw a sum of money and someone is sent to their home address to collect it. Criminals may also convince the victim to transfer money to a 'secure' bank account, hand over their bank cards, or high value items, such as jewellery, watches and gold (coins or bullion).

HOW TO PROTECT YOURSELF & YOUR LOVED ONES:

- Your bank or the police will never call you to ask you to verify your personal details or PIN by phone, or offer to pick up your bank card by courier. Hang up immediately if you receive a call like this.
- If you need to contact your bank back to check the call was legitimate, wait five minutes; fraudsters may stay on the line after you hang up. Alternatively, use a different line altogether to contact your bank.
- Your debit or credit card is yours: don't let a stranger take it from you. You should only ever have to hand it over at your bank. If it's cancelled or expired, you should destroy it yourself.

SPOT THE TELL-TALE SIGNS:

- Someone claiming to be from your bank or local police force calls you to tell you about fraudulent activity, but is asking you for personal information, or even your PIN, to verify who you are.
- They're offering to call you back so you can be sure they're genuine, but when you try to return the call, there's no dial tone.
- They say they're trying to offer you peace of mind by having somebody pick up the card for you, to save you the trouble of having to go to your bank or local police station.

If you have been affected by this report it to Action Fraud by calling 0300 123 2040 or visiting www.actionfraud.police.uk

ActionFraud
Report Fraud & Internet Crime
[actionfraud.police.uk](https://www.actionfraud.police.uk)

You can access many of our services online at gmp.police.uk. For emergencies only call 999, or 101 if it's less urgent.

GREATER MANCHESTER
POLICE



MY JOYCE

My wife Joyce went into care

Last year on the 21st May

Dementia has had its wicked wicked way

I have visited every other day but

The window tries to get in the way

I make her laugh and smile every time

And then I know she is still mine

When she gives me that lovely smile

I'm a millionaire for just a while

In a few days time I should be able

To go in and hold her hand

Along with thousands of others we will be

The happiest people in all the land

When I do go in I know

My emotions will feel such a tug

Is it really too much to ask

I JUST WANT TO GIVE HER A HUG



Building Better Relationships

If you would like to come and talk to us about how we might be able to help please contact us on

01942 243620

or david@talkfirst.org

or shirley@talkfirst.org



Building Better Relationships

TalkFIRST has received funding to offer some targeted work to parents in Wigan.

We would like to offer support to parents who

- ◇ Are anxious and stressed about their parenting,
- ◇ Feeling that they can't cope with their child(ren),
- ◇ Want their home life to be less stressful or confrontational,
- ◇ Have difficulty with co-parenting following divorce or separation.



To help with parenting we....

....offer 1-1 sessions to support parents in understanding their children's behaviour and building better communication.

Because being an effective parent means looking after your own mental health.....

....we have volunteer parent mentors who can offer practical and emotional support; to parents who may be isolated or need help to access the right services.

Because family disagreements can be a major cause of stress and worry.....

....we also offer mediation to help families resolve disagreements



SUPPORTED BY

**THE GREATER MANCHESTER
HIGH SHERIFF'S POLICE TRUST**

Charity Registration Number 1040579



YOUNG CITIZEN AWARD 2021

We are looking for young people who have done something exceptional this year. We are making this award to celebrate kindness, thoughtfulness, bravery or actions that have made a difference to our communities.

If you know someone aged between 11 and 18 who consistently acts selflessly within their local community, we would encourage you to nominate them for this award.

We are looking for achievements or contributions to a very hands-on service within communities. This might take the form of sustained commitment in support of local charitable and/or voluntary activity; or innovative work that has delivered real impact but that is relatively short in duration.

Applications are being accepted for the 2021 awards and can be submitted
anytime up until December 31st 2021

"It has never been more important to encourage and recognise the significance of the role that young people play in all our futures. So much goes unsung and under the radar and now is the time to shine a light on all that our young people do for our communities."

— Diane Hawkins JP DL High Sheriff of Greater Manchester —

If you know someone who you think has made a real difference to their community then please complete an application and let us hear about it. The application can be for any positive contribution to local life – fundraising, helping or caring for people, or being very thoughtful, kind or brave in some way. Nominations will give the opportunity for each young person to be congratulated.

Nominations can be completed online at: <http://bit.ly/GMHighSheriff>
or to request a form by post, email: GMHighSheriff@gmail.com



KINDLY SPONSORED BY

BEAVERBROOKS

Caring for Carers from Asian Communities across Greater Manchester

What Works?

Are you a Carer for a child or young person with a disability or care for an adult

Do you consider yourself to be of Asian Heritage?

Do you want to improve support for Asian Carers across Greater Manchester?

Are you able and willing to listen and learn and share your experiences of your caring role?

If so...

You could really benefit from a new small group of Asian Carers who will be coming together to plan what needs to be put in place to help Asian Carers better and find out what matters to them.

The group will meet weekly or fortnightly (this will be decided by the group) and you will receive £10 per session for your time and experience. The group will meet mainly online initially so that carers from different parts of Greater Manchester can come together, and we are able to facilitate translation services if required.

If you are interested in being involved either as an individual carer or a member of an organisation working with citizens from an Asian background please get in touch with Sally Holt on sally@wraparoundpartnership.org.

Wraparound Partnership
109 Portland Street,
Manchester
M1 6DN
0161 236 0069
07901336912



A managing anger seminar for families of children with autism is coming up on Thursday 3rd February. Booking is essential.

To book onto the seminar please use this link.

**ANGER
MANAGEMENT**



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
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

