


Speaking with one voice for all carers in Wigan borough

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

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

Avoid queues at vaccination centres

As you are probably aware, medical and scientific advisers and the government are recommending that everybody should get their booster doses of the Covid vaccine in order to stay safe in light of the new Omicron variant.

We know that appointments like this can be difficult to attend, particularly when you don't know how long you will be away from the person you care for due to queues.

We are delighted that the Department of Health and Social Care have agreed that carers in England with current caring commitments can use a special letter to get priority at vaccination centres and avoid long queues.

Carers can request a copy of this letter from Wigan and Leigh Carers Centre and either print it out and take it along to the appointment or a walk-in clinic, or save it to a device you will have with you. To request a copy of this letter please email: info@wlcccarers.com.

We hope this makes it easier for you to get vaccinated and protect yourself, the person you care for and other loved ones during this testing time.



**COVID-19
Update:
Booster Shot**

Why not volunteer for us?

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

Caring will affect us all at some point in our lives. On average, it can take more than two years for an unpaid carer to formally recognise themselves as such, which means many people are unaware of the support and resources available in those critical early years.

A carer is anyone, including children and adults who looks after a family member, partner or friend who needs help because of their illness, frailty, disability, a mental health problem or an addiction and cannot cope without their support. The care they give is unpaid.

If this sounds like you, you may be a carer, and Wigan and Leigh Carers Centre are here to support you. To find out more about the services we offer visit: www.wlcccarers.com or call 01942 705959.

Every day another

6,000

people take on a caring responsibility in the UK

- that equals 2 million people each year.

Source: Carers UK

**Wigan
Council**

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

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



Wigan
Council

TABLET LENDING LIBRARY

Tablet loan scheme

Digital Wigan tablet lending library opens up the world of digital to the borough's residents. Local organisations and professionals can refer digitally excluded adults or request a project loan to borrow tablet devices with data free of charge.

If you would like to find out more, please contact the Carers Centre who can refer on your behalf. Call 01942 705959 or email info@wlcccarers.com.



Wigan
Council

Free drop-in session for anyone looking for support with basic digital skills

Bring your device and come along to our free TechMate Tea Parties to learn new digital skills, problem solve tech issues and have a brew.

Devices can be provided for those without, ask a member of staff or contact us at digitalsupport@wigan.gov.uk

Wigan Library First Monday of the month 11:30am-1pm	Leigh Library Second Tuesday of the month 12pm-1:30pm	Fifteens @ Standish Third Wednesday of the month 10am-11:30am
Ashton Library Fourth Thursday of the month 1:30pm-3pm	Shevington Methodist Church Every Friday 10:30am-12pm <i>From February 2022</i>	Hindley Community Library Last Monday of the month 11am-12pm

NEW!

www.wigan.gov.uk/techmates

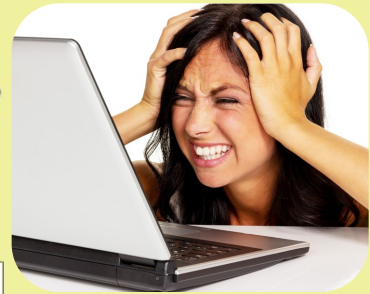
@ digitalwigan # DigitalWigan

Do you need support with your digital skills or devices?

Digital Wigan host a series of regular advice sessions around the borough to help.

No need to book, just drop in.

To find out more just [click this link](#).



Do you know where to report scam messages?

Fake emails and text messages are a common tactic used by cyber criminals, and their goal is often to convince you to click a link. Once clicked, you may be sent to a dodgy website which could download viruses onto your computer, or steal your passwords and personal information.

In order to try and convince you that their messages are legitimate, criminals will pretend to be someone you trust, or from an organisation you trust. This could be your Internet Service Provider (ISP), council, even a friend in need. And they may contact you by phone call, email or text message.

For more of the government's latest advice on how to stay secure online, [visit the Cyber Aware website](#).

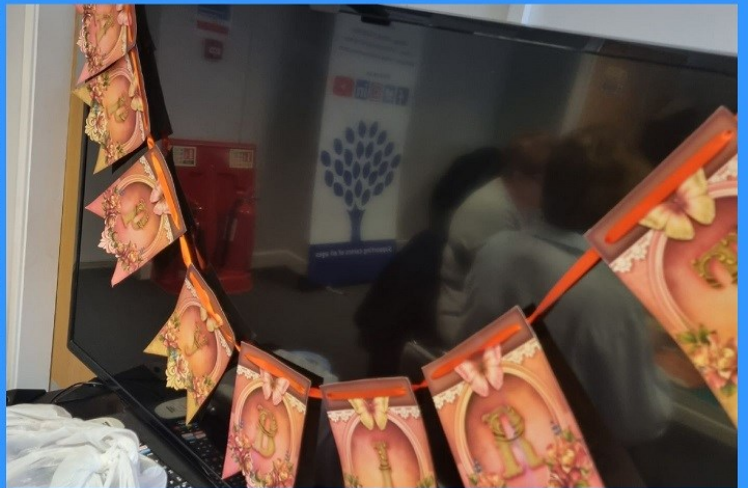


Wellness and wellbeing

Did you know that carers can apply for a BeWell+1 card with the council's Leisure & Lifestyle Services?

A BeWell+1 card costing £1.60 allows free admission for carers who are supporting a person who needs additional help and assistance when using the swimming pool or gym, and offers a reduced rate for classes when you are with the person you care for or if you attend alone.

[Find out more here.](#)



Carers came along to the centre in January for a New Year crafting activity, making a decoupage butterfly birthday banner. It was a great opportunity to get together with other carers and get creative.

We hope you all had a lovely time.



VISITING FAMILY IN A LONG-TERM CARE FACILITY



Life has to continue even
where COVID-19 is spreading.

Here's how to stay safe.



Visiting family members is important.
Your support can play an important role
in their mental and physical well-being.

HERE'S HOW TO PROTECT THEM AND YOURSELF



1 IF UNWELL

Cancel your visit if you feel unwell or have had contact with someone diagnosed with or suspected of having COVID-19. Talk to facility administrators if there are unusual circumstances, such as a gravely ill family member.



2 CHECK IN ADVANCE

Ask about the time and conditions of visits, such as required testing, mask and hygiene advice.



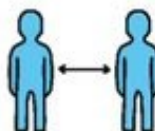
3 STAY SAFE DURING YOUR VISIT

Wear a mask.



Use sanitizer
at the building
and room
entrance.

Keep at least
1 metre from
others.



4 EXPLAIN



Help your family members understand any **changes or procedures**, such as vaccinations for influenza and COVID-19, or why wearing a mask or isolation may be needed.

5 STAY IN TOUCH



Continue to keep in touch
by phone or video calls,
especially if your visit is
postponed.



REMEMBER, IT'S ALWAYS SAFER TO



**KNOW YOUR RISK.
LOWER YOUR RISK.**



World Health
Organization



Premier League

Kicks

DISABILITY FOOTBALL SESSION

A fully inclusive session for all abilities, aged 11 - 16



FRIDAYS | 6PM-7PM

Newbridge Learning Community School, Moss Lane, Wigan, WN2 3TL

FREE ONLINE BOOKING

To book a place visit officialsoccerschools.co.uk/wiganathletic, or for further information contact Rachel Scott on 01942 318090, or email r.scott@wiganathletic.com

If you are 11-16 and enjoy playing football, why not give it a try? Sessions run by Wigan Athletic. Friday evenings, 6.00pm – 7.00pm.

[Click here for more information.](#)



WHAT TO DO?

Join the fun!

Free, virtual, accessible and adaptable online activity sessions!

Specially designed for people who access care and support



Visit www.what-to-do.co.uk

We are delighted to share with you www.What-To-Do.co.uk, a hub for free, daily online live activities created by Community Integrated Care. We're sharing this site with you, as it may benefit you and the person you care for.

From creative arts classes to PE and games sessions, and even an at-home disco, What To Do provides a unique platform for carers to enjoy exciting experiences every day. Drawing together a wealth of skills, this is a website like no other.

Its packed calendar of free daily Zoom sessions includes:

Mondays, 11am – The Creativity Club. Accessible arts and crafts with Age Exchange. From learning how to make puppets to designing stunning artistic scenes, people can discover brilliant new techniques with the leading artist Kate Eggleston-Wirtz.

Tuesdays, 11.30am – Cook-along live with Portsmouth FC. Make a delicious, nutritious, and low-cost meal with Chef Gavin from Pompey in the Community.

Wednesdays, 11.00am – Accessible Dance. Discover a new dance every week with Nicola from Leeds Rhinos Foundation, from salsa to street dance.

Thursdays, 11.00am – Chair-based exercise. These low intensity exercises are specially designed to be highly accessible. Every session promotes flexibility, gentle movement, and fun.

Fridays, 11.00am – Adaptable PE and games with Newcastle Thunder stars Ted and James Chapelhow. Just like an accessible Joe Wicks session, this programme enables people to get fit from their living room with the popular Chapelhow twins.

Saturdays, 6pm – Disco. DJ Ged hosts his legendary Saturday night disco. Filled with fancy dress, fun and laughter, this is the ideal weekend party.

Sundays (coming soon) – Yoga. Unwind at the end of the week with stretching and meditation.

Every session is led by a specialist deliverer and has been designed with a focus on accessibility and inclusion. Participants can expect hours of fun creative experiences and physical activities, delivered in friendly, welcoming, and adaptable formats.

As well as hosting daily activities, the website also hosts a range of other free resources for carers. This includes physical activity training packs, arts toolkits, and several programmes that promote independent living skills.

Support for brain injuries

Having difficulties with making decisions is a common problem after brain injury. A brain injury survivor may struggle with making both major and minor decisions, and therefore sometimes rely on family, friends, carers or professionals to make decisions on their behalf.

Headway have produced a factsheet, written to offer information and guidance to brain injury survivors, their friends and families, on managing difficulties with decision making. To view or download the resource, [click here](#). For more general support, [visit Headway](#).



Support with services

Do you manage services on behalf of the person you care for?

Carers UK have a 'Tips from carers' series in which carers share their experiences of managing services on someone else's behalf, and offer their insights on how to get the most from service providers.

Topics covered include power of attorney, dealing with services from banks to utility providers, and getting the most from health services.

[Download the factsheets here.](#)



Managing services on behalf of the person you care for?

Read our 'Tips from carers'



SHINING A LIGHT ON
SUICIDE

**TOGETHER WE CAN
HELP PREVENT SUICIDE**

#shiningalightonsuicide

Learn how to help someone who may be thinking of suicide by taking Shining a light on suicide's 20 minute online training.

[Click here for more details.](#)

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



carers bereavement group

CARERS BEREAVEMENT GROUP

THIS SMALL GROUP WILL BE FACILITATED AT THE CARERS CENTRE BY A TRAINED COUNSELLOR WHO WILL OFFER SUPPORT AND HELP YOU GAIN INSIGHT AND UNDERSTANDING INTO YOUR SITUATION.

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

MONDAY 21ST FEBRUARY
12.30 PM
CARERS CENTRE
HINDLEY
WIGAN
WN2 3BD



Life after caring and bereavement

Our next Carers Bereavement Group is on Monday 21st February at 12:30 pm at the Carers Centre in Hindley and is facilitated by counsellors offering peer support to those in all stages of the grieving process. The aim of the group is to share experiences and offer mutual support.

Please join us, or share with those you feel would benefit from support.

To book, [please click here](#), call 01942 705959, or email: info@wlcccarers.com.

bereavement support

On average, individuals have up to 20 utility, banking, mobile, broadband, TV subscription and other household service accounts which need to be notified when they die.

Don't carry the burden alone while grieving for a loved one, that's where SettlD can help for free.

What are the benefits of using SettlD?

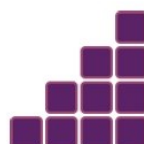
SettlD automates death notifications, and makes it easier for you to request account closure or transfer. Rather than contacting companies individually, with SettlD you only need to provide your details and documents once and they can notify all the companies you've listed in one go.

With SettlD, you always know where you stand, and once you've submitted your form, you can check online to see progress updates.

Find out more by visiting [here](#).

SettlD.

A simple, secure solution
to end-of-life admin



Greater Manchester Autism Consortium

We are delighted to announce a number of upcoming events provided by the Greater Manchester Autism Consortium.

All are free to register on for parent carers, and include interesting topics such as:

- Managing anger
- Parent carer drop in session
- Dad's drop in

And others.

To find out more, [click here](#).

For more information about screening, or about using the test kit, call us on 0800 707 60 60. Calls are free from UK landlines. Or visit our website at <http://www.cancerscreening.nhs.uk>

Instructions

- 1 Write the date on the sample bottle.
- 2 Collect sample: Use layers of toilet paper to catch your poo. Twist cap to open sample bottle.
- 3 Stick back in bottle and 'click' the green cap to close it. Do not repeat the collection. Wash hands after use.
- 4 Put the sample bottle back into the box. Write your name on the box in the space provided. Peel off the tape, close and seal the box.

NHS

If you're aged 60-75, you should receive your free NHS bowel screening kit in the post every two years. Cancer screening can help detect bowel cancer at an early stage, when it's easier to treat. Find out more on what to expect by [clicking here](#).



National
Autistic
Society

WLCC are a referral partner for the charitable organisation, Carefree.

We know all too well how challenging a full-time caring role can be, so a few days away with a partner or a friend can work wonders. It may seem like a small thing but experience shows us that it can make a huge difference. Read a book, go for a walk, or simply catch up on some sleep. Whatever you choose to do, you'll return home with a whole new outlook on things, refreshed and rejuvenated.

To register for a break with Carefree, you must be a full-time unpaid carer (30+ hours per week) and over the age of 21.

There is no charge for the accommodation but you are responsible for all other costs (transport, food, travel insurance etc.) and there's a £25 admin fee to help with the cost of operating the charity.

The short breaks initiative is specifically designed to give carers some time away from their caring responsibilities. You are welcome to take a companion with you but not the person you care for. If you can't go away for more than one night, that's ok. If you want to travel alone, that's fine too.

To qualify for a break, you must be:

- Aged 21 or over
- Full-time unpaid carer (30+ hours per week)
- Able to arrange interim care
- Able to pay for extras (admin fee, transport, food, travel insurance etc.)

Please note: only one carer per household can sign up with Carefree, so if for example you and your partner both care for your child, only one of you should self-refer. (You will however, be able to bring a guest, which could be your partner, along with you to your break).

Further details **can be found here** or by calling us on 01942 705959.

Delays to the Liberty Protection Safeguards

The Department of Health and Social Care has announced a further delay to the public consultation on the draft regulations and draft Code of Practice for the Mental Capacity Act 2005 and the Liberty Protection Safeguards (LPS).

The DHSC had intended to launch the consultation in the summer of 2021 but said that due to factors outside of its control it was unable to do so. In a letter to the LPS national steering group members dated 16th December 2021, the DHSC stated: "I am pleased to report that we are making good progress towards consultation, and are in the final stages of preparations. We are aiming to launch early in the new year, however, as you would expect, we are monitoring the current situation with the Omicron variant, and therefore the capacity in the sector to engage with a consultation, before we launch."



What are the Liberty Protection Safeguards?

The Liberty Protection Safeguards will provide protection for people aged 16 and above who are or who need to be deprived of their liberty in order to enable their care or treatment and lack the mental capacity to consent to their arrangements.

People who might have a Liberty Protection Safeguards authorisation include those with dementia, autism and learning disabilities who lack the relevant capacity.

The Liberty Protection Safeguards were introduced in the Mental Capacity (Amendment) Act 2019 and will replace the Deprivation of Liberty Safeguards (DoLS) system. The Liberty Protection Safeguards will deliver improved outcomes for people who are or who need to be deprived of their liberty. The Liberty Protection Safeguards have been designed to put the rights and wishes of those people at the centre of all decision-making on deprivation of liberty.

The Liberty Protection Safeguards were planned to come into force in April 2022.



FREE FEBRUARY WORKSHOPS

for parents of disabled children aged 0-5

sleeping • anxiety • speech & communication •
early years education • toilet training

Contact are offering five free virtual workshops in February for parent carers of disabled children aged 0-5.

Book them below, but be quick, tickets can sell out fast.

- **Sleep issues**
- **Education support**
- **Anxiety management**
- **Speech and communication**
- **Toilet training**

If your favourite workshop has sold out or you can't make the date, **browse their workshops** page to see what's coming up.

Fundraising news

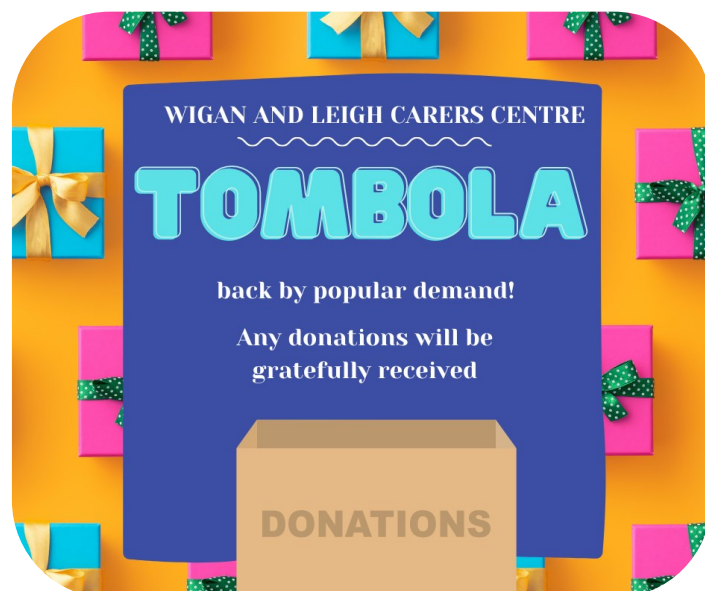
Do you have any Christmas presents you might not want that we can use towards our tombola to raise funds to support unpaid carers?

As an organisation, fundraising is crucial for us to be able to continue the work we do.

Donations give us extra funds and bring 'added value' to support carers with wellness, mental health, respite opportunities and much more.

If you have anything you would like to donate, please drop off at the Carers Centre in Hindley.

Thank you for your help.



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

Social events for adults living with Autism / Mental Health / Social Isolation

My name is Ben and for the last five years, I have been offering support to adults with autism, mental health issues or who are socially isolated. I am currently working on making sure as many people know about our services as possible. If you have any questions please do feel free to reach out. Remember that you or anyone always contact me on WhatsApp if they need support outside of our groups on 0759595 7100. You can also email WiganSpectrum@gmail.com if you have any enquiries about our services.

Please look below for a list of our current groups.

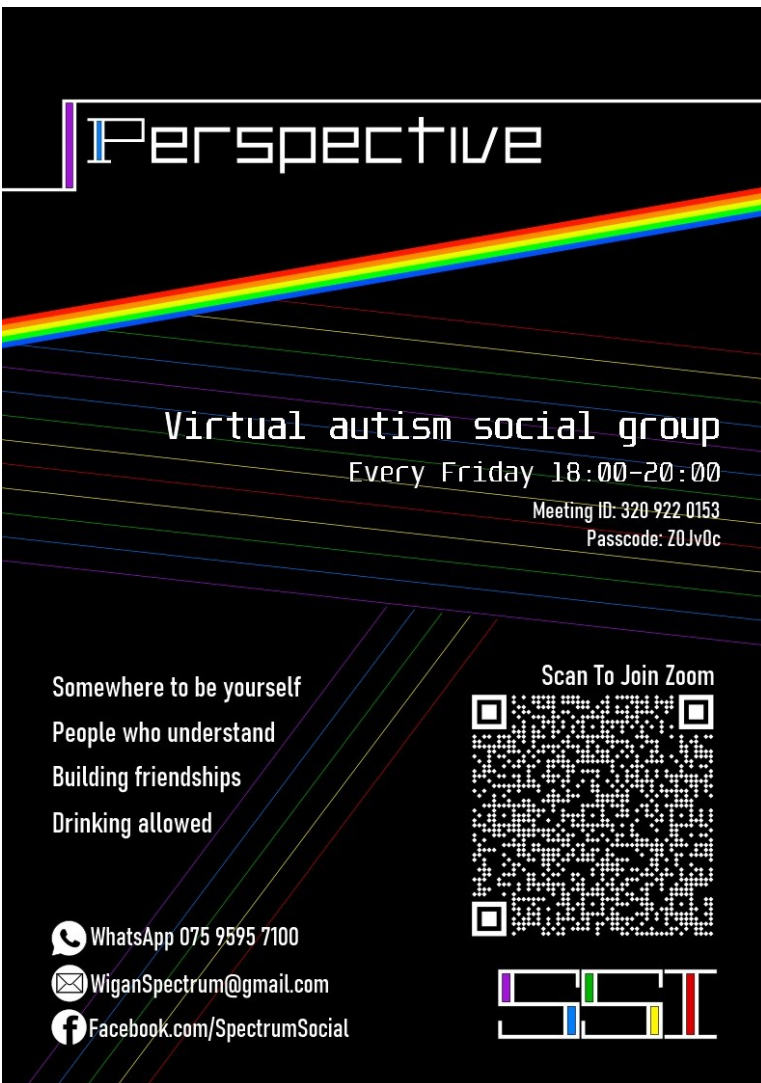
Tuesdays, 18.00-19.00. **ChatterBrain**. This is our mental health group on Zoom and as always you are free to reach out in advance with any questions you may have.

Fridays, 18.00-19.00. **Perspective**. This is our Zoom autism social group for adults with autism.

Saturdays, Time TBD. We are now running a weekly DnD gaming group for adults with autism or mental health difficulties. This runs every Saturday evening/night on our discord server.

Sundays, 12.00-14.00. **Social Sundays**. We meet at Wigan Central in town for a chat and a laugh. Everybody is welcome to join us, this group is aimed at reducing social isolation in our community. Elderly, young adults with autism, disabilities or mental health issues, LGBT etc. are all welcome.

All of the events are currently limited to 18+, this is for the safety of service users.



Perspective


Virtual autism social group
Every Friday 18:00-20:00
Meeting ID: 320 922 0153
Passcode: Z0Jv0c

Somewhere to be yourself
People who understand
Building friendships
Drinking allowed

Scan To Join Zoom

WhatsApp 075 9595 7100
WiganSpectrum@gmail.com
Facebook.com/SpectrumSocial

SSIT



ChatterBrain
Let's talk Mental Health

WhatsApp 075 9595 7100
WiganSpectrum@gmail.com
Facebook.com/SpectrumSocial

A safe place to talk mental health
A community to support each other
Weekly Zoom call
Tuesdays 18:00-20:00
Meeting ID: 320 922 0153
Passcode: Z0Jv0c



**Starting
Wednesday 2nd
March at 10am**

Solution Focused Hypnotherapy Six Week Group Coaching for Carers



INSPIRED TO CHANGE
THE WAY WE THINK AND BEHAVE



CARERS COLLECTIVE

Carers Collective are pleased to announce they will be running another six week Solutions Focused Hypnotherapy group for carers.

It starts on Wednesday 2nd March and continues every Wednesday for six sessions.

If you are interested, please get in touch with them directly via: hello@carerscollective.org.

Wellbeing walks for carers and cared for

Our wellbeing walks continue in February and are a great opportunity to enjoy a healthy and relaxing walk, meeting up with other carers.

Come and enjoy the great outdoors taking in the borough's wildlife. Walks are every Wednesday, 10.00am to 11.00am at different areas around the borough and expertly led by our volunteer, Andrea Grice. Please wear appropriate clothing and footwear to accommodate changes in the weather.

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

Wednesday 9th February - Bickershaw Flashes
Wednesday 16th February - Orrell Water Park
Wednesday 23rd February - Red Rock.



Thank you Katie

In January we said a sincere thank you to Katie Grundy, our amazing Social Work student from Edge Hill University who has finished her placement with us.

Katie, you have been amazing. You are incredibly hard working, organised, enthusiastic and adaptable. We are certain that you will continue to develop and become an accomplished Social Worker, helping to make a positive, significant difference to the lives of the people that you will support.

We are pleased to say that Katie will continue to work us at WLCC, as one of our Young Carers Activities Co-ordinators, an amazing addition to our young carers team.

Thank you for all your hard work Katie.



Cary Grant in Notorious

Watch the classics on the Big Screen!

Leigh
Film
Society
presents

Afternoon
**Classic
Cinema**
Club 2022

28th Jan	Inherit The Wind
25th Feb	Shane
25th Mar	Whisky Galore
29th Apr	A Night To Remember
27th May	A Royal Night Out
24th Jun	Notorious
29th Jul	The Keeper
26th Aug	Fisherman's Friends
30th Sept	West Side Story Spielberg
28th Oct	The Last Bus
25th Nov	Paths Of Glory

LAST FRIDAY OF EACH MONTH

THE TURNPIKE CENTRE, CIVIC SQUARE, LEIGH
Tea & coffee available. Bring your own lunch.

Start time - 1pm
Free Entry. Donations welcome.
CONTACT: 07969647466

**CINEMA
FOR ALL**

**LEIGH
FILM
society**



www.leighfilmsociety.com Facebook: leighfilmsociety Twitter: @leighfilm

Mental Health Crisis Support in Greater Manchester



Greater Manchester
Mental Health
NHS Foundation Trust

Out of hours friendly and supportive community spaces open to anyone experiencing a mental health crisis or poor emotional health. These spaces offer support and advice from qualified Mental Health Practitioners and support staff in a relaxed and comfortable environment, avoiding long waits in Emergency Departments.

Listening Lounge in Bolton

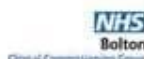
Contact us

01204 917739

listeningloungehelp@
1pointbolton.org.uk

Please call or email us
ahead of visiting.

You can find us in a Bolton Town
Centre location from Monday to
Sunday, 3pm to 1am.



The Recovery Lounge in Manchester

Contact us

0161 238 5249



Open seven nights a week:

Mon – Fri, 7pm to 1am

Sat & Sun, 3pm to 1am

Referrals taken from midday
onwards until 1am, every day

Urgent Care Listening Lounge in Salford

Where to find us

Hollybank,
40 Eccles Old Road,
M6 8RA

To discuss a referral, please
contact

0161 3582 424

Mental Health Support Hub in Wigan

Opening Times

The hub is available 7 days a
week from 4.30pm until 11pm, at
the Lea Baker Café at Atherleigh
Park, Atherleigh Way, Leigh.

Please note that the Mental Health Support
Hub is delivered by non-clinical staff and
does not have the facility to manage risks to
self or others. In the event of such concerns
the team will seek support from the
relevant services.

No. 93 Crisis Cafe

(for residents of Manchester, Bolton, Salford
and Trafford)

Where to find us

No.93 Harpurhey Wellbeing Centre, 93
Church Lane, Manchester M9 5BG
Monday to Friday, 8pm to 1am
(inc Bank Holidays).

Saturday and Sunday, 3pm to 1am.

Contact

GMMHCrisisCafe@gmmh.nhs.uk

Call 07778012838 or 0161 271 0339

Please phone ahead before dropping in.

GMMH Crisis Helpline

Bolton, Salford,
Trafford and the City of
Manchester
0800 953 0285

Wigan
0800 051 3253

This time of year can be especially difficult for some. Greater Manchester Mental Health NHS Foundation Trust are here to support with crisis cafes and listening lounges for anyone in poor emotional health or mental health crisis.

You can also call the free 24/7 helpline on 0800 051 3253.

For more information visit: www.gmmh.nhs.uk.

Your opinion counts

We've created a suggestion box for carers and visitors to the centre.

This is your opportunity to have your say. Drop your ideas, give your feedback, suggest improvements, share your opinions. You can be anonymous, or if you wish, you can leave your name, it's entirely up to you.

Not coming into the centre but would like to leave feedback? [Complete our online form here](#).

Feedback gives us insight into what is working well about our services and what should be done to make the experience better for carers.

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

VOLUNTEER WITH THE NHS



Opportunities to support
COVID-19 Vaccine clinics

<https://nhsvolunteerresponders.org.uk/>

Could you be our next Trustee?

Are you looking to volunteer
your time and expertise to
support unpaid carers?



Email: info@wlcccarers.com or visit www.wlcccarers.com

We are currently recruiting members to join our
Board of Trustees.

We aim to make a difference to the lives of carers of
all ages in Wigan, ensuring their rights are promoted
and upheld.

You can help influence how we do that by joining our
Board of Trustees.

Get in touch, email: info@wlcccarers.com or call us
on 01942 705959.

Follow Wigan and
Leigh Carers
Centre on:



COVID-19 OMICRON EMERGENCY GET BOOSTED NOW

Every adult in the country now needs to get a Covid-19
booster vaccine, because two doses does not give you
enough protection against catching Omicron.

GET YOUR BOOSTER NOW
NHS.UK/COVIDVACCINATION



TAKE A MINDFUL Break

Breathe

Take 5 deep, slow breaths



Rest

Close your eyes until your mind is clear



Empowering words

Say 3 nice things about yourself



Absorb

Check in with your senses. What do
you see, feel, hear, smell, and taste?



Knowledge

Stop and think before you act



Do you need help this winter?

Are you struggling to buy food or to pay household bills?

The Household Support Fund, funded by the Department of Work and Pensions is designed to provide short-term financial support for people struggling to pay for essentials such as food, heating and water.

To be eligible for the Household Support Fund, you must meet the following criteria:

- You live in the borough of Wigan (if you don't live in Wigan borough, you must apply to your own local authority)
- Be aged 16 years or more
- Applicants with no recourse to public funds can apply regardless of their immigration status, if there is a genuine care need that does not arise solely from destitution for example if:
 - There are community care needs
 - They have serious health problems
 - There is a risk to a child's wellbeing

There is a variety of support available for:

- Payments or vouchers towards food
- Help towards energy and water payments
- White goods
- Other essential items
- In exceptional circumstances support with housing costs

If you live in the Wigan area, visit the **Wigan Household Support Fund** or call 01942 705221.

The above website has further information on how to apply for the fund and organisations that can support with your application.

You can apply more than once and multiple awards can be made to the same household if the need is identified.

The scheme will run from 6th October 2021 until 31st March 2022.

Solihull Approach online courses



Based on the three theories of containment, reciprocity and behaviour management the Solihull approach is a strengths based way of working with parents of children from universal to complex needs aged 0-18 years.

Funding has been extended enabling continued access to the courses for all parents in Wigan for the next 12 months. All parents who sign up before the end of November 2022 will receive lifetime access for FREE.

The courses can be accessed via the QR code. If you have any questions about the courses, please email Stephanie.quinn@wigan.gov.uk



Don't cry because it's over, smile
because it happened.



Young carers

It was the last of our young carers sewing sessions just before Christmas. They have all really enjoyed the sessions and made the most of the opportunity to learn how to sew and navigate the sewing machines.

Katie, Young Carers Activity Coordinator said **“The progress they have made from week one is amazing and they’re all so fast at it now that they also had time to make small gift bags after their pillow cases with some spare material that was brought.”**

Well done to you all for working so hard.

We think you'll agree, the end results are very impressive.



Lego clubs are back for young carers. Our young carers groups restarted in January and it was lovely to welcome children and young people to our Saturday creative Lego club.

Katie Grundy, Young Carers Activities Co-ordinator said, **“We had a fab time - we made houses, a submarine, a tower, a garden and much more with our Lego. Following on from all this creative activity we played a little game of Guess Who towards the end of the session. It was lots of fun, thanks for joining us young carers.”**



NEW YEAR RETURN DATES & TIMES

BOXING FOR BETTER

SHAKERLEY
Shakerley Community Centre, Cumberland Avenue, Tyldesley, M29 8FU
EVERY SUNDAY
11:30 AM - 12:30 PM
STARTING 9TH JANUARY

HIGHER FOLDS
Higher Folds Community Centre, Stirling Close, Leigh, WN7 1UB
EVERY MONDAY
5:30 PM - 6:15 PM
STARTING 10TH JANUARY

PLATT BRIDGE
Holy Family CMS Club, Tram Street, Wigan, WN2 5JE
EVERY TUESDAY
5:30 PM - 6:30 PM
STARTING 18TH JANUARY

ALL SESSIONS ARE FREE
BOYS AND GIRLS
AGES 9 TO 16
ALL EQUIPMENT PROVIDED

TO BOOK EMAIL: info@boxingforbetter.co.uk OR CALL 07710412028

 @BOXINGFORBETTER

New **‘Boxing for Better’** sessions in the areas of Shakerley, Higher Folds and Platt Bridge. These are free for young people aged 9 to 16. To find out more email: info@boxingforbetter.co.uk.

Free tickets to attractions

If you meet any of the criteria below, you may be eligible for free tickets to Merlin attractions from the charity Merlins Magic Wand.

The criteria are:

- Aged 2 – 18 (inclusive) and must have not received tickets through the charity before
- Tickets for immediate family members only (individual applicants only)
- Serious illnesses/Long term illnesses
- Disabled (if learning disability, this must be moderate to severe and the child must have a statement of educational needs or similar)
- In care home/in foster care/adopted
- Child impacted by domestic violence/abuse/bullying/serious crime
- Child of terminally ill or recently deceased parent/legal guardian or sibling
- Young carer

To find out more, [click here](#).



It's panto time again, "oh yes it is"

In January, some of our young carers enjoyed the theatre production of Robinson Crusoe at St Michael's Amateur Dramatic Society in Wigan.

A huge thank you to the society for your kind donations and for supporting young carers. It is greatly appreciated.

It was a fabulous performance, everyone had a wonderful time, smiles all round.

Also a huge thanks to Trev and Sue, our dedicated volunteers for their support.



Caring for someone?

Find emotional support
with the Listening
Support Service

carersuk.org/listen



Need someone to talk to?

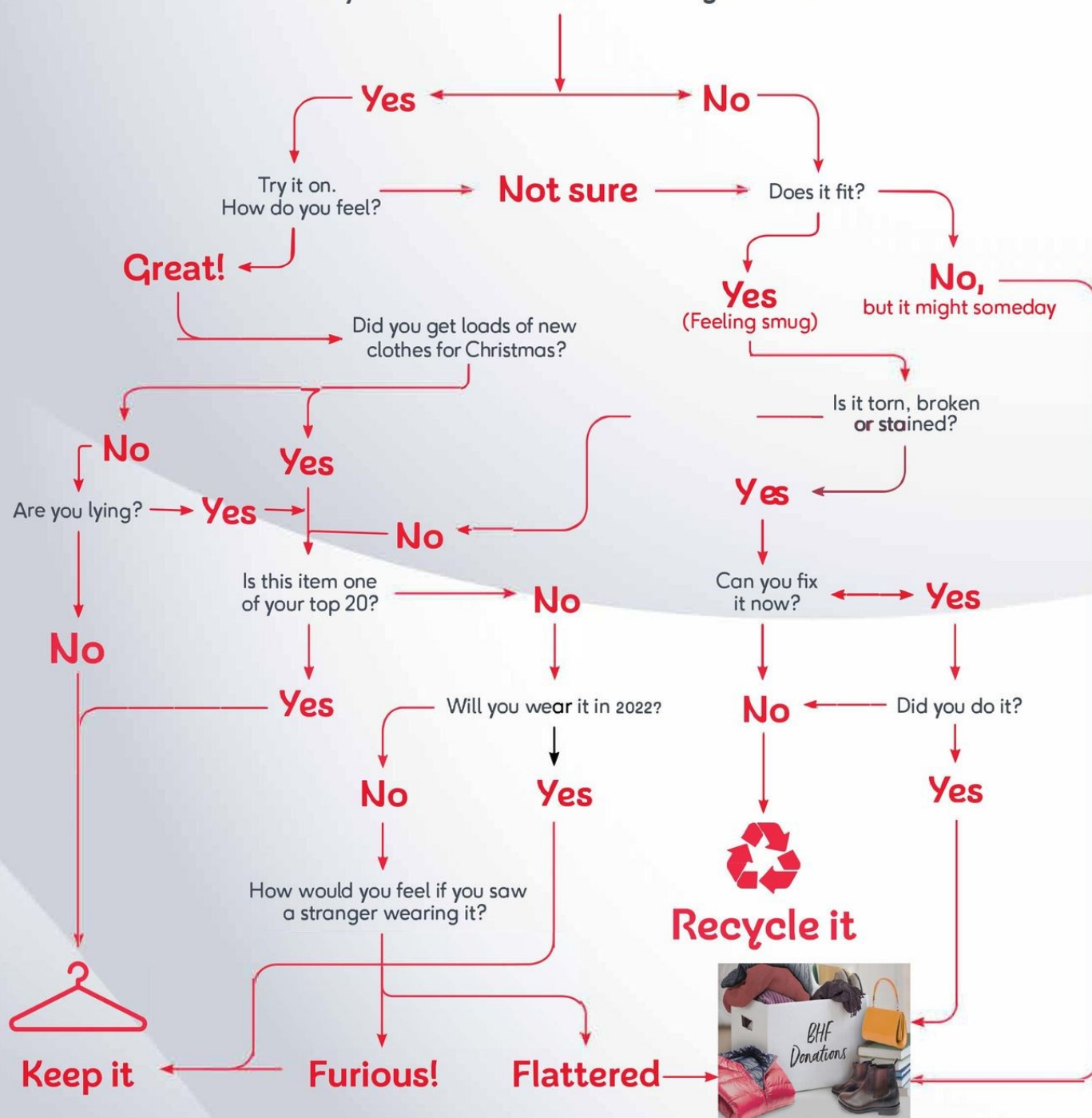
As well as our own befriending service, Carers UK Listening Support Service offers carers the opportunity to chat on the phone with someone who understands. You'll receive calls from one of their friendly, trained volunteers who are there to listen and offer emotional support.

Whether you want to talk through some of the issues you face in your caring role or just have a chat, the Listening Support Service is there to help. **Find out more on their website.**

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

New year clear out or keep?

Did you wear this item of clothing in 2021?



DIABETES AND DEMENTIA: A CHALLENGING JOURNEY

Care & support for people with diabetes & dementia



DATE Tuesday, 8 February 2022

TIME 5.30pm - 7.00pm

WHERE: Zoom

This event is open to people living with either or both conditions; to family and friends; carers; and healthcare professionals.

Speakers: Dr Sen Kallumpuram, Consultant Psychiatrist & Dr Giuseppe Maltese, Consultant in Diabetes, Endocrinology, Acute and Geriatric Medicine.

To register, [click here](#).

The British Diabetic Association operating as Diabetes UK, a charity registered in England and Wales (no. 215199) and in Scotland (no. SC039136). © Diabetes UK 2020

DiABETES UK
KNOW DIABETES. FIGHT DIABETES.

ARMED FORCES COMMUNITY HQ PRESENTS

VETERANS EXHIBITION

WITH DISPLAYS BY



IN ASSOCIATION WITH LEIGH MODEL RAILWAY SOCIETY

SATURDAY 26TH FEBRUARY



DOORS OPEN FROM 10AM

DONATION ENTRY • FREE PARKING • CRAFT STALLS

Come along and join us for our veterans exhibition.

Highlights include railway displays, table top gaming, demos and crafts made by the veteran community.

Refreshments will also be available with all members getting the cafe discount.

THE ARMED FORCES COMMUNITY HQ

MOLYNEUX HOUSE, SCHOOL LANE, WIGAN, WN1 3SE 001942 821293

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

