


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.

Carers had a lovely time at our monthly cheese and wine evening. This event was specifically for Carers Rights Day and we were honoured to welcome Deputy Leader of Wigan Council with portfolio for Health and Adult Social Care, Councillor Keith Cunliffe, who joined us and took the time to talk and listen to carers.

Thank you to all the carers and volunteers for coming along, we hope you all had a relaxing and pleasant evening.

Also, huge thanks to our staff hosts Catherine, Jill and Katie.



Free short-term wheelchair loan in Shevington

If you have occasions when using a wheelchair would help you or a relative make the most of Shevington village, here's a solution.

Greater Manchester's 'Age Friendly Neighbourhood' project has enabled the Shevington Community Association to buy two transit wheelchairs which can be borrowed free of charge. These I-Lite chairs are lightweight but strong; safe for users up to 18 stone; ideal to be pushed from car park to cafe or to a local appointment; they fold and can go in a car boot.

It is important to note that they are for short term use only and borrowed at the users' own risk.

If you have an occasion when this would be useful to you, please contact: Sheila Milnes 01257 253735 / 07510 556755 or Marlane Whitham 07806 938114 / 01257 253055 or one of the stewards at Shevington Methodist Church.



New year, new start?

Plato Training are offering training to help you develop your career via variety of different courses.

Level 1 - Introduction to Health, Social Care, Children and Young People's Settings 18th January 2022 – (3 days per week for 8 weeks)

Learners will explore the range of service provision with the sectors outlined in the qualification title, they will look at safeguarding, health and safety, person centred care and communication. Learners will explore different roles within the Health & Social Care sector and how services link together to provide professional support.

Level 2 – Preparing to work in Adult Social Care 25th January 2022– (3 days per week for 8 weeks)

Learners will learn about communication in adult social care and ways to adapt communication, they will look at personal development within the sector and the principles of equality, diversity, and inclusion. Learners will also explore person centred care in more detail. The qualification is aligned to the Care Certificate for when learners progress onto an apprenticeship or into work. Learners will also complete units for basic life support in care, and fluids/nutrition.

Level 1 - Caring for Children 1st February 2022 – (3 days per week for 8 weeks)

Learners will develop organisational and time management skills; they will learn about children's social and emotional needs and activities to support development. Learners will explore a range of reading books for pre-school children and practice reading activities. They will learn about creative activities for children and how children learn through everyday experiences. Learners will also look at personal growth and well-being.

Level 2 – Childhood Illnesses 4th January 2022 - (3 days per week for 8 weeks)

Learners will gain knowledge of common childhood illnesses, infection control and hygiene. Also looking at acute and chronic health conditions and allergies. Gaining an understanding of disabilities and special educational needs, the importance of early recognition and the impact on medical, social and educational needs.

Level 1 - Business Administration (with IT) 25th January 2022 – (3 days per week for 8 weeks)

Learners will gain knowledge of working within a business environment such as working with others, health & safety, business communication and personal performance & development. Learners will develop skills to produce professional business documents using packages such as Word and Email; they will gain knowledge of the key features within the IT programs.

Level 2 - Business Administration 1st February 2022 – (3 days per week for 8 weeks)

Learners will learn about the principles of administrative services, and document production and information management. They will look at communication within a business environment and understand the skills needed for developing a working relationship. They will look at customer service principles, communicating with customers and understand how to handle customer queries.

Level 2 – Certificate in Supporting Teaching and Learning - STLS 4th January 2022 - (3 days per week for 8 weeks)

Learners will learn about schools and colleges as organisations, and how children and young people develop. They will look at equality, diversity and inclusion in a learning environment and look at building professional relationships with children and young people. They will learn about positive behaviours in a learning environment and how teamwork contributes to a school or college.

Maths & English Courses 25th January 2022 – (2 days per week for 8-12 weeks)

We offer a range of Maths & English courses at different levels, Entry 1 to Level 2, allowing learners to confidently improve their skills in everyday life. Learners may then progress onto our Sector based qualifications.

There are also opportunities to study mental health, dementia awareness and the safe use of medication.

The eligibility is that you are an adult over 19, with a Greater Manchester postcode and earn less than £18,135.

Contact Natalie to book your place, or for further information.
Email: natalieb@platotraining.co.uk or call 01978 365631 / 07497 757049.

Plato Training
inspirational learning



invites you to a webinar Vitali-tea

Keeping well after a diagnosis
of young onset dementia

Join us with a cuppa on

Wednesday 19th January 2022

2.30-3.30pm

youngdementianetwork.org

/our-webinars



Young Dementia Network have a really interesting webinar lined up for January 2022. 'Vitali-tea' will look at how good nutrition, physical activity and mindfulness can have a positive impact on the lives of people with young onset dementia and their families. [You can sign up for the webinar here.](#)

“

The best medicine
is that we have our
relationship back
thanks to good
communication
techniques.



- Gail, Empowered Conversation participant



Lisa and Katie from Wigan and Leigh Carers Centre visited Leigh in November promoting Carers Rights Day and signposting carers to the support available.



It's more important than ever that carers know their rights, so it was a great opportunity to meet the public and raise awareness.

**carers
RIGHTS DAY**

New Empowered Conversations Courses for family and carers of people living with dementia are starting in January 2022.

[To book on a course, click here.](#)



Carers came together in December, to talk, share and connect for National Grief Awareness Week.

We are not always good at talking about loss and grief, but it continues to have a profound effect on our lives. Talking about our bereavement can help us to heal. Let us have open conversations and normalise grief, bereavement and loss.

The aim of this national awareness week is to offer a reminder to us all to check in with each other to see how we're doing and talk about our collective and individual grief.



WLCC are sending our love and strength to everyone carrying their grief and loss.

New course dates for Introduction to Mindfulness

Are you interested in learning more about mindfulness in the New Year?

This short course, based on the Breathworks (Breathworks - Mindfulness and Compassion Training) approach will introduce you to skills to live a happier and more fulfilled life especially if you feel stress, anxiety or have a long-term health condition. It is suitable for complete beginners, those who want to learn more, use it in their work or wish to refresh their meditation practice. In a small group you will experience how mindfulness can change your whole perspective on life.

You have the option to attend this course in two ways:

Via Zoom, 1.00 - 2.30 pm Wednesday 19th, 26th January & 2nd February.

In person, 6.30 - 8.00 pm, Thursday 3rd, 10th & 17th February, Kingsleigh Methodist Church, Leigh, WN7 4LR.

The course cost costs £30/£25 conc, and free places are available for carers or those affected by dementia thanks to funding from Dementia Friendly Communities.

To register your interest, please email: cathhawkins@yahoo.co.uk or telephone 07984 123445.



You must wear a face covering on public transport unless you are exempt

Visit our Coronavirus page



It was lovely to welcome carers to our regular coffee mornings throughout 2021.

Why not come and join us every Monday at 10.00 am, a warm welcome awaits.

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

Booking can be made **via our website**, by calling 01942 705959, or emailing: info@wlcccarers.com.



Our new signage is finally up and we'd like to say a huge thank you to **Signage and Print Limited** and **Wigan Borough Armed Forces HQ** for all their help in helping us to update the front of the building. We hope everyone likes the revamp.



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
DEMINTIA

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

Tuesdays

Begins 5th October

1.30-2.30pm

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

Cost: £6/£5 Conc

TEA, COFFEE & BISCUITS ARE FREE



To book a place and for more information contact Cath

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

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

Sessions to restart in the New Year on Tuesday 11th January.

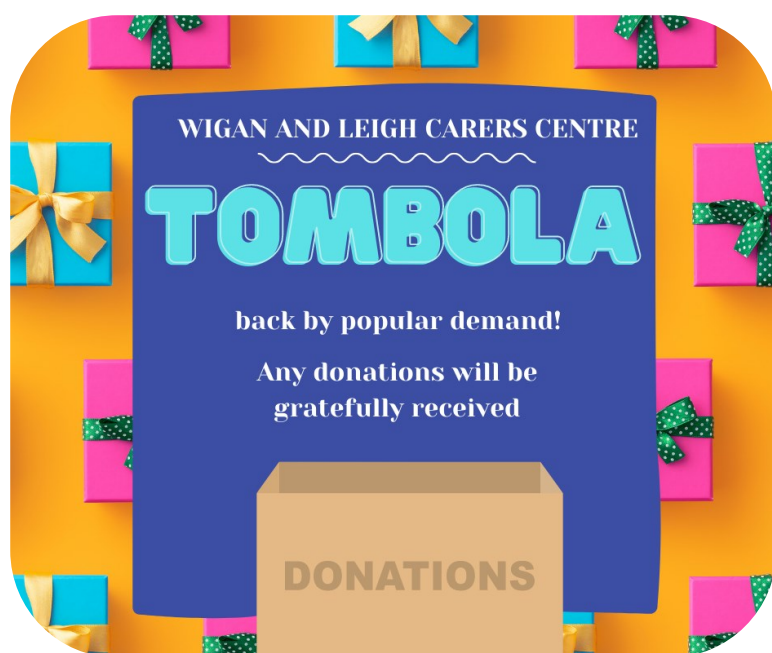
These sessions are open to anyone.

Come weekly or drop in when you can on Tuesdays,
1.30 - 2.30 pm at Kingsleigh Methodist Church,
Leigh, WN7 4LR.

Enjoy meditation, rest and relaxation in a friendly
small group setting.

Free sessions for carers and those affected by
dementia are available thanks to funding from
Dementia Friendly Communities.

Drinks and biscuits are also free.



Wellness for carers

'Make Your Move' is a series of short physical
activity videos for people of all fitness levels
produced by We are Undefeatable. There are six
different activities to choose from, including
mindfulness movements and strength.

The activities can be done at a chair-based,
supported or standing level. Just pick the level that's
right for you.

The videos are under 20 minutes long and, as
they've been created with people with long-term
health conditions in mind, they can be enjoyed by
both you and the person you care for.

If you want to give it a try, all you need to do is
check out the playlist here.



Dementia awareness

Free 'Thinking Differently About
Dementia' session for family and
caregivers is on Thursday 13th
January at 1.00 pm.

Join Dementia Adventure for an
informal session, where you can
connect with an expert team and others
in a similar situation.

Book by clicking here.



Young carers

During December, a group of our amazing young carers enjoyed a festive morning decorating Christmas cupcakes, making Christingles and decorations for the young carer's Christmas tree.

Some even got creative with some of their drawings, and all had a fun filled morning.

Well done to all who joined in.



The start of something new

Are you aged 16-25 and interested in the Groundwork Prince's Trust Team Programme? This programme will enable young people to get back on track and get the skills to open new pathways for the future.

If this sounds like something you might be interested in, get in touch with Groundwork Cheshire, Lancashire & Merseyside and click on [#wiganskills](#).

See pages 10 -11 for further information.



Prince's Trust

**YOUTH
CAN
DO IT**

Stay safe in the kitchen

Lancashire Fire & Rescue Service (LFRS) is asking Lancashire to "Stay there and cook it" to prevent cooking fires this Christmas. Whether it's a visitor at the door, a phone call or the kid's new toys, simple distractions can have devastating effects when cooking.

Around half of all accidental house fires that fire and rescue services attend each year are cooking related fires. Research carried out by Lancashire Fire and Rescue Service shows most cooking fires were caused by the person becoming distracted by something in the home, with 119 cooking fires caused by distractions in 2020 and half of these occurring in December. This is why LFRS is actively campaigning to raise awareness of the dangers of cooking fires, with the message "Stay there and cook it!"



Just look at these beautiful Christmas stockings a group of young carers have very creatively made in their sewing course at the Carers Centre, personalised stockings they can treasure forever.

Many thanks to the ladies who have run this fantastic course, it's been wonderful for young carers to learn new skills and enjoy fun and friendship over the weeks.





These are just a small selection of the beautiful pieces carers have created on their jewellery making course.

We hope everyone has enjoyed the short four week course in polymer clay jewellery.

Thank you **Cesca & Woodrow** for delivering such a great course to carers.



Carers enjoyed a lovely walk around Redwood Park in Orrell for the weekly Mindfulness Walk.

Follow Wigan and Leigh Carers Centre on:



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

Solution Focused Hypnotherapy Taster Sessions

With Kerry Seymour, Inspired to Change

Thursday 6th January, 6pm
Wednesday 12th January, 10am
Thursday 20th January, 6pm
Wednesday 26th January, 10am



Are you curious about how Solution Focused Hypnotherapy can help you?

Carers Collective are happy to announce that they have some more taster sessions for carers coming up in January.

These sessions 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.

The 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 a quiet, comfortable space.

These sessions are limited in numbers, so register in advance to secure your place.

For further information and to book, [please click here](#).



Christmas Jumper Day



Christmas jumper day

Like thousands of others, WLCC staff and trustees got into the festive spirit and wore their Christmas jumpers on Friday 10th December. Daniel and Joe forgot their jumpers, so we improvised for them. Donations made on the day were forwarded to the Save the Children UK charity campaign.

There was a festive atmosphere in the Carers Centre in the lead up to Christmas as we held the first of our Christmas themed crafting workshops for carers.

We made festive tea light lanterns, an ideal centrepiece for the table or just to add a touch of seasonal home décor around the home.

A huge thank you to Lynda and Christine for leading the session, everyone had a lovely time together.



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

December & New Year Centre Opening Hours

DECEMBER 2021

Thursday 23rd December Open as normal
 Friday 24th December Closed (Phone lines open)
 Saturday 25th December Closed
 Sunday 26th December Closed
 Monday 27th December Bank Holiday - Closed
 Tuesday 28th December Bank Holiday - Closed
 Wednesday 29th December Closed (Phone lines open)
 Thursday 30th December Closed (Phone lines open)
 Friday 31st December Closed (Phone lines open)

JANUARY 2022

Saturday 1st January Closed
 Sunday 2nd January Closed
 Monday 3rd January Bank Holiday - 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: 114006
 Registration Number: 7293521

Community Link Worker

'Drop in' Service

Your Community Link Workers are part of your GP Surgery Team and can support patients over the age of 18 with a whole range of social issues which may be impacting on your overall health and wellbeing. Community Link Workers are able to share information about services and activities in the community and support patients in accessing those services. Some of the areas in which we can support are:



Are you experiencing family problems and need someone to talk to?



Do you suffer from depression, anxiety or low mood and need extra support?



Are you homeless or in need of emergency accommodation?



Do you suffer from a long term illness and wish to benefit from dedicated support groups?



Are you struggling with your finances and need help with benefits, debts or welfare?



Are you unemployed and want to regain employment or access volunteering opportunities?



Have you recently retired from work and are struggling to adjust?

If any of these sound familiar why not 'drop in' to one of our face to face sessions for an informal chat with one of our Community Link Workers. We can be found at the following locations and times:

Wigan and Leigh
Carers Centre

Every Thursday 10am to 2pm



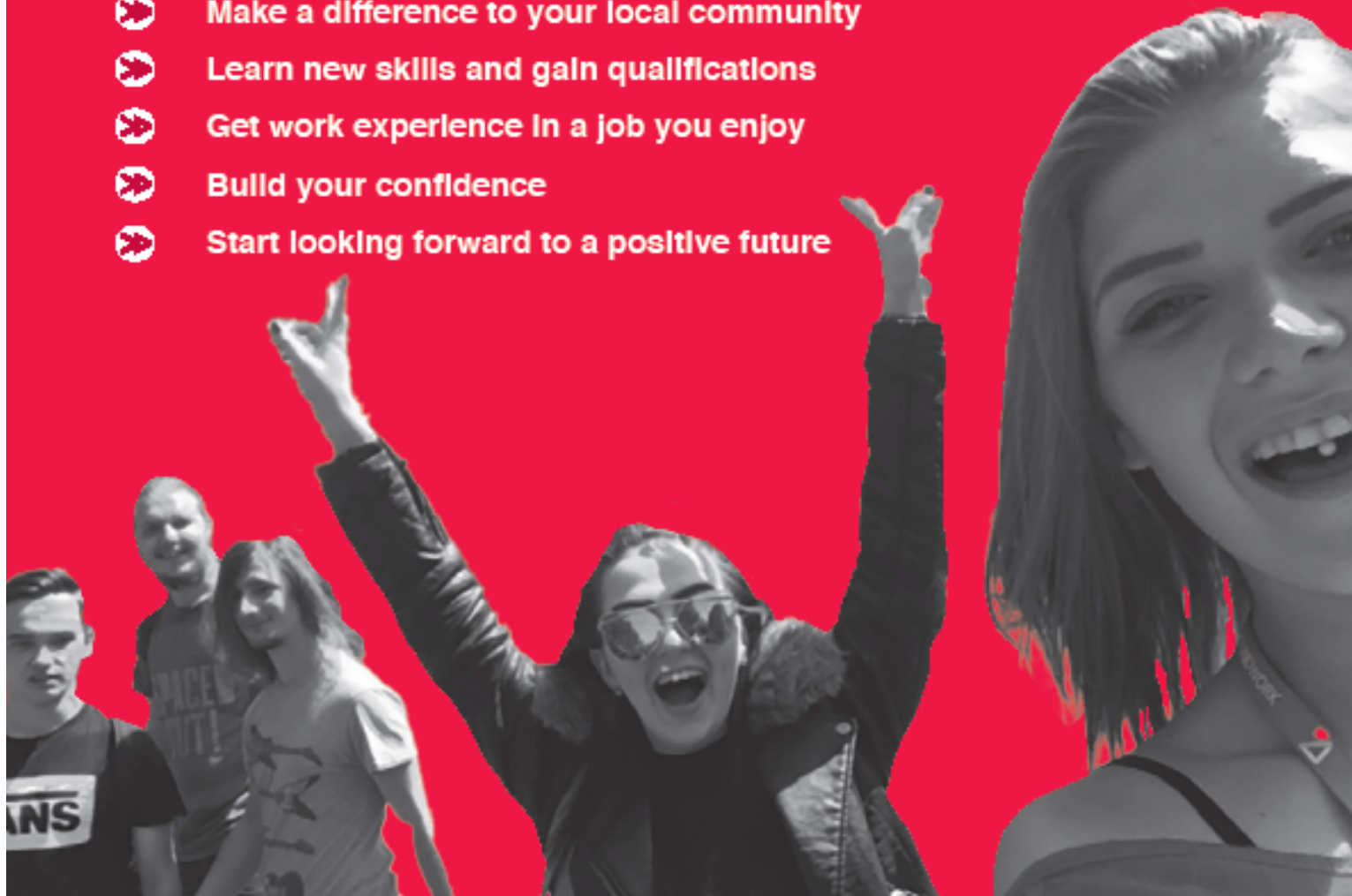
16 ACTION PACKED WEEKS THAT COULD **CHANGE** YOUR LIFE FOREVER.

If you're aged 16-25 and you're not happy with where your life seems to be going at the moment, it's probably time you tried something new.

Each year The Prince's Trust Team Programme helps thousands of young people to get their lives back on track. Getting involved with the Team programme, run by Groundwork, will introduce you to new people, help you to learn new skills and gain qualifications.

At the end of the programme you'll be able look back on a life changing experience and look forward to a positive future.

- Meet new people and make new friends
- Make a difference to your local community
- Learn new skills and gain qualifications
- Get work experience in a job you enjoy
- Build your confidence
- Start looking forward to a positive future



To find out more;
text **PRINCE** to
80 800 free of charge.

For more information about the
Team Programme, or to sign up,
contact the team in your area:

Chorley:

Telephone: 01942 821 444

Mobile: 07739 952 224

Mobile: 07518 844 904

Leigh:

Telephone: 01942 677 521

Mobile: 07810 123 854

Wigan:

Telephone: 01942 821 444

Mobile: 07713 565 442

Mobile: 07740 546152



Prince's Trust



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

