


**Speaking with one voice for all carers in Wigan borough**

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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' Emergency Card

Do you ever wonder what would happen if an emergency meant you couldn't provide the care you usually do?

How would people know you were a carer?

For many carers life cannot simply be put on hold, when the person they are looking after relies on them for vital help and support.

The Carers Emergency Card identifies you as a carer, if you have an accident or cannot identify yourself. It is the size of a credit card and is free to all registered carers. It offers peace of mind and reassurance, letting other people know in an emergency that the person you care for, relies on you.

Carers carry the card which shows their name, a unique identification number and an emergency phone number.

You can ask for a card even if you:

- don't live with the person you care for
- are not the only person providing care to someone
- are caring for more than one person
- are not related to the person you care for.

To apply please call us on our new number: 01942 697885 or email: [info@wlcccarers.com](mailto:info@wlcccarers.com) to register your details.



## Carer's assessments

Many carers find it easier to continue in their caring role if they can get some support. A carer's assessment is an opportunity for you to speak to someone about your caring role and the impact it has on your life. It is not a test to see how well you are caring, but a conversation without judgement, to identify what support may assist you to maintain your own health and wellbeing.

Contact Wigan and Leigh Carers Centre support line on 01942 697885 (Monday to Friday 9.00 am - 4.30 pm) or email: [info@wlcccarers.com](mailto:info@wlcccarers.com), alternatively, visit: [www.wlcccarers.com](http://www.wlcccarers.com) for further information.

**We have a new  
telephone number**



**01942 697885**

In March, we joined 'Carers Stepping Out' on their Greater Manchester walk at Alexandra Park with 18 walkers from Manchester and Wigan and Leigh.

We had a fabulous day spotting the beautiful spring flowers, enjoying fresh air and exercise on a lovely day.

Those that opted for the shorter walk did a loop of Alexandra Park including a wander inside the lodge to learn more about the history of this fabulous park from Cath Fernley.

The longer walk from the park down to the Fallowfield Loop and through Houghend Clough also included some interesting history of the area, seeing where the old Manchester airport was; also the site of some long forgotten post war prefab buildings; where people hid horses from Bonnie Prince Charlie's troops; and where Muddy Waters, Sister Rosetta Tharpe and Sonny Boy Williamson sang for a Granada TV show. A totally lovely day.

After the walks we enjoyed a delicious buffet lunch courtesy of Coffee Cranks in the Pavilion Cafe at Alexandra Park.

Thank you to our walking volunteers and the walkers for being part of another wonderful walk.



Join us on our next Greater Manchester Carers walk on Tuesday 5<sup>th</sup> April at Peel Park in Salford - [book here](#).

**GOING THROUGH  
A STORM  
OR JUST BEEN  
THROUGH ONE?**

**ANDYSMANCLUB**  
are talking  
groups for men to  
**HELP YOU** through  
those storms.



**FIND OUT  
MORE** [info@andysmanclub.co.uk](mailto:info@andysmanclub.co.uk)  
[www.andysmanclub.co.uk](http://www.andysmanclub.co.uk)

**#ITSOKAYTOTALK**

**ANDYSMANCLUB  
LEIGH**

**LEIGH**  
Leigh Rugby Union Club  
Round Ash Park/  
Hand Lane,  
Leigh  
WN7 3NA

**EVERY MON @ 7PM  
EXC. BANK HOLS**

ANDYSMANCLUB is a registered  
charity in England and Wales  
(1179647) and a Company Limited  
by Guarantee, registered in  
England and Wales (11118153)



## WELCOME TO THE TEAM



### SUZANNE

ACTIVITIES & ENGAGEMENT OFFICER  
WIGAN AND LEIGH CARERS  
CENTRE

A warm welcome to our new Activities and Engagement Officer, Suzanne Wilkinson.

We would like to introduce you to Suzanne who has recently joined team WLCC as our new Activities and Engagement Officer.

As part of Suzanne's role, she'll coordinate all elements of developing training, support and respite for local carers - working alongside other organisations/community partners to create dynamic and quality opportunities.

We caught up with Suzanne and here's what she had to say: **"Prior to joining Wigan and Leigh Carers Centre, I worked at the Cooperative Bank for 15 years in several roles. I love to meet people and find out about them and have a passion for helping others. I can't wait to meet everyone. I am looking forward to organising lots of activities to really enhance the lives of local carers and make the positive difference that they, and their families truly deserve."**

Bernadette Ashcroft, Interim Chief Officer said **"We are delighted to announce that Suzanne has joined our team. Her role is integral to the charity and the carers we support - congratulations and welcome to the team."**

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## Dementia support

Shevington Dementia Carers Support Group are resuming their activities on Monday 25<sup>th</sup> April.

For more information contact:

Beryl Smith 07447 454730  
Joan Wadcock 01257 252001  
Elaine Ellams 07532 220928

Come  
When You  
Can



Leave  
When You  
Must

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## Wellbeing and wellness

Carers UK have announced the first ever Carers Active April campaign month, designed to raise awareness about the importance of physical activity and provide lots of opportunities for carers to be active. You'll be supported and encouraged to take part in any activity that works for you, whether it be walking, jogging, yoga or some simple exercises around the home and garden.

By signing up to Carers Active April today you'll receive:

- A kickstarter pack
- Weekly online physical activity sessions throughout April.
- Helpful ideas, tips and links during the month.

The first 500 people who sign up will also receive their own free exclusive Healthathon kit in the post, containing some exciting items to help with being active during the Healthathon and beyond.

To sign up,  
please click  
here.



Teen Life programme is a six-session programme for parents/carers of young people aged 10 to 16 years on the autism spectrum.

The programme will cover the following topics:

- Understanding autism
- Hidden presentation of autism in women and girls
- Self-esteem
- Communication
- Spending time with other people
- Stress and anxiety
- Understanding behaviour
- Understanding diagnosis
- Understanding intense interests
- Puberty
- Independence skills
- Education
- Planning for the future

The sessions will run for six weeks on Thursdays 10.00 am – 12.00 pm from 21<sup>st</sup> April to 26<sup>th</sup> May and will be delivered online.

See the page opposite or you can find out more about the programme [here](#).



**Pharmaceutical Needs Assessment  
Public Questionnaire 2022**

Your chance to tell us what you think  
of Pharmacy services in Wigan Borough

We would like to hear what you think of your local Pharmacy services. This will help us to check how current services are used and help us plan new services in the future. We want to know if you are happy with the services available from your Pharmacy, if you have had problems using services from your Pharmacy and if there are other services you would like from your Pharmacy.

You can fill in the questionnaire on the internet by typing the following address into your internet browser:-

<https://wiganboroughccg.typeform.com/pharmacies>



Or, you can ask your Pharmacist for a paper copy.

Your opinion is important to us. The questionnaire is anonymous and will only be used to improve Pharmacy services within Wigan Borough.

**YOUR VOICE MATTERS**

A new survey is seeking to get your views about your local pharmacy services. This will help to check how current services are used and help plan new services in the future. The survey wants to know if you are happy with the services available from your pharmacy, if you have had problems using it, and if there are other services you would like.

**To take part, click here.**

## Carers' rights protected

Carers UK strongly welcomed the fact that Peers have successfully won an amendment against the Government's attempt to revoke the Community Care (Delayed Discharges etc) Act 2003 in the Health and Care Bill during its report stage in the Lords. The Bill, unamended, would have taken away unpaid carers' vital rights at the point of hospital discharge.

This was an important and decisive "win" for carers, showing that Peers understood and recognised the value of unpaid carers' support. The vote of 205 to 155 against the Government's proposals sends a very clear message to Government that they should protect carers' rights as the Bill progresses.

The amendment safeguards carers' rights by ensuring hospitals consult with unpaid carers at the point of discharge, builds in checks that the carer is willing and able to care and would ensure joint working to make sure that the carers are supported. Importantly, the amendment means that the rights would apply to adults providing unpaid care to other adults who are disabled or chronically ill, parent carers of disabled children and young carers who are so often overlooked.

Today's victory for the UK's millions of unpaid carers should send a strong message to this Government that they do matter – as do their rights.

**Follow WLCC on:**





# What does autism look like in teenagers?

Join the National Autistic Society's Teen Life programme for parents and carers of young autistic people aged 10 to 16.

## Teen Life programme

Get together with other parents to share advice and experiences. The six-session programme covers:

- understanding autism in teenagers
- women and girls
- self-esteem
- stress and anxiety
- puberty
- planning for the future

"What a course! I would strongly recommend any parent with a teenage child on the autism spectrum attend this programme."

- Parent

The course is 6 sessions, delivered 2hrs a week (10am-12noon) online. Places for April/May 2022 are available to book now

For more information contact:

[emma.roberts@nas.org.uk](mailto:emma.roberts@nas.org.uk)

Or call 0161 998 4667

# Wigan Council achieves Carer Confident Award from Carers UK

Wigan and Leigh Carers Centre would like to pass on our congratulations to Wigan Council who have achieved the Carer Confident Award from Carers UK. They are the first council in the North West to achieve this accolade.

At Wigan Council, they believe it's vital to have the right support in place for all staff, and particularly those who are, or will become, carers. With one in nine people juggling work with caring for someone who is older, ill or disabled, staff who are also carers are incredibly important to their workforce.

The 'Carer Confident' benchmarking scheme supports employers to build a positive and inclusive workplace for staff to make the most of the talents that carers bring to the workplace. It is designed to help organisations and businesses of all shapes and sizes create more carer-supportive workplaces for their staff.

This is fantastic news for our local community and carers.

Councillor Keith Cunliffe, deputy leader of the council, said: **"Nurturing an environment where our employees who also have caring responsibilities can be celebrated and embraced is incredibly important to us here at Wigan Council."**

**We are really proud to have achieved this accreditation and hope that it will be just the beginning in our journey to even more work on including carers in future."**

According to the 2011 census there are over 36,000 carers in Wigan borough and the council works closely with Wigan and Leigh Carers Centre to provide support and advice.

If you are a carer (whether employed by Wigan Council or a resident from the borough) there is support available.

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



## Greater Manchester Carers Walk

A big thank you to Carers Stepping Out for once again supporting the Greater Manchester Carers Walk. In February, we enjoyed the walk with around 33 other carers, loved ones and volunteers in Didsbury.

We had planned to discover Fletcher Moss, a historical botanical park in south Manchester, however, after the recent storms the paths were flooded and impassable. Not to worry though, our leaders did a bit of quick thinking and we enjoyed a sunny stroll around Didsbury Park and the beautiful and historic Parsonage Gardens. Volunteer gardeners at Parsonage Gardens create wonderful flowerbeds, and it was a delight to see the Snowdrops and Christmas Roses, early signs of spring in the sunshine – enough to lift anybody's spirits.

A great morning finished off with a tasty light lunch, drinks, laughter and great company at Ye Olde Cock Pub.



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





In February we held our monthly Carers Social Evening at the carers centre and it was lovely to welcome everyone.

Our sessions in an evening are an ideal opportunity for you to talk to us after work or other commitments in a relaxed and informal setting.

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



Thank you to everyone who came and thanks to Bernadette and Elaine for hosting the evening.

Find out when the next Carers Social Evening is and [book here](#).

## Advice for Employers

Juggling work and care  
**Supporting Working Carers**



## Employment advice for carers

Are you a business or organisation in Wigan? Did you know one in seven of your workforce could be a carer?

Balancing work and care can be hard. Without support and understanding at work, carers can suffer from high levels of stress and exhaustion. The effects of this can be damaging both in the workplace and at home. We often hear from local carers who are struggling to balance work and care.

Put simply, being a carer is like having a whole other job - on top of an employee's regular job and on top of their other family commitments, hobbies or interests. Caring doesn't work nine 'til five, it is unpredictable and can be hard to fit around a paid job.

How can you be more supportive to carers?

- Identify carers in your workplace.
- Understand the impact of work and caring.
- Develop and communicate a carer policy, framework or guidance.
- Introduce flexible working to support working carers.
- Provide carers' leave (paid or unpaid) and be adaptable when carers need leave at short notice.
- Signpost staff to local support including Wigan and Leigh Carers Centre (we have leaflets available).
- Hold awareness raising events at your workplace to help engage your staff.
- Run carer awareness training for line managers and key staff.
- Obtain resources to advise and guide carers in your workforce.
- Sign up to <https://www.employersforcarers.org/>.

For more information or to arrange a visit to your business from our dedicated team, call Wigan and Leigh Carers Centre on 01942 697885 or email: [info@wlcccarers.com](mailto:info@wlcccarers.com).

Thank you to Wigan Parent Carer Forum for inviting Wigan and Leigh Carers Centre along to their evening support event in March.

Young Carers Support Worker, Angela Hill and volunteer, Stephen Harrison were on hand to talk about services and support we provide.

It was lovely to meet everyone.

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





# Young carers

## Pizza night for young carers

A group of young carers joined us in a pizza making activity recently.

Handmade pizzas with a variety of toppings were the order of the day; chicken, ham, cheese and tomato, ready to cook with their families at home.

To find out more about any of our activities [visit our booking site](#).



## A celebration of young carers' work

Some of Wigan and Leigh's young carers were delighted to be offered the opportunity to work with LUNG Theatre at The Old Courts in Wigan recently.

During lockdown the award-winning theatre company LUNG ran an online national project called 'Young Carers Creative Makers' in which they ran weekly creative workshops for young carers across the UK. Some of our carers partnered with LUNG for their Wigan Young Carers Creative Makers, a scheme of in-person workshops for young carers living in Wigan and Leigh.

The group came together during the half term to meet the staff and be part of a series of workshops. They explored the theme of 'isolation' as 'taking action on isolation' was the theme for this year's Young Carers Action Day, an annual event raising public awareness of young carers and young adult carers, the pressures and challenges they face, and the incredible contribution they make by caring for their family members and friends.

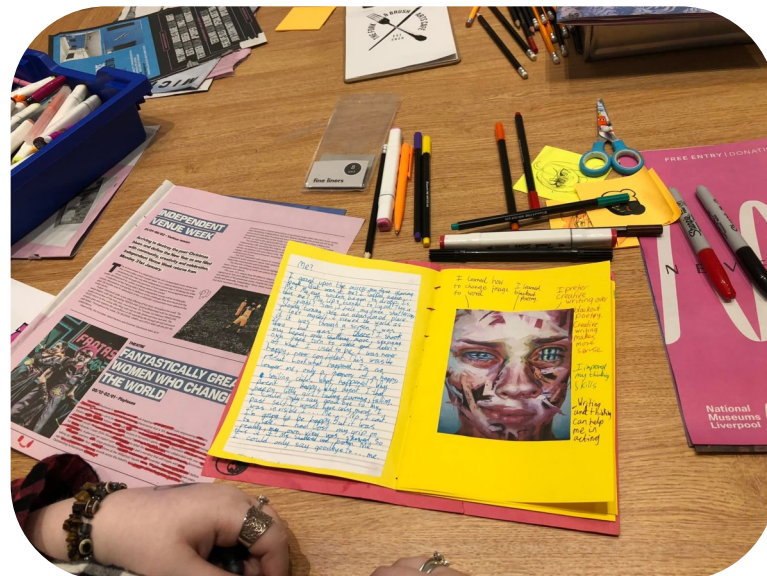
Together the young carers worked hard to create the poem you hear in their short film. They responded to the Young Carers Action Day theme of 'isolation' and what that might mean for them. [Click here to watch their film](#).



Young carers at The Old Courts in Wigan with Steph and Emily from Wigan STEAM.

Some of our young carers are nearly half way through their seven week Arts Awards and are really enjoying it.

We are so proud of them.





# Brathay residential

Half term saw 11 young carers at Brathay Hall for a residential retreat where they took place in a range of exciting events including:

- Art session
- Orienteering
- Bushcraft
- Ghyll scrambling
- Dune running.
- Scoured by sand
- Stone skimming and beach art at Sandscale
- Yoga and mindfulness
- Rafted canoeing



Thank you to Joanne Pettit for volunteering. To Arthur, Trev, Sue, Claire, and Angela for doing pickups. To Mark, Jacqui, Stig, Gemma, Chris, and the rest of the team at Brathay for their support. In the case of the first three their considerable patience. This trip was funded from Deal for Communities funding.

Peter Wild, Young Carers Team Leader said, **“This was the seventh residential I've run. The irony is that as I get more experienced, they get harder. Which means we are selecting the right young carers. I'm never doing another residential ever again until we run the next one.”**



## Pathways to Participation

Our collaboration with Wigan Athletic Community Trust continues and a cohort of young carers from the Leigh side of the borough have been supported by Alex and Dave. So far they have done activities such as trampolining, first aid, Ninja Warrior, the Atherton Escape Rooms and Wigan Youthzone.

Thanks to stalwart volunteers Joanne Pettit and Hayley Winstanley.

Our hope is that in the new financial year we can work again with Wigan Athletic Community Trust and provide respite and community engagement for young carers.



### Why not volunteer for us?

To discuss our volunteering opportunities contact: [joe.cobb@wlcccarers.com](mailto:joe.cobb@wlcccarers.com) or ring 01942 697885.





## Service/Group column

This month, information about Fur Clemt.

Food “rescue” services have two major aims. To reduce food becoming landfill waste; and to provide lower cost food by selling food that is short dated (i.e. close to its sell by date). Many food rescue services will provide free hampers in emergencies.

Food at such services has variety of dates on it. All of it is safe to eat. Unlike food banks – who provide a “standard” food hamper, the food can be more eclectic depending on what short-dated products has been donated to the service. However, they all have recurring stocks such as dairy, bread, fruit and veg etc.

One of the primary food rescue groups is Fur Clemt. Here’s what founder Shirley Southwell has to say.

Fur Clemt is a local ‘not for profit’ organisation dedicated to saving viable food from being wasted and making it available to the community through its food share scheme and cafe. Access to the scheme is by membership costing £5 per year. Members can visit the shop twice a week. A variety of goods are available including a selection of frozen food, chilled food, fruit and vegetables, bread and cakes, cans and packets, all available at much reduced prices. Membership is open to all. To join just come along between 11.00 am and 3.00 pm Monday to Friday.

Montrose Skills Hub  
Montrose Ave  
Wigan  
WN5 9XN

[www.furclemt.co.uk](http://www.furclemt.co.uk).

<https://www.facebook.com/furclemt>.

We enjoyed another lovely weekend in March welcoming young carers for a Saturday morning creative club - painting and decorating their salt dough creations.

Don’t they look amazing?

Thanks everyone for joining us.





# WORRIED ABOUT BURGLARY? THINK WIDE(N)



Supported by

**ERA**

- 👁️ **WINDOWS** LOCKED
- 👁️ **INTERIOR** LIGHTS ON A TIMER
- 👁️ **DOORS** DOUBLE OR DEADLOCKED
- 👁️ **EXTERIOR** LIGHTS ON A SENSOR
- 👁️ **(NEIGHBOURS)** KEEP AN EYE OUT



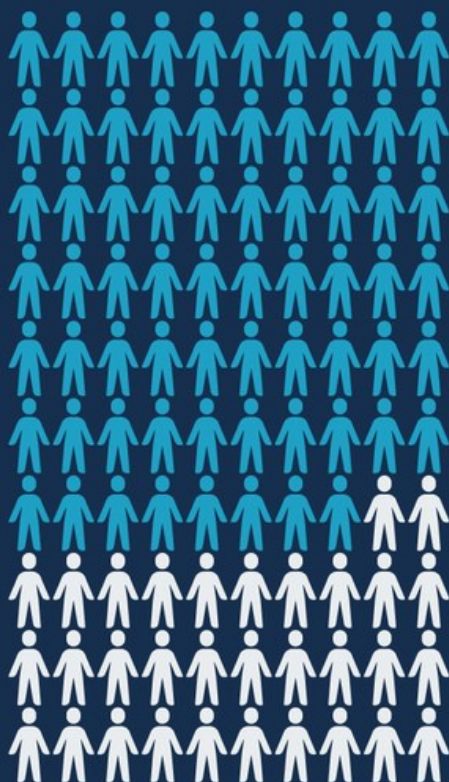
Neighbourhood Watch Network is a charity registered in England & Wales, CIO no. 1173349

Research shows two thirds (67%) of people are worried about their home being broken into, yet there are simple, proven measures we can all take to reduce our chances of becoming a victim of burglary by up to 50%.

To help you be and feel safer at home, the **Think WIDE(N)** campaign offers simple and practical advice.

- W: WINDOWS:** Keep your windows locked
- I: INTERIOR:** Put inside lights on a timer/smart bulb
- D: DOORS:** Double or deadlock your doors
- E: EXTERIOR:** Put outside lights on a sensor
- N: NEIGHBOURS:** Keep an eye out for your neighbours

To learn more about WIDE(N) and burglary prevention measures, [click here](#).



# 68%

**OF CARERS FIND IT HARD  
TO ENTER WORK DUE TO  
DIFFICULTIES FINDING  
OPPORTUNITIES THAT FIT  
AROUND THEIR CARING  
ROLE**

Source: Working for Carers 2019-2022 Evaluation  
[carers.org/workingforcarers](https://carers.org/workingforcarers)



# Carefree

Supported by players of



Awarded funds from



People's Postcode Lottery, Carefree and Jeff Brazier have created a brilliant video in which Jeff talks to unpaid carers about what it means to them to have a break and some respite.

Jeff Brazier visited Carefree to speak to carers who have already been able to benefit from the breaks. Jeff said, **"What Carefree is offering is much more than a break. It's a lifeline for these selfless people who have been caring behind closed doors, watching their own mental and physical health spiral. Signing up is easy, the quality of breaks are outstanding and the support from the hospitality industry to make this happen is truly commendable."**

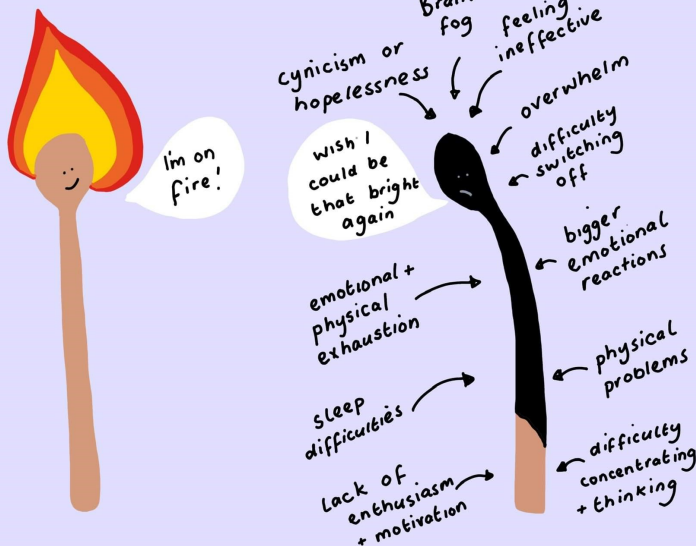
To watch the video, [click here](#).

## Follow Wigan and Leigh Carers Centre on:



## BURNOUT

@thepsychologymum



After two years of living through this pandemic many carers are reporting burnout.

Burnout is very real for people who spend all their time worrying about, caring for and supporting someone else.

Sometimes you don't know you have it until you are burning out.

It's so important to acknowledge where you're at right now and ask yourself 'what do I need?'

If you need any help or support, please get in touch with us by calling 01942 697885 or emailing: [info@wlcccarers.com](mailto:info@wlcccarers.com).

### Why not volunteer for us?

To discuss our volunteering opportunities contact: [joe.cobb@wlcccarers.com](mailto:joe.cobb@wlcccarers.com) or ring 01942 697885.



Empowering autistic children and their families



SHINING A LIGHT ON SUICIDE

# Don't brush it under the carpet



Help is out there, whatever your age, talk to someone you trust.

Whether it's a loved one, a neighbour or a health professional.

[shiningalightonsuicide.org.uk/olderpeople](https://shiningalightonsuicide.org.uk/olderpeople)

If you are struggling call Samaritans on 116 123



**Tickets:**  
There is no charge for this webinar  
**FREE** - book today

## Autism Care Pathway Webinar

Tuesday 26th April at 12.30pm - 3.30pm, 2022

Register online: [www.pacttraining.co.uk/autism-care-pathway-webinar-2022](http://www.pacttraining.co.uk/autism-care-pathway-webinar-2022)

Key speakers include:

**Helen Harban**  
is a Children's Speech and Language Therapist (Clinical Lead - Autism Spectrum Disorder), Warwickshire, UK

**Amanda Haydock, autism advocate**  
is autistic, and the founder of Spectrum Connection CIC, an early intervention service for autistic children and their families.

**Louisa Harrison**  
is a PACT therapist and trainer, and has ten years experience of teaching and working with children with autism.

**Jonathan Green**  
Professor of Child Psychiatry, UoM

**Catherine Aldred**  
Consultant Speech and Language Therapist, Director of IMPACT

### Key Topics

12.30pm - Welcome Catherine Aldred

- Professor Jonathan Green - The new Autism Care Pathway - benefit to services and families
- PACT implementation in practice (Helen Harban, Warwickshire UK)
- Parent experience (Louisa Harrison)
- Adult champion (Amanda Haydock)
- Q&A

3.30pm - Close

Watch PACT video



@pact\_autism @PACTinternational

If you have any queries, please call: +44 (0)161 440 8685 or email: [info@pacttraining.co.uk](mailto:info@pacttraining.co.uk)

Empowering autistic children and their families

Follow this link to learn more about the upcoming Autism Care Pathway Webinar.

Help is out there whatever your age.

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

Don't dismiss the early signs of a heart attack

Call 999

Help us help you

NHS

EVACUATE  
LIFT CO  
PRESS T



It was lovely to welcome some of our carers to a session of crafting in March.

Expertly led by Lynda and Christine, they guided us through an enjoyable activity making a birthday gift bag.

Everyone had a lovely time.

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



# 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 697885

EMAIL: [INFO@WLCCCARERS.COM](mailto:info@wlcccarers.com)

WEBSITE: [WWW.WLCCCARERS.COM](http://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

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 697885



[info@wlcccarers.com](mailto:info@wlcccarers.com)



[www.wlcccarers.com](http://www.wlcccarers.com)

## KEEP CONNECTED ON SOCIALS

