


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

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## Thank you Interact Wigan

Wigan and Leigh Carers Centre would like to say a huge thank you to Interact CC Wigan who recently took part in a sponsored 5k walk/run to raise funds for our young carers.

Sophie Dorrell, Project Manager for Interact said, "This year, Interact are partnering with two charities whose fantastic work in the local Wigan community is utterly unmeasurable. Wigan and Leigh Carers Centre and Wigan Youth Zone are both indispensable organisations at the heart of the Wigan community, whose work has allowed children and young carers to enjoy their childhoods, and get the support and love they truly deserve. We are honoured to be joining these two organisations and contributing to their cause through a series of events, fundraisers and activities."

Tracy Carney, receptionist at Interact said, "It is an honour to be involved in these types of events – our charities mean so much to our staff and to raise money for them whilst having fun is an absolute dream."

If you would like to find out more or sponsor the team's efforts, [please click here](#).

Thank you so much Team Interact CC, you are all amazing.



Thursday 31<sup>st</sup> March 2022 was the last day everyone in the UK could access free Covid tests, and unpaid carers have shared their concerns with the i newspaper as they lose access to the free lateral flow tests they rely on to keep the vulnerable people they care for safe.



Carers, already face enormous financial challenges, and the need to now pay for these tests is an added burden they could do without.

To read the full article, [click here](#).

## We have a new telephone number



# 01942 697885

**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.

What a brilliant SEND event in March for Wigan's parent carers, families and professionals organised by Wigan Parent Carer Forum and held at St Peters Pavilion in Hindley.

- Informing
- Empowering
- Engaging

Working together and helping to make a difference for Wigan's parent carers and young people.

The event was closed by a stunning performance by More Than Words Advocacy Community Interest Company - you blew us away it was so moving. Huge thanks for inviting Wigan and Leigh Carers Centre along to be a part of such an inspiring event.



## Hindley Green Junior Volunteers Club

Free club open to all youngsters aged 7-16 years (not just Hindley Greeners).

Crafting, gardening, litter picking, fundraising, games, sports and other activities. Make friends, have fun, help our community and learn new skills.

Thursdays 6.00 pm - 7.30 pm. St John's Church Hall. Hindley Green.

Also some weekend and school holiday sessions.

(Children aged 6 years can attend but need a parent/guardian to stay with them). Adult volunteer supervisors also needed. Contact Christine on 07811741719.

## Hindley Green Friendship Club



Wednesdays 1.30 pm - 4.00 pm.

Sacred Heart Parish Club. Swan Lane, Hindley Green.

- Are you single, a couple, or friends over 60?
- Are you feeling bored or lonely?
- Do you want to get out more and make new friends?

Then come and join us for bingo, raffle, dominoes, tea and biscuits, and a chat.

Contact Christine on 07811741719 for details.

Introductory befriending home visits available.

If you need transport or other help, let us know.

It's always a pleasure to welcome Wigan's amazing Admiral Nurses, Mark Oakley and Tracy Kirkham who came to the Carers Centre in April to speak with members of our team (photographed with Jill, our Carers Case Officer).



We can't wait to work with you both, to support carers, exciting times ahead.





It was lovely to be back at St Peters Pavilion in Hindley supporting Greater Manchester Mental Health NHS Foundation Trust Early Intervention for Psychosis Team.

They had organised an afternoon tea event as a 'thank you' to carers.

Diane and Sarah from our Carers Assessment Team attended, along with other community organisations that support carers in Wigan and Leigh.

Thank you for inviting us along to this special event for carers.



83%

of carers are

**worried how they will manage their monthly expenses** if living costs continue to rise



Carers UK: Under pressure

 **carersUK**

Alongside 77 other organisations, Wigan and Leigh Carers Centre signed an open letter to Rishi Sunak ahead of the Spring Statement calling for enhanced financial support for unpaid carers facing a cost of living crisis.

[You can read the letter in full here.](#)

**Follow WLCC on:**



Wigan Athletic are starting a new free female disability football session at Robin Park Arena.

Open to all abilities, the session will provide adults aged over 17 the opportunity to enjoy their football in a fun, safe and inclusive environment.

For further information, [click here](#).



## FREE FEMALE DISABILITY FOOTBALL

EVERY WEDNESDAY 6:00PM - 7:00PM | AGE 17+  
ROBIN PARK ARENA, LOIRE DRIVE, WIGAN, WN5 0UL

Delivered By Wigan Athletic Community Trust starting on Wednesday 6th April 2022. Fully inclusive and all abilities welcome. For more information contact Holly Flynn: [h.flynn@wiganathletic.com](mailto:h.flynn@wiganathletic.com), 01942 318090.



The carers centre would like to thank one of our amazing registered carers who has kindly donated several beautiful jigsaws.

She told us that they brought hours of joy to her and her mother during the 'lockdown' period, and they were able to enjoy this activity together. She holds these memories dear in her heart and hopes other carers will go on to enjoy them.

If you are a registered carer with us and would like the opportunity to loan or keep one of the jigsaws for you or the person you care for, please get in touch with us at the carers centre and ask for Lisa Fletcher.



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## Silent carers

"You become a carer, but you don't realise you've become a carer."

We love this article by carer, turned award-winning writer, Beth Britton sharing her tips for reaching out to carers who don't realise they are carers.

To read the full article, [simply click here](#).

Many of us spend years caring, suffering in silence and somehow feeling guilty about thinking about our own needs or talking about our feelings. It's easy to see why some carers are "silent or hidden" – caring for loved ones without friends or colleagues having any idea we are doing so. Unfortunately, this can also mean that some of us don't get the support we are entitled to.

Could this be you or someone you know?

If you think you are a silent carer, it might be time to open up. Depending on your route into caring, it might not be easy, but it is the right thing to do because it will get you the support you need.

If a friend or colleague opens up to you about the care they give, be there for them and be ready to listen.

When we open up about our lives as carers, it makes it easier for other silent carers to speak up too. The more we can all work to bring this issue out into the open, the more we can help to support each other.

## Register as a carer

Fortunately, charities such as Wigan and Leigh Carers Centre that support carers understand the barriers to accessing the right help, and by understanding these barriers, we can help overcome them together.

When you register as a carer, you join an amazing community of people doing one of the most important jobs there is. Register with us and get the support you need.

Call 01942 697885, visit: [www.wlcccarers.com](http://www.wlcccarers.com), or email: [info@wlcccarers.com](mailto:info@wlcccarers.com).

In March we welcomed carers for a lovely crafting session, creating their own personalised Easter pots, all ready for the Easter bunny.

Thanks to everyone for joining us and to Lynda and Christine for delivering such a brilliant session.

If you would like to get involved with the activities at Wigan and Leigh Carers Centre, [please visit our activities page](#).





## Greater Manchester carers' walks

We had a fabulous day with carers and those they care for at Peel Park in Salford in April. Wigan and Leigh Carers Centre joined **Carers Stepping Out** and fellow Greater Manchester carers on a scenic walk around this urban park located on the flood plain of the River Irwell.

After the walk, we enjoyed a delicious lunch in the Salford Museum and Art Gallery café followed by yummy cakes, celebrating a carer's special 40<sup>th</sup> birthday.

A perfect day that worked wonders lifting the spirits and meeting new people.

Book the next walk **via our website** which will take place at Debdale Park, Manchester, Wednesday 11<sup>th</sup> May at 11.00 am (lunch is included).



### Make a note in your diary

Details are yet to be finalised for our exciting programme for this year's Carers Week, but keep an eye on our social media feeds and next month's newsletter for more updates.

**Make caring**  
**Visible, Valued**  
**and Supported**

**Carers Week**

**6-12 June 2022**



# Young carers

## Creative young carers

Young carers joined us for a Saturday morning creative session in April making their own canvas collage prints.

The method uses different types of paper to create a personalised piece made up of all the different prints and patterns they like most. Don't they look fantastic?

We'd like to offer a huge thank you to volunteer Sue Lewis for supporting the young people in this wonderful artistic activity.



## Mother's Day celebrations

It was so lovely to welcome young carers and their special someone for a Mother's Day afternoon tea service in March.

Brimming with delicious goodies, guests enjoyed a selection of pastries, finger sandwiches, scones, fresh fruit and a variety of cakes and biscuits, all served with an array of hot and cold refreshments.

This was an opportunity to relax and create special memories together, with guests taking away their own Mother's Day scrapbook with a special photo from the day and a box of chocolates.

We hope everyone had a lovely time.



## Young carers making progress with their Bronze Arts Awards

A group of our young carers are making great progress with Wigan STEAM in their Bronze Arts Award. In March they attended a masterclass held by three young people as they completed the Skill Share portion of their Award.

They learnt special effects makeup, how to draw digitally and how to draw an eye. They really are a talented bunch.



**In association with**



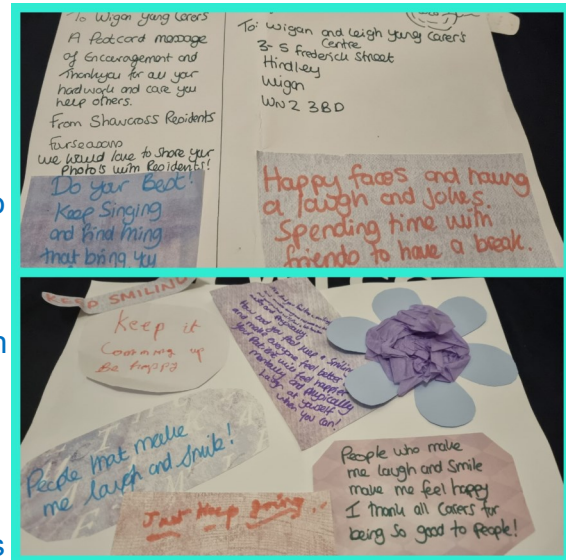
**WIGAN STEAM**



## Postcard from care residents at Shawcross Care Home

Our young carers were delighted to receive this lovely handwritten postcard from the very caring residents at Shawcross Care Home in Ashton-in-Makerfield, with personalised messages of support.

- “To Wigan Young Carers - A postcard message of encouragement and thank you for all your hard work and care to help others.”
- “Do your best! Keep singing and finding things that bring you joy!”
- “Happy faces and having a laugh and jokes. Spending time with friends to have a break.”
- “Keep smiling”
- “Just keep going”
- “Be Happy”



What a beautiful and thoughtful gesture, thank you to all the residents for thinking about Wigan and Leigh's young carers, we send you our love and well wishes in return.

## Easter raffle announcement

At the end of March, carers Lynda and Christine came to draw a winner for the amazing chocolate hamper, drawing the name **Bentley**.

The winner was Carol Unsworth, congratulations Carol.

Thank you to everyone who entered and supported our charity, it is very much appreciated.



## WLCC support carers' rights

Our staff showed their support for carers and young carers' rights in the March **Health and Care Bill** around hospital discharge, with a key vote which took place in March.

We are thrilled to report success. An amendment to the Health and Care Bill which was passed in the Commons having been brought forward by the Government. This places a new duty on NHS Hospital Trusts in England to ensure that unpaid carers are involved as soon as feasible when plans for the patient's discharge are being made. The amendment covers all carers of adults needing care and support following hospital discharge, including health care support. This means that young carers looking after adults would also be covered.

To read the full article, [click here](#).



## Male Carers Social Group

It was lovely to welcome the gents for our Male Carers Social Group in April. Lots of smiles as they enjoyed eating Hazel's delicious homemade cakes, including a particularly divine Victoria sponge.

The group talks about anything and everything in a very casual, yet supportive environment.

The next social meet will be Thursday 5<sup>th</sup> May at 1.00 pm, please do join us. [To book, click here](#).

# Plan for tomorrow: live for today

How much choice do I have  
over where I die?

How can I start talking to my loved  
one about what they want for their  
future care?

Who can I talk to about my  
final wishes?



Find out how you can ensure your/your loved one's wishes and preferences at the end of life are heard.

This will be an informal drop-in event held in partnership with Wigan and Leigh Hospice for anyone who is interested in learning more about planning for future care.

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

**Thursday May 5th 10am to 12noon**

[www.tinyurl.com/live4now](http://www.tinyurl.com/live4now)

**Dying  
Matters**  
*Awareness Week*

Dying Matters Awareness Week, 2-6 May, is a chance to get our community talking about dying and grief. The campaign is about everyone being #InAGoodPlace when they die – whatever that means for them.



## Commitment to carers – Lunch and learn webinars

The lunch and learn webinars aim to bring together carers and professionals from across the country in an informal atmosphere to collaborate, learn, and drive the NHS Long Term Plan commitment to carers. You can watch previous sessions on their Commitment to Carers workspace on **Future NHS Collaboration Platform** (free registration required). Please note the agenda, including presentation title and presenter names will be announced at a later date.

You can register for this webinar [via this link](#).

The next event is on **24<sup>th</sup> May**, but please see the flyer on the right for additional dates.

### Why not volunteer for us?

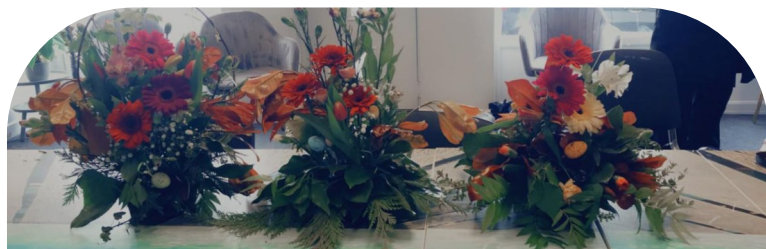
To discuss our volunteering opportunities contact: [joe.cobb@wlcccarers.com](mailto:joe.cobb@wlcccarers.com) or ring 01942 697885.



## Blooming marvellous workshop

During April we delivered a second instalment of our Flower Arranging workshop for carers, a fab, creative afternoon with some stunning arrangements made.

Well done to everyone who took part, we hope you enjoyed it.



# Do I look like I care?

#NHSThinkCarer

# NHS

## Commitment to Carers Programme

Bi- Monthly Lunch & Learn Webinars

2021/22  
Dates

These lunch and learn webinars aim to bring together carers and professionals from across the country in an informal atmosphere to collaborate, learn, and drive the NHS Long Term Plan commitment to carers.

To register for the webinars please email:

[england.nhsthinkcarer@nhs.net](mailto:england.nhsthinkcarer@nhs.net)

Please share with your networks

24th May 2022

20th July 2022

21st September 2022

23rd November 2022

All webinars take place between 1:30pm-2:30pm  
\*NB: 22nd September webinar is 3:00pm-4:00pm

# CRAFT & CHAT

OR JUST CHAT 😊

All welcome, Mondays 1-2pm

VARIOUS CRAFTS TO JOIN IN, CHAT AND  
ENJOY COMPANY

HOME MADE CAKES AND HOT DRINKS  
AVAILABLE

## Chapter One Tearoom

HINDLEY LIBRARY  
FIRST AVENUE  
HINDLEY  
WN2 3EB



# VOLUNTEERING WEEK 2022

1ST - 7TH JUNE 2022



Join us for an informal chat  
about volunteering opportunities  
at Wigan and Leigh Carers Centre

**Tuesday 7th June,  
11 am to 3 pm**



Volunteering with Wigan and Leigh Carers  
Centre provides a great opportunity to  
contribute in a positive way to carers lives and  
for you to gain new skills and experience.

[www.tinyurl.com/WLCC-Vol](http://www.tinyurl.com/WLCC-Vol)



# 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?



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)

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