


Speaking with one voice for all carers in Wigan borough

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WIGAN BOROUGH COUNCIL CARERS FESTIVAL

Supporting, Celebrating and Connecting Carers

Wednesday 8th June 2022. 12pm – 7pm
Robin Park Leisure Centre
Loire Drive, Newtown, Wigan, WN5 0UL



WIGAN
BOROUGH
CARERS

- Information and Advice
- Refreshments
- Free Activities
- Stadium Tour

What is Carers Week?

Carers Week is an annual campaign to raise awareness of caring, highlight the challenges unpaid carers face and recognise the contribution they make to families and communities throughout the UK. It also helps people who don't think of themselves as having caring responsibilities to identify as carers and access much-needed support.

For a full listing of what is happening for Carers Week, [please click here](#) or see further details overleaf.



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.

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Carers Week

Carers Centre confirmed events for Carers Week

Monday 6th June - Carers Week Coffee Morning (Hindley)
Monday 6th June - Carers Social Evening, 5.30 pm (Hindley)
Wednesday 8th June - Carers Week Coffee Morning (Atherton)
Wednesday 8th June - Carers Week walk (to be arranged)
Thursday 9th June - Pop Up stand at Chandler House Surgery (Wigan) 9.30 am - 12.30 pm
Thursday 9th June - Male Carers Social Group
Friday 10th June - Reiki Taster (AM/PM sessions) (Hindley)

Book via our website for any of these events.

Virtual events for Carers Week - join from the comfort of your home.

Mobilise Carers Week timetable - Carers Week Cuppas and online meet up's
Visit here to view the timetable.

Meet carer and author Matthew Mckenzie FRSA – Wednesday 8th June, 5.30 - 6.30pm
Join Carers UK for a conversation with carer and author **Matthew Mckenzie FRSA**, who will be sharing his insights about minority ethnic carers, mental health, and reading poems from his upcoming poetry book about his caring experiences. Everyone is welcome and we particularly encourage carers from minority ethnic groups to join the session.

Beginners Latin Dance session – Thursday 9th June, 4.00 - 5.00pm
Join a Salsa and Bachata session, delivered by Mauricio Reyes from Latin Motion, who will be introducing Latin American dance footwork and body movement. The session will give beginners a solid base of the most used steps and turns and help uplift both your mental and physical wellbeing, along with providing some much-needed social interaction with live teaching, questions and feedback.

Book for Carers UK events here.

Announcing our new Chief Officer

We are very pleased to be able to share some exciting news with you all. After an extensive search and interview process, we are delighted to inform you that the Board of Trustees has appointed Bernadette Ashcroft as Chief Executive Officer of Wigan and Leigh Carers Centre. Bernadette will take up the full-time role from 1st June 2022.

As many of you will know, Bernadette has been interim CEO at Wigan and Leigh Carers Centre since December 2021, a role she has undertaken with openness, humility, and courage, earning our respect and admiration and that of our sector.

Before joining us, Bernadette has gained over 30 years' experience of working at all levels across the voluntary and community sector. Since 2009, she has been employed within a CEO role within Greater Manchester and across the country.

The recruitment process

The board's decision to appoint Bernadette comes after rigorous recruitment with support from fellow trustees and representatives from member organisations and staff members.

The shortlisting and interview processes were inclusive, involving trustees and staff, enabling diverse perspectives and collective decision making. We would like to thank all those involved in the process for volunteering their time and providing such useful feedback on candidates.

Bernadette's vision for Wigan and Leigh Carers Centre

We are very pleased to welcome Bernadette into her new role as CEO.

In a fantastic field, she impressed, challenged, and inspired all those involved in the process presenting a clear and compelling vision for the future of Wigan and Leigh Carers Centre and our work to support carers and our sector.

Bernadette's vision for Wigan and Leigh Carers Centre is grounded in relationships. A relationship with you, our carers, where we are always listening, gathering insight, anticipating and adapting to your needs. Relationships between key organisations, enabling partners to come together to learn, share and collaborate. Relationships with trustees, staff and volunteers, showing generous leadership and creating a strong, fair, and connected organisation.

In welcoming Bernadette as CEO, the trustees and staff would like to thank her for her achievements as interim CEO. These include the progress we have made towards building an open culture at Wigan and Leigh Carers, with trustees, staff and volunteers remaining core to the decisions we take and the priorities we set.

The future

Under Bernadette's leadership we can look forward to a carers centre that is inclusive, responsive, and caring, with the trust, confidence, and support of our sector and beyond.

Bernadette says, *"I truly believe that by working together across Wigan and Leigh, we can continue to build a community that values, celebrates, and recognises the contribution and circumstances of all our unpaid carers. I am honoured to be appointed to this key role at this exciting time."*

Until then I hope you will join us in congratulating Bernadette and sending her our very best wishes and support.

WELCOME TO THE TEAM



BERNADETTE

CHIEF EXECUTIVE OFFICER
WIGAN AND LEIGH CARERS
CENTRE

Carers Week

Dear Carer,

Here at Wigan Council, we recognise and value the vital role that carers play in our community, and we want to say thank you and celebrate all that you do.

This Carers Week, we would like to invite you to join us at the Wigan Council Carers Festival on Wednesday 8th June, 12pm-7pm at Robin Park Leisure Centre.

Pop in anytime and explore our festival of activities:

- Carers market place - browse our stalls hosted by different services who can offer you information, support and advice
- Mindfulness sessions
- Stadium tours
- Walking football and netball
- Strength and balance sessions
- Free therapies

And much more!

Find out more event information and register your place!



Additional free activities:

Museum talk and tour at Museum of Wigan Life on Monday 6th June, 10am-12pm

Enjoy a spectacular performance by Lifelines dementia friendly inclusive community choir on Saturday 11th June, 7.30pm at St James Church, Poolstock.



For your chance to win a prize, bring this card to our festival welcome desk to exchange for a raffle ticket



www.wigan.gov.uk/supportforcarers
carers.mailbox@wigan.gov.uk
[@CarersWigan](https://twitter.com/CarersWigan)

Living Well with Dementia in Greater Manchester

On Monday 6th June, Dementia United will be holding a conference in Manchester called "Living Well with Dementia in Greater Manchester: Join us, we need each other."

Attendees are welcome to go along to the event in Manchester or alternatively join the event locally, at a live screening at Sunshine House in Wigan.

Date: Monday 6th June 2022

Time: 10.30 am – 3.15 pm

Venue: Sunshine House, Wellington Street, Wigan, WN1 3SA.

Refreshments: lunch and refreshments will be provided throughout the day.

To book a place, please email: public.health@wigan.gov.uk. Places are limited and so will be allocated on a first come, first served basis.

Please see flyer overleaf for further information.

Follow Wigan and Leigh Carers Centre on:



Living Well with Dementia in Greater Manchester: Join us, we need each other

Monday 6th June 2022 11.00am to 15.15pm

This event is supported by Roche

Roche Products Ltd is a member of the International Longevity Centre UK partners programme and has funded the organisation of a series of events focused on dementia in an ageing UK.

Join us for a Greater Manchester event; which plans to undertake a respectful reflection of the adverse impact of the pandemic on people affected by dementia as well as a refocus on recovery looking forward

Come along to make sure your voice is heard

The event is led entirely by people with lived experience.

Entertainment from people with lived experience of dementia

Hear from people affected by dementia

Speakers include the Mayor of Greater Manchester

To register your interest in attending the event and to receive further details please visit <https://bit.ly/3FveeRM>

Alternatively, you can contact Michelle Davies, Events and Engagement Manager on 07710 152805 michelle.davies9@nhs.net who will be happy to do this for you

The event is for people affected by dementia, as well as health and social care staff and commissioners

The event is available to attend in person (priority will be given to people affected by dementia) and to access online

The event will be held at a central Manchester venue

#LivingWellWithDementiaGM

Dementia United



GMCA
GREATER
MANCHESTER
COMBINED
AUTHORITY



ilc...
International
Longevity Centre UK



NHS
in Greater Manchester

Care for a Cuppa celebration

Care for a Cuppathon organised by Carers UK is on Saturday, 11th June. It's a day of music, creative arts and special guests, as well as all of the friendly and supportive chat you've come to expect from a Care for a Cuppa event. You'll be welcome to stay for as little or as long as you wish, and the programme for the day will be provided in advance so you can drop in for specific activities at your convenience.

Carers UK are working with Virgin Media o2 to support unpaid carers across the UK and in celebration of Thank You Day 2022, the UK's biggest thank you party, they'd like to recognise the amazing work you all do.

Please fill in your information to register. You will then receive a confirmation email with information on how to access the Zoom meeting closer to the date of the event, and note, the final registration date is 6th June.

Book here.



“

This group has been my safety net.”



- Care for a Cuppa attendee



CARERS TRUST



Carers Week™



Tuesday 7th June 12pm-3pm

As part of Carers Week Mecca Bingo is inviting you to have some fun!!

Enjoy some much needed YOU time. Your local Mecca venue is inviting carers in for a fun free bingo game & a nice warm cuppa.

That's not all, you will also receive a complimentary Mecca dabber to mark your bingo card.

What to do now?

Please contact Vicki to book your place. If you can please email her directly on vparker@carers.org letting her know which Mecca venue you would like to visit.

Please note this is restricted to Tuesday 7th June - between the hours of 12pm-3pm

Carers Trust is a registered charity in England and Wales (1145181) and in Scotland (SC042870). Registered as a company limited by guarantee in England and Wales No. 7697170. Registered Office: Carers Trust, Unit 101, 164-180 Union Street, London SE1 0LH. © Carers Trust 2022.

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CARERS TRUST



Wednesday 8th June - 12pm-3pm

As part of Carers Week Grosvenor Casinos are inviting you to their venues on Wednesday 8th June.

Enjoy some much needed YOU time. Your local Grosvenor is inviting 5 carers for a relaxing complimentary Afternoon Tea.

What to do now?

Please contact Vicki to book your places. If you can please email her directly on vparker@carers.org letting her know which Grosvenor venue you would like to visit. The deadline for confirming with Vicki is Wednesday 25th May.

Please note booking with Vicki is required, due to the restriction of 5 invitees per site, this is restricted to Wednesday 8th June - between the hours of 12pm-3pm

*Day may change according to venue/location

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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**



VOLUNTEER

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.

Thank You So Much!

For all that you do!

Wigan and Leigh Carers Centre

*"No act of kindness, no matter
how small, is ever wasted."*

~ Aesop ~

Thank you for volunteering with us.



What's on

Singing by Heart

A Dementia Friendly Singing Group



A glad heart makes a cheerful face
Proverbs 15:13

WIGAN SALVATION ARMY

2 Scholes, Wigan, WN1 3QJ (Parking in Butler Street)

3rd MONDAY of each month.

Includes Soup and a roll, cake, tea and coffee. £2 per person.
For those living with dementia and their carers.

Phone: 01942 826461 **Please Book**

Email: wigan@salvationarmy.org.uk



Mindfulness Group

Get Out More | Wellbeing Trips
Meditate | Gentle | Movement | Breath
Restore | Relief | Enjoy | Connect

"Think about everything in a more relaxed and positive way."

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



SPRING & SUMMER SESSIONS/TRIPS ARE FREE FOR CARERS AFFECTED BY DEMENTIA THANKS TO THE DEMENTIA UNITED, CARERS GROUPS BOUNCE BACK FUND

Cost: £6/£5 Conc TEA, COFFEE AND BISCUITS ARE FREE



TUESDAYS

1.30-2.30pm Kingsleigh Methodist Church
73 King Street, Leigh, WN7 4LR



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 [catherinehawkinsartist](https://www.facebook.com/catherinehawkinsartist)

Mindfulness Group

Thanks to funding from the Dementia United, Dementia Carers Bounce Back Fund, there are seven mindfulness sessions at Kingsleigh Methodist Church in Leigh and a number of wellbeing trips, (see below). All sessions and trips are free for carers and those affected by dementia.

These sessions are open to anyone. Join weekly or drop in when you can on Tuesdays, 1.30 - 2.30 pm at Kingsleigh Methodist Church, Leigh, WN7 4LR. If you wish to attend, please let Catherine know by emailing: cathhawkins@yahoo.co.uk or calling 07984 123445.

Be kind to yourself, take a restoring trip, get outdoors with a small friendly group. Drinks and biscuits are also free.

Wellbeing Trips

May: Trip to Gorton Monastery to be confirmed.

14th June: The Wellbeing Program at RHS Bridgewater.

28th June, 5th & 12th July: Outdoor sessions at Lancashire Mining Museum, Astley Green as part of the exciting 'The Mine Is Yours' Healthy Arts project.

Details for each trip will be discussed and confirmed by the group, so go along to the Kingsleigh sessions to learn more about these exciting (also very calm and relaxing) opportunities.

Please contact Catherine if you are interested in mindfulness, the Mindfulness Group or tasters:
cathhawkins@yahoo.co.uk, 07984 123445.

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



BURST INTO SONG

Come along and join our weekly singing support group for people with dementia

STARTING
FRIDAY, 27TH MAY
12:30PM

Do You Help Someone With Dementia?

Up Holland Community Hub

Based In St. Thomas The Martyr Church
Church Street, Upholland WN8 0ND
Are proud to announce a new group
Starting 12.30pm Friday 27th May 2022

This is a programme to sing familiar old songs with a group of people with dementia and their carers.

Everyone is welcome.

For more information, please contact:

Gillian Sinnott

hubchair@uphollanddalton.org.uk

Online support group for autistic adults

Following the successful first meeting of this group in April, Emmy and Mark the facilitators have released more dates for this group. **Please book via Eventbrite**, alternatively you can email: emmy.clarke@nas.org.uk or mark.simpson@nas.org.uk.

For further details and booking information, please see the full page poster overleaf.



For more information about the board game café or any other activities provided by the Wigan Salvation Army, contact Mark Lewis on 01942 826461 or visit: www.salvationarmy.org.uk/wigan.



BOARD GAME CAFÉ!

Meet friends old & new –
an afternoon of social challenge!
Every 4th Monday of month



Lifelines Community Choir

Lifelines Community Choir has restarted and would like to welcome carers.

The meetings are on Fridays from 1.00 – 3.00 pm in St James with St Thomas Church in Poolstock.

There is no audition, just a desire to sing together as a choir. The benefits of singing are well known for people living with dementia and for carers.

For further information contact: Alison Brown on 07806 798030.

GROW IN CONFIDENCE IN YOUR AUTISM

The **Greater Manchester Autism Consortium** is pleased to announce the launch of a new group, exclusively for autistic adults, to allow them to meet other people, discuss matters of general interest, and share their experiences and ideas.

**Meetings will be held virtually on Zoom -
usually on the 3rd Thursday of each month.**

Numbers for each meeting will be limited to 20, and places can be booked on a first-come first-served basis on the **National Autistic Society's** Eventbrite listings. If you wish to attend but are unable to access Eventbrite, please contact either of the group administrators (details below) to reserve a place.

Going forward, the intention is that meetings will be held monthly on the third Thursday of each month from 6.30 to 8.30pm.

The group administrators are:
Emmy Clarke – emmy.clarke@nas.org.uk
Mark Simpson – mark.simpson@nas.org.uk

Mark can be contacted on 07876746403 if you don't have access to email.

Eventbrite:
eventbrite.com/cc/grow-in-confidence-in-your-autism-342099



**Greater Manchester
Autism Consortium**



Male carers

Male carers group

A group of male carers enjoyed a wonderful day visiting Museum of Wigan Life in May.

There is lots to see in this building and the history of the building itself is fascinating. The ground floor museum is small but cleverly set out to give you a good flavour of Wigan history. Each of the display areas has a particular theme, and they have been assembled with care and thought, and a lot of local knowledge.

On the first floor there's a treasure trove of old documents, records and such like. People can go there to carry out research, using computers or otherwise. Staff are on hand to help.

Thank you Museum of Wigan Life for the warm welcome and hospitality.

The next Male Carers meet up is Thursday 9th June, 1.00 pm. To attend, please [book here](#).



Fundraising

Members of Interact Contact Centre presented representatives from Wigan and Leigh Carers Centre (Young Carers) and Wigan Youth Zone with the proceeds of their fundraising efforts.

Interact Contact Centres proudly presented each Wigan charity with a bumper cheque for £2,500, for quarter one fundraising.

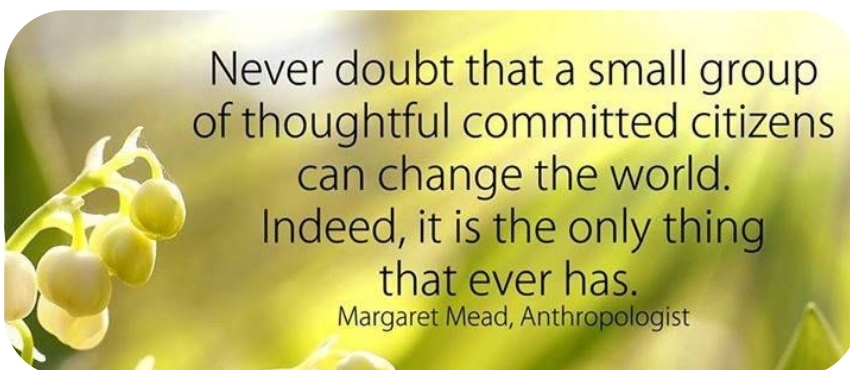
Bernadette Ashcroft, CEO at Wigan and Leigh Carers Centre said, ***"The team at Interact Contact Centres have worked incredibly hard to gain the relentless support of their team and we are most grateful. Thank you for supporting Wigan and Leigh Carers, we know how important our young carers are to local communities and fundraising really makes all the difference for the opportunities we are able to provide."***

We would like to thank all the staff at Interact Contact Centres and all the people who supported the team in their fundraising events.



Never doubt that a small group
of thoughtful committed citizens
can change the world.
Indeed, it is the only thing
that ever has.

Margaret Mead, Anthropologist



Working Together

Stroke Awareness Month: May

It was a pleasure to welcome Catherine, Robin and Jenny from Wigan's Stroke Association team who came to deliver an informative support session to carers in May.

Wigan Stroke Recovery Service provides practical advice, emotional support and high-quality information for those who have suffered a stroke. Whether you are a stroke survivor, carer or family member, they will work with you to identify and address your physical needs through a personalised plan, and support you to rebuild your life.



If you or someone you know has been affected by stroke, call the Stroke Helpline on 0303 3033 100, email: helpline@stroke.org.uk or [click here](#).



WLCC fundraise for Dementia UK's #TimeforACuppa



Throughout the week commencing 2nd May, it was **Dementia UK's** Time for A Cuppa week, a national celebration dedicated to raising awareness of dementia.

The carers centre held their own event to raise money for families facing dementia.

Chief Officer, Bernadette Ashcroft says *"We are really proud, as a charity, to work closely with Wigan's Admiral Nurses and we know that every penny raised will help Dementia UK grow the number of dementia specialist Admiral Nurses, so they can offer life-changing support to more families. Huge thanks to all our staff who supported."*

DementiaUK
Helping families face dementia

Partnering with Chapter One Tea Rooms

We are delighted to be working closely with **Chapter One Tea Rooms**. They would like to offer any registered carers a free cup of tea or coffee when visiting their lovely space in Hindley Library.

Please just take along your Carers' Card, and show to a member of staff.

Thank you Chapter One Tea Rooms for supporting carers.



Dementia Action Week



We had the pleasure of welcoming Wigan's Admiral Nurses, Mark Oakley and Tracy Kirkham who came to deliver a clinic for carers in Dementia Action Week (17th-23rd May).

Admiral Nurses provide the specialist dementia support that families need. When things get challenging or difficult, nurses work alongside people living with dementia, their families and carers: giving the one-to-one support, expert guidance and practical solutions people need, and that can be hard to find elsewhere.

The unique dementia expertise and experience an Admiral Nurse brings is a lifeline, helping families to live more positively with dementia in the present, and to face the challenges of tomorrow with

more confidence and less fear.

Thank you Mark and Tracy for all that you do, carers reported that the session was excellent and provided a great opportunity for one-to-one support and questions.

If you would like to speak with Wigan's Admiral Nurses, we have another event booked for Friday 17th June at 1.00 pm.

[You can book via our website here.](#)

A photograph of a man wearing a blue surgical mask and a lanyard, looking down at a document. In the background, there is a banner for NHS Wrightington, Wigan and Leigh Teaching Hospitals, NHS Foundation Trust, and the DementiaUK logo with the tagline 'Helping families face dementia'.

NHS
Wrightington, Wigan and Leigh Teaching Hospitals
NHS Foundation Trust

DementiaUK
Helping families face dementia

ADMIRAL NURSE DROP IN CLINIC FOR CARERS

ADMIRAL NURSE DROP IN CLINIC FOR DEMENTIA CARERS

COME ALONG FOR AN INFORMAL CHAT WITH WIGAN'S ADMIRAL NURSES

CALL 01942 697885
WWW.WLCCCARERS.COM
INFO@WLCCCARERS.COM

FRIDAY 17TH JUNE
1.00 PM - 2.30 PM
CARERS CENTRE
HINDLEY
WIGAN
WN2 3BD



Out and about

Carers stepping out

It was certainly a wet one at the Greater Manchester Carers meetup in May with Carers Stepping Out and other carers organisations.

Wigan and Leigh carers travelled over to Manchester to visit Debdale Park, a worthy winner of a Green Flag Community Award and a welcoming and well-maintained green space.

It was lovely to meet up with other carers and enjoy a relaxing walk and a delicious lunch together.

Our thanks go to Margaret and the team for organising another great event, we look forward to joining you all on more Greater Manchester Carers walks around the borough.

Book future walks [via our website](#).



Upcoming events

Co-op Legal Information Session

Join us for an informative session presented by a representative from Co-op Estate Planning.

We will hear about:

- Lasting power of Attorney
- Inheritance tax
- Protecting your family's nest egg
- Sideways disinheritance

Wednesday 22nd June, 10.00 am – 1.00 pm at Wigan and Leigh Carers Centre, Hindley, Wigan, WN2 3BD.

In order to attend, **please book here**.

Tea and coffee provided.



Estate Planning

Upcoming events



Coop Legal Services Information Session

LEGAL INFORMATION SESSION

DELIVERED BY COOP LEGAL SERVICES

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

WEDNESDAY 22ND JUNE
10 AM - 1 PM
CARERS CENTRE
HINDLEY
WIGAN
WN2 3BD



Young carers

A new young carers group has just started up - The Barlow Group. Named in memory of the deeply missed volunteer, Clare Barlow and funded by the generous support of Leigh Rotary, the Barlow group is constituted to support high need young carers within the Leigh area.

It was also a great way to celebrate Peter's seventh anniversary of working for the charity and Nicola's first respite group since returning from maternity leave.

Thanks Be Well Wigan and Howe Bridge Leisure Centre for a fab first activity session.



Blooming marvelous



Some of our young carers made the most amazing flower pots over two sessions, to take home to their families.

The first session was all about making your pot look individual and getting as creative as possible.

We had some fantastic designs.

After that, in the next session we filled our pots with compost, ready to house some colourful flowers.

We hope everyone had a great time.



6-12 June 2022

Make caring
Visible, Valued
and **Supported**

carersweek.org

Ask Jill

Jill Woosey, Carers Case Officer provides help with some recent questions and queries from carers. Have you got any questions, advice, hints and tips that have helped you in your caring role? Email them to: info@wlcccarers.com and we'll feature them in future issues.

Q. I'm not sure what a Carers Assessment is, can you give me more information and how it can help me?

A. Recognising your role as a carer is an important step towards ensuring you get the right help and support.

If you're 18 years of age or over and you provide care for someone who is also over 18, you can contact Wigan and Leigh Carers Centre to carry out an assessment of your needs to find out if you're eligible for support.

It doesn't matter how much care you provide or what your financial situation is, if your life is affected by your caring responsibilities, and you need support, you should be offered an assessment. Wigan and Leigh Carers Centre have a team of dedicated assessors that work throughout the borough supporting adult unpaid carers. We have supported unpaid carers in the borough with carers budgets that are available from Wigan Council that have amounted to almost £51,000 for January to March of this year. If you have eligible needs as a carer, the assessor will support you to achieve and meet those needs. Some examples of support include:

- Training in caring skills, such as lifting and handling techniques.
- Courses to help you change job or get back into work.
- Gym membership or leisure classes to help relieve stress.
- Help with travel expenses.
- Help with domestic routines, such as gardening and housework.
- Carers budget – this is a one off payment that is available from the council that is paid annually.

Q. I take my mum to do her shopping every week, but recently she has started to really struggle with her mobility and has difficulty walking, how do I apply for a blue badge?

A. If you have a disability, medical condition, or other issue that affects your mobility, you may be entitled to a blue badge.

The blue badge scheme is aimed at people with severe mobility problems. A blue badge allows the holder to park as close as possible to their destination, minimising the distance between your vehicle and where you want to go.

You can apply online through [GOV.UK](https://www.gov.uk), or via the Wigan Council website [here](#).

If you need some assistance to help complete the form on your behalf, Wigan and Leigh Carers Centre can provide further help.



**"Nothing is impossible,
the word itself says
'I'm possible!'"**

A message to our Queen - Platinum Jubilee 2022

In June, the Queen will become the first British monarch to celebrate a Platinum Jubilee after seven decades of service and everyone from Wigan and Leigh Carers Centre sends our sincere congratulations to her.

The year of this platinum jubilee presents an opportunity for us all to come together in celebrating the service of Her Majesty The Queen, on the remarkable achievement of dedicating her life to serving this nation.

Congratulations to Queen Elizabeth II on becoming the first British Monarch to reign for 70 years.



Wigan and Leigh Carers Centre

Queens Jubilee Bank Holiday Opening Times

Thursday 2nd June - Closed

Friday 3rd June - Closed

Saturday 4th June - Closed

Sunday 5th June - Closed

Monday 6th June - normal working
days / hours resume



If you need to get in touch
with us, send us an email or
leave a voicemail on our
landline

Email: info@wlcccarers.com

01942 697885

Follow Wigan and
Leigh Carers
Centre on:



Useful Contacts

Local

Age UK Wigan Borough	01942 615880
Adult Services Wigan Council	01942 828777
Armed Forces Community HQ CIC Wigan	01942 821293
AWARM Plus	01942 404261
Blue Badge Permits	01942 489014
Children's Services – Wigan Council	01942 828300
Citizen Advice – Wigan	0808 2787 801
Continence Service	01942 482497
Crossroads Carers Support Group	07807 210 913
Dementia Buddy	01942 888990
DIAS (domestic violence)	01942 311365
Driven – Community Transport	01942 409602
Embrace - Wigan & Leigh	01942 233323
Greater Manchester Bereavement Support	0161 983 0902
Greater Manchester Mental Health – Wigan urgent response team	0800 051 3253
Healthy Routes	01942 836967
Healthwatch – Wigan & Leigh	01942 834666
I Care Meals	01942 820079
Later Life and Memory Service (LLAMS)	01942 764462
Lewy Body Society	01942 914000
Mencap - Lowton	01942 608942
Pensioners Link	01942 261753
Starting Point Plus	01942 489011
Stroke Association – Wigan	01942 775826
Think Ahead Stroke Group - Wigan	01942 824888
We are with you	01942 827979
Welfare Support - Wigan	01942 705221
Wigan Accident and Emergency	01942 822440
Wigan Alzheimer's Society Dementia Advisers	0333 150 3456
Wigan and Leigh Carers Centre (includes young carers also)	01942 697885
Wigan and Leigh Hospice	01942 525566
Wigan Housing	01942 832360
Wigan Parent Carer Forum - Wigan	07719 330602
Women's Aid - Wigan	01942 496094

National

ACAS	0300 123 1100
Attendance Allowance (AA)	0800 731 0122
Bereavement Support Payment	0800 151 2012
CALM Helpline (for men)	0800 58 58 58
Carers Allowance Unit	0800 731 0297
Carers Credit	0800 731 0297
Carers Trust	0300 772 9600
Carers UK	0808 808 7777
Disability Living Allowance (DLA)	0800 121 4600
Fire Risk Assessment Team	0800 555 815
Mind	0300 123 3393
Moneyhelper	0800 138 7777
Papyrus	0800 068 4141
Personal Independence Payment (PIP)	0800 917 2222
Rethink Mental Illness	0808 801 0525
Samaritans	116 123
Turn2us Information and advice on benefits and grants	0808 8022000
Universal Credit (UC)	0800 328 5644
Young Minds	0808 802 5544

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 1138908
Registration Number 7203321

WE ARE HERE TO SUPPORT YOU

CALL 01942 697885

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.

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We are here:

Wigan and Leigh
Carers Centre,
3-5 Frederick Street
Hindley,
Wigan,
WN2 3BD



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