


# Carers in Wigan & Leigh

Issue 8 August 2022  
www.wlcccarers.com

Reaching out to carers

01942 697885

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

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.

### State of Caring Survey 2022 by Carers UK



## State of Caring SURVEY 2022



### The State of Caring survey 2022 is now live.

This is the most comprehensive research into the experience of carers in the UK. It creates a powerful body of evidence that highlights what caring looks like in the UK today and what needs to be done to ensure carers are supported.

Last year, over 8,000 carers shared their experiences in the survey. This helped to secure new rights for carers in the Health and Social Care Act 2022 in England, provide evidence of the need for a right to Carer's Leave and campaign for cost of living support for carers across the UK.

Carers UK want to hear what challenges carers are facing and what support is needed.

### Carers can have their say by clicking here.

The survey takes around 20-30 minutes to complete and Carers UK really appreciate every carer who takes the time to share their experiences.



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

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

# Contents

State of Caring Survey 2022	Front Page – Page 1
Contents Page	Page 2
Chief Officer Blog	Page 3
Charity News	Pages 4-5
Changes in Law	Page 5
Support for Carers	Page 6-12
Carers News	Page 13-14
Have your say	Page 14
Carers Page	Page 15-16
Ask Jill	Page 17
What's On August 2022	Page 18
What's On in the Community	Pages 19—24
Parent Carers	Page 25—27
Male Carers	Page 28
Life After Caring	Page 29
Young Carers	Pages 30-32
Work with us	Page 33
Volunteering	Page 34-35
Fundraising	Page 36
Useful Contacts	Page 37
Room Hire	Page 38
WLCC Information	Page 39

# Chief Officer Blog

## Chief Officer blog—Bernadette Ashcroft

Welcome to our August edition of our WLCC carers Newsletter, I do hope that you enjoy the articles and features and please do get in touch if you have any contribution you would like to make or feedback.

**Have your say....**n today's world, we are often asked for feedback and requests to complete surveys, which can often feel time consuming and irrelevant in our busy lives. However, I do encourage all our carers to complete the State of Caring Survey 2022 featured on the front page.

The information provided by you, our carers, will help to shape the future of rights and services for carers across the country.

It takes only 20-30 mins to 'Have You Say.'

**Out and About ....**On 9th July Wigan and Leigh Carers Centre joined the Wigan Rotary Club and other voluntary and community groups to celebrate the great work that they do across the Borough. Our team were there in the sunshine to help raise awareness of our work.

On the 13th August, we would welcome any of our carers to join us in celebrating and participating in Wigan Pride. This year is a significant year for the Pride movement and the LGBT+ community as they commemorate 50 years since the first Pride took place in the United Kingdom. If you would like to get involved please contact us on [info@wlcccarers.com](mailto:info@wlcccarers.com).

The team at Wigan and Leigh Carers Centre is also looking forward to the Be Well Cycle Event to be held at Three Sisters in Ashton on Tuesday 16th August. We would love to see you and your friends and families at this exciting event.

We will also be holding a Golf Fundraiser at Haigh Hall on Wednesday 3rd August – be part of National Play Day and come and join the crazy golf fun session- loads of fun for all the family.

**Things to do....**Page 12 features a recent flower arranging course hosted by WLCC and funded via Wigan Council Training Grants Programme. Over 30 people have enjoyed developing their creative skills and meet new people – watch this space for more events being arranged including Macramé, Yoga and Photography, to name a few

**Finally....** Please make sure you visit our website on [www.wlcccarers.com](http://www.wlcccarers.com) to keep up to date with news, projects and our work across Wigan and Leigh – let us know if you would like to contribute to our newsletter, support our work as a volunteer, paid member of staff or a supporter to fundraise.

Very best wishes

Bernadette Ashcroft



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





# Charity News

## The Carlton Lodge, 'carers retreat' now launched

We are delighted to announce the **re-opening** of The Carlton Lodge, Carers Retreat based at Blackpool's Marton Mere Haven site.

While the lodge has been closed for a significant period due to the pandemic, it has undergone some improvements and now offers a relaxing retreat for carers and their family and friends.

If you would like to book an upcoming stay in the lodge or want to find out more about the retreat, please **visit our website**.

Here you will also find a link to the external booking site and from there, you will be able to book and pay directly online.





# Charity News



## Wigan Community Day

Such a fabulous day on Saturday 9<sup>th</sup> July 2022 for Wigan Community Day.

A vibrant event in the town centre that once again brought the whole community together thanks to Wigan Rotary Club, it was lovely to be out talking to people about our services.

The Community Day gives voluntary and community organisations the opportunity to showcase the fantastic work they are doing in local communities. This tried and tested event becomes more popular each year.

Our thanks also go to our amazing team on the day - Peter, Jill, Katie and Suzanne.

**Photo credit: Wigan Today.**

## Changes in Law



**All CQC-registered providers to ensure their staff receive training on interacting with people with a learning disability and autistic people**

Following the recent CQC update on 1<sup>st</sup> July 2022, all CQC-registered providers must ensure their staff receive training on how to appropriately interact with autistic people and people with a learning disability. This new legal requirement was introduced by the Health and Care Act 2022.

For more information visit the [CQC website](#)

# Support

## New resource launched to help people live as well as possible with dementia

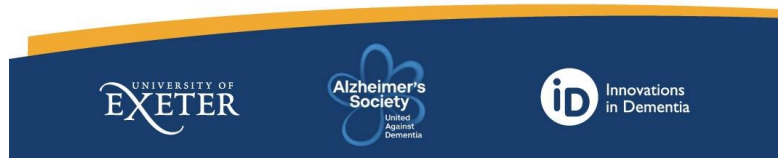
The experience of thousands of people affected by dementia has fed into a new resource which aims to be a comprehensive guide to supporting people to live as well as possible with the condition.



The Living with Dementia Toolkit is for people living with dementia and their carers. This set of resources is based on research, and the expert experiences of people with dementia and their carers. If you would like to find out more, [click here](https://www.livingwithdementiatoolkit.org.uk).



## Guide to the Living with Dementia Toolkit



FUNDED BY  
**NIHR** | National Institute for Health Research

**UK** | Economic and Social Research Council

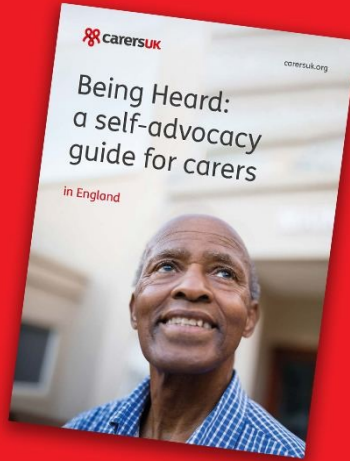
**NIHR** | Applied Research Collaboration South West Peninsula



# Support

## Self-Advocacy Guide—Carers UK

Our self-advocacy guide can help you get your voice heard when you care for someone



**“Stand your ground on things that you really need.”**

Carers UK have produced a free support tool for carers - 'Being heard' self-advocacy guide is full of information to give you the confidence to know your rights and communicate your needs to professionals.

Check it out by visiting their [site](https://www.carersuk.org).

**carersUK**

## Carers Focus Group - Think Ahead Stroke

Think Ahead Stroke are organising a special Carers Focus Group and they want you to have your say. There will be lunch provided and provisions in place for you to bring your cared for with you if needed. Call 01942 824888 to book.

**Wednesday 17<sup>th</sup> August, 11.00 am.**

**Think Ahead Stroke, Ashland House, Dobson Park Way, Ince-in-Makerfield, Wigan WN2 2DX.**

Founded in 2000, Think Ahead Stroke is a support, advice and information charity.



First and foremost Think Ahead is dedicated to improving the lives of stroke survivors, their carers and families by rebuilding health, hope and confidence through support, advice and friendship.

For more information, visit their [website](https://www.thinkaheadstroke.org).

**You can talk to us about anything that's troubling you**

➤ **We're here to listen 24/7**

**SAMARITANS**

Call free on 116 123 or  
email [jo@samaritans.org](mailto:jo@samaritans.org)

**Talk to us**

**we'll listen**

A registered charity

## Samaritans #TalkToUs

Whether it's a virtual chitchat, or a picnic in the park, Talk to Us is one of the ways Samaritans raise awareness that their here – for anyone who needs someone to listen, 24/7, without judgement or pressure.

# Support

## Instant mental health chats - a free funded service



Visit Emotional Wellbeing's free online drop-in service and speak instantly with a trained counsellor for up to 30 minutes. One off chats or the option to return to talk again with their counsellors are available.

EWG chat is a free instant counselling service for anyone in the North West of England who is suffering in their relationships or with their mental health or if you just want to talk.

They are open Mondays 6.00 pm - 8.00 pm  
Tuesdays 1.00 pm - 3.00 pm and 7.00 pm - 9.00pm

Chats are free, confidential and anonymous.

Click on the chat icon and speak one-to-one with an experienced counsellor. Talk to counsellors about things like:

- Depression
- Self-harm
- Anxiety
- Stress
- Anger
- Passivity
- Loss and Bereavement
- Self-esteem
- Relationship issues
- Family issues

They are a not-for-profit organisation funded by CRH Charitable trust and The Postcode Lottery.

**For more information visit their website by clicking here.**

## Vaccinations for carers

Carers UK have been calling for unpaid carers to be included in the JCVI's guidance for flu and Covid booster jabs. It's fantastic news that carers aged 16-49 and everyone aged 50+ have now been included in the final guidance for autumn vaccinations. Parent carers and children aged five and above who are in a clinical risk group will also be eligible.

The full list of people eligible for an autumn 2022 vaccine booster is:

- \* Anyone aged five and above in a clinical risk group (clinical risk groups for children are set out in the Green Book p22 [PDF]). <https://www.gov.uk/.../covid-19-the-green-book-chapter-14a>
- \* Anyone aged five and above who lives with someone who is immunosuppressed.
- \* Carers aged 16 and above.
- \* Everyone aged over 50.
- \* Health and social care staff (as set out in the Green Book p18 [PDF]).





# Support

## Dementia Carers Count

# LIVE ONLINE LEARNING

August  
2022

1st

Moving to a care home  
(4 week course)

2nd

Preparing for an outing with the  
person you care for

5th

The brain and dementia

9th

Carers' rights and benefits

16th

Taking care of yourself

26th

Understanding psychological  
wellbeing



DEMENTIA  
CARERS COUNT



[dementiacarers.org.uk](https://dementiacarers.org.uk)

Dementia Carers Count have a range of free live online learning sessions scheduled for August.

[Click here](#) to book your place or to learn more about each session.

## MoneyHelper

MoneyHelper provides free, impartial and confidential money guidance to anyone in the UK.

0800 138 7777

[Visit here:](#)

Money  
Helper

# Support

## Funding for Training



Wigan and Leigh Carers Centre

Funding for Training

### Need access to training but have no funding?

- Are you an unpaid carer who is registered with Wigan and Leigh Carers Centre and need funding to access training?
- Or are you a member of a Community or Voluntary organisation looking to provide training who works with or supports carers.

#### Why not apply for a Training Grant?

- A funding grant can be used to support unpaid carers to access training, activities and support that can make a positive difference in their lives.
- You can apply for up to £200 if you are a carer or up to £1500 if you are a Community or Voluntary organisation.

*To find out how to apply and for further details please visit our website  
[www.wlcccarers.com](http://www.wlcccarers.com)*

*Or contact Suzanne Wilkinson on 01942 697885*

*Email: [suzanne.wilkinson@wlcccarers.com](mailto:suzanne.wilkinson@wlcccarers.com)*

**To discover more about how Wigan and Leigh Carers Centre support carers across Wigan and Leigh, please contact us:**

**3-5 Frederick Street, Hindley, Wigan. WN2 3BD**





# Support

## Funding for Training

The Wigan Carer Training Group funding, funded by Wigan Council aims to support unpaid carers who care for someone who lives within the Wigan borough to access training and make a difference to their lives.

### Do you need access to training but have no funding?

- Are you an unpaid carer that is registered with Wigan and Leigh Carers Centre needing funding to access training?
- Or are you a member of a community or voluntary organisation that works with or supports carers looking to provide training?

### Why not apply for a Training Grant?

- A funding grant can be used to support unpaid carers access training, activities that will make a difference to their lives
- You can apply for up to £200 if you are a carer or £1,500 if you are a Community or Voluntary organisation.

**To find out how to apply and for further details of application deadlines please contact Suzanne Wilkinson, email [suzanne.wilkinson@wlcccarers.com](mailto:suzanne.wilkinson@wlcccarers.com) or call 01942 697885.**

**Application and Further Guidance can be found on our website, [www.wlcccarers.com](http://www.wlcccarers.com)**

# Support



**Empathy**  
north west  
a community interest company

## *Belongings*

### Monthly Support Groups

Last Weds of the month 6 - 8pm Library Street Wigan  
Coming soon... First Monday of the month 11—1  
Leigh Library Market Street Leigh (starting 5th Sept)

This is totally FREE and is for anyone affected by clutter or hoarding in their home. Family, friends and supporters are welcome to attend.

You will be able to share your experiences and help support each other.

To book a place call 0303 303 1333  
Email: [Empathynorthwest@outlook.com](mailto:Empathynorthwest@outlook.com)  
or drop in to see us at 16 Library Street Wigan WN1 1NN

This is totally FREE and is for anyone affected by clutter or hoarding in their home.



# Carers News

## Blooming lovely — Flower Arranging Workshop

Thanks to funding from Wigan Council, carers enjoyed coming together in July for a flower arranging workshop, and taking home these beautiful displays that they worked hard to create.



A big thank to you to Samantha for delivering the session and Suzanne for organising.

Carers had a lovely time.

If you are interested in joining any of our upcoming activities or would like to find out more, contact Suzanne Wilkinson 01942 697885 or email: [suzanne.wilkinson@wlcccarers.com](mailto:suzanne.wilkinson@wlcccarers.com).

## Macramé workshop

In July, we held our first macramé workshop, expertly delivered by Rachel from Cesca & Woodrow. For some carers, it was their first experience making plant hangers and they were delighted with the results. We look forward to welcoming Rachel back on 1st August to deliver another workshop to carers, thanks to funding from Wigan Council.

If you would like to join a walk or find out more, **visit our website** or call us to find out more 01942 697885.



## Wellness Walks

Once again, carers and those they care for, have been getting together and enjoying our Wellness Walks which take place every Wednesday at various locations around the borough.

They enjoyed a beautiful day in July at Three Sisters in Ashton with volunteer, Andrea leading the relaxing walk.

If you would like to join a walk or find out more, **visit our website** or call us to find out more 01942 697885.





# Carers News

## Carers step out at Sale Water Park

Great to see some of Wigan's carers joining fellow Greater Manchester carers recently at Sale Water Park with Carers Stepping Out.

25 walkers (carers and those they support) enjoyed a fabulous walk and managed to dodge the rain. In fact it got quite warm after all that walking. The walk took the group around the lake and some of the walkers had an extra loop to walk by the River Mersey for a short while. Four intrepid carers risked the stepping stones to take a different route back. During the picnic lunch the carers celebrated another birthday which was lovely.

These walks are a lifeline to carers and those they support, and it's great to see this peer-to-peer support.

Interested? To find out more, please contact Suzanne on 01942 697885 or drop her an email at: [suzanne.wilkinson@wlcccarers.com](mailto:suzanne.wilkinson@wlcccarers.com).



## Have Your Say....

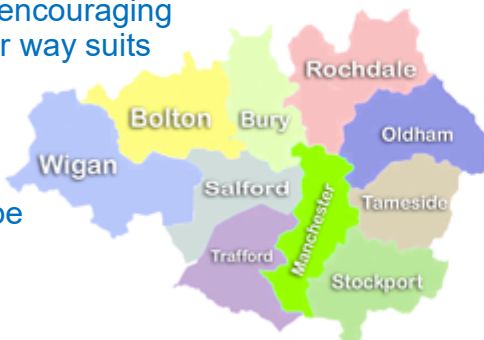
### Greater Manchester disability survey 2022

The GM Big Disability Survey is now live. The GM Disabled Peoples Panel want to reach over 1,000 responses to make findings more persuasive and to make change happen.

Get involved and have your say via the [online survey here](#). Your views are essential in helping make Greater Manchester a better place to live for disabled people.

The new 2022 survey focuses on the challenges people might face relating to the current cost of living. Whilst it is an online survey, the panel are encouraging people to complete the survey in whichever way suits them, with postal, BSL and in-person support available if people need it.

**To find out more visit their website.** Be quick though, completed surveys need to be in by noon on Tuesday August 2<sup>nd</sup>.



## Disabled People's Panel

**Doing things differently  
for Greater Manchester**

# Carers Page

## My Time Wigan by Barry Worthington Wild Mint Café, Appley Bridge, Wigan Cake and hot drink for two

Recently, I was invited on a 'My Time' event at the Wild Mint Cafe in Appley Bridge Wigan.

This was my first event and to be honest I was a little apprehensive, how do I make myself known? Who do I ask for? Will I only be allowed a 'certain' selection etc.

I had absolutely no reason to fret, I corresponded by email with the My Time co-ordinator, who gave me very simple instructions and off I went for afternoon tea.

The cafe was lovely and the staff were very friendly and made us feel really comfortable and welcome, we could choose whatever drink and cake we desired, I opted for a cream scone and a large cappuccino, the scone was the largest scone I have ever seen, I did manage to demolish it though.



The experience was excellent, lovely tranquil surroundings, excellent service and the quality of the cakes and drinks were top notch.

A massive thank you from myself and Mrs Worthington to both My Time and the lovely Wild Mint Cafe - 10/10.

### Want to know more?

Registered carers with Wigan and Leigh Carers Centre don't forget to register with mytime Wigan.

'Mytime' is simple. It connects carers who could benefit from a break from their demanding roles with businesses and organisations offering complimentary leisure, cultural and educational activities.

If you would like to find out more, call us 01942 697885 or drop us an email: [info@wlcccarers.com](mailto:info@wlcccarers.com) and we can send you further information or make the referral on your behalf.



# Carers Page

## Wigan Walkers FC by Barry Worthington Walking Football

Walking Football is the fastest growing sport in the UK, it encourages people over 50 to stay active and enjoy social inclusion, meet people, make new friendships and for some renew old ones.

At Wigan Walkers we have built a vibrant and welcoming community with a diverse age group, our youngest member is 50 whilst we have two members who are both aged 83.



Our sessions take place each Wednesday morning at the Wigan Athletic Academy – the old Soccerdome - on Stadium Way and run for 90 minutes, 10:30 am till 12 noon, we meet from 9:45 onwards for a pre-game chat and a brew, following the session there is a brew and biscuits available and more chat and lots of banter.

We usually split the group up into teams and play six-a-side, depending on numbers, we play 15 minute games across four pitches.

During the year we have several social events, Race Night, Karaoke Night, Christmas Meal etc, we also represent Wigan Athletic Community Trust in curtain raisers for the Latics, one such example: we will be playing Preston on the 30 July prior to the Latics v PNE game at the DW, this game will be followed by a bite to eat and tickets for the big match. We also have links with the Brick Project and volunteer from time to time making up food parcels etc.

The sessions cost £4, there are changing rooms and showers available. If you require more information please contact [barryworthington@hotmail.com](mailto:barryworthington@hotmail.com) or just pop down any Wednesday to see what it's all about, it's more than just a game of football...

We are on both Facebook and Twitter just search Wigan Walkers FC.

# 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](mailto:info@wlcccarers.com) and we'll feature them in future issues.



**Q** - I wonder if you can help me. I am really struggling with rising bills and costs at the moment. I am an unpaid full-time carer for my mother who is 85 years old. She still lives on her own but I go to visit her every day and do practical things like washing, cooking, helping her get a bath. I do all her laundry and my washing machine just keeps breaking down. It is costing me a fortune to keep getting it repaired. Is there any where I could get a low-cost replacement or is there and funds available to support me to replace it. I am pretty desperate really.

**A** - Hi, There are grants/funds available to carers that you can tap into. There are a couple of links below that may be of use to you. We, at the Centre can apply for a Carers Trust Grant on behalf of yourself. There is an eligibility criteria that has to be met but If you would like further support in regards to this, then please contact the Centre and we can have an informal chat face to face if needed.

[Home Appliances and White Goods Carers Discounts \(discountsforcarers.com\)](https://discountsforcarers.com)

[Grants & Financial Support for Unpaid Carers| Carers Trust](#)

**Q** - I have recently given up work to look after my 54 year old husband who is terminally ill with bowel cancer. I am committed to helping him though this difficult time and do know that at some point in the future, I would need to return to work. I have been told that WLCC could help me to stay socially connected and mentally stimulated during this difficult time. I worry that caring for my husband will become all-consuming and overwhelming and I could lose the confidence I need to get back to work when I need to.

**A** - I am so sorry to hear about this and if there is anything that we can ever do to support you please always get in touch. Suzanne, our Activities Co-ordinator organises activities for our carers here at the Centre. We have a range of activities and groups on during the week for all of our registered carers such as coffee mornings, craft groups, walks, medical condition information sessions and many other social groups, all very friendly and supportive, you are more than welcome to join any of the sessions. We also have Training Grant funding available for our carers to access training courses, qualifications, and learn new skills. You can find more information on our website along with all of the activities available. We also offer a befriending service to our carers, which is offered by some of our amazing trained volunteers. They can offer you regular companionship, conversation and support, by telephone or in person. It can help to speak with people who understand your caring situation.

**If you require any further links or contact numbers, then please contact the Carers Centre for more information.**



# Upcoming events from the Carers Centre



## Yoga with Ali

1 hour relaxing yoga session  
Carers Centre, Hindley

Tuesday 2nd August (11am)  
Thursday 18th August (11am)  
Tuesday 30th August (1 pm)

Book via our website  
or call us 01942 697885

## Photography Skills - How to take better photos!

Come and develop your photography skills! Course is on for 6 weeks—book as many sessions as you like!

Venue: Howe Bridge Leisure Centre

Saturday 6th August, 10.30 am  
Saturday 20th August, 10.30 am

Further dates for Sept and Oct

Book via our website  
or call us 01942 697885



## Digital Skills

Do you want to learn new skills and gain confidence to use email and the internet safely?

Get online with our digital workshop!!! All welcome, one to one support delivered at your pace and level on your device .  
Carers Centre, Hindley

Friday 19th August, 2 pm

Book via our website  
or call us 01942 697885





# What's on in the community

SIX WEEK COACHING FOR CARERS  
**PARENT CARERS**

## DO YOU EVER GET A BREAK?

Our 6 week coaching will help you feel more calm, confident, and in control.

We have another course starting in November 2022, with Taster sessions on 13th & 19th October 2022.

**BEGINS  
NOVEMBER 2022**



## Carers, do you ever get a break?

We know what it's like to care for someone day in, day out and manage all your other responsibilities. As carers we often feel exhausted, burnt out, frustrated and angry and this can affect our physical and mental health. Carers Collective offer a six week coaching course to help you feel more calm, confident, and in control.

The next course starts in November, and they like participants to attend a taster session first, so you will know what to expect on the full programme. During this free one hour session, they will look at how the brain works, including how stress and anxiety are created, and why we can sometimes get stuck feeling worried, battling brain fog and low motivation.

They will also explain what is involved during their six week group coaching programme and you will be able to register your interest for the next programme starting in November.

At the end of the session there will also be a 15 minute guided relaxation.

All you need for the session is a notepad and pen and to be in a quiet and comfortable space.

If you are unable to attend this session, please cancel your place via email.

Taster session is on 13<sup>th</sup> October 2022. To find out more, [click here](#).

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



# What's on in the community



## Evaluation of the feasibility of a RCT of Empowered Conversations:

A training to enhance relationships and communication between family carers and people living with dementia

## PARTICIPANTS NEEDED

We are looking for **informal and family carers**, or care partners, who are **over 18** and caring **for someone living with dementia** to take part in...

A project evaluating **Empowered Conversations**, a 6-week online course focussing on **communication** and **relationships** for carers of people living with dementia.

- You will need to fill in some questionnaires before you access the Empowered Conversations course and 6 months later.
- You will have a 66% chance of receiving Empowered Conversations straight after your initial appointment and a 33% chance of receiving the course 6 months after your initial appointment.

**If you would like to know more,**  
please contact:

[empowered@gmmh.nhs.uk](mailto:empowered@gmmh.nhs.uk) or

**0161 358 2505**



# What's on in the community

YOU ARE INVITED TO JOIN THE

ADULT SOCIAL  
CARE WARRIORS



## 'Bringing Us Together' & 'Adult Social Care Warriors'

### Disability Related Expenditure (DRE) Workshops

~~Tuesday 5th July 2022~~

~~1.30pm to 3.30pm~~

and

**Monday 12th September 2022**

**1.30pm to 3.30pm**

Are you being charged for your social care?

Many people have told us that they have had high increases. We will be talking about the importance of Disability Related Expenses and how this may help reduce your charges.



Join us for one of these informative sessions, delivered by Iggy Patel (Halo), and Anne Pridmore (founder of 'Being the Boss') who will be explaining DRE with examples from statutory guidance and current case law.



This workshop is being delivered in partnership with Adult Social Care Warriors, who are a campaign support group for all the 'Warriors' battling Adult Social care. Part of the 'Scrap Care Charges Campaign Coalition'

Iggy Patel is a voluntary Advocate passionate about Social justice & Disabilities.

to book your place, email: [pippa@bringingusstogether.org.uk](mailto:pippa@bringingusstogether.org.uk)



# What's on in the community



## Welcome to Open Doors Saturday 23 July 10-12pm

Open doors is a series of creative sessions especially for autistic children, their families and carers.

Next sessions: **Tuesday 9 August 10 - 12pm**  
**Tuesday 23 August 10 - 12 pm**

When you arrive at the Gallery, enter through the main entrance on Mosley Street.  
Follow the arrows to Gallery 4 on the first floor.



This month we will be exploring the paintings in this gallery and historic vases in the cabinets, then creating our own collages and pots.



Come and explore our family gallery 'The Lion's Den' on the ground floor in Gallery 1 where we will continue creative activities and making.



A quiet space will be available if you need a moment out.  
The gallery will be open to the general public today, feel free to explore if you wish.

Please feel free to contact Katy McCall  
via email [katy.mccall@manchester.gov.uk](mailto:katy.mccall@manchester.gov.uk)  
If you have any questions or would like  
to find out more.



Manchester Art Gallery

# What's on in the community



To find out more visit:

[www.autismgm.org.uk/events](http://www.autismgm.org.uk/events)

## Is your autistic teenager moving on to college, sixth form or university?

Join the our webinar for parents and carers of young autistic people. Get together with other parents to share advice and experiences. Ask any questions you have about post 16 education to one of our experienced team.

**8th August 2022 10am-11:30am**

Join from the comfort of you home via Zoom

Book your Free place now by visiting:

<https://www.eventbrite.co.uk/e/is-your-autistic-teenager-moving-on-to-college-sixth-form-or-university-tickets-381646814897>

Or call 0161 998 4667

### Information and support

Get free resources and advice on a wide range of issues affecting autistic people and their families.

Visit:

[www.autismgm.org.uk](http://www.autismgm.org.uk)

[www.autism.org.uk](http://www.autism.org.uk)



# What's on in the community



## Inclusive Boccia with BeWell Wigan

- Brand new activity session which aims to develop skills in aiming, accuracy, numeracy, focus, decision making, teamwork and communication, whilst also teaching sequences of play, understanding distances and strategy.
- Sessions include a variety of Boccia skills games such as Battleships, 'Knock-in knock-out' and Space Invaders.
- Each session will include a standard game of Boccia for participants to try out their new skills and gain a competitive experience.
- Tuesdays, 12.30pm to 1.30pm at Robin Park Leisure Centre.
- £3.10 per person, per session. **Free** for carers.

[Click here for further information.](#)

## Womens Walking Football

Back to Sport have teamed up with Age UK Wigan Borough to add two new sessions to their calendar.

The daytime Womens Walking Football session at Howe Bridge is now at the regular time of 10.30 on Fridays.

They also have a brand new Thursday evening session at Atherton High School.

Free for BeWell gym members or £3.20 for non-members, [book your place here](#).

For further information contact Ben on 07742 798738 or email: [ben.kelly@wigan.gov.uk](mailto:ben.kelly@wigan.gov.uk).

## Womens

## Walking

## Football

For women aged 40 years and above

Thursdays 7-8pm

Atherton High School

M46 0AY

Fridays 10.30-11.30am

Howe Bridge Leisure centre

M46 0PJ

No experience needed for this great non contact sport

Book online at [bit.ly/leisurehub](http://bit.ly/leisurehub)  
or phone 01942 828535



# For Parent Carers

by Tracey at 'The SEND World According to Me'

No one sets out to be a parent carer.

No one sets out to actively struggle, to change a life and set themselves onto a different path as bumpy as this one.

But you know what?

For all the struggle and for all the fight — I have seen the most beautiful change in people. The positivity that this world also brings to people's worlds are amazing.

This world doesn't make us any more special than any other person, but it does make us unique to our individual circumstances and knowledgeable about our own little unique human beings.

We are not uneducated.  
You are not uneducated.

Not one parent carer has the same story as the next one...

I am happy to say I've seen people thrive as parent carers, also struggling and having ups and downs, but coming into their own in this unique world of ours.

Offering their strength to others...

And those parents inspire me.

I didn't get the hand I expected, but I'm gonna play the heck out of the hand I was dealt.

I'm going to advocate, I'm going to fight, I'm going to have good days, I'm going to have bad days, but I'm going to keep going. You're going to keep going, not only because there's no other option, but because we know our kids best and would do anything for them.

If you are a parent carer inspired by these words from Tracey,  
**please give her a follow on her Facebook page.**



# For Parent Carers

## Carers Centre welcomes Parent Carer Forum

We would like to say a huge thank you to Emma and Catherine from Wigan Parent Carer Forum who came along to the Carers Centre in July to deliver an information session to parents and carers.

Wigan PCF are a collective voice of parent carers of children and young people age 0-25 in Wigan borough with Special Educational Needs (SEND) and/or Disabilities. Working independently, but in partnership with, our local authority, health and other partners to reflect the voice and impact change on SEND services.

It was such a useful session, we are so grateful to have this amazing support in Wigan. Thank you, we look forward to our continued working partnership, supporting parent carers and families. Look out for further events coming soon.



## The Zone After School Club



AFTER SCHOOL CLUB FOR YOUNG PEOPLE WITH COMPLEX HEALTH NEEDS 14+

4.00PM – 7.00PM THE ZONE ROBIN PARK SPORTS & TENNIS CENTRE, WIGAN

WN5 0UL

EVERY WEDNESDAY

FREE

TO BOOK OR TO FIND OUT MORE INFORMATION OR A CHAT PLEASE CONTACT DANNY ON 01942 486826



# For Parent Carers

Start Well Family Centre

Wigan  
Council



## Parenting Support

**Do you find your child's behaviour challenging ?**

Do you struggle to get them to bed or get dressed in the morning, can they be aggressive, shout at you, or are there other behavioural issues that you find difficult to manage.

**Start Well can offer parenting advice and simple strategies to help you improve your child's behaviour**

**To book an appointment call:**

**01942 767503 (option 2) or 07747 065477**



The Deal



Ince Start Well  
Family Centre



A Sure Start  
Children's Centre

# Male carers

## Male Carers Group Woodwork Session

Hindley Business Centre

Come and join us while we join  
Thrive for a Men's group wood  
work session.

No materials or experience need.

Thursday 11th August  
1 pm

Book via our website  
or call us 01942 697885



## Male Carers Social Group



## Male Carers Social Group

Carers Centre,  
Hindley

Thursday  
1st September  
1 pm

Book via our website  
or call us 01942  
697885

MALE CARERS SOCIAL GROUP

THURSDAY 1ST SEPTEMBER  
1.00 PM - 2.30 PM  
CARERS CENTRE  
HINDLEY  
WIGAN  
WN2 3BD

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





# Life After Caring

## CANCER LOSS

ONLINE SUPPORT GROUP

JOIN US ON ZOOM:

SEE AVAILABLE DATES

7:00PM - 8:30PM

### Have you lost a loved one to cancer?

Join **The Loss Foundation** for an online support group and meet others with a similar loss on Tuesday 9<sup>th</sup> August, 7.00 pm - 8.30 pm.

They will be there to support you.

[Find out more and register here.](#)



## Bereavement Friendship Group

Monday 15th August 2022 12:30PM

Wigan and Leigh Carers Centre, Wigan, WN2 3BD  
Call us to book 01942 697885 or book via our website

# Young carers

## Avengers Go.....

What a fantastic first group for the Wigan area. Joanne, volunteer says "We went to the bowling alley for a hour of bowling and food thanks to Network Space for funding the group. Our group of Young carers came up with the name of the group which is 'Avengers' thanks to Arthur Pettit and Paul Carroll for supporting as volunteers."



## Barlow Group—Fun at Lilford Park

Barlow Group: Sometimes respite is as simple as butties, minirolls, a stroll around Lilford Woods and playing on the park.

Thanks to Leigh Rotary for funding support.

Thanks to Nicola (young carers team), Joanne, and Hayley (volunteers ) for their support running the session.

## Saving for a rainy day

It's always fab to welcome young carers to an hour or two of creative fun at the Carers Centre.

At a session in July, we decorated our own piggy banks and enjoyed making our masterpieces to save our pennies in style.

Who can remember those nostalgic Nat West ones?

Remember, even though it may seem a small amount, it's your money and a little becomes a lot pretty quickly. Not only will using a piggy bank help clean up your house and bedroom, it also reinforces good savings habits.





# Young carers



## Grasshoppers club restart

Young carers old and new had a fantastic time making friends and enjoying the food, games and crafts at the newly restarted Grasshoppers Group.

Many thanks to Jill our hostess and the volunteer support of Paul, Paddy the mascot dog, Trev and of course Sue who did the games and food.





# Young carers

## Young Carers Box Frame Art Workshop

These are some of the fab photos of the box frames the young carers made during their Box Frame Art Workshop in July.

The creative juices were flowing as their designed their very own personalised frame to take home. Some made for family members, some made as a special keepsake or gift—all absolutely stunning!

Katie, Young Carers Activity Worker said “Our youngest young carer tonight was 5 years old and she was so made up with what she had created, she wanted to show everyone in the group, I was very impressed with what everyone had made and how happy they were with them.”





# Work with us



We have some exciting opportunities to join our amazing team at Wigan and Leigh Carers Centre.

- 1 x 30 hours per week Carers Triage and Support Officer
- 1 x 30 hours per week Transition Support Worker
- 1 x Apprentice Level 3 Business Administrator

If you'd like to find out more or have an informal chat about any of these roles, please call 01942 697885, email: [info@wlcccarers.com](mailto:info@wlcccarers.com) or [visit our website](#).

WE'RE ON THE LOOKOUT

## FOR NEW ADDITIONS



TO JOIN OUR CHARITY SUPPORTING UNPAID CARERS IN WIGAN

## CARER TRIAGE & SUPPORT OFFICER

30 HOURS PER WEEK

## TRANSITION SUPPORT WORKER – YOUNG CARERS AND YOUNG ADULT CARERS

30 HOURS PER WEEK

## LEVEL 3 BUSINESS ADMIN APPRENTICE

BASED IN HINDLEY, WIGAN  
FOR MORE INFORMATION CALL 01942 697885  
OR VISIT

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

# Volunteering

## Joanne's story

Hi, my name is Joanne and I have been a volunteer with the Young Carers team at Wigan and Leigh Carers Centre for the last 8 years. I have also been a group leader for the last two years. In my day job, I work as a driver technician, working with the NHS delivering medical equipment out to the community.

I started out as a volunteer for two of the groups, Parkside and Sunshine, which I found very rewarding. The group leader for Parkside Group moved on two years ago and I offered to take on the role.

The main reason I volunteer is for the satisfaction of seeing the young people have lots of fun and enjoyment.

To see them develop into well rounded young people is a joy. At the same time, we give them a much needed and well-deserved break from their caring responsibilities. From starting volunteering with just two groups, I now run one and help with three others.

This makes the rewards and satisfaction even greater.



### Why not volunteer for WLCC?

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



# Volunteering



Would you like to.....  
meet people?  
gain experience?  
learn new skills?  
support local young carers?  
.....then why not **volunteer**?

The Young Carers Service at **Wigan and Leigh Carers Centre** provides a range of respite groups and activities for young carers living in the Wigan, Leigh and Golborne areas. **Volunteers play a key part in achieving this!**



We are looking for volunteers who can help to run our groups. Ideally you will be a car driver, have access to your own transport and be happy to transport young people to events.

For more information, please contact our Volunteer Coordinator **Joe Cobb** on **01942 697885/ 07754 648859** or email [joe.cobb@wlcccarers.com](mailto:joe.cobb@wlcccarers.com)

# Fundraising

## Charity Fundraiser: Help us make a difference

### Charity Fundraiser: Help us make a difference

On **Wednesday 3rd August**, we are hosting a Crazy Golf Fundraiser at Haigh Hall in Wigan between 11.00 am and 4.00 pm.

The 18-hole crazy golf course at Haigh Woodland Park is fun for all the family.

Navigate the obstacles and try to achieve a hole in one - perfect for players of all ages to enjoy and explore.

Play through the dinosaur, past the lighthouse, under Humpty Dumpty and around Captain Jack Sparrow and enjoy this wonderful crazy golf course, located opposite the High Ropes course in the heart of Haigh Woodland Park.

**Pay as you feel**, for your play on the day. This includes clubs, balls and a scorecard.

No need to book, just turn up and pay to play.

Hopefully see you there.





# 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
Wigan and Leigh Mencap	01942 521722
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

# Room for Hire

## Carers Centre Meeting Room to Hire

- Looking for a local venue for your meeting or group?
- Not enough conference rooms in your office?

If you are looking to host a meeting, conference, training event or seminar close to Wigan, we have a room available at Wigan and Leigh Carers Centre in Hindley, available for hire.

Our bright, airy and fully disability friendly meeting room located close to Hindley town centre can be laid out in a variety of ways, and can host up to 15 people seated around the tables with the modern technology required by today's conference organisers.

Lunch and refreshment breaks can be taken in your meeting room, with kitchen facilities and restrooms available.

- Fully accessible
- Convenient location
- Free car parking close by.
- Value for money
- By booking our space, you are directly supporting our vital work supporting young and adult carers.

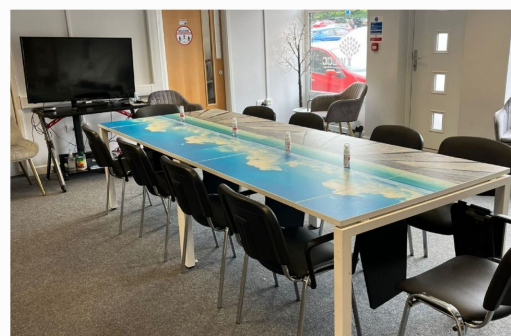
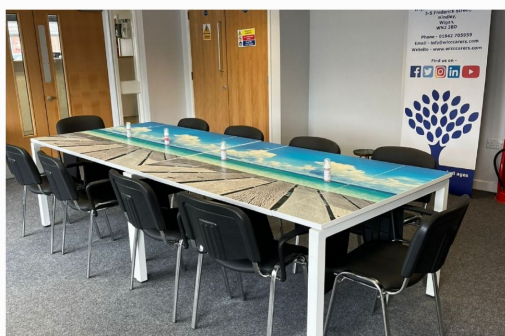
### Prices

Day prices cover use of the room from 9 am until 4.30 pm and half days are 9am until 12.30 pm or 12.30 pm until 4.30 pm.

All day is £30.00 plus vat (£36.00)

Half a day is £15 plus vat (£18.00)

To find out more about renting office and/or desk space, please contact us 01942 697885, or email [info@wlcccarers.com](mailto:info@wlcccarers.com). **All profits from Wigan and Leigh Carers Centre go back into the charity to assist with other projects that support in providing much needed services to carers in the Wigan and Leigh area.**





# 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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