


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.

Carers Week catch up

What an incredible event Wigan Council's Wigan Borough Carers Team organised for Carers Week 2022.

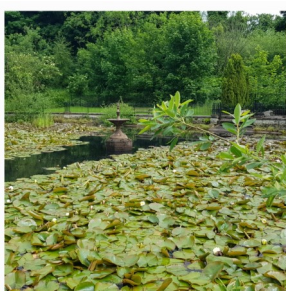
The Carers Centre feel very proud to work alongside the most amazing organisations supporting carers and their families in Wigan.

On Wednesday 8th June, a Carers Festival was held at Robin Park in Wigan. The marketplace area was just one of many elements of the event that gave people the opportunity to browse a number of stalls, and chat to support services offering information and advice on their caring role.

Also on Wednesday, a group of carers and those they care for, along with volunteers from WLCC explored the beautiful area of Haigh Hall and stopped off at the café for refreshments.

On Thursday, our Carers Assessment Team held a 'pop up stand' at SWAN Primary Care Network.

Lisa Kirby, Carers Assessor Team Leader said **"It was a pleasure to support SWAN Primary Care Network, to raise awareness of Carers Week. We spent time chatting to carers and providing information and advice. Thank you for inviting us, we look forward to returning soon."**



It was fantastic to see people across the country coming together to support and celebrate carers through all sorts of activities – from walks in the sunshine to the carers festival, workplace events, advice sessions, and much, much more.

We have over 36,000 carers in Wigan making a huge difference to the lives of those they support every single day. Their commitment and dedication is truly inspiring and often goes without the recognition they deserve.



Incredibly, one in five carers don't receive any support in their caring role. It is imperative that we all recognise the contribution carers make and help to ensure people get the support they need. Carers Week is over for this year but carers continue to face huge challenges, day in, day out.

Our services and support remain here for you.

"One person caring about another represents life's greatest value." Jim Rohn.

Contents

Carers Week	Front Page – Page 1
Contents Page	Page 2
Chief Officer Blog	Page 3
Charity News	Pages 4-6
Support for Carers	Page 7-10
Carers News	Page 11
Carers Page	Page 12
Ask Jill	Page 13
What's On July 2022	Page 14
What's On in the Community	Pages 15-17
Parent Carers	Page 18
Male Carers	Page 19
Life After Caring	Page 20
Young Carers	Pages 21-23
Work with us	Page 24
Volunteering	Page 25
Fundraising	Page 26
Useful Contacts	Page 27
Room Hire	Page 28
WLCC Information	Page 29

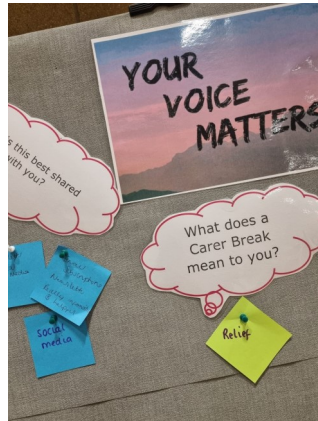
Chief Officer Blog

Chief Officer blog—Bernadette Ashcroft

Thank you for reading our July edition of the WLCC newsletter. This month's edition is jammed full of articles, news and contributions and we hope you find it helpful and interesting.

We are also keen to hear from our readers and if you would like to send us any feedback, contributions and suggestions, do get in touch via the usual channels.

June has been a hectic month for us all and we were delighted to support Wigan Borough Council and partners across the voluntary and community sector to recognise and celebrate the all too often hidden contribution of unpaid carers of all ages during National Carers Week. Did you know that there are approximately 36,000 unpaid carers living across the borough? Wigan and Leigh Carers Centre are here for you all year round so please don't hesitate to contact us when you need a little bit of extra support.



As a local independent charity, it is important that we continue to receive the support from our local communities. Please read the amazing story on page 26 of one local young man, Omar Boyko who raised over £645 all by himself by walking three miles every weekday for the whole month of May, totalling 60 miles. Thank you Omar, you have been a star.

Page 4 welcomes two new trustees to our board. Wigan and Leigh Carers Centre is looking forward to exciting times ahead and we still have a vacancy on our board for a Treasurer. If you have financial management experience and would like to get involved in our work, we would love to hear from you.

Our team has also been busy 'Out and About' in the community and pages 11 and 14 cover what we have been up to and our forthcoming events. Great to see young carers on pages 21-23 having much needed respite time, the Father's Day cards were just amazing!

Finally, please read the beautiful poem on page 12, submitted by one of our readers. This poem is incredibly thought provoking and reflective of a day in the life of a person living with Dementia. Thank you Carla Richee for sharing your thoughts and words on behalf of your mother in law, Beatrice.

Very best wishes

Bernadette Ashcroft

Follow Wigan and Leigh Carers Centre on:



Charity News

Welcome new WLCC charity trustees Sarah Freeman and Mike Mills

Wigan and Leigh Carers Centre would like to announce the appointment of two new trustees, Sarah Freeman and Mike Mills. Appointed through an extensive recruitment process, Sarah and Mike have joined our group of dedicated trustees.

Firstly let us introduce **Sarah Freeman**.

Sarah has 35 years experience working in finance across the North West of England within a Branch Network, Risk Management of those branches and Retail Transformation. Sarah has volunteered with Girlguiding for over 22 years, currently a Unit Leader for Rainbows and has been District Commissioner and Division Treasurer. She also worked for the Civil Service.

Sarah was a Support Worker for five years with Wigan and Leigh Young Carers and volunteered with the Transition Group (aged 16-24) helping to encourage the aspirations of young carers, undertook activities they may not normally be able to take part in and encouraged team building, communication, training opportunities and much more.

Sarah said **"I'm absolutely delighted to be joining Wigan and Leigh Carers Centre following the merger of the adult carers centre and young carers, it's an exciting time with a refreshed board and new CEO. The charity will make a real difference to the carers of Wigan and Leigh and I look forward to catching up with some familiar faces and meeting new carers of all ages."**



And now a word from **Mike Mills**,



Whether by accident or design, Mike has been involved in Health and Social Care all his life. He served as a member of the Army Medical Services for 25 years in a variety of roles around the world and left in the rank of Regimental Sergeant Major (RSM).

Since then, he has been the manager of Wigan and Leigh Crossroads – caring for carers for 14 years, worked with Think Ahead Stroke Group, spent eight years as a Dementia Advisor with the Alzheimer's Society, been a GP Practice manager and a computer Training Consultant on GP IT systems.

He has also been the Chair of Trustees of Wigan and Leigh Young Carers, and the Chair of his own GP Surgery's Patient Participation Group.

His current role is that of Primary Care Liaison Co-ordinator for the armed forces community in Wigan with the remit to get all GP practices 'Armed Forces friendly' and accredited with the Royal College of General Practitioners.

Mike says, **"I am honoured and delighted to be joining the committed team of staff and volunteers at the Carers Centre. I have witnessed first-hand the important role that unpaid carers have in the lives of individuals needing extra support. I am committed to ensuring the voices of unpaid carers are at the heart of the work that we do."**

Chief Officer, Bernadette Ashcroft said, **"Charity trustees are the people who share ultimate responsibility for governing and directing how our charity is managed and run. Sarah and Mike are committed to ensuring we provide quality carer-centred services and that our policies, systems and processes are rigorous."**

Welcome aboard both. Exciting times are ahead for WLCC and the unpaid carers we champion.

Charity News

The Carlton Lodge, 'carers retreat' launches July 2022

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



Jubilee Celebrations

We wanted to say a huge thank you to Lucy from Thrive CIC who joined us for our Jubilee celebrations back in June and came to take photos at our celebration event.

What an amazing job she has done at capturing the joys and emotions from the day.

Lucy is certainly thriving as a budding young photographer, a real talent. Thank you.



Supporting Wigan Employment and Skills Fair

It was great to support Wigan's Employment and Skills Fair back in June at Wigan Life Centre North. We spoke to carers looking for any additional support, discussed volunteering opportunities and also promoted some of our own recruitment vacancies that are currently advertised.

If you would like any information about the roles we currently have available, please give us a call or drop us an email 01942 697885.

Support

Home fire safety

Take 15 minutes to protect your home and loved ones from fire

Use GMFRS' online tool to get personalised advice or find out if you or a loved one are eligible for a home fire safety assessment.

What is a home fire safety assessment (HFSA)?

An HFSA is a free visit to your home by the Fire and Rescue Service during which they will provide fire safety advice and equipment depending on risk.

For more information about this critical service, please [click here](#).

Home Fire Safety Assessments



£150 GOVERNMENT COUNCIL TAX REBATE



If you live in a property in council tax bands A to D, you are likely to receive a £150 council tax rebate from the Government to help with the cost of living.

Did you occupy your house on 1 April 2022 and is it in a Council Tax band A, B, C or D?

If so you may be eligible to claim a £150 Government Energy Rebate payment. Even if you are not eligible you may still qualify for support under our discretionary scheme.

To check if you are eligible and for further information please visit:
www.wigan.gov.uk/EnergyGrant



Council tax rebate update

Wigan Council have paid in the region of 120,000 customers and distributed nearly £18m.

There are still a number of eligible customers who have not yet come forward to claim their rebate payment.

- Do you care for someone who could be entitled?
- Are you a carer who is eligible but not yet received their rebate?
- The application process remains open for all remaining eligible residents.

[You can find out more and apply here.](#)

Alternatively, if you feel you need some support in completing an application, please don't hesitate to get in touch with us, call 01942 697885.

Support

Self-care. My Health, My Way is for anyone who may have lifelong conditions or on treatment waiting list. There's also a section specifically for carers.

Other useful information you can find on the site:

- Mental Wellbeing
- Sleep Management
- Pain Management
- Local Support Groups

[Find out more here](#)



NEST Support line for Carers (Neurodivergent person or carers)

If you are a neurodivergent person or a carer of a neurodivergent person in need of support or someone to talk to, either via email or through a phone call, a member of NEST's Support Line Team can assist you.

Support is free of charge. Just submit a form using the link below, and a member of the team will call you back. Not a fan of phone calls? No matter, there is also an option for an email back.

[More information here](#)



Choosing the right care

When you're considering the type of care you - or someone else may need, there's lots to think about. That's why it's worth properly researching your options before making a decision.

PayingForCare (payingforcare.org) is a website launched in 2011 designed to help people make more informed decisions about the arrangements and funding for their long-term care. The site is equally useful for family members, friends, someone who has been granted a power of attorney or the person needing care. The site aims to give guidance on the complex subject of long-term care, specifically care payment, through careful, continuous research and collaboration with care fees experts and respected support organisations. [Find out more information here.](#)

Support

Living life to the full is a **mental wellbeing being platform** that people can access online. It shows people how to take smaller steps to reframing their mind-set with different processes and activities. Free online courses covering low mood, stress and resilience. Work out why you feel as you do, how to tackle problems, build confidence, get going again, feel happier, stay calm, tackle upsetting thinking and more. Courses are free for individuals using them in their own lives.

Living Life To The Full

Free online mental wellbeing courses and e-books

e-books are available in 15 different languages health and social care

www.serviceskills.com



GMCA
GREATER MANCHESTER
COMBINED
AUTHORITY

NHS
in Greater Manchester

Written by an expert doctor in the cognitive behavioural therapy (CBT) approach, the courses communicate an effective life skills program that is widely used across the UK, in the EU and in North America. With around 30 million hits a year, the award-winning Living

Life to the Full course has changed countless lives. Recommended by major charities and widely used within

[Find out more here.](#)

living life to the full
www.lltff.com

Music gives you that flashback feeling



Playlist for Life

Playlist for Life is a music and dementia charity. The charity was founded in 2013 by broadcaster and writer Sally Magnusson after the death of her mother, Mamie, who had dementia. Their vision is simple: they want everyone with dementia to have a unique, personalised playlist and everyone who loves or cares for them to know how to use it.

Its evidence-based approach is highly impressive, with trials in hospitals and care homes showing that people with dementia need less medication when Playlist for Life is included in their care.

[For more information click here.](#)

Free therapeutic horse-riding sessions

Have you ever wanted to try horse riding? The A World UK provides individuals (siblings welcome) with free horse-riding sessions.

Who is eligible for the funded sessions?

- Recipients must have an **Autism Spectrum Diagnosis**
- Recipients must live in one of the catchment areas

[For more information and eligibility click here.](#)

FREE Horse Riding Sessions

FOR KIDS & ADULTS*



WWW.THEAWORLDDUK.COM

Support

UMG partners with music wellness app Vera for people living with dementia

Music Health has developed and launched Vera, an intuitive music intervention tool designed for the care of people affected by dementia.

Through a strategic, industry-first agreement, Vera app users are able to access the entire catalogue from Universal Music Group, in order to develop personalised music stations specifically designed to improve the lives of people living with dementia every day. As exclusive launch partner, UMG brings a comprehensive global music catalogue to Vera users. The power of personalised music to affect a significant improvement in cognitive function for people in dementia care is evidenced by international scientists and neurologists.

Vera analyses the age of the dementia affected person, where they grew up, and how they react to certain music. It uses these criteria to autonomously curate the right songs at the right times to effectively manage the Behavioural and Psychological Symptoms of Dementia (BPSD).



More than 80% of people living with dementia experience BPSD, manifesting as agitation, aggression, depression, or confusion. Vera stimulates the part of the brain responsible for long-term memory to help manage the impact of BPSD, easing the care routine of those living with dementia.

Listening to personally significant music - all the noteworthy songs from our own life - is shown to effectively decrease the effects of BPSD helping to improve mood, cognitive function, motor functions and brain plasticity. The songs are autonomously curated and played directly from the Vera app via speakers or headphones.

vera Find out more here.

Greater Manchester Mental Health Service have launched a service to provide mental health and wellbeing support to people living with the lasting effects of COVID-19.

The Post-COVID Syndrome Service is open to anyone with a GP in Manchester, Salford, Bolton, Trafford and Wigan.

Self-refer, or be referred by a health professional:

<https://buff.ly/3HBi6mp>

Carers News

Carers enjoy trip to Lyme Park

Wow, what an incredible day we had back in June. A group of carers and for some, those they care for, enjoyed a trip to Lyme Park with **Carers Stepping Out**.

Lyme Park is a large estate south of Disley, Cheshire and managed by the National Trust and consisting of a mansion house surrounded by formal gardens and a deer park.

We visited on a sunny warm day and the house, gardens and park are really impressive. The views into Manchester on this clear day were wonderful.

It's always lovely to meet up with other Greater Manchester carers, share conversation and enjoy a delicious lunch together. The next event is on Monday 4th July at Sale Park—call us to book your place 01942 697885.



Wellness Walks

What a glorious day we had recently exploring Amberswood Flash. Carers and those they care for joined our walk around this stunning nature reserve. We also met up with the lovely folks from Groundwork Cheshire, Lancashire, Merseyside who explained how we can work together on developing and nurturing the area.

To join our Wellness Walks call us 01942 697885 or **book online via our website.**

Pampering with Thrive CIC

Carers enjoyed a relaxing session at Hindley Library, with our good friends at **Thrive CIC** who delivered a session on how to make your own body scrubs to enjoy at home.

The Thrive Scents enterprise showed carers how to make their own peppermint foot scrub and oat and lavender bath soak - a wonderful session, thank you Thrive CIC.



Carers Page

We love to receive your stories, your poems, your photos and anything else you would like to share with other carers. A huge thank you to carer, Carla Richee for sending in this heartfelt poem, which she wrote in collaboration with her mother-in-law, Beatrice.

Life with dementia

I wake up in a bed that's comfy, but I don't know where I am. I'm in a room I do not know, some of the furniture seems familiar though.
The view from the window is interesting, there's a palm tree across the road. I feel like I'm on holidays 'cause I don't think I'm at home.
I've lived here now for six whole years but forget it every day. I've no idea what year we're in, but someone said its May.
I don't really remember my husband or most of my family. They say I saw my sister last week, I didn't know her, not at all, though clearly she knew me.
I don't know if it's night or day, I wake and sleep through both. I'm dressing at night when there's no one about and ready for sleep when we're due to go out.
I feel so lost and oh so alone, even in a full room. But I have a few phrases I keep up my sleeve with copious amounts of tissues to use as I need.
My body is failing in all kinds of ways. I'm told I keep falling, I ache and I pain, but I never remember again and again.
My mind is the worst, oh my days! I am so forgetful, let me count the ways.
I forget what's been said before the sentence is finished. My spirit is eager, but my mind is diminished.
I forget if I've eaten or when is it I ate. I forget where I'm going from door to the gate.
I forget that my dentures need soaking at night and that I should not be in bed until I've switched off the light.
The TV's still on, I forgot to ring the bell, to tell someone I've gone to bed and now they're talking still.
I think there are strangers in the room their voices loud combine, I answer all their questions, but they never answer mine.
It really feels like there's a crowd, how can I sleep through this? But someone comes to check and see. There's no one there, though I insist.
I forget everything all of the time, like have I drank my tea or been to the loo, washed my hands or what else I should do.
Life is so confusing, I try to get things right, but I always choose the hardest way and everything's a fight.
I'm glad there's folk around, that care about my health and help me have some good days and make their caring felt.
I'm glad that those around me, keep me fed and clean and dry and though I don't know who they are, I'm glad they want the best for me to keep me satisfied.

By Carla Richee
(on behalf of Beatrice)

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 - My Dad is in poor health and is struggling with everyday tasks such as showering, dressing and cooking. Who do we contact to ask for some help and support?

A - You can contact adult social care on 01942 828777 to request a free social care assessment. A member of the team will contact you to discuss your dad's needs to see whether he will be eligible for support. Health and safety, your ability to manage personal and daily routines, his independence, wellbeing and ability to make choices are all considered when an assessment is carried out. Generally it will include:

- Personal details and background information
- Your views

Where appropriate they may also gather information if you dad needs help with personal care, health care, social care, housing, finance, employment, education, leisure and transport.

The outcome of an assessment can range from simple advice and information, to identifying complex needs and support. In emergency situations, emergency social care support can be arranged. You may also need to undergo a financial assessment to determine if you need to contribute towards any care costs.

For further information please click here.

Q - I live with my Aunt who has dementia, she can get quite confused and will leave the house in the daytime and at night time but does not know where she lives. Are you aware of any service I can approach, or support I can get?

A - You can contact Wigan Council Adult Services to ask for support from them on 01942 828777. They have a team who can offer advice and assess for Assistive Technology. One example of this can be having sensors on doors so that you will be alerted if a door opens. Other useful products are the guardian angel devices. They are wristbands, zip/bag tag or pin badges that are worn by your loved one. They have stored within the device the person's name and an emergency contact number. When you place a smart phone over the device this information is displayed. This can then help your aunt to get help and support. For more information, visit their website: www.dementiabuddy.co.uk or alternatively ring 01942 888990.

Q – I am a carer for my sister and she is feeling quite lonely and isolated, she likes things like bingo, quizzes and just a chat. Are you aware of any groups or activities going on locally?

A - Most sheltered housing schemes have activities that are available to residents, with non-residents welcome to join in. The staff do not provide personal care support but people are welcome to go along with their own support worker or carer. To find out what is going on in a sheltered scheme near you please ring 01942 486549. They will give you the scheme manager's number to ring to find out more.

There are also a number of other opportunities around the borough such as:

- **Bright Days Programme: feel good and have fun in Wigan and Leigh (ageuk.org.uk)**
- **Wigan Athletic FC - Wigan Athletic Community Trust**
- **Sunshine House Wigan**
- **The Hub CIC – Harmony, Unity and Belonging CIC**
- Women's Friendship Group (Chatter Cats) every Wednesday 12.00 pm – 2.00 pm at Wigan Library
- Hindley Green Friendship Group (Wednesday 1.30 pm, Sacred Heart, Hindley Green)

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

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



Upcoming events at the Carers Centre

Wigan and Leigh Carers Centre



Call 01942 697885 / Email: info@wlcccarers.com

Booking must be made. For further information dates, times and to book activities or events online please visit

www.wlcccarers.com

What's on July 2022

Wellbeing/Wellness Walks

Every Wednesday, 10 am – 11 am. Come along to experience our stunning countryside walks around Wigan & Leigh (different area each week – please check our website for full location and walk details)



Monthly

TLC (Tea, Listen Connect) Carers Support Group

Cheese & Wine Night

Carers Bereavement Friendship Group

Male Carers Social Groups



Stepping Out with the Ramblers – joining other Greater Manchester Carers on walks around Greater Manchester

Our new Chill & Chat coffee club.

Coffee Mornings

Every Monday, 10 am at the Carers Centre, Hindley

1st Wednesday of every month, 10 am at Pennington Football Club, Atherton.

Bespoke Carer Events

5th July 10am Council information drop-in session.

6th July 1pm-2.30pm Parent Carer forum information session.

12th & 26th July, 10 am Carers Knit, Natter, Crochet & Sew Social, Hindley

15th July, 10am-12.30pm Admiral Nurse Dementia session, Hindley TBC

15th July 2pm-4pm Digi skills session.

19th July 11-1pm Gordon street, Wigan community garden.

20th July 10.30am Stroke association information session.

21st July 10-12pm Mental Health support with Bridging the gap.

7th and 8th July 1-3pm Flower arranging. Call centre to book

21st July 2-4pm and 28th July 10am-12pm Macrame. Call centre to book.

What's on in the community

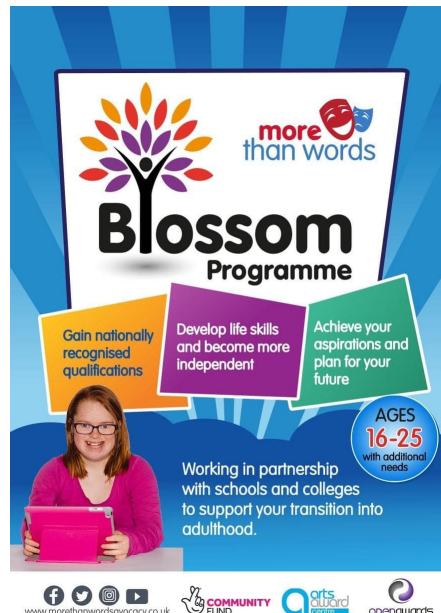


Calling all of Leigh's green-fingered locals

Join Turnpike Community Garden Club on Monday 4th July between 1.30 and 3.30 pm in the Leigh Civic Square every first and third Monday of the month. These hands-on gardening sessions are an opportunity to meet up and develop your gardening skills in a relaxed and friendly setting. Free, drop-in, no gardening experience required. Teas and coffees provided.

More Than Words are so excited to share with you their Blossom Programme, aimed at young people with additional needs aged 16-25.

For more information, contact stacey.mtw@gmail.com



Free expert career coaching support for over 50s

GMCA has partnered with Stay Nimble to deliver free one-to-one online career coaching to Greater Manchester residents aged 50+ (criteria apply).

- Get six hours of expert coaching support.
- Learn how to get what you want from your work life.
- Join a fully-funded online career coaching programme today.

[Find out more here.](#)

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



What's on in the community

the
COMFORT
♥ **CAFE** ♥
FOOD & DRINK

Every
Thursday
1-3pm

Lone and New Parent Tea & Coffee Time

We offer a friendly & safe place
for anyone who is bringing up
a young baby or child.

If you're feeling a bit left out and would like
to escape for a coffee and a chat why not
pay us a visit, we would love to see you!

Find us!

Adult learning Centre,
1st Floor, Walmsley Road
Leigh, WN7 1XL

LIKE MINDED PEOPLE | RELAX | CHAT & SHARE EXPERIENCES | HELP OTHERS

Familywelfare.co.uk/comfort-cafe/



Directions For Men



WHEN YOU'RE LOST
IT'S OK TO ASK FOR DIRECTIONS.

WHEN YOU'RE STRUGGLING
IT'S OK TO ASK FOR HELP.

JOIN OUR MENS TALKING GROUPS AND ACTIVITIES
TO HELP YOU GET THROUGH THOSE TOUGH TIMES.

IT'S COMPLETELY **FREE**, **CONFIDENTIAL** AND YOU DON'T
HAVE TO BE REFERRED, JUST TURN UP.

FOR YOUR NEAREST GROUP VISIT
WWW.DIRECTIONSFORMEN.ORG.UK



Contact have two free Speech and Language
Support workshops in July for parents of disabled
children in primary or secondary school.

The virtual workshops are made for carers of chil-
dren with communication issues related to a disabil-
ity. They will be delivered by an expert Speech and
Language Therapist.

To book your place or find out more, visit the links
below:

Primary school
21st July at 7.00 pm

Secondary school
13th July at 7.00 pm

All workshops are run with additional support from a
Contact Family Support Adviser so you can benefit
from additional information and support about caring
for a child with an additional need.

FREE WORKSHOP: SPEECH & LANGUAGE SUPPORT

for parent carers
of disabled children
aged 4-16 with
communication
difficulties



contact
For families
with disabled children

What's on in the community

Boogie nights

Inclusive club nights aimed at adults age 18 and over with disabilities and/or autism from **More Than Words CIC** have returned.

Admission is £5.00 per person (PAs/support workers free).



Wigan Community Day

Wigan and Leigh Carers Centre are thrilled to take part in the forthcoming **Wigan Community Day** on **Saturday 9th July**.

A vibrant event in the town centre will again bring the whole community together thanks to Wigan Rotary Club.

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

Local groups and choirs will provide entertainment during the day from a large stage.



For Parent Carers

Parent carers shouldn't have to navigate the complicated SEND system by themselves.

That's what **Contact's** Helpful Guide is there for! Their 92-page booklet has all the advice and information you'll need about accessing support for your family — from your child's early years through to their adulthood transition.



It's highly recommended by hundreds of UK families and it's 100% free... so what are you waiting for?

Order your copy today—Visit : contact.org.uk/helpful-guide

Helpline - They also run a free helpline for parents and carers with a disabled child aged from birth to 25, living in any part of the UK. Your child does not need a diagnosis for you to call their helpline. Tel: 0808 808 3555

Male carers

We want to say a big thank you to carers, Graham and Michael who recently spent some time planting some new blooms at the Carers Centre - it's looking amazing. Thank you so much for all your time, it's looking so much better and a welcoming space for visitors.

Golf 'fore' all

A group of male carers (and Suzanne) have been practicing and perfecting their swing at Boomers and Swingers Golf Driving Range in Astley throughout June.

The weather was glorious for the activity and the golfers enjoyed some much needed 'me' time to do their own thing.

It's not only a chance to relax but for some, try something completely new.

The session brought so much fun, laughter and positive experiences for everyone involved.

If you are a male carer, and would like to find out more about any of our events and activities, call Suzanne Wilkinson 01942 697885.



Men's group afternoon at The Lancashire Mining museum in Astley

Thu 14th July 2022 2:00PM

Call us to book 01942 697885

Life After Caring

untangle
Rebuilding life after loss

It's normal to feel lost and lonely after a bereavement. Download this free app to meet people who understand.

Untangle grief is an online community offering practical and emotional advice, support and signposting services for people in the various stages of grieving.

Find out more here: <https://untanglegrief.com/>



Bereavement Friendship Group

Mon 18th July 2022 12:30PM

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

Young carers

Barlow Group have a 'wheelie good time' at Atherton Roller Rink

A group of young carers from the newly formed Barlow Group headed to North West Roller Sports in June for some fun on skates.

Together they shared laughter, some bruises (ouch) but nonetheless, making great memories.

Thanks to Leigh Rotary for funding support and Joanne and Hayley (our fab volunteers) for supporting the session.



Time out for Turtles Group

Sometimes respite for young carers is as simple as feeding ducks and playing on the park.

Thanks to Leigh Rotary for funding the support we offer.

Thanks also to volunteers, Joanne and Hayley for their vital support.

Young carers 'Get their stitch on'

It was lovely to welcome a group of young carers for a 'learn to sew' session in June where they created some beautiful pieces to take away with them.

It's great 'I, Me, Myself' time. Sewing is one of the greatest ways to spend some time with ones self while creating a thing of beauty that gives joy to you as well As those you create for, forever.

Thank you to those young carers that joined the session.



Young carers



Father's Day crafting

Young carers made some amazing handmade Father's Day cards back in June. Well done to all the young carers that made these, what talent.

We hope your surprise cards were well received.



#YoungCarersCount campaign helps secure major change to support young carers in England.

From 2023 schools will register how many of their pupils are looking after a loved one.

This is a great first step for young carers. Starting next year, young carers will be registered as part of their school census, helping thousands get the support they need.

Until now, there has been little data to fully gauge how many young carers there are in the country but from next year, a child's carer status will be included in the school census in England.

Let's hope this leads to more support and a better deal for young people who have these responsibilities.

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



Young carers

Young Carers: A Life in Focus

Young carers - The Royal Photographic Society and Action for Children would love you to take part in a project that would enable you to learn new things and show us what's important to you.

If you're a young carer, you probably look after one of your parents, or perhaps care for someone else in your family. It can be a big responsibility at a young age that comes with a great sense of pride and admiration. However, you may sometimes experience feelings of loneliness and stress. That's why it's important you take time out for yourself, to do something you enjoy for your own mental health and wellbeing.

Photography can be a great way of sharing your thoughts and emotions, capturing snapshots of your interests and experiences, and showing the things that make you unique. Through a series of exciting and playful workshops with professional photographer Jo Bradford and a series of video interviews with renowned photographic artists, you can learn tips and tricks to produce your own amazing images using anything from your mobile phone to the camera on your laptop.

So, if you want to learn a whole new skill or you've already mastered the basics, there will be something for everyone. You don't have to be a photographer, you don't have to come in with ideas ready to go, this is a chance to learn something new and have some fun along the way.



We are asking you to take photographs of what's important to you in your everyday life and we'd love to see them. Selected entries will be part of the exhibition entitled *Young Carers - A Life in Focus*. To find out more, [click here](#).

UEFA Women's Euro 2022: Free Tickets for Young Carers

We have **seven** free tickets remaining for the **Portugal vs Switzerland** Women's Euros Match.

Saturday 9th July, Kickoff 5pm.

Leigh Sports Village.

First come first serve, although we may have access to more tickets if demand is high. Email peter.wild@wlcccarers.com if you are interested.



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 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

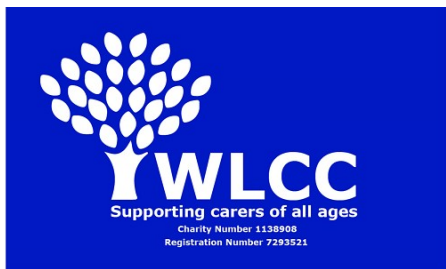
BASED IN HINDLEY, WIGAN

FOR MORE INFORMATION CALL 01942 697885

OR VISIT

www.wlcccarers.com

Volunteering



VOLUNTEERS NEEDED

BECOME A VOLUNTEER
CHANGE LIVES

MAKE A DIFFERENCE TO CARERS

Info & register:

www.wlcccarers.com
01942 697885
info@wlcccarers.com



We are looking for volunteers to
join our charity

Can you help us with:

- Befriending roles
- Reception duties
- Trustee Treasurer
- Upcycling - supporting us to generate income for the charity
- Group/sessions leaders
- Young carers



Janet's story

I am Janet and for the last 12 months I have volunteered as a telephone befriender at Wigan and Leigh Carers Centre.

After the sudden death of my mum, my dad was diagnosed with complex health issues, and I became his main carer. Until my dad passed away two years ago, I cared for him for seven years, which was both rewarding but at times quite challenging.

Although I didn't get much practical help and managed alone, looking back, I think that at times all I needed was someone to talk to who was willing to listen and who understood my frustrations and sometimes my fears.

Eventually, with spare time on my hands, I felt I could give something back to society and thought that befriending would be perfect as I understood how important it was for carers to have someone to talk to.

I really enjoy my volunteer role at the Carers Centre and feel that I have helped carers just by listening and trying to take their minds away from their caring role, even just for a short time. I have also realised that I have much to give back and get great satisfaction in helping others.

Why not volunteer for WLCC?

To discuss our volunteering opportunities contact:
joe.cobb@wlcccarers.com or ring 01942 697885.

Fundraising

Omar raises £645 for Wigan and Leigh Carers Centre

We wanted to share some fantastic news on Omar - our amazing young fundraiser.

Omar has completed his fundraising challenge for Wigan and Leigh Carers Centre, smashing through his £600 target.

In total, he has raised a whopping £645, absolutely brilliant.

Some of you may remember, Omar set himself a challenge, to do a fundraising walk, walking three miles every weekday for the whole of May, totalling 60 miles.

A huge thank you to everyone for your kind messages of support and generous donations, it really helped Omar to know you were following his journey.

Omar, we can't thank you enough for making a difference to all carers in Wigan and Leigh.

You really are such a special young man.



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.

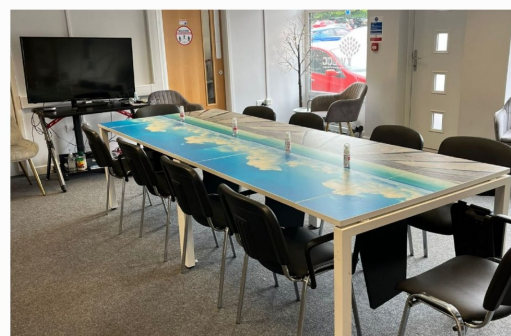
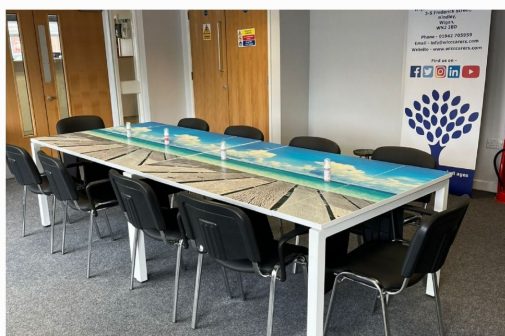
Prices

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. **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

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



www.wlcccarers.com

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