

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.

Sensory Cottage Garden

We can't begin to express how proud we are of these two gents, carers Michael and Graham who have put their hearts into developing this beautiful 'cottage garden' area just outside the Carers Centre.

Planters were built from scratch by the male carers, the grass has been tended to and now weed free (thanks Michael for your expertise!) and the flowers are now blooming thanks to all the love and dedication from everyone who has taken the time to water them!



In Memoriam: Her Majesty Queen Elizabeth II An amazing life of service for our country.

We at WLCC are deeply saddened by the death of Her Majesty The Queen and remember her steadfast service of our nation for over 70 years.

Like so many across the country, the passing of Her Majesty Queen Elizabeth II has left us feeling saddened and heavy-hearted. Her unfaltering commitment during her years in service, as the longest reigning monarch in British history, will remain a huge inspiration to us all.

Our thoughts and sincerest condolences are very much with The Royal Family at this time.

You can leave a message of condolence here at:
<https://www.royal.uk/send-message-condolence>



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Chief Officer Blog

Chief Officer blog—Bernadette Ashcroft

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

On behalf of WLCC I would like to thank our carers and supporters for your kind words and understanding of the death of HRH Elizabeth II. A key event in the history of our country and I am sure you will join us in wishing King Charles III a long and healthy reign.



Support

As the mornings and night times start to draw in we recognise the potential increase on financial pressures and concerns for carers across Wigan and Leigh. We are very keen to support our carers through what could be the most difficult of winters and urge you to contact us for support or share of ideas of how we can best support carers through this time. What type of support would you like to see over the Autumn and Winter months, especially over the Christmas and New Year period? We are really keen to hear from carers!

Things to do

We have a great activity and events programme for October, with Tai Chi starting, yoga continuing, Carers Afternoon Tea event, Cancer Screening Awareness session, Diabetes Information session, Carers Film events, Digital Skills, plus much more. Bookings can be made by calling the Centre or booking online via our website.

Try your luck....

There is not long left now to grab your tickets and enter into our Prize Draw – due to be pulled on 20th October 2022 at our AGM.

Try your luck to win a '7 nights family holiday at The Carlton Carers Retreat,' – our superb lodge set in a fantastic setting with free access to Haven Entertainment and family fun. Many more prizes up for grabs!

Do call into the Centre in Hindley or look out for us in the community to pick up your tickets at only £5 per ticket or £20 per book of 5. You can also call us to secure your raffle tickets.

All profits support unpaid carers and the work of Wigan and Leigh Carers Charity.

Finally....

Please make sure you visit our website on 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 of support our work as a volunteer or a supporter to fundraise.

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



Charity news

WLCC welcomes Wigan Council, Chief Executive Officer

At the end of August 2022, we were delighted to give a warm welcome to [Wigan Council](#) CEO, Alison Mckenzie-Folan at the Carers Centre.

Alison spent time meeting and listening to carers, staff, volunteers and board members. Thank you, Alison, for taking the time to support our Charity.



A warm welcome to our new Young Carers Transition Support Worker, Gillian Storey

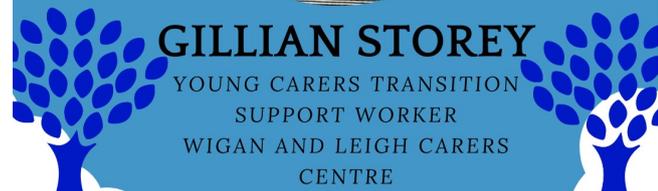
We would like to introduce you to Gillian who has recently joined team WLCC as our new Transition Support Worker, working with our Young Carers Team.

We caught up Gillian and here's what she had to say: ***"I love working with young people and helping others and hope to make a positive difference to their lives. Thanks for the warm welcome so far, it's great to be a part of this amazing Charity."***

WELCOME TO THE TEAM



GILLIAN STOREY
YOUNG CARERS TRANSITION
SUPPORT WORKER
WIGAN AND LEIGH CARERS
CENTRE



Charity news

Carers TLC Group

Photos from our last Carers TLC group.

Our TLC group is an informal carers get together, to meet and chat, to help to give carers a boost and offer some positivity and encouragement.

Also, incorporates some fun and enjoyable activities to share together - such as quizzes or maybe a game of bingo or just a good chat!

Join us at our next TLC group, Friday 21st October, 10.30 am.

Book via our website, or call us 01942 697885 and we will book your place.



Art is fun—Beginners Grid Drawing at the Carers Centre

We want to say a huge thank you to Alex, who came to the Centre in September to deliver a Beginners Grid Drawing Group to carers. Alex gave great guidance on how to use this low tech way to reproduce an image you want to paint or draw. It's an effective way to transform those little doodles in your sketchbook into a full blown painting! Thanks Alex for delivering such a great session!

Join us at our next Beginners Grid Drawing

Thursday 6th October,
10.30 am.

Book via our website, or call us
01942 697885 and we will book
your place.



Charity news

Carers enjoy Cinema Afternoon at Leigh Spinners Mill

What a fantastic afternoon at Leigh Spinners Mill and such a warm welcome from the staff at Leigh Film Society.

Carers and their companions thoroughly enjoyed watching 'The Keeper' in such a relaxing and comfortable setting.

We have more events for carers to enjoy throughout October. Booking can be made online via our website, or by calling us 01942 697885

Wednesday 5th October, 1 pm

Tuesday 25th October, 6 pm

Book online via our website or call 01942 697885



Charity news

Mindfulness Walks

We've been walking around the Borough throughout September, with carers and friends joining our relaxing walks. Here's some of our fantastic photos (thanks to Carer, Graham).

Join us every Wednesday, 10 am, at various locations around Wigan, Leigh and beyond. Please check our website to book, or call ahead of the week to find out where we will be 01942 697885.



Borsdane Woods, Hindley



Rivington, Bolton



Viridor Woods, Ashton

Charity news

Yoga with Ali

It's been so lovely to welcome carers who have enjoyed taking part in our Yoga sessions, fantastically delivered by instructor, Ali.

An opportunity to unwind, relax and take part in some easy stretching and breathing exercises, suitable for all levels.

If you would like any further information or future sessions, please contact Suzanne at the Carers Centre on 01942 697885.



Charity news

Welcome Volunteer Preena— our new Motivational Career Coach

Hi I'm Preena

I love all things bright, have a car called wolverine who is bright orange and have a zest for life and in everything that I do. I myself have supported, provided love, care and support to loved ones through some challenging times so I understand the challenges that you may face. Don't worry there is always a way to achieve your goals anything truly is possible.

I'm a passionate and driven woman, passionate about motivation, spreading positivity, kindness and empowering people is what I love to do working with people to coach them that their is light at the end of the tunnel and you can create positive change.

Excited to be volunteering at Wigan and Leigh Carers Centre which allows me to encourage, motivate and coach anyone with confidence building, cv support, interview skills, providing tips and suggestions to create positive change and empowering individuals to increase performance so they can work towards achieving their career goals.

VOLUNTEER



PREENA

MOTIVATIONAL LIFE/CAREER COACH

WIGAN AND LEIGH CARERS
CENTRE

Have a goal?, then never give up on it or yourself you have all the skills that you need and more within yourself and I will work with you and coach you to stand tall and shine bright so you can take ownership of it.

Love what you do and be who you are. **You've got this.** Don't care what other people think, if you want to make a change let's do it. Work with me so you can stand tall and shine bright. Get in touch.

If you are a carer and would like to have a 1:1 session with Preena, contact the Centre (ask for Suzanne, and she will book you in 01942 697885)

In the news

Local Carer challenges Liz Truss at the People's Forum

One of our amazing carers from Lowton, Tony Brierley recently took stage at the People's Forum with Liz Truss when it came to Leigh a few weeks ago.

This special broadcast for GB News, hosted by Alastair Stewart, was featured live and gave local residents the opportunity to be a part of the audience and quiz the potential Prime Minister.

A very powerful case put forward by unpaid family carer, Tony, who gave up his job to care for his wife, living with pulmonary fibrosis. Tony and his wife are living off savings and benefits.

Tony tells Liz Truss her tax cuts won't help him.

“We hear this all the time: tax, tax, tax. If you're on carer's allowance, it's not about the tax. We can't do this on £70 a week.”

Indeed a reminder it's £69.70 a week. That's if you fit the eligibility criteria. It's the lowest benefit of all benefits.

A reminder it's £380 billion that carers have saved the UK economy since COVID struck in March 2020.

Carers are fed up with warm words and the lack of answers.
It won't keep families warm or fed.

Thanks Tony for raising these issues and being a voice for unpaid carers around the Borough.

Watch the full video [here](#):



In the news

Filming with BBC breakfast

Carers from Wigan and Leigh filmed with BBC Breakfast in September at Cafe Central in Leigh.

Tony and Josephine met with BBC presenter, Nina Warhurst whilst they filmed the live reaction to the announcement of the new Prime Minister.

Nina took the time to listen to both Tony's and Josephine's individual caring stories, what life is like for them as carers and what they feel the new Prime Minister needs to prioritise.

The footage was aired the following day on BBC Breakfast. It was great to see local carers given the opportunity to have their views and opinions valued.

Tony and Josephine, on behalf of all carers in Wigan and Leigh - we sincerely thank you for being that voice for all us and sharing your stories. We know this isn't is easy, and was incredibly emotive - we are beyond proud of you



My Time Wigan

WELCOME DAN



DAN JONES
MY TIME WIGAN



My name is Dan Jones and I am the new Mytime Co-ordinator for Wigan. For those who don't already know, Mytime in a nutshell, connects unpaid carers who could benefit from a break from their demanding roles with businesses and organisations that offer complimentary, leisure, dining, educational and cultural activities.

As a local lad, I feel proud that our borough is supporting carers through Mytime, an initiative made possible thanks to funding from Wigan Borough Council, coupled with the support of Local Solutions and Wigan and Leigh Carers Centre.

I have been in post a little over four weeks and in this short amount of time I feel privileged to have heard the personal journeys of some of our carers, you are all true heroes in my eyes. Secondly, I have enjoyed meeting and engaging with existing contributors, who's overwhelming generosity enables us to support carers by providing a little 'me' time.

We would love to hear from local organisations and businesses that feel they could offer a break or activity, there really is no offer too small or unique, an offer as simple as coffee and cake can make all the difference. For more information and to get involved please visit our website mytime4carers.co.uk or call 07545 652775.

Carers can view and register interest for our current breaks through the website address above, just click on the 'this month's offers' tab then the 'breaks for carers in Wigan' tab.

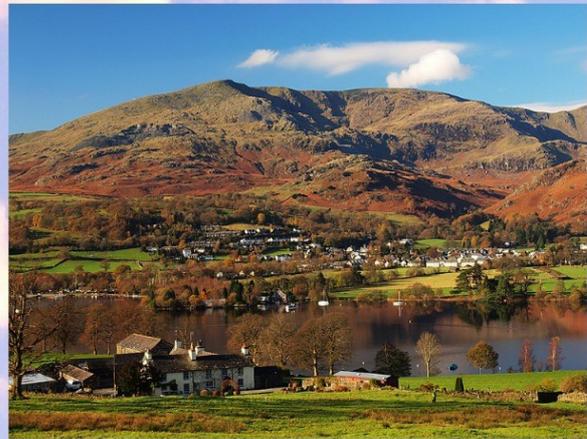
Last of all I would like to add a little message to our existing and new carers, we are all truly grateful for the love, compassion, dignity, sacrifice and unwavering loyalty that you contribute not only to your role but society. Thank you!

If you are a carer and like to find out more about My Time Wigan, please give us a call 01942 697885 or visit My Time Wigan website [here](#).

My Time Wigan

Fabulous Lake District activity break
at Low Bank Ground, Coniston!

When- Monday 24th to Friday 28th
October- all meals and equipment
included!



- Arrive and settle in Monday - evening land-based activity or transport into local town
- Activity day Tuesday (land or water based)
- Rest day/Lakes attraction Wednesday
- Activity day (land or water based) Thursday
- Rest morning and depart Friday

There will be transport for those who need it from a couple of pick up/ drop off points in Wigan/Leigh. Here is a rough guide to a week's schedule, but if you just want to chill out, that is just perfect too! Mini buses will also be available to nearby Ambleside through the week.

To register your interest in this amazing opportunity, please contact
mytime@localsolutions.org.uk



Have Your Say

Have Your Say.



Respite Consultation Online Survey

Deadline for
submitting
completed forms
is Friday 14th
October 2022 at
2pm.



Carers - Respite Consultation Survey (online submission)

Following on from the in-person consultation events, Wigan Council invite any carers to complete this online consultation / survey.

The purpose of this survey is to continue to gain a better understanding of what respites means to families and carers, what is working and what has not been working, as well as changes they need to consider, as they look to design a new and improved service in Wigan/Leigh. All feedback they receive will help to shape an effective and innovative service offer, which ensures that families and carers have confidence to use respite services and make sure people are cared for in the best possibly way.

To complete, you can either scan the above QR code or follow this link - <https://forms.office.com/r/XhQH2SL9gs>.

Deadline for submitting completed forms is **Friday 14th October 2022 at 2pm**. Please share to ensure more people have a say to shape services delivered in this local area.

Have Your Say

Do you care for someone who is living with Dementia?

Then Healthier Wigan Partnership would love to hear your views and experiences to inform our Wigan Borough Dementia strategy.

This strategy aims to create a Borough that is inclusive of people living with dementia, their families and carers to enable people to enjoy the best quality of life, and remain independent and in their own home for as long as they and their families wish. I

It is also committed to developing services that will provide high quality, person centred care and support to people living with dementia, their families and their carers, which are accessible and responsive throughout the dementia journey. We need your input to make sure this aims of this strategy are focused on the things that are most important to you and your loved ones. Please complete the short questionnaire by clicking on this link.

<https://forms.office.com/r/CyCRvBNftz>



“Have

your

say”



Research

Do you care for someone who is living with Diabetes? Can you help a Researcher with her study?

You will be invited to attend an interview with the researcher and you will be asked about your experiences of living with a partner or spouse who has Diabetes. You will be asked questions about your relationship, your work and social life and your coping methods of living with somebody who has the chronic illness. The purpose of this study is to explore the day to day coping methods that partners of those with Diabetes use when dealing with their caring responsibilities, in order to understand how we can better support them going forward with their emotional wellbeing. This, in turn, may help to improve the well-being of the individual with the chronic illness.

The interview and debrief should take no more than 1 hour.

Any potential participants can contact Emma.moylan@northumbria.ac.uk in the first instance and she would be happy to explain the data collection process.



Exploring the well-being and day to day coping methods of spouses or partners who care for an individual with diabetes:
A Thematic Analysis

What will this study involve?

You will be invited to attend an interview with the researcher and you will be asked about your experiences of living with a partner or spouse who has Diabetes. You will be asked questions about your relationship, your work and social life and your coping methods of living with somebody who has the chronic illness. The purpose of this study is to explore the day to day coping methods that partners of those with Diabetes use when dealing with their caring responsibilities, in order to understand how we can better support them going forward with their emotional wellbeing. This, in turn, may help to improve the well-being of the individual with the chronic illness. The interview and debrief should take no more than 1 hour.

Participant eligibility

We are looking for participants over the age of 18, who currently live with a spouse or partner who has a diagnosis of diabetes. The participant must have been in the romantic relationship with their spouse or partner for at least 1 year and have no diagnosis of a chronic illness themselves.

Purpose of the study

This project forms part of the requirements of the MSC in Psychology at Northumbria University, and has received full ethical approval from the Health and Life Sciences Ethics Committee (Ref 49300).

Contact details

Please contact the researcher for more information about the study or to express your interest.

Emma Moylan - Emma.moylan@northumbria.ac.uk

Where to access the consent forms

You can access the consent forms and demographical data questions using the link below. This will direct you to a [Qualtrics Survey](#) which will record some data and give you the opportunity to provide your consent to participate in the study. Upon completion, the researcher will email you to arrange a mutually beneficial time to complete the interview.

https://nupsych.qualtrics.com/jfe/form/SV_8unv0YIzZHH5B78

Upcoming events from the Carers Centre

DIABETES UK
KNOW DIABETES. FIGHT DIABETES.

Diabetes UK session

There will be time after to ask questions and have a chat with refreshments provided.

Thursday 13th October
10 am

Book via our website
or call us 01942 697885

Carers Afternoon with Jam and Scones

Come and join us for an afternoon in a relax atmosphere and enjoy great company with and scones.

Friday 7th October
1.00 pm - 3.00 pm

Book via our website
or call us 01942 697885



Yoga with Ali

1 hour relaxing yoga session
Carers Centre, Hindley

Tuesday 4th October, 1 pm
Thursday 20th October, 11 am

Book via our website
or call us 01942 697885



Wigan and Leigh Carers Centre
invites you to our

01942 697885
EMAIL: INFO@WLCCCARERS.COM

AGM 2022

Annual General Meeting

SAVE THE DATE

Thursday 20th October 2022

Venue: Sunshine House, Wigan, WN1 3SA

5.30 PM – 7.30 PM

You're invited!

**Find out about the great work we do supporting
Wigan's amazing carers.**

**Listen to guest speaker Kirsty McHugh, CEO of The Carers Trust.
Enter our first 'Annual Prize Draw' and be in with a chance to
win a seven night family 2023 summer holiday at our Carlton
Carers Retreat in Blackpool, plus many more prizes.**

EVERYONE IS WELCOME



**COME AND SHOW
YOUR SUPPORT**



Support

WLCC welcomes all new carers – Introducing our monthly drop-in

Becoming a carer can be an overwhelming and life changing event in any person's life.

When carers are registered here at Wigan and Leigh Carers Centre, we recognise that there is a lot of information to process and frequently there are gaps in that information that the carer and their family need.

In our experience, many carers and their families prefer face to face contact with the team and an opportunity to get to know us all.

That is why we are re-starting our 'Carers Welcome' sessions and you are all invited to drop in.

These will be held on the first Monday of every month starting with **Monday 3rd October 2022.**

Carers and other people who would like to know more about our work and the work of other organisations across Wigan and Leigh are welcome to come along any time between 2.00 pm and 7.00 pm. **We will be here to help you.**



Supporting
young & adult carers
across the
Wigan Borough

WLCC
Wigan and Leigh Carers Centre
Charity Number 1138908
Registration Number 7293521



CALL 01942 697885
EMAIL: INFO@WLCCCARERS.COM
WEB: WWW.WLCCCARERS.COM

***NEW* MONTHLY DROP IN -
WELCOME SESSION**

COME ALONG FOR AN INFORMAL CHAT,
MEET THE TEAM AND FIND OUT MORE
ABOUT OUR SUPPORT / SERVICES

MONDAY 3RD OCTOBER 2022
DROP IN BETWEEN 2 PM - 7 PM
CARERS CENTRE
HINDLEY
WIGAN
WN2 3BD



Support

Is the person you care for coming out of hospital? How to feel more prepared

The prospect of looking after someone if they've had to go into hospital can be daunting. You may wonder if you can continue to look after them or whether you'll have enough support to manage their needs once they leave. You may worry about whether you will cope.

To help offer reassurance and more guidance, Carers UK have developed a downloadable two-sided hospital discharge checklist which explains what should happen and when. You can download a copy for now or in preparation for a future occasion.



[Download here.](#)

MS Therapy Centre

Such a warm welcome from Peter, Karen and all at Wigan MS Therapy Centre Ltd today for their Open Day.

A fantastic resource in Wigan for those living with MS and other neurological conditions, along with their carers/family members.

Over the last 18 months, the Therapy Centre has developed massively. They have set up the provision of a fully accessible gym and specialist therapy centre for the relief of pain and discomfort. This all takes place in the community centre building in Marsh Green.

They also offer Aromatherapy, Reiki, Reflexology, Tibetan Head Massage and Chair Yoga. The centre also provides a sanctuary and hub for advice, socialisation and friendship which is a major help for those living with conditions and their carers.

If you would like us to send you a leaflet, please get in touch with us. Alternatively, visit <http://wiganmstherapycentre.org> for further information.



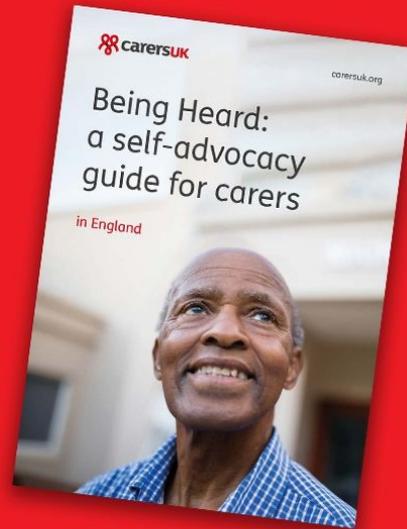
Support

Struggling to be heard by GPs, social workers, or other professionals?

Carers UK Being Heard guide provides information to help you get your point across with professionals, understand your rights and challenge decisions when things aren't right.

Check it out: www.carersuk.org/self-advocacy

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



NEW FREE online wellbeing workshops

The aim of the **understanding you** workshops is to help you to develop an understanding of why you may feel and act in different ways. Within Part 2 they will look at applying your knowledge to help you to develop healthy coping strategies and habits. Sign up [here](#)

Part 1: Understanding You! Free Online Workshops

Every Friday on Zoom from the 5th November for six-weeks, within two different time slots:
Afternoon: 1 - 2 pm
Evening: 7-8 pm

This is a two part workshop series and another six week workshop series will commence after Christmas too!



Support / What's on

'Women Into Work' CV Workshop

Free online event

Thursday 6th October
11am-12pm

Join us to hear top tips on how to make your CV stand out and tailor it to specific job roles, putting you in the best possible position when applying for jobs.

Get your free ticket -

<https://www.eventbrite.co.uk/e/women-into-work-online-cv-workshop-tickets-419502231467>

SMART
WORKS
QUALITY
MANAGEMENT

Women Into Work CV workshop—online

There is an upcoming 'Women into Work' online CV Workshop via Zoom on Thursday 6th October 11am – 12pm, for unemployed women who could benefit from support in building or tailoring their CV.

You can register through this link <https://www.eventbrite.co.uk/e/women-into-work-online-cv-workshop-tickets-419502231467>

Facebook Live

Join Kerry & Kaddy for a live Q&A
about our upcoming
Coaching for Carers 6 week
programme.

Thursday 6th October, 2pm



INSPIRED TO CHANGE
GET better, COPE better, BE better



CARERS
COLLECTIVE

Coaching for Carers Programme

Join Kerry Seymour and Kaddy Thomas from **Carers Collective** for this Q&A session on Thursday 6th October at 2pm.

The Coaching for Carers 6 week programme helps to relieve feelings of overwhelm, anxiety and burnout, leaving you free to tap into the resources you already have to find solutions.

They will be answering some of your questions about the upcoming coaching for carers programme.

Sign up here: <https://fb.me/e/5iuxEsVOZ>

Support / What's on

Virtual Patient Education Day - Action for Pulmonary Fibrosis

Register for our Virtual Patient Education Day delivered by Aintree Hospital, Liverpool and Royal Brompton and Harefield Hospital, London in collaboration with Action for Pulmonary Fibrosis.

SAVE THE DATE: Thursday 13th October 2022, 10-3:40pm

Come and hear from top experts from across Merseyside and Royal Brompton and Harefield Hospital at a free day for anyone affected by pulmonary fibrosis.

Whether you're a patient, carer, family member or friend this day is for you.

[Register your place](#)



Royal Brompton and Harefield hospitals

OUTLINE PROGRAMME: PATIENT & CARER ONLINE EDUCATION DAY

SESSION 1: 10.10-11.10

Bloods, blowing, biopsies and scans – how we use these tests to investigate ILD patients

- What are those blowing tests all about?
- What do Chest Xray's and chest CT scans tell us?
- ILD blood tests and the role of genetics in the diagnosis and Management of ILD?
- Bronchoscopy, washes and lung biopsy

SESSION 2: 11.10-12.20

'London Calling' – Different forms of ILD and how they are diagnosed

- A general approach to ILD diagnosis
- How do ILD doctors make a diagnosis? – an insight into the multidisciplinary team discussion

SESSION 3: 12.50-14.20

'Merseyside Calling' - Treatment for ILD

- Antifibrotic drug therapy
- Immunosuppression drugs for ILD
- The 'breathe ins and outs' of oxygen for ILD patients..... why bother with all the faff?
- Chest clearance techniques and the importance of pulmonary rehabilitation aka exercise!
- Advanced therapy: Lung Transplant – who, when, why?
- Emerging clinical trials and promising approaches

SESSION 4: 14.30-15.30

'Patients Calling' - Quality of Life and Pulmonary Fibrosis

- Conversations with patients and carers living with pulmonary fibrosis

Support / What's on

To book your place on any of the National Autistic Society free seminars for families simply click link to book your place.

<https://www.autismgm.org.uk/events>



To find out more visit:

www.autismgm.org.uk/events

How can I support my autistic child?

Join the Greater Manchester Autism Consortium's childhood programme for parents and carers of autistic children under 13years old.

Childhood programme

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

- Understanding autism
- Understanding sensory needs
- Managing anger
- Carers resilience

Join from the comfort of you home on Zoom

19th October 2022 - 2nd November– 9th November-

16th November 2022

Book your Free place now by visiting:

<https://www.eventbrite.co.uk/e/how-can-i-support-my-autistic-child-tickets-394449136987>

Or call 0161 998 4667

For information and
support visit:

www.autismgm.org.uk

www.autism.org.uk

Support / What's on



FREE Deafblind Convention on 6 Oct!

Focusing on the theme of 'embracing change', Deafblind are excited to bring you sessions with world class speakers who will share the latest research and academic thinking to deepen your understanding of deafblindness.

- Event is accessible for people with sight and hearing loss
 - You can join in online from home
- Be inspired by people with lived experience of deafblindness

[Book your place today.](#)

In conversation with... Esther Ramsay-Jones (for Dementia Carers)

Drawing on her work in dementia care and in palliative psychotherapy, Esther will speak about the multi-layered experience of grief and how this may affect people living with dementia and their families.

While there are certain universal characteristics of grief, no one ever knows how this process will unfold and each person and family will respond differently, with a unique way of expressing loss.

The webinar hopes to invite questions and responses, while also sharing some of the literature on - from anticipatory grief to ambiguous loss - and models of grief. They will also touch on ways to look after the grieving self.

Wednesday 5th October ,
1.30 pm—2.30 pm

Click here to register:
[Webinar Registration - Zoom](#)

In this conversation, Esther will speak to us about the multi-layered experience of grief and how this may affect people living with dementia and their families.

**Wednesday, October 5th,
1.30pm-2.30pm**



Support / What's on



FREE WORKSHOPS IN OCTOBER for parent carers of disabled children aged 0-5

speech & language support • sleeping issues • education support
managing behaviour • Early Years entitlements • toilet training

Contact have just announced five free virtual workshops in October for parent carers of disabled children aged 0-5.

These sessions are popular, so book your places soon — the links below will take you to each workshop's Eventbrite page.

Toilet training
6th October (10am): [click here](#).

Your Early Years entitlements
7th October (10am): [click here](#).

School and education support
12th October (10am): [click here](#).

Managing behaviour issues
18th October (7.30pm): [click here](#).

Speech and language support
19th October (6pm): [click here](#).



Can't make one of these dates? Check out their website soon for November workshops: contact.org.uk/early-years-workshops.

Is your child older? Due to funding restrictions, these workshops are only available for young children. [See what's coming up for older children here](#).

Support / What's on



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 or

0161 358 2505

Ask Jill

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



Q - I have a commode that is broken and is not safe to use, who do I need to contact to get this replaced?

A - You can contact Wigan Council's Integrated Community Equipment Store. They are open Monday to Friday 9 am—5 pm, Saturday and Sunday 8 am—4 pm. Should a piece of equipment be broken or faulty it is possible to get this replaced or repaired. Important pieces of equipment such as a commode will be treated as priority and can be replaced 7 days a week. Some items may depend if in stock. If you have equipment that you no longer need this can also be collected. Even items given to you from a hospital can be collected from you. Please ring 01942 486411

Q - I have bought myself an IPAD but don't know how to use it. I was hoping to be able to do some shopping online and be able to arrange an email address as I can't always go out. How do I go about getting help?

A - Wigan Council offer Digital skills and support. There are TechMate Tea parties running across the borough on a monthly basis. Just turn up and they are free. These sessions are run by TechMate Volunteers. You just need to bring your device.

The Carers Centre also has Digital skills sessions running so keep an eye on our timetable of events.

Where and when :-

Wigan Library, Wigan Life Centre, WN1 1NH – First Monday of the month 11.30am -1pm

Leigh Library, Civic square, WN7 1EB – Second Tuesday of the month 12noon - 1.30pm

The Globe Inn 94 High Street, Standish, WN6 0HF – Third Wednesday of the month 10am – 11am

Ashton Library, Ashton in Makerfield, Wigan road, Wigan, WN4 9BH – Every Thursday 1.30pm – 3pm

Shevington Methodist Church, Gathurst Lane, Shevington, Wigan WN6 8HA – Every Friday 10.30am – 12pm

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



Follow Wigan and Leigh Carers Centre on:



Parent Carers



Drop in service

Building Better Relationships, Prenatal and Perinatal

Every other Wednesday starting the 21st of September 2022, 9.30am-11.30am
Douglas Valley Start well link

A little bit about us..☺

Building Better Relationships

Building Better Relationships is a project for families, who want to reduce conflict in a relationship and improve understanding, communication and cooperation.

We are here to help you reflect on the situation, consider what has gone wrong and why, and understand what is needed to get the relationship to a place that does not place additional strain and upset on all those involved or affected.

Prenatal and Perinatal service

Our focus is on building a trusting and supportive relationship with you and your baby. We are here to support you and your family with any queries you may have. We provide a bespoke support package to every family.

Pop along for a chat, we will answer any questions you have ☺

Did you know that the **Personal Independence Payment (PIP)** tests to decide whether a young person qualifies for enhanced rate mobility are totally different from the DLA tests?

For example, there is no direct equivalent to the DLA severe mental impairment test.

The good news is that the PIP tests are more straightforward — a young person could qualify for enhanced rate mobility if:

- They're unable to plan and follow the route of familiar journeys independently
- OR on the basis of problems in walking short distances
- OR a combination of the above

How to claim

PIP MOBILITY

at the enhanced rate

Contact's for Families PIP Guide explains the scoring system in detail — as well as provides exact definitions of certain terms used in the form.

Have a look : [contact.org.uk/pip-guide](https://www.contact.org.uk/pip-guide).

Male carers



Male Carers Social Group

Carers Centre,
Hindley
WN2 4BD

Thursday
6th October
1 pm

Book via our website
or call us 01942 697885

Life After Caring

GriefChat



Free, professional support through grief with a qualified bereavement counsellor.

At GriefChat, they believe professional bereavement support should always be accessible to those in need.

They support bereaved people in helping those dealing with grief by providing them with a safe space so they are able to share their story, explore their feelings and be supported by a qualified bereavement counsellor. In addition to this, GriefChat can help bereaved people to consider if they need additional support and where to get this from.

Bereavement will impact everyone differently, though often deeply. The wait that many are forced to face for professional support can have detrimental effects on an individual's personal life, work life and own self-care. Early intervention and counselling can help to prevent or lessen further mental health challenges that can come with grief.

GriefChat gives any bereaved person the opportunity to speak with a qualified, professional bereavement counsellor via online instant chat service, Monday to Friday 09:00 – 21:00 (GMT), no matter where they are in the world at no cost to them. Find out more [here](#)

Young carers

Young Carers at Scotsman Flash

A number of Young Carers from the Wigan Avengers group and from within the Charity attended an activity day at Scotmans Flash at the end of August. Thanks to support from Arthur and Angela, and various Rotarians from Wigan Rotary. Wigan Rotary also funded the day as part of their long-term commitment to supporting Young Carers.

Additional support came from the HAF project which funded lunches. We will be looking to get some of our older Young Carers involved in their Christmas fundraising, as a way of giving back for Wigan Rotary's support. (As we will



Young Carers get creative with lego!

Grasshoppers, Monthly club on Thursday.

Katie our Young Carers activity person brought in huge boxes of Lego and the children loved putting there creations on show as you can see. Sue our volunteer provided the food of fish and chips/ pudding/ and chicken nuggets, all hungrily and pleasantly eaten.



Thanks to our staff, Katie and Sue for their support



Young carers

Young Carers Grass Heads Session

In September, young carers were welcomed to the Centre to make their own unique grass heads and faces. Filled with compost and seeds, young carers take these home to nurture and look after and hopefully send us some photos of some funky hair cuts!

It was lovely to see some new faces during this activity and meet some new young carers. Thank you for joining us!



Young Carers Autumn Wreath Session

During September, a group of young carers enjoyed making their own Autumnal wreaths—don't they look absolutely amazing!!

All ready to take home and proudly put on display.

Thanks to Katie for leading the session.



Young carers

The flyer features a central silhouette of a boxer in a dynamic pose against a blue background. Text elements include the BAM! logo at the top, a registration link, contact information for Daniela Gonçalves, and details for two age groups: Juniors (5-11 years) and Seniors (12-18 years), both meeting on Thursdays. Two callout boxes highlight 'Boxing workout with a professional instructor' and 'Mindfulness training to feel calmer & happier'.

BAM! boxing and mindfulness

A FREE GROUP FOR YOUNG CARERS

BOXING WORKOUT WITH A PROFESSIONAL INSTRUCTOR
NO EXPERIENCE NECESSARY!

MINDFULNESS TRAINING TO FEEL CALMER & HAPPIER

JOIN US ON ZOOM

JUNIORS
[5-11 YEARS]
THURSDAYS
4:30pm - 5:15pm

SENIORS
[12-18 YEARS]
THURSDAYS
5:30pm - 6:15pm

REGISTER HERE: www.mindfulpeakperformance.com/community

FOR MORE INFO OR TO REGISTER CONTACT
DANIELA GONÇALVES ☎ 07507600601
✉ daniela@mindfulpeakperformance.com

MINDFUL PEAK PERFORMANCE COMMUNITY FUND

Free Online Boxing and Mindfulness drop-in group

We're reaching out to let you know about a free Online Boxing and Mindfulness drop-in group specifically for young carers.

This programme is funded by the National Lottery and is a finalist for the Mindfulness Innovation Award 2022.

Details are on the attached flyer. Sessions are every Thursday via Zoom and young carers from everywhere in the UK are welcome to join. They are a fun and engaging way to feel healthy and look after mental wellbeing.

Each week addresses a theme relevant to young carers and uses guided meditation and non-contact boxfit exercise as a way for them to manage the challenges they face.

Young carers can join for free by registering on the website. A weekly Zoom link will be sent and a warm welcome to the first session!

Register here: www.mindfulpeakperformance.com/community
Or contact: daniela@mindfulpeakperformance.com

Fundraising

Wigan 10 K completed for Wigan and Leigh Carers Centre

Our Digital Media Officer, Lisa, took on the Wigan 10k in September to support our Charity and fundraise for both adult and young carers.

Thanks to all those who have sponsored so far, if you can donate a little, we would be incredibly grateful, the QR link to our Supported Giving page is below or you can use this link:

<https://donate.supportedgiving.com/wigan-and-leigh-carers>

Lisa says, "A huge thanks to everyone who came and cheered and for those who have sent kind donations for Wigan and Leigh Carers Centre. It was a great honour to promote our charitable work, raise the profile of carers locally and make more people aware of the support we can offer.

It was heart warming to be running alongside some fantastic charities in Wigan, Joining Jack, Wigan MS Therapy Centre Ltd, Happy Smiles Training CIC, Wigan Youth Zone, Daffodil Dreams, and many more, and also to see some carers running the race, particularly a big hands up to Michael who was pushing his son in the wheelchair - you are both amazing!!!"

Well done to all the participants.



Volunteering

Meet Susan Ratcliffe—Volunteer at Wigan and Leigh Carers Centre

I first became aware of the support offered by Wigan and Leigh Carers Centre when my youngest son Matthew developed Alzheimer's in 2018. The Carers Centre was so important, as I could go and sound off and speak about my circumstances as a carer.

As part of the groups I was attending, I was also given the opportunity to get involved in some activities, which included accessing a Digital Skills Group to help gain confidence in using technology and the internet. I was given an Apple tablet to help me participate in the sessions.

Through these sessions, I learned some new essential skills to help in my daily life, and make those everyday tasks much easier for me and my husband.

Matthew sadly passed away due to his illness on 14th September 2021. He was 42 years old. His passing led me to volunteer with the Carers Centre - my way of saying thank you for all the help given me during Matthew's illness and to help other carers who were experiencing difficulties. The digital skills course certainly gave me abilities and the confidence to take on this volunteer role.

I currently volunteer at the Centre on reception, taking calls, welcoming carers and providing other administrative tasks on the computers.

I receive the satisfaction of knowing I am helping the Centre, which was something I always said I would do, knowing that Matthew could not live a long life with his condition. I can talk to other carers about the benefits of attending the centre and it's activities and how it has helped me in my life.

As well as my reception volunteering, I help run a 'Knit and Natter' group and have attended a range of courses including Mindfulness, First Aid and a number of craft sessions. I really enjoy the variety of opportunities and the people I have met whilst volunteering with at the Centre.

Thank you Susan for sharing your story



Join Our Team / Volunteering

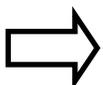
WE'RE RECRUITING!

Be our new Treasurer and join our Board!

Make a difference to a local Charity

Wigan and Leigh Carers Centre
Registered Charity No. 1138908

**Supporting unpaid Adult, Young
Adult and Young Carers across
Wigan and Leigh.**



Would you like to make a difference to a local Charity?

Wigan and Leigh Carers Centre are currently looking for an experienced individual with a background in finance, book-keeping or auditing to join our Board of Trustees as the Treasurer.

Would you like to be able to contribute to an exciting and established organisation that provides a range of services that improve the quality of life of adult and young carers? If so, we would really like to hear from you.

For more information about the Treasurer role, please contact our Volunteer Coordinator Joe Cobb on 07754 648859 or email joe.cobb@wlccarers.com

Join Our Team

WE'RE ON THE LOOKOUT

**FOR A NEW
ADDITION**



WLCC

Wigan and Leigh Carers Centre

Charity Number 1138908

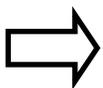
Registration Number 7293521

LEVEL 3 BUSINESS ADMINISTRATION APPRENTICE

TO JOIN OUR CHARITY SUPPORTING UNPAID CARERS IN WIGAN

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

www.wlcccarers.com



Are you looking for an apprenticeship opportunity in Business Administration?
Based in Hindley, Wigan
Could this be the role for you?

Why not consider a fantastic opportunity to make a real difference to the lives of local people by working with Wigan and Leigh Carers Centre.

We are a local charity offering lots of opportunities for career development, a real living wage, and to be part of a great team.

For more information, contact info@wlcccarers.com, call us on 01942 697885, or call into our Centre on Frederick St., Hindley between 9.00am to 4.30pm and ask for Bernadette.

The Carlton Lodge

The Carlton Lodge, 'carers retreat' in Blackpool

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.



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 for 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



WLCC
Wigan and Leigh Carers Centre
Charity Number 1138468
Registration Number 720321

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

KEEP CONNECTED ON SOCIALS

