


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.

Young Carer, Omar awarded Blue Peter Silver Badge and TV debut

We are thrilled to share a brilliant story about one of our amazing young carers, Omar Boyko.

A few weeks ago CBBC Blue Peter were looking to make a film about children who have done kind things. Omar's brother, Zain was made aware of this opportunity and put his brother's story forward – he explained about Omar being a young carer for his brother, Dawud and how he has helped to raise money for Wigan and Leigh Carers Centre by taking part in a charity fundraising walk. Blue Peter got in touch with Zain and planned a surprise for Omar.

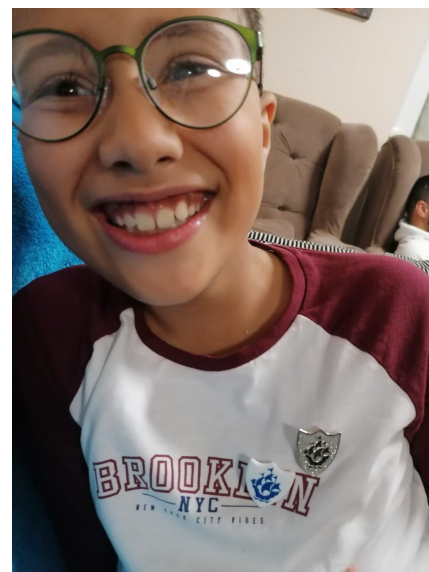


The film crew came around and interviewed the family about what it is like to be a young carer and spoke to Omar about his inspirational charity work. After bringing him home from school they filmed Omar meeting his favourite Blue Peter presenter, Richie Driss. Not only was Omar awarded a Blue Peter Silver award, but as a reward for his kindness, he was taken to test out a new Science Museum that is not due to open until November at "Eureka! Science + Discovery" Museum in Liverpool and what an amazing time they had!

Omar's Story was featured as part of the Blue Peter show aired back in October, which you may still be able to catch on Iplayer.

We are beaming with pride for this young man!!

Well done Omar



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Chief Officer Blog

Chief Officer blog—Bernadette Ashcroft

Welcome to our November 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.

This edition is crammed full of great stories and opportunities for unpaid carers across Wigan and Leigh to come together with other carers and learn more about the support that is available to you. We would love to see you at our monthly drop in on 7th November, call in for a chat, catch up any information you might need to support you in your caring role.



We were very proud to see Omar's story on CBBC Blue Peter. What an achievement. I am sure that, like me, many of our readers have often thought that it would be great to win a Blue Peter Badge. Several readers supported Omar in his epic walk, and it is great to see this recognition of his kindness.

Another young carer was also given a very special award from Chief Scout, Bear Grylls in recognition of her kindness and compassion. Ella, a huge congratulations from us all, we are so proud of this achievement—see page 30 for the full story!

Thank you to everybody who bought tickets for our prize draw. The lucky winner will enjoy a one-week holiday to our Carers Retreat in Blackpool. All the lucky winners are listed on Page 5. You can also find out more about our Carlton Carers Retreat on page 37. Book now for 2023 holiday season and claim the **20% discount** if you are registered with WLCC!

Once again there is a wide range of activities planned for November 2022. The team are now planning for events over the Christmas and winter periods and would love to hear your thoughts and ideas on how we can help all our unpaid carers manage through what we expect to be a tough period.

As you will be aware, WLCC relies on the generosity of local people, and we are introducing new ways to make it easier to support our work. In the coming weeks, you may notice a DONATE button on our Facebook posts and much of our literature will include a QR to make donations and payments much easier for our supporters. If you would like to take part in a fundraising activity to support our work, please get in touch - we would love to hear from you.

Please don't hesitate to contact myself or the team if you need any support, call us 01942 697885 or pop by—we make a lovely cuppa!

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



Charity news

2022 AGM

A fantastic turn out for our AGM at Sunshine House, Wigan in October.

Every year we come together to discuss issues affecting carers, report back on the work of the past year and look to the challenges and opportunities ahead as a collective community.

We had the honour of welcoming Guest Speaker, Kirsty McHugh, CEO of Carers Trust who delivered an informative speech about the partnership we hold, her deep commitment for securing positive change, and personally speaking about her first hand experiences of what it means to be an unpaid carer.

Our thanks to Matthew Hothersall from P A Hull & Co who delivered the reports on Finance & Accounts. Not forgetting our special guest, young carer, Omar who came to draw the winners of this year's raffle. Congratulations to all the winners and thanks to everyone who supported and bought tickets. We really do value your support.

Lastly thanks to everyone for your continued support, those who came to support the event, those who helped to organise, those who donated prizes and our brilliant staff, volunteers and Trustees.



Charity news

2022 AGM Raffle Winners



1st prize (Holiday Lodge) - Ticket No. 0182 Dee

2nd prize (Spa Day) - Ticket No. 0189 Angela

3rd prize (Haydock Races) - Ticket No.0426 Sarah

4th prize (Golf Driving Range) - Ticket No. 0367 Heather

5th prize (Main Hamper) - Ticket No.0180 Lucy

6th prize (Ladies Hamper) - Ticket No.0165 Matthew

7th prize (Teenage Hamper) - Ticket No.0370 Jodie

8th prize (Gents Hamper) - Ticket No. 0002 Ken

9th prize (Gents Hamper) - Ticket No. 0423 Andy

10th prize (Christmas Hamper) - Ticket No.0419 Sikander

Congratulations to all the winners and a huge thank you to everyone who entered and supported our Charity.

Thank you also to our generous donators for your kind prizes.

Charity news

WLCC welcome Embrace to talk about Advocacy Support

A huge thank you to Katherine and Gail from Embrace Wigan and Leigh who came to speak at our Monday morning team meeting recently. It was fantastic to hear about the services they provide, particularly around their Advocacy support services and how they can be of help to carers.

Advocacy services help people – especially the most vulnerable – to be involved in the decisions that affect their lives. The health and care system can seem complex and confusing and saying what you want can be stressful, especially if you need on-going support and find it difficult to express your views.

If you need support, an advocate can help you say what you want, get the information you need and make sure your rights are protected.

An advocate should represent your wishes without judging or giving a personal opinion. You might not get the outcome you want but an advocate can make sure your voice is heard.

If you are a carer, and would like to find out more about the Advocacy Service they offer, please don't hesitate to get in touch with us and we can tell you more, call 01942 697885.



WLCC Support Mental Health Awareness Week

It was a great day supporting [All Ears MHA](#) Wellbeing event in October at The Grand Arcade in Wigan.

A big shout out to Amy who created her CIC, All Ears MHA in memory of her dear friend - you are an inspirational lady and we are proud to have support you.

Met some lovely people and had some great conversations.

Thank you for inviting us.

#mentalhealthmatters

Charity news

Open drop in for Carers and Professionals



Carer, Gill shares her story and how she came to the new monthly drop in event.

"We attended the drop in session in October after registering with WLCC earlier in the year to find out what services are available to us as a family. Dad has been diagnosed with Vascular Dementia, and since mum's cancer diagnosis and operation earlier this year, I have been supporting them both.

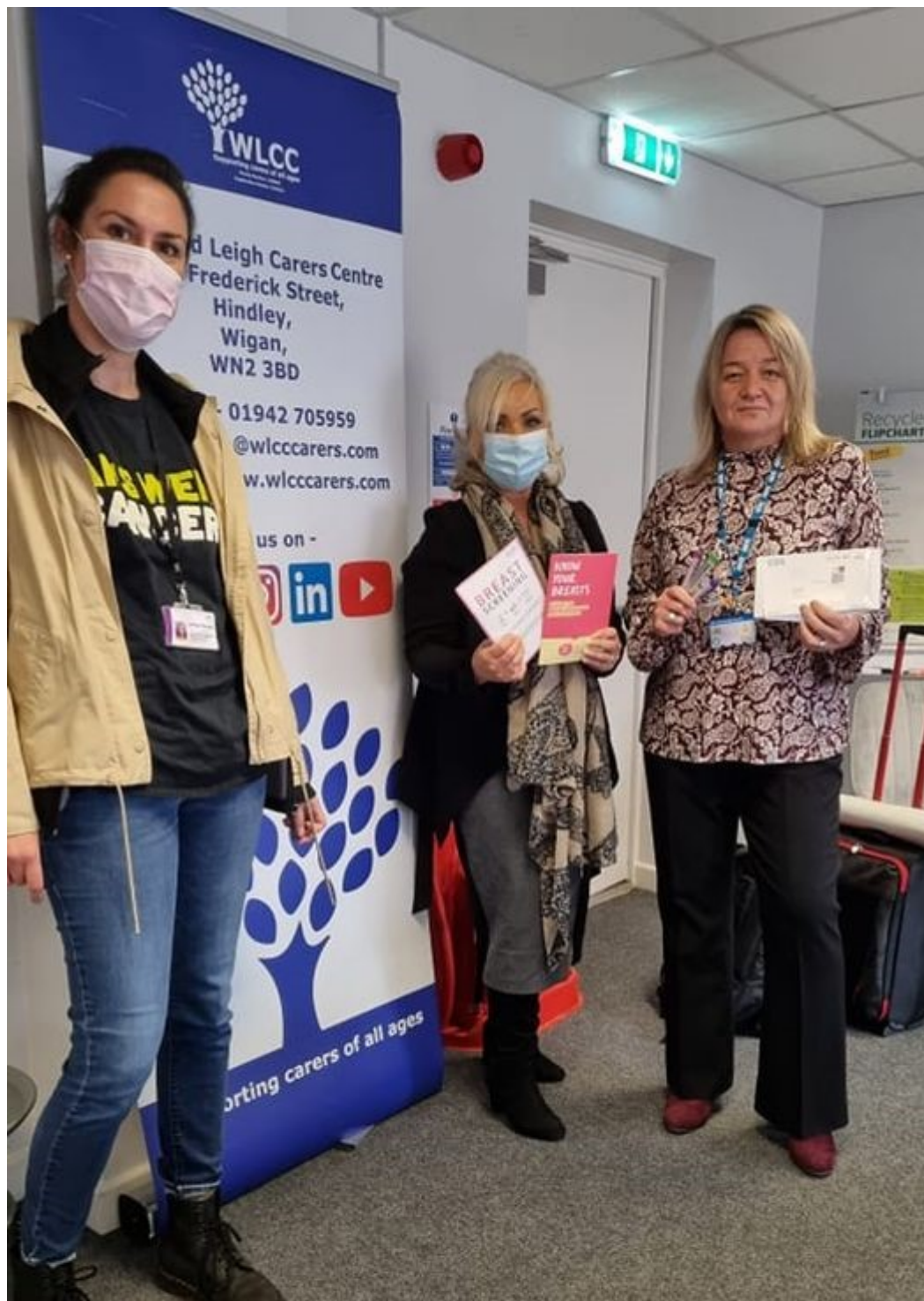
We have since attended coffee mornings, knit and natter and the Admiral Nurse Information Session and plan to access the wellbeing walks and other activities.

I would encourage anyone with carer responsibilities to drop in . The Centre is welcoming, the staff and volunteers are supportive and friendly and we have very quickly felt part of the WLCC family and have a much better understanding of what services and support is available to us."



November's Open Drop In session is being held on:
Monday 7th November 2022, drop in anytime from 2 pm—7 pm

Charity news



WLCC welcome Cancer Screening Specialists to talk to carers

A pleasure to welcome Janet, Nova and Hannah from support organisations who came to talk about the NHS Cancer Screening Programmes available to carers.

**If you are a carer and are interesting in finding out more,
call Suzanne at Wigan and Leigh Carers 01942 697885**

Charity news

WLCC welcomes new Carers Case Officer, Kieron Sales

A warm welcome to our new Carers Case Officer, Kieron Sales.

We would like to introduce you to Kieron who has recently joined team WLCC as our new Carers Case Officer, alongside Jill Woosey.

We caught up Kieron and here's what he had to say:

"Hi, I'm Kieron and I am a Carers' Case Officer. I started my role in October! I have previously worked in Retail, Digital Printing and most recently as a PCN Care Coordinator in Leigh.

In February 2018, my then 3 year old son was diagnosed with Duchenne Muscular Dystrophy, a rare progressive muscle wasting disease. As an unpaid carer myself, I am very keen to support and champion our carers as my own family's personal experiences have brought certain challenges.

Please feel free to give me a call or come in to the centre for an informal chat. We can sit down, have a brew and If you're lucky you might even get a biscuit!! I can offer you a listening and non-judgemental ear at a time when you may need it the most.

WELCOME TO THE TEAM



KIERON SALES

CARERS CASE OFFICER
WIGAN AND LEIGH CARERS
CENTRE

My main coping mechanism since finding out my son has Duchenne has been to write a blog from the viewpoint of a Dad dealing with their child's life limiting illness diagnosis. I find this to be very cathartic."

Jill Woosey, Carers Case Officer said **"We are really happy to welcome Kieron to our amazing team. He will be a massive asset to our Triage and Support team as a Carers' Case Officer. He has a wealth of knowledge as a professional and as a carer also. He is keen and really looking forward to meeting our carers to offer support and a listening ear."**

Welcome to the team Kieron!

Charity news

Mindfulness Walks

We've been walking around the Borough throughout October, with carers and friends joining our relaxing walks. Here's some of our fantastic photos.

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



The Lowry, Manchester



Amberswood Nature Reserve

Charity news

Carers enjoy Afternoon Tea & Scones

During October, Carers thoroughly enjoyed attending an afternoon tea and scones event at the Carers Centre.

A relaxing afternoon, with great company and a delicious bite to eat.

Our next Afternoon with Jam and Scones is now available to book and will take place on Friday 4th November at 1 pm.

Call Suzanne to secure your place 01942 697885 or book via our website.
Free for registered carers.



Charity news

Welcome Trustee — Victoria Marsh

Wigan and Leigh Carers Centre would like to announce the appointment of a new trustee, Victoria Marsh.

As a solicitor at Russell & Russell Solicitors, with over 15 years experience in private client law, Victoria has experience in the preparation of Wills, Estate Administration, Lasting Powers of Attorney and Court of Protection work. She specialises in supporting those who are vulnerable as a result of older age conditions such as dementia or mental health conditions and those with drug and alcohol addiction.

Born and bred in Wigan, Victoria has always wanted to give something back to her local community.

Victoria says, ***"I know from personal experience, as a carer for my parents, the demand placed on carers. Carers provide an invaluable service for their loved ones and the community as a whole and deserve to be supported as much as possible to fulfil this role. The services and support offered and provided by WLCC are both inspiring and essential and I hope I can help to champion them across the borough as a Trustee."***

Appointed through an extensive recruitment process, Victoria has joined our group of dedicated Trustees.

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. Victoria is committed to ensuring we provide quality carer-centred services and that our policies, systems and processes are rigorous."***

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

WELCOME TO THE TEAM



VICTORIA
TRUSTEE

WIGAN AND LEIGH CARERS
CENTRE



Carers Rights Day

Carers Rights Day—Thursday 24th November 2022

[Carers Rights Day 2022](#) is taking place on Thursday 24 November!

This year, the campaign will focus on the ways in which Caring Costs unpaid carers. From carers' wellbeing and ability to access health services, to costs to their finances and employment options, to the current cost of living crisis which is being felt even more acutely by carers throughout the UK, Caring Costs in so many ways.

That's why, this Carers Rights Day, we want as many organisations and individuals as possible to get involved:

- ensure carers are aware of their rights
- let carers know where to get help and support
- raise awareness of the needs of carers.

Last year thousands of carers were reached with information, support and advice through events and activities run by carer support groups, carers organisations, local authorities, GP surgeries, hospitals, businesses and more.

This year, we want to encourage more people than ever before to get involved, so collectively we can reach even more carers. **We will be hosting some 'pop up' events around the Borough on the day—please be sure to check our website and social media pages to see where we will be on the day!**



Vaccinations

Flu Vaccinations

Flu vaccinations

Carers who live in England and Wales are eligible for a free flu jab on the NHS at your GP surgery or local community pharmacy.

Have you had your flu jab?

Don't put it off. Get your flu jab straight away.

**STAY WELL
THIS WINTER**



The eligibility criteria for a free flu jab includes the following:

- If you are the main carer for an elderly or disabled person, who may be put at risk if you became ill, you are eligible for a free flu jab (age 16+).
- If you are receiving Carer's Allowance.
- If you are aged 50+, pregnant or have certain health conditions.

Carers can find detailed information about the importance of flu jabs for unpaid carers [here](#). You can also find the carers flu vaccination toolkit, developed by NHS England and others, [here](#).

COVID-19 booster vaccinations

Unpaid carers can now book their booster on the National Booking System.

Carers who are known to GPs and who have a 'carer's flag' on their primary care record will receive invitations to book both their COVID-19 booster and flu vaccines as soon as they are eligible. Carers

can also self-declare and book their COVID 19 booster vaccination via the [National booking Service](#), by calling 119, or by finding a walk-in appointment through the online [Vaccination Walk-in Finder](#), and should approach their GP or pharmacy for further information about how to access the vaccines.

**BOOST YOUR
IMMUNITY
THIS WINTER
WITH THE FLU VACCINE
+ COVID-19 BOOSTER**

There is no requirement to provide proof that a person is a carer when attending vaccination appointments.

Many carers however, including those who have newly taken on caring responsibilities, may not be known to their GPs or Local Authority. Please contact us and we can make the registration on your behalf. This will provide a sustainable approach for identifying carers for any future vaccinations.

Laptops for Carers

An opportunity thanks to Wigan Council that could make a real difference to many carers

Would a laptop computer be helpful to you?

Would you find it difficult to afford to buy a device yourself?



Being digitally included is such an important aspect of modern-day life supporting people to connect, take part in online activities, digital events, and access a wealth of information. Many people who care for someone can feel socially isolated, lonely and unsupported. Often they can't leave the person they care for, and replacement care is too expensive, which means that meeting up with friends, or even a relaxing walk around the shops, is impossible for them.

Having a device such as a laptop can be so beneficial for carers such as:

- ⇒ Browsing and ordering your shopping from home
- ⇒ Finding out about health concerns, order prescriptions and booking appointments
- ⇒ Chat to your relations and friends via Zoom
- ⇒ Join Carers support groups, and link in to all the on-line help available for carers
- ⇒ Contact friends on social media
- ⇒ Relax with a game you enjoy, or find out about your favourite hobby

Wigan Council has made an investment into reconditioning a number of laptops / 2 in 1 devices which are being made available for people who meet a specific criteria to access- including unpaid carers.

Laptops for Carers

An opportunity thanks to Wigan Council that could make a real difference to many carers



This programme is part of the council's commitment to supporting local residents who would otherwise not be able to access these devices for a number of reasons, it is also a key part of our commitment to the Green Agenda and ensuring devices do not end up in landfill.

Carers can complete an application form (available from us) for consideration of a laptop/2-in 1-device being offered to them as a gift and return the application form to CarersMailbox@wigan.gov.uk.

If the carer is unable to access email, then they can return the application form to Wigan and Leigh Carers Centre and we will ensure it is passed over to the Council.

Please contact us for more information and to discuss your needs.

Carers can contact us directly, or a friend relative, or professional can get in touch on your behalf.

**Telephone 01942 697885 E-Mail: info@wlcccarers.com
and mention 'Laptops for Carers'**

Please note: eligibility criteria applies and limited supplies

In the news

Unpaid Carers highlighted on The One Show

We are very pleased to see unpaid carers highlighted on The One Show in October.

The show featured Christie, who cares for her mum. She, like many carers, struggles with feelings of loneliness, pressure and isolation. Sue Perkins and Natalie Cassidy both talk about their personal experiences and what carers do for those that they love.

It is a brilliant and moving film. Thank you for putting a spotlight on the selfless and often unseen things that millions of brilliant people like Christie do on a daily basis and helping to be a voice for so many carers out there.

People need to be able to talk about this more openly without feeling guilty. If you are a carer and need any advice or support, please reach out, call us 01942 697885

[Catch up on Iplayer here](#)

It starts at 2 min 24



My Time Wigan



Carers enjoy break with My Time Wigan at Rugby League World Cup

Fantastic photos and nice to see carers having a well deserved break with [mytime Wigan](https://www.mytime-wigan.co.uk) at Rugby League World Cup.

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](https://www.mytime-wigan.co.uk).

Breaks for Carers

Regina Blitz support unpaid carers with breaks

Regina Blitz have teamed up with Carers UK again this year, and are giving 1000 well-deserved breaks to unpaid carers – and they want to hear your stories. Visit [here](#) for more information.

Regina Blitz partnership and giveaway



We are excited to announce that Carers UK are once again partnering with Regina Blitz to raise awareness of caring across the UK and to help carers to recognise their caring role.

Regina Blitz will be supporting the Carers UK Care for a Cuppa sessions until March 2023 and will be giving away goodie bags to carers who register to receive one.

As well as supporting our Care for a Cuppas, Regina Blitz will be offering unpaid carers the chance to win a free prize. The giveaway will enable winners to take some well-earned time for themselves away from their caring responsibilities. With a wide range to choose from including afternoon teas, spa breaks, weekend getaways, subscriptions to Audible and lots more, there will be something to suit every winner.

You can enter the draw on the Regina Blitz website at carersbreaks.regina.uk.com

Upcoming events from the Carers Centre

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 4th November
1.00 pm - 3.00 pm

[Book via our website](#)
or call us 01942 697885



Carers Parkinson's Information and Support Group

Join us for an information and support session at Wigan and Leigh Carers Centre. We will have our representative, Denise, from Parkinson's UK, here to answer any questions and offer guidance. Refreshments provided

Thursday 10th October , 10.30 am

[Book via our website](#) or call us 01942 697885



Stroke Recovery and Communication Support Service

For more information contact the Wigan Stroke Recovery Service.
Phone: 01942 369818
Email: wigansrs@stroke.org.uk

Stroke
Association

Carers Stroke Support Session

The Stroke Association Wigan will be holding an informal session at the Carers Centre, Hindley to offer information about Stroke and what Wigan Stroke Recovery Service can offer to stroke survivors, carers and families.

Wednesday 23rd November, 10 am

[Book via our website](#)
or call us 01942 697885

Upcoming events from the Carers Centre



Save the date—Carers Coach Trip to Blackpool

Thursday 29th December 2022

Call Suzanne to register your interest 01942 697885

Full information coming soon!



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 with November's being held on: **Monday 7th November 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 7TH NOVEMBER 2022
DROP IN BETWEEN 2 PM - 7 PM
CARERS CENTRE
HINDLEY
WIGAN
WN2 3BD



Support

Ambitious Youth Network

Check out Ambitious about Autism / Network, a UK-wide online platform for autistic young people!



Ambitious
youth network

**Are you 16-25?
Are you autistic?
Join our Ambitious
Youth Network
online platform!**

Meet new people in our peer support sessions and access paid opportunities to make things better for autistic people.

ambitious-youth-network.ambitiousaboutautism.org.uk

 **Ambitious
about Autism**

Ambitious about Autism is a registered charity in England and Wales: 1063184 and a registered company: 03375255.

One young autistic person, who is part of the network, said:
“Before I joined I struggled to take part in group activities and was highly anxious to do so, now I feel much more confident and self-assured in a range of different situations. The network has had a very positive impact on my life because it has given me a strong sense of belonging, enjoyment and I don't feel as isolated or lonely anymore.”


The network offers autistic young people aged 16 to 25 a safe and moderated online space to help them understand their autistic identity, connect with others and reduce feelings of loneliness that many feel.

[Join now!](https://ambitious-youth-network.ambitiousaboutautism.org.uk)

Support

If you are a resident in Wigan and Leigh, why not check out these amazing pages created by Wigan Council to support you in managing during this difficult time. [Take a look here](#)







[Home](#) / [Council](#) / [The Deal](#) / [Deal for Communities](#) /



Here for You

Feeling the pressure of rising costs?
It's hard to know where to turn.
We're here to point you in the right direction.

Wigan Council

-  **What we're here to do**
We're here to help point you in the right direction to get the advice and support you need
-  **Benefits and childcare costs**
Maximising your income and making sure you get what you're entitled to
-  **Being energy savvy**
Advice on heating your home affordably and keeping down fuel costs
-  **Borrowing wisely**
Don't find yourself buried in bad debt - advice to help you borrow from trusted sources for lower costs
-  **Money management**
Tips to look after your day-to-day budget to keep costs down
-  **Feeling overwhelmed?**
Tips to keep your mental health afloat when money worries are getting you down
-  **Crisis support**
Where to turn if you're facing a financial or mental health crisis
-  **Feeding your family**
Healthy, affordable, fuel efficient food ideas for when you're feeling the pinch
-  **Warm Welcoming Spaces**
If you're struggling to stay warm this winter, we have open doors across our borough waiting to welcome you



Asda launches £1 meal deal with unlimited hot drinks to help over 60s with cost of living

Asda has launched a £1 café meal deal for people over 60 as part of a new 'winter warmer' initiative to support vulnerable customers struggling with the cost of living crisis. The supermarket is offering those aged 60 and over the chance to enjoy soup, a roll and unlimited tea and coffees for just £1 in any of its 205 cafes all day and every day throughout November and December.

Support

Discounted travel

If you are registered deaf or use hearing aids, you and your travelling companion could get a third-off rail travel. You may also be eligible for free or discounted travel on local public transport.

Discounted rail travel

You can get a Disabled Person's Railcard if you live in England, Scotland or Wales and are registered deaf or use hearing aids.

The card costs £20 for one year or £54 for three years, but you'll get one third off most adult rail fares at any time of the day for travel on the National Rail network in Great Britain.



[Read more](#)

Cost of Living Support Textline

A Textline is available for people in Greater Manchester who are struggling with the costs of energy, food and other bills.

While support and advice is available from local councils, people unable to access phone support from their local authority can text their question or issue to a central number which will then be relayed to the most appropriate place/area.

The number to text is 07860 022876



Support

Bringing Us Together, Workshops on Anxiety and Overwhelm in Everyday Life (online via Zoom)

Spinning too many plates?
How to avoid breaking any...

Starting on **Tuesday 15th November** Bringing Us Together are running a series of 6 FREE interactive workshops with a different theme every month. They will be sharing stories, conversations and insights with each other. Workshops will take place on;

Tuesday 15th November 2022 : 10.30am - 1.00pm
Tuesday 13th December 2022 : 10.30am - 1.00pm
Tuesday 24th January 2023 : 10.30am - 1.00pm
Tuesday 21st February 2023 : 10.30am - 1.00pm
Tuesday 21st March 2023 : 10.30am - 1.00pm
Tuesday 11th April 2023 : 10.30am - 1.00pm

The sessions offer a safe welcoming space to connect with others and make it easier to deal with life's current challenges. Book yourself a place on some or all of this series of workshops to help you keep those plates spinning!

Here is some feedback from participants on the last series of workshops they ran on Anxiety:

"Remembering time for yourself is crucial and working out what helps you. This course really helps keep you on track with helping yourself when you're doing your very best supporting others."

'So valuable to realise that my issues are not unique to me and that there are ways to release some of the anxieties. 'Making my world bigger' is one which clicked with me the most.'

'Really useful information. Go for it!'

'Do it you really won't regret it. You can just listen with no pressure to answer or share. Lots of knowledge, techniques and advice, by people who have first hand experiences so they have actually lived it and with varying degrees. Some of the things I knew and others not a clue. Been very good at putting it into practice and it's helping so much. Nothing to lose but you have so much to gain.'

For information and to book your place, email: tony@bringingustogether.org.uk



Support

Handling medicines safely / Administering Medication

There are some free eLearning modules from Health Education England aimed at the non-registered medicines workforce such as social care staff and informal unpaid carers.

[Click here to access Module 2 which may be particularly useful to informal carers.](#)



Handling Medicines Safely For Social Care Staff Module 2: Administering Medication



about

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next ►

Support / What's on

Managing a household budget and managing debt (online) Carers UK

Monday 7th November, 10 - 11.30 am

The second in a series of monthly Share and Learn sessions aimed at supporting carers through the cost of living crisis will be focused on managing a household budget and debt. The first part will be led by Darren Cole, a financial expert and professional trainer from Secondsight, who will be sharing some top tips for keeping in control of your finances.



Following Darren's talk, Liz Edwards (a Helpline adviser with Carers UK) will be sharing her expertise and talking through the energy support package including the Warm Home Discount scheme and other support available to your household to help you manage rising energy costs. They will also introduce you to the range of support available on the Carers UK website.

[Book here](#)



The logo for Empowered Conversations, featuring a speech bubble icon and the text 'empowered conversations' with 'Dementia Communications Training' in smaller text below.

A stylized globe icon with a grid pattern, representing global connectivity or a network.

ESCAPE TO THE DISCO

**Weekly online disco for people affected by dementia in
Greater Manchester. Tuesdays 3 - 4.15pm.**
For Details email - empoweredteam@ageuksalford.org.uk

Dementia Carers—'Escape To The Disco' a weekly online disco for people living with Dementia in Greater Manchester with Empowered Conversations.

Starting Tuesday 1st Nov, 3 pm - 4.15 pm

Email: empoweredteam@ageuksalford.org.uk to sign up or get further information.

Support / What's on

Be Informed—Know Your Rights

Carers - please see details of this incoming event with Prof Luke Clements of Cerebra.

Please book through Embrace Wigan and Leigh, call 01942 233323

Family Forum



BE INFORMED KNOW YOUR RIGHTS!

A ONE-DAY EVENT FOR FAMILY MEMBERS OR CARERS OF ADULTS
OR YOUNG PEOPLE AGED 14+ WITH A LEARNING DISABILITY

The Family Forum are hosting an event in collaboration with expert in the field Professor Luke Clements. This is a one-day event aiming to inform family members/carers of what the Care Act means to your son or daughter, and what the law says about Care Act Assessments, Personalisation/Direct Payments, Community Care Charges, Transport etc..



Tuesday
8th November
10am till 2pm
Registration is from 9:30am

Venue:
St Peter's Pavilion
Hurst Street
Hindley
Wigan
WN2 3DN

Any family member/carer of a son or daughter with a learning disability can attend. However, please be aware that the **focus will be on adult legislation and young people preparing for adulthood.**

Although family members/carers will be given priority bookings, professionals can express an interest and if there are enough places left they will be allocated a place. **Please reserve your place or express your interest by calling Eileen or Leanne on 01942 233323 or email: e.bagguley@embracewiganandleigh.org.uk**

Luke Clements is the Cerebra Professor of Law & Social Justice at the School of Law (Leeds University) and a patron of the Disability Law Service. His areas of expertise includes: Social Care Law, Disability Law, Social Justice, Mental Capacity and decision making.



Ask Jill

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



Q - I'm a 38 year old Male Carer. I live in Leigh and I'm currently finding that things are getting on top of me at the moment and I have no outlet.

I've had counselling in the past but I'm looking to find a men's peer support group in the area. Please can you advise?

A - Andy's Man Club have a free to attend peer-to-peer support group for men aged 18+ every Monday evening (7pm – 9pm) at Leigh RUFC, Hand Lane, Leigh.

ManLeigh, also offer peer-to-peer support and run a number of groups throughout the week in the Leigh area. One of which is at Tesco Extra, The Loom, Leigh in the Community Room every Saturday 10am – 1pm. You can email Mark Smith for more details manleigh@mail.com.

We also have a Male Carers Group here at the Centre in Hindley which takes place on the first Thursday of every month 1pm – 3pm which you are very welcome to attend!

Q My son is in his late twenties and lives at home. At the moment, I do his cooking, his washing and help him manage his money. I would like him to be more independent, as I might not always be able to look after him. Where can I go to get advice and help with this?

A. Adult services (01942 82877) offer a range of support around independent living, both directly and through other service providers. These include cleaning, getting meals ready, money management and travelling. There is also support around many other area's such as, increasing confidence, communication and socialising. Embrace (01942 233323 a local user led charity) can also help you to navigate the options and advocate on your behalf, through their General Advocacy Project.



Follow Wigan and Leigh Carers Centre on:



Parent Carers



For parents and parent carers to get advice
and support from peers in the community



Venue:
Hidden Gem Cafe
Platt Bridge Community Zone
81 Ribble Road
Platt Bridge
Wigan
WN2 5EG

www.embracewiganandleigh.org.uk

For more details contact us on:

☎ **01942 233323**

or send us a message via:

f /embracewiganandleigh

or text us on

☎ **07776 599890**

Embrace is registered with the Charity Commission of England and Wales, incorporated in 2000. Registered Charity Number: 1082663

Parent Carers



WIGAN SEND DROP IN
TUESDAY 15TH NOVEMBER
10-12



Drop in for parent carers of children with additional needs
aged 0-25 in Wigan

This month we will be joined by

Child and Adolescent Mental Health Service (CAMHS)



Wigan SEND Hub
Ashland House
Manchester Road
Ince WN2 2DX



Open forum Session

For parent carers of children/young
people with additional needs aged 0-25
Young people welcome too.

PUTTING YOUR CHILD AT THE CENTRE.

HOW TO DEVELOP OTHERS PEOPLE'S UNDERSTANDING OF YOUR CHILD'S NEEDS.



Eventbrite

With Wigan Council SEND Team
Hayley Jackson SEND Service Manager
Maire Robinson - SEND Engagement Officer

PRACTICAL TABLE TOP WORKSHOPS



Tuesday
15th November
6pm-8pm

The Venue,
2 Parsons Walk
Wigan, WN1 1RU
(next to Wigan Youth Zone)

Parent Carers

Quirky and Autistic Parenting Podcast



If you are new to autism and parenting, the first series of the Quirky and Autistic Parenting podcast is just for you. It's about 'the shape of family' and is a funny audience-driven show for parents and autism professionals alike! Samera and Hayley, both parents to autistic children, answer your fundamental questions over ten episodes.

Visit the site here: <https://sites.libsyn.com/437067/trail>

There is an open evening coming up at The Zone.

Wednesday 16th November, 4 pm - 7 pm

Robin Park Sports & Tennis Centre

The Zone is a centre for people with complex health needs aged 14+

Full information in flyer below....

THE ZONE OPENING EVENING

Wigan
Council

Everyone is welcome to drop in at our open evening on Wednesday
16th November 4.00pm – 7.00pm

we are a centre for people with complex health needs and we cater
for people aged 14+

FREE Cheese & Wine

FREE specially adapted dance sessions with Lizzi

FREE Massage sessions with Nichola

View our customer art gallery

FREE Health Bites & advice with Daz

Music sessions

We are based within Robin Park Sports & Tennis Centre, Loire Drive,
Wigan WN5 0UL

For further information please contact us on 01942 486826

Male carers



Male Carers Social Group

Carers Centre,
Hindley
WN2 4BD

Thursday
3rd November
1 pm—2.30 pm

[Book via our website](#)
or call us 01942 697885

Male Peer to Peer Support Group (Leigh)



**PEER-TO-PEER
SUPPORT FOR MEN
TALK, BREW,
BISCUITS
AND LAUGH.**

**HSP
19-23 CHARLES STREET WN71DB
EVERY TUESDAY 12:30 TO 2:30**

**ST MARY THE VIRGIN CHURCH
COMMUNITY CAFE
WN71EB
EVERY WEDNESDAY 1 TO 3**

**TESCO EXTRA
COMMUNITY ROOM
WN74BA
EVERY SATURDAY 10 TO 1**

**COMING SOON
BRIDGEWATERS CAFE
WN74HA
EVERY THURSDAY EVENING
7 PM TO 9 PM**



Life After Caring

This year, Wigan and Leigh Carers Centre welcome carers, staff, volunteers and friends to join us, as together, we attend Wigan and Leigh Hospice's **Light for a Life** service.

The event is on **Tuesday 6th December at 6.30 pm**—we will meet at the **Carers Centre in Hindley at 5.30 pm**, enjoy some refreshments and a bite to eat, then walk up to The Hospice together.

The Light for a Life switch-on ceremony is a chance to mark the lives of those we love and those we have lost. At the ceremony the lights on the beautiful tree will be switched on and there will be readings and music.

We hope you can join us.

To make your Light for a Life dedication visit:

www.wlh.org.uk/support-us/giving-in-memory/light-for-a-life/



Wigan & Leigh Hospice

Light for a Life

Join us for our very special service
of celebration and remembrance.



Life After Caring

Losing a child is unimaginable for many. Embrace host a monthly peer support session for those who have experienced this at the Hidden Gem - Community Café in Platt Bridge.

Hidden Gem Cafe, Platt Bridge Community Zone, 81 Ribble Road, Platt Bridge, WN2 5EG



A new group for parents, care givers or relatives who have lost a child. A safe space to talk, receive support and guidance.

Last monday of every month
6pm till 7pm
Starting on 26th September

For more details contact us on:

☎ **01942 233323**

or send us a message via:

f **/embracewiganandleigh**

Embrace Wigan and Leigh Registered Charity Number 1082663 (England and Wales)

Young carers

Young Carer, Ella , wins special award and is saluted by Chief Scout, Bear Grylls!

Seven-year-old, Ella has been saluted by Chief Scout Bear Grylls for looking after her disabled mum and other acts of kindness.

Ella is a Beaver at Adlington Scout Group where she has won plaudits for her charity work. And the fact that she cares for her mum Anne-Marie at home as well has now propelled her to national stardom.

Ella was among 21 Unsung Heroes, aged between four and 24 who were recognised for achievements including saving lives, fund-raising and showing strength in adversity, and showing the never give up spirit.

They went to the Bear Grylls Adventure Centre at the NEC in Birmingham to meet the man himself. Mum, Anne-Marie said: **“I am so incredibly proud of her. I am registered disabled, having undergone three lots of spinal surgery and I have a connective tissues disorder. It’s just the two of us in the house and Ella is a complete star. She helps in so many ways, whether it’s helping me get in and out of chairs and bed, loading the dishwasher or making some breakfast. Ella is mature beyond her years, she understands my needs and is simply kind-hearted and loving.”**

Ella was nominated for the award by her Beaver leader Beverley Scragg who said that she has demonstrated the Scout values of courage, kindness and a *“never give up”* spirit.

Congratulations Ella



Young carers

Young Carers Halloween Cook Club

Young Carers had a wonderful time at the Halloween party making their own choice of sandwiches, pizza sausage rolls, crisps, and spooky cakes. There was a Halloween Quiz for them from Volunteer, Sue with sweet gifts for the winners. The Halloween hats, bags, and gifts were provided by Shirley at Fur Clemt (Thank you!) The children were happily presented with a certificate at the end of the evening.

Our thanks to Shirley for everything and our amazing volunteers. What a great night for all.



Young Carers

Halloween Pumpkins

Young carers pumpkin carving during an activity session at the Carers Centre.

A brilliant effort from all the young carers who attended and a lot of resilience and muscle strength used to carve into those tough pumpkins.

Happy Halloween to all our young carers and families!



Young carers

Young Carers Leaf Print Session

Lovely pictures made for family members in a session during October, by young carers - followed by some fun games.

Making the most of our fallen autumn leaves.



Young Carers Halloween themed cake and biscuit decorating

During October, a group of young carers enjoyed making their own Halloween themed cakes and biscuits—don't they look absolutely amazing!!

We had some zombie cakes, spiders and mummy designs made and young carers got to taste test some making sure they were as yummy as they looked!

Thanks to Katie for leading the session.



Fundraising

Wigan and Leigh Carers Centre have been selected to take part in the ASDA online **Green Token Giving Grant**. Please give us a couple of minutes of your time to vote for us, wherever you are in the world.

1. Visit www.asda.com/green-tokens
2. Select Wigan from the drop-down box.
3. Vote for Wigan and Leigh Carers Centre

Supporters will be able to vote once every seven days, so please return and revote in the following weeks. Until 31 December. Make a note to vote for us every Sunday, it could get us £500 towards activities for both adult and young carers.

Thank you

A vibrant green and yellow poster for the ASDA Foundation Green Token Giving campaign. At the top, the ASDA foundation logo is next to a sun and clouds. Below this, the words 'Green Token Giving' are prominently displayed in large, stylized letters. A central white box contains the text 'Please vote for us!' followed by the prize amounts for the top three places. At the bottom, a purple banner provides the website 'Asda.com/green-tokens' for more information. The entire poster is decorated with numerous green circular tokens, each featuring the ASDA logo. A small silhouette of a family is visible near the 'Giving' text.

ASDA foundation

Green Token Giving

Please vote for us!

1st Place = £500
2nd Place = £400
3rd Place = £300

Visit
Asda.com/green-tokens
for more info

#AsdaFoundation #GreenTokenGiving

Terms and conditions apply.

Volunteering

Meet Trevor —Volunteer at Wigan and Leigh Carers Centre

My story began when I retired. At last it was a “forever holiday” or so I thought!

After the ‘honeymoon period’ faded panic reared its head. What am I going to do with my now empty life?

My wife encouraged me to train for a voluntary role for “Friends of Young Carers” as it was known then. It is now “Wigan and Leigh Young Carers” (WALYC).

I was invited to attend a training course which I nearly opted out of as I was the only man on it. However, deep down, I knew it was the right thing to stick with it and I completed the course. I have now been volunteering for WALYC for well over 10 years.

Why you may ask, do I love volunteering? The answer is quite simple. Over the years I have seen the on-going positive difference our support makes to the lives of the children and their families. The

children can have great fun and at the same time have wonderful experiences and gain new skills. There are many things that the children can do. I could go on forever. They can get involved with groups, cook clubs, trips to pantomimes, the cinema and park outings. WALYC also provide some great activity weekends. There’s a befriending service and the opportunity for short holidays in the lodge at Marton Mere.

What’s in it for me, you may ask? Volunteering for WALYC has given me a sense of purpose in life. I feel a great sense of pride and joy. It keeps me active and busy. I love to see the children’s happy faces and to see them gain confidence and self-esteem. WALYC certainly makes a positive difference and I don’t intend to give up my volunteering role any time soon.



Join Our Team / Volunteering

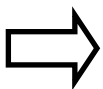
WE'RE RECRUITING!

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

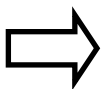


LEVEL 3 BUSINESS ADMINISTRATION APPRENTICE

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.

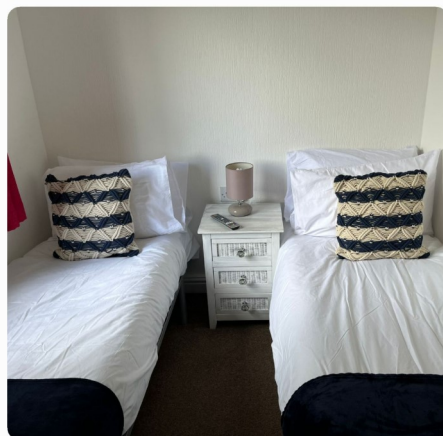
The Carlton Lodge

Holiday's in Blackpool for Carers 2023

We are now taking bookings for 2023 at The Carlton Lodge Carers Retreat based on Haven's Marton Mere site in Blackpool.

We are thrilled to offer registered carers a 20% discount for 2023.

You can find out more information on our website [here](#) or alternatively call us for more information 01942 697885.



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

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

