

Carers in Wigan & Leigh


Issue 12 December 2022

www.wlcccarers.com

Reaching out to carers

01942 697885

Speaking with one voice for all carers in Wigan borough

To follow any of the links contained in this newsletter, download it by clicking the  button in the top right of this screen and accessing the links you're interested in.



December & New Year Centre Opening Hours

DECEMBER 2022

Thursday 22nd December Open as normal

Friday 23rd December 9 am - 12 noon

Saturday 24th December Closed

Sunday 25th December Closed

Monday 26th December Bank Holiday - Closed

Tuesday 27th December Bank Holiday - Closed

Wednesday 28th December Open as normal

Thursday 29th December Open as normal

Friday 30th December Open as normal

Saturday 31st December Closed

JANUARY 2023

Sunday 1st January Closed

Monday 2nd January Bank Holiday - Closed

Tuesday 3rd January Normal hours then resume

How to contact us
Tel: 01942 697885

Email:
info@wlcccarers.com



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

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

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Chief Officer Blog

Chief Officer blog—Bernadette Ashcroft

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

What can I say – looking back to last month, what a month November has been. I think you will agree that this edition reflects a fun packed, positive reflection of our work with our partners and wider community to support ALL unpaid carers across Wigan and Leigh.

This edition celebrates individual and community achievement, recognition and celebration. Congratulations to Tony, Janet and Kevin who received nominations at the Our Town Awards and of course our young carers who have achieved the Arts Award with the support of Wigan Steam.



We were delighted to participate in national Carers Rights Day and supported a number of events across the Borough, including our own advice and information session here at WLCC in Hindley. We were overwhelmed with the number of people who turned out to talk to us and seek advice and support from a range of partners across health and social care.

The staff and volunteers here at WLCC are here to support all carers across the Borough wherever you are on your journey, we are here for you. We recognise that caring for a loved one can become stressful, worrying, tiring and restricting. All carers are welcome to drop in to talk in confidence to any member of our team at any time but in particular we stay open late on the first Monday of each month if time during the working day is difficult for you. We want to make sure that you feel supported and informed within your caring role. This edition provides a wealth of information to prevent carer burnout and protecting your own mental well being which I hope you will find interesting and useful.

We continue to appreciate and welcome the on-going support of those people who have tirelessly fundraised for us during the year. We appreciate every penny that is donated to WLCC. Special thanks to the team at Interact who have completed a sky dive to raise funds on our behalf. The year of fundraising is now drawing to a close and the team has found numerous ways to raise funds and have fun. Thank you Interact.

I would like to take this opportunity to wish all our team, partners and carers across Wigan and Leigh a peaceful and healthy festive season. Please do check out our Christmas Activities timetable, we are here for you and we hope to see you soon.

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.

With best wishes

Bernadette Ashcroft
Chief Officer

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



Own Town Awards



Our Town Awards Carers Champion is Tony Brierley

Wow...Tony...what can we say! We are so unbelievably proud of you winning the award for Carers Champion. Thank you for your work advocating for the rights of carers and even appearing on the TV to spread the word...

Your gorgeous wife, Sue, was beaming with joy when you stepped up to collect your award.

The special award ceremony giving thanks to those in our community that help others, was held back in November at The Edge Arena in Wigan.

Special mentions to nominees in the category, Janet Burtonwood who was accompanied by her lovely husband who we met on the evening and Kevin Young. Janet and Kevin you are both equally inspiring and we sincerely congratulate you both on your nominations.

Another special mention to WigLe Dance CIC, Louise the Poet and Rights Community for their fantastic performances on the evening.

Wigan and Leigh - you make us so proud. These rewards are recognition of local people going over and above to support their local community - we are bursting with pride to be a part of this Borough with you all - to have so many fantastic people come together in one room, it was a brilliant celebration and a wonderful display of Wigan Borough's valued communities.

Congratulations Tony from us all at WLCC

Own Town Awards



Congratulations



Congratulations

Charity news

Supporting Carers Right Day 2022

On Thursday 24th November 2022, we joined with Wigan Council and other organisations to support **Carers Rights Day** in Wigan and Leigh. This is a chance to recognise the tireless work carried out by the millions of carers across England; raising awareness of carers needs, helping carers to know their rights and sharing local support available. We held pop up stands at Howe Bridge Community Centre in Atherton, The Life Centre and Sunshine House in Wigan and hosted our own Legal and Welfare session at the Carers Centre in Hindley. If you are a carer and need support, please don't hesitate to contact us 01942 697885 or register yourself online via our [website](#).



Charity news

WLCC attend Community Open Day at Atherton Central Methodist Church

Wonderful to attend the Community Open Day at Atherton Central Methodist Church back in November. There was some fantastic activities and refreshments for people to try: Tai Chi, Line Dancing and a winter warmer of tasty potato pie!

Bernadette and Suzanne were on hand to provide any advice or information related to anyone's personal caring roles.

Thanks for the warm welcome and hospitality Atherton Central Methodist Church.



WLCC Support International Mens Day

A pleasure to be invited to celebrate International Mens Day over at Wigan Town Hall back in November.

Kieron and Suzanne were there to offer any help or advice to carers, along with a number of support organisations.

Thank you for inviting us.



Charity news

Knit and Natter with Project Linus Wigan

We are so grateful to Project Linus Wigan and Leigh who have been working alongside our regular Knit and Natter Carers Group.

Barbara, from Project Linus Wigan and Leigh heads up the group of volunteer sewers who make quilts for babies and children in hospitals and vulnerable children in the community.

Our group always welcome new people looking to improve their own sewing and those who would like to learn to sew and quilt. If you would like to find out more about Knit and Natter or Project Linus, please contact Suzanne Wilkinson, Tel: 01942 697885.



Supporting Shevington Methodist Church Wellbeing Event

Our thanks to team WLCC Team members Sarah and Kieron who attended Shevington Methodist Church back in November at their wellbeing event.

We joined organisations; Think Ahead Stroke, Age UK Wigan Borough, Wigan Borough Carers and many more to offer useful information to the local community.

Charity news



Celebrating Trustees Week

Back in November, the staff at Wigan and Leigh Carers Centre wanted to recognise all the hard work our Trustees do behind-the-scenes to help us deliver the best possible service to carers across Wigan and Leigh.

It was great to welcome some of the Trustee Board to the Centre, a remarkable diverse talented group of accomplished, passionate and committed people who exemplify great leadership.

The last few years have been unprecedented and challenging, but we are very grateful to our exceptional Board of Trustees, who have supported us as we've adapted as a charity.

Whether it's giving advice, offering a listening ear, supporting our work; you give your all and each play a vital role in supporting WLCC.

Thank you to our wonderful board of trustees!

Charity news

Mindfulness Walks

We've been walking around the Borough throughout November, 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.



Pennington Flash



Heaton Park Manchester



Mesnes Park, Wigan

Charity news



WLCC welcome Mark Smith from ManLeigh

We were thrilled to welcome Mark Smith from ManLeigh last month at our male carers get together.

Mark came to speak about the non profit organisation that seeks to support men by offering a safe place to talk and share their issues.

Please be sure to [check out their Facebook page](#) for any further information on the support they can provide.

Thank you Mark and thank you all the male carers who joined us, we look forward to welcoming you all in December at the next male carers session.

Celebrating our wonderful Befrienders—Befriending Week 2022

Sometimes we need someone to simply be there...Not to fix anything or do anything in particular, but just to let us feel we are supported and cared about.



#BefriendingWeek

Creating Connections: Celebrating 10 Years
1-7 November, 2012 - 2022



On 2nd November we shared coffee, cake and updates with our wonderful team of volunteer befrienders. As we move away from COVID -19 restrictions, we look forward to returning to a flexible and face to face model for Befriending support. We would love to hear from anyone who would like to join this amazing team – contact

joe@wlcccarers.com

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

What is a Carers Assessment?

What is a Carers Assessment?

Many carers find it easier to continue in their caring role if they can get some support.

A carer's assessment is an opportunity for you to speak to someone about your caring role and the impact it has on YOUR life. It is not a test to see how well you are caring, but a conversation without judgement, to identify what support may assist you to maintain your own health and wellbeing.

What is a carers assessment?

We have uploaded some short useful videos on our website that explains a bit more—find out more [here](#)

“A carers assessment helped me to identify the help and support I needed as a carer. We talked about the things that could make my caring role easier, I am really grateful for the time they took to listen to my needs.”

Contact Wigan and Leigh Carers Centre support line on 01942 697885 (Monday to Friday 9am—4.30pm) or email: info@wlcccarers.com or visit www.wlcccarers.com for any further information.

Thoughts...

**Never be ashamed to say,
"I'm worn out.**

**I've had enough.
I need some time for myself."**

**That isn't being selfish.
That isn't being weak.
That's being human.**



Thoughts...Carer Burnout

Caring for a loved one is a rewarding but often stressful job, so it's no surprise that carer fatigue is something many people experience.

If you're experiencing these symptoms and feeling generally overwhelmed by your role as a carer, it's time to get the support you need.

Everyone will have different coping strategies, but some useful practical steps to take are:

- ⇒ Talk about it with friends and family.
- ⇒ Tell your GP and other health professionals you have contact with.
- ⇒ Look into some respite care.
- ⇒ Be prepared to loosen control and accept help.
- ⇒ Say "yes" when someone offers assistance.
- ⇒ Join a caregiver support group.
- ⇒ Don't forget about you – it can seem like an impossible task when you're busy and feeling low but even 5 minutes spent on looking after yourself can make a difference. It could be something as simple as sitting down in a quiet spot to gather your thoughts or taking a relaxing bath. Even the smallest things can start to boost your mood and self-esteem.

Upcoming events from the Carers Centre

Festive afternoon with Jam and Scones and mince pies

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

Friday 2nd December
1.00 pm - 3.00 pm

[Book here](#)
or call us 01942 697885



Christmas Walk—Stepping out with The Ramblers in Manchester

Do join us for a FREE walk in Manchester City Centre, along with other Greater Manchester Carers.

11am
Tuesday 6th December 2022 -
meeting in front of Santa, Outside Central
Library, St Peters Sq.

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



Carers Festive Coffee Morning

Please join us if you would like to meet and chat with other carers between Christmas and New year, whilst having a brew and mince pie.

The centre is open for carers and loved ones to come and attend this group - we look forward to seeing you!

Wednesday 28th December 10 am

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

Upcoming events from the Carers Centre

Carers Coach Trip to Blackpool

Thursday 29th December 2022

Come along for a Carers day in Blackpool at your own leisure to break up Christmas and New Year!

There will be lots of fun and games whilst we travel, with music and prizes!

We have a coach pick from Wigan and Leigh Carers Centre in Hindley at 10am and a pickup in Leigh town centre at round 10.30am.

Departure for home: meeting time 4pm - Meeting point will be arranged on the day.

Call Suzanne to register your interest 01942 697885



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 host our 'Carers Welcome' sessions and you are all invited to drop in.

These will be held on the first Monday of every month with December's being held on: **Monday 5th December 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 5TH DECEMBER 2022
DROP IN BETWEEN 2 PM - 7 PM
CARERS CENTRE
HINDLEY
WIGAN
WN2 3BD



Support

Counsellors led – Peer support group

**10:30am to 12:00pm Every Thursday at
Bishopgate Wigan**

**Our Peer support group is an informal
group supporting people with anxiety
and/or depression**

**Please fill in a form at the below link to
join our group**

www.ewgcounselling.co.uk/peersupport

01942 386868



Counsellor Led Peer Support Groups - Depression and Anxiety

Emotional Wellbeing Group are hosting free Peer support Groups, starting on Thursday 1st December 10:30am to 12:00pm

Whatever it is that you are going through, it can help to talk to others who are in similar situations and can understand.

Come and have a cup of tea or coffee and connect with others who may also be experiencing depression and Anxiety. All groups are supported by an EWG Counsellor

Please fill in a form at the below link to join or call on 01942 386868

<https://ewgcounselling.co.uk/peersupport>

Free Winterwise booklets are now available to download.

This winter, with the rise in the cost of living it is even more important that we look after ourselves and each other. Winterwise booklets have been produced by Independent Age with support from the GM ageing hub and is a great resource for older adults for over the coming months.

Keep warm, keep safe, keep well.

[Download from our website here.](#)



Support

Greater Manchester Older People's Mental Health Network

Do you have experience of
accessing or supporting
someone who has accessed
mental health services as an
older adult?

Join our network and use your
experiences to influence the
transformation of services!

If you would like to know more and join
as a network member, please email:

sophie@macc.org.uk



Support

Priority Services Register



You can sign up to a **Priority Services Register (PSR)** to receive extra help from your energy or water company. It's free to sign up.

Thousands of carers rely on electricity to run life-saving equipment, including ventilators, wheelchairs, hoists, stairlifts, as well as specially adapted electric beds and toilets. If you look after someone who relies on medical electrical equipment or has a high level of water use, we recommend if you have not already done so, to join the Priority Service Register so that you will get priority support in an emergency.

You can contact your energy supplier directly to join their register or contact local electricity network operator, National Grid. Water companies also hold a Priority Service Register and other support services for those classed as being vulnerable customers.

If you look after someone it's wise to have plans in place should something unexpectedly happen to you and you are not able to be there for the person you care for. Make a note of key names and numbers of those who would need to be contacted and provide them with information that you have already compiled about the needs of the person you provide care for. Such as:

- Their name and age
- Their health/personal care needs
- Medication
- Dietary requirements
- Communication needs
- Level of mobility etc

Please don't hesitate to contact us, if you require any further help or advice, call 01942 697885.

Support

A New Health and Wellbeing Programme is Launching....

Do you care for a friend or family member who needs your support, due to their illness, disability, mental health problem or addiction?

Are you trying to balance all this with a job too?

It's exhausting, isn't it; sometimes you are left with no time or emotional energy to look after your own health. You may feel isolated, like nobody around you knows or understands what you are going through.

UK charity Minds@Work is opening up a dedicated space for you.

It's called HIVE — it's a virtual peer support programme for carers like you to focus on your own wellbeing, improving the way you sleep, eat, exercise and relax. By taking care of these cornerstones of health, you will have more energy for yourself and others. This life-changing, free programme starts on **7 February**, but spaces are limited.

Learn more here: <https://www.mindsatworkmovement.com/hive>

Two explainer events coming up:

Tuesday 6 December, 12:30pm - 1:30pm. To register interest for an information session on the HIVE programme, [click here](#).

Tuesday 10 January, 7pm - 8pm. To register interest for this information session on the HIVE programme, [click here](#).



Sign up now for

HIVE

February 2023
places are limited

Support

A Mental Health Link Worker & Senior Assistant Psychologist are running a weekly 'Demystifying Mental Health Group' at Chandler House, Poolstock in Wigan,

To spread awareness on mental health, explaining what this is and covering anxiety/low mood/depression/worry and providing brief skills on managing this.

Every other Friday - starting from w/c Monday 21st November

11am-12pm approx.

Chandler House, Poolstock Lane, Wigan

If you are interested, please contact your GP practice to find out the next session availability.

Demystifying Mental Health Group

11AM - 12PM

EVERY OTHER FRIDAY

Want to learn about mental health and how to take care of yours in a relaxed, non-judgmental space?

Contact your GP practice for upcoming dates

YOUR VENUE

CHANDLER HOUSE, POOLSTOCK LANE, WIGAN, WN4 5HL

**Providing light
in the dark**



Mental health **help is just a click away**

Download the free app or visit hubofhope.co.uk



The Hub of Hope is a product of Chasing the Stigma registered charity number 1170757

There's always somebody to talk to...

The Hub of Hope app is a national mental health database which brings together organisations and charities who offer mental health advice and support.

Visit <http://hubofhope.co.uk> or download the free app.

All you have to do is enter your postcode to find local and national support.

Support



stronger together

If you are having difficulties and need support or advice around Housing, Alcohol, Quitting Smoking, Substance Misuse, accessing Community based groups and activities, Domestic Abuse or advice on improving Mental Well Being.

We are a free and confidential service

No judgement or red tape, we're happy to just listen, and chat to you about your options.

If you are worried about someone else, we can help too.

The Team are at Platt Bridge Health Centre every Tuesday from 12 noon - 3.30pm. Drop in or email (below) to make an appointment.

Private Rooms available at the Health Centre.

StrongerTogether@wigan.gov.uk

Please Turn Over ...

we are withyou

NHS
Wrightington, Wigan and Leigh Teaching Hospitals
NHS Foundation Trust

NEW GROUP SESSION: CARERS AND SHARERS (FUR CLEMP)

Social Wellbeing CIC are pleased to announce they have received some more funding from The National Lottery Community Fund to start a new group, Carers and Sharers.

This is a group for individuals with disabilities to attend with their parent or carer. The group will focus on different interactive group activities to help individuals connect and make new friends and for carers to share information and resources.

Starting: Monday 5th December Time: 12pm-3pm
Address: Fur Clemt, Montrose Avenue, Wigan, WN5 9XN

PLEASE CONTACT TO BOOK AS THERE ARE LIMITED SPACES AVAILABLE (Direct message or whatsapp)

Visit: <https://www.facebook.com/SocialWellbeingCIC/>



Meet new people
Form connections
Make new friends



Support / What's on

Income maximisation and grants (online) Carers UK

Monday 5th December, 4pm - 5.30 pm

Knowing what financial support is out there for carers can be tricky and confusing. In the third of this series of monthly Share and Learn sessions aimed at supporting carers through the cost of living crisis, they will be focusing specifically on maximising your household income and types of grants available to carers.



The session will be run by Liz Edwards who has worked as a Helpline adviser with Carers UK for many years, specialising in financial advice and benefits for carers. Liz will be sharing lots of useful tips and they will also introduce you to the range of support available on the Carers UK website [Book here](#)





Now Showing
carers Film club

JOIN US FOR FREE SCREENINGS OF
MODERN AND CLASSIC MOVIES FOR
CARERS AND THEIR FAMILIES

LEIGH FILM FACTORY
SPINNER'S MILL
PARK LANE
07969 647466
FIRST WEDNESDAY OF
THE MONTH @ 1PM
LAST TUESDAY OF THE
MONTH @ 6PM

Carers—Did you know you can attend Leigh Film with your loved ones for FREE films screenings.

Cinema escapism is a perfect way to have that all important respite.

Open to carers from across the Borough supported by Wigan Council.

Call Suzanne 01942 697885 for more information or [book via our website.](#)

Support / What's on

Free Wellbeing Sessions

Mindful Gym



Reduce heart disease & risk of stroke

Improves memory & cognitive skills

Relaxation for your Mind & Body

Reduce stress & blood pressure

11am – 12pm

Every Fortnight

2022 Dates:

Thurs 17th Nov | Thurs 1st Dec | Thurs 15th Dec

Gentle breathing practices

Seated stretching

Mindful poetry

Social interaction

To find out more or to book on, please contact Charlotte 07806805019 / email: charl.mccartney@gmail.com or find us on Facebook: Mindful Events



Wigan Council

Here are the new 2022 Dates for the Mindful Gym:

Thurs 1st Dec

Thurs 15th Dec

11 am—12 pm

All held in the warm and cosy new Lamberhead Green Library and completely FREE

Shevington Dementia Carers Support Group

Come When You Can, Leave When You Must. Supported by Shevington Surgery PPG the group provides support to carers who care for loved ones living with dementia.

A Carols for Christmas event has been arranged by the group for 5th December at St Anne's Church, Shevington.

Contacts for anyone wishing to join the group or just pop in:

Beryl Smith, 0744 745 4730
Joan Wadcock, 01257 252001
Elaine Ellams, 0753 222 0928
Mary Davies, 0782 689 5166

Carols for Christmas

Dementia Friendly, All are Welcome
At

St. Anne's Church
Church Lane, Shevington,
WN6 8BD

On
Monday December 5th at 2pm

With Tea/Coffee,
Mince Pies and Biscuits
Please turn over for Shevington Dementia Carers
information

Support / What's on



Mood & Motivation—Dementia Carers

Living with dementia, or caring for someone who does, can affect your mental health. Dementia Adventure's free Mood and Motivation sessions give you simple strategies to improve your well-being and an opportunity to meet others in a similar situation to you.

The sessions are online via zoom. Our next one is this Wednesday 14th December, 10.30 am

Book your place today: <http://ow.ly/pXwz50Lz3Ua>

Support / What's on



ONLINE DEMENTIA SUPPORT GROUP



Greater Manchester | LGBTQ+

A safe and friendly space to express yourselves
and support each other:

- Speak or listen in an LGBTQ+ safe space
- Be anonymous if you prefer
- Make friends / connections
- Talk about issues that are important to you
- Guest speakers
- Fun monthly quiz



First Tuesday of the month | 2PM - 3.30PM



Zoom meeting



Contact Kathryn Mellor – kathryn.mellor@lgbt.foundation
for zoom details and further information

Supported by:



Over 50's LGBTQ+ Social Group

Enjoy refreshments and social activities
such as a quiz, bingo and games.

£3.00 pp

Atherton Town Hall, Bolton Road,
Atherton, M46 9JY

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 am a carer for my husband, who is at state pension age. He has a bus pass but due to his condition, he finds public transport difficult. What support is out there for him?"

A - "There are travel vouchers that are available but there are eligibility criteria. Here is the link below that will give you the information to see if your husband qualifies- <https://tfgm.com/public-transport/travel-vouchers>

Q I am a parent carer who would like some information on discounts for families, days out etc

A. There are lots of discounts out there for carers and their families. Here are a list of some of the discount cards etc that are available-

- Merlin Card
- Be Well Plus One Card
- Max Card
- CEA Card
- <https://discountsforcarers.com/>



Q. I'm a carer for my Mum who has continence issues, and we have stopped going on days out because we are worried about being able to find and access a public toilet. What support may be available?

A. Just Can't Wait Toilet Card which can be downloaded free of charge onto most Apple & Android phones, or a plastic card can be purchased for £2.95. This card provides you with the means to discreetly communicate your need for the toilet - www.bladderandbowel.org/help-information/just-cant-wait-card/
Great British Public Toilet Map – you can search for a specific location, and it will provide a list of all public toilets available in that area - www.toiletmap.co.uk
RADAR key - allows disabled people to access around 7,000 locked public toilets around the country. For a small charge you can buy a key from either Wigan Life Centre or Leigh Life Centre.

Follow Wigan and Leigh Carers Centre on:



Parent Carers

[Contact for Families](#) recently shared this really useful information about benefits:

Did you know that claiming Carer's Allowance could affect the other benefits you already receive?

Here's a brief summary of how it works — but you'll find more information in our Carer's Allowance webpage and factsheet:

- ☐ contact.org.uk/carers-allowance
- ☐ contact.org.uk/carers-allowance-fs

WARNING: Parents of disabled adults should seek further advice before claiming Carer's Allowance. In some circumstances, it can affect the means-tested benefits they already get and could leave them worse off.

contact

How does Carer's Allowance affect your other benefits?

MEANS-TESTED	NON-MEANS-TESTED	TAX CREDITS
Any Carer's Allowance you get will count as income when calculating means-tested benefits such as Universal Credit, Housing Benefit, Income Support or Council Tax Support. However, you will get an extra amount (known as carer element, carer premium or carer addition) added to your benefit.	You can't be paid Carer's Allowance in full if you get certain non-means-tested benefits like contributory ESA or State Pension. However, it's still worth making a claim to establish an "underlying entitlement". This means you'll be counted as a carer for means-tested benefits and will get a 'carer premium' added to your payments.	Carer's Allowance is treated as income for tax credits purposes. Despite this, you're usually left better off after making a claim. This is because the amount of Carer's Allowance paid is greater than any drop in tax credits. In order to avoid an overpayment, it's important that you let the Tax Credit Office know that you're getting Carer's Allowance.

Parent Carers

Parent Carer Forum Information Session

Friday 9th December 2022 1 pm—2.30 pm

Please feel welcome to join us for our Parent Carer Forum information session for parent carers of children and young people aged 0-25.

Come and learn about how Parent Carer Forum can support with Special Educational Needs and/or Disabilities (SEND).

Parent Carer Forum work independently, but in partnership with our Local Authority, Health and other partners to reflect the voice & impact change on SEND services.

Refreshments provided in a warm and friendly environment with a Q&A session afterwards.

Location

Wigan & Leigh Carers Centre, Wigan, WN2 3BD

[Book here](#)



Parent Carers



If you are the main carer of a disabled young person aged 18 to 24 years old, who lives at home, you could get support from [Family Fund](https://www.familyfund.org.uk/help-for-18-24-year-olds) 'Your Opportunity' grant programme.

Examples of Your Opportunity grants include:

- a laptop or tablet
- membership to a club
- sports equipment
- transport pass
- education materials for study
- a driving taster course
- a musical instrument

Visit their website for more details and to make an application:

<https://www.familyfund.org.uk/help-for-18-24-year-olds>

Parent Carers



National
Autistic
Society



FREE EARLYBIRD PARENT TRAINING COURSES

Training for Parents/carers to learn more about autism and discover new ways to support your child. Parents/Guardians must be able to attend all sessions

Topics covered includes:

- Improving communications and interactions with children under five
- using structures to support your child in a range of settings and situations
 - developing basic play and social skills
 - understanding and supporting your child's behaviour.

EarlyBird parent book will be provided to each family attending the sessions.

MONDAY 23rd JANUARY–MONDAY 20th MARCH
10am-12pm

A Team Hub, Trafford House, Platt Fold Street, Leigh, WN7 1JH

To book your place or for more information email Heatherpp@leighcommunitytrust.co.uk



**FOR PARENTS WITH CHILDREN
AGED 5 AND UNDER WITH A
DIAGNOSIS**



For parents / carers with children aged 5 and under with a diagnosis

Parent Carers

Family Christmas

PARTY

21

December 21 7pm

Wigan parent carer forum

Allocated Quiet space available

Hot Pot Supper

Santa's Grotto

For children with additional needs their friends and families.

Tickets per family
£10 non members
£5 members

ST PETERS PAVILION HINDLEY

Games
Gifts
Great times

Eventbrite

A Family Christmas Party organised by Parent Carer Forum for children with additional needs, their friends and families.

[Book here](#)

For parents / carers with children aged 5 and under with a diagnosis

Male carers



Male Carers Social Group

Carers Centre,
Hindley
WN2 3BD

Thursday
1st December
1 pm—2.30 pm

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



Men's Quizmas Get Together

Carers Centre,
Hindley
WN2 3BD

Friday
30th December
1.30 pm—4.30 pm

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

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.

[Book here](#)

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

Care for a Cuppa for former carers
Wednesday 14 December, 3-4pm

Are you a former carer?

We hear from many people that the end of your caring role can be a difficult time and may take some adjusting to. Carers UK hope you will be able to them for a [special Care for a Cuppa](#) where you can spend time talking with others who understand the particular challenges you may face when caring comes to an end.

[Sign up here](#)



Life After Caring

CARING CONNECTIONS IS NOW OFFERING FULLY FUNDED BEREAVEMENT COUNSELLING TO WIGAN RESIDENTS (18+) STRUGGLING WITH BEREAVEMENT

[Caring Connections](#) is proud to launch its bereavement support service in Wigan. Please drop them a message if you would like some support. At present they have no waiting list in this area. All service is delivered by professional counsellors and delivered a time that suits the individual (telephone based).

Call 01942 597077 for further information.

Young carers

Young Carers art featured in Wigan Night Light exhibition

Greenheart by light artist Mick Stephenson Light Artist and featuring Wigan and Leigh Young Carers contribution, paying homage to the canals and green spaces in Wigan Borough.

Very proud to see everyone's contribution to this exciting project.

Peter Wild, Young Carers Team Leader took along two Young Carers to check out the exhibitions. Peter said *"This was so that they could complete their Arts Award project with WIGAN STEAM. Thanks to Louise from STEAM for the original bid and Steph for finding one last thing for them to complete the award."*



Young carers

Young Carers Remembrance Session

Young carers made some lovely cards and crafts during an activity session for Remembrance weekend.

These had been specially made and delivered over to Armed Forces Community HQ CIC in Wigan after their Remembrance parade, and were greatly accepted as a small token of appreciation from our young carers.

“They shall not grow old, as we that are left grow old:

Age shall not weary them, nor the years condemn.

At the going down of the sun and in the morning

We will remember
them.”

-Laurence Binyon.



Young Carers

Lego Creations!

Some creative LEGO designs from our young carers LEGO play and create session.

We had:

An ice cream truck.

A llama sanctuary.

A horse stables.

A house.

and other fabulous creations!

Thank you to all the young people for coming, it was lovely to welcome some new young carers and we hope to see you again soon



Young carers

Young Carers Barlow Group

At the last Barlow group we did two things. Susan from the Lancashire Wildlife Trust came to talk with the group about possible arts projects with them. The group were then given an intro and tour of the new Leigh Youth Hub. The Leigh Hub is in the soft launch phase with full opening in the New Year. Aimed at 11(yr7)-16 year olds alongside the groups at Family Welfare, it marks a step in Youth provision in the Leigh area.



Thanks, Susan for the ideas, and to Ross, Hannah and the crew at the hub for the tour and intro.

Thanks to Leigh Rotary for funding and to Volunteers, Joanne and Hayley for their help.

Young Carers Pizza & Movie Night

Film and pizza night at one of our young carers sessions on a Wednesday evening.

Young carers decided on the film 'The Grinch' from a majority vote and all had some tasty food to enjoy whilst watching.

A FAB EVENING TOGETHER!!



Young carers

Young Carers — Grasshoppers Group

Grasshoppers, another brilliant night with Duck Apple, Pin the Spider, and a Doughnut mouth grabbing game, also colouring in of pictures, along with musical chairs. Thanks to all the volunteers and funders for supporting.



Young Carers — Have your voices heard!

Opportunity for young carers to have their voices heard on a national advisory group.

The National Children's Bureau are looking for children and young people aged 11-18 and disabled young people and young people with special educational needs (SEN) aged 11-24 years old to be part of one of their young people's advisory groups.

The YNCB Advisory Group is made up of children & young people (11-24) who get together to help decide and plan what work Young NCB does, including the issues it deals with and the activities and events it organises. Being a member of the Advisory Group is an excellent way of getting your voice heard and representing the views of other YNCB members. Please contact Peter Wild, Young Carers Team Leader 01942 697885 if you are interested and he will send you further information.

(deadline is Tuesday 13th December at 9am)

Fundraising



A HUGE thank to [Interact Contact Centres](#) who recently took part in a sky dive to raise funds for Wigan and Leigh Carers Centre.

They have gone above and beyond this year and we are so grateful!!!

★ ★ ★
Thank You! ★ ★ ★

Fundraising



We're part of the Co-op
Local Community Fund



Select us
as your
cause

[coop.co.uk/membership](https://membership.coop.co.uk/membership)

We're delighted Wigan and Leigh Carers Centre has been selected to take part in the Co-op Local Community Fund

We like to say thank you to Coop Platt Bridge, Woodhouse Lane and McGuire Funeral Service Co-op Funeralcare for picking our Charity as one of your local community causes for the year.

We are so very grateful.

Every time members buy selected Co-op branded products and services, The Coop give local causes such as ourselves a helping hand.

Sign up or select us on your existing account!

<https://membership.coop.co.uk/causes/49181>

With your help we will continue to support both young and adult carers to recognise their own needs, have their voices heard, help with their physical and mental wellbeing and ensure they are fully understood, valued and supported in their caring role.

Thank you

Volunteering

A thank you to our amazing Volunteers

Seasons greetings to all our fabulous volunteers!

I would like to say a big 'thank you' to you all for your constant support, amazing generosity of time and dedication to the work of WLCC. You continue to make such a positive difference to the lives of carers of all ages across the Wigan Borough.

Since April this year, 82 volunteers have contributed over 2000 hours of their time supporting carers in a variety of roles, including befriending, counselling, reception, activities, Young Carers groups, to name just a few.

I look forward to seeing you all at this year's Volunteer Christmas party. Very best wishes to you all for the Christmas period – you all deserve it

Joe

Volunteer Co-ordinator



THANK
you

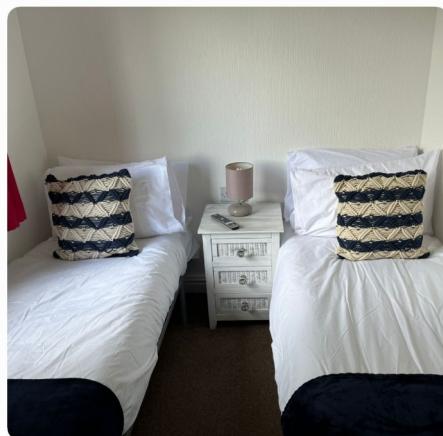
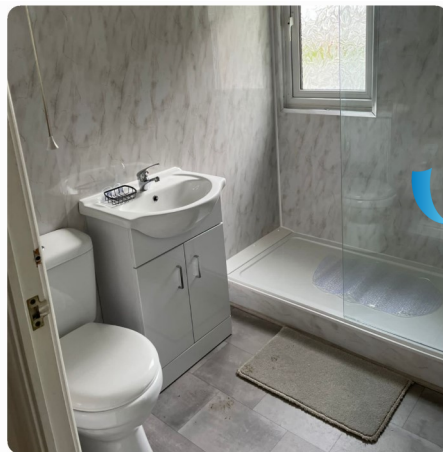
The Carlton Lodge

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

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