

# Carers in Wigan & Leigh

Issue 1 January 2023

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

Reaching out to carers

01942 697885

Speaking with one voice for all carers in Wigan borough



## **'Delivering Joy' to Young Carers in Wigan and Leigh**

We wanted to take this moment to say a huge THANK YOU to Kelly and all at **Dunelm St Helens - Community Support** for their incredible generosity of kind donations of Christmas gifts to young carers in Wigan and Leigh.

With the amazing support of John (aka super Elf) from Armed Forces Community HQ CIC who helped to collect all the gifts from the St Helens Dunelm Mill store and deliver to WLCC HQ, our staff and volunteers were then able to deliver these beautiful gifts to young people around the Borough, which were all greatly received.

Bernadette Ashcroft, CEO said: *"Kelly and the team from Dunelm St Helens have done an amazing job at coordinating the 'Delivering Joy' campaign, which embraces the gift of giving at Christmas and helps to spread some festive cheer to local people."*

*We are so grateful for the community support and awareness for Young Carers. Thank you to everyone who has donated a gift - it really does make a difference to the lives of these young people."*



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.

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# Chief Officer Blog

## Chief Officer blog—Bernadette Ashcroft

Welcome to our January 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.

January for many, is a month of reflection, anticipation, excitement and setting new goals. This is no different for our team at WLCC. As we plan for the New Year we continue to work hard to ensure that unpaid carers across Wigan and Leigh are recognised, supported and valued. January can also be a time of deflation, loneliness, sadness and anxiety—the January ‘blues’, as some refer to.

We recognise the challenges of being an unpaid carer at this time of year and aim to ensure that our activities have been inclusive, accessible and supportive of unpaid carers across the Borough. Please call us anytime for support or drop in for a cuppa, a catch up, company and a chat—we are here to support you.



Do take a look on page at our ‘*Support Pages*’ and particularly the new Health and Wellbeing Programme, to be launched in February by Minds@work and of course, keep up to date with our regular programme of wellbeing walks across the Borough. There’s a great offer on Page 15 from Carers UK to ‘*lift your spirits*’ in January. An afternoon of online taster wellbeing sessions to get involved with, and an opportunity to win a FREE wellbeing hamper for yourself.

Pages 5 & 6 brings to life our work with both Wigan and Leigh Rotary Clubs over the Christmas period. Our team joined both clubs with several Santa’s on their sleigh ride through local communicates. It was a joy to join in the fun and we appreciate the collectors and volunteers who came out to help despite the freezing temperatures.

It is vitally important that the design of our services and projects are in response to the needs and wishes of unpaid carers and in January 2023, we will be conducting a survey of all carers across the Borough to gain your feedback, thoughts and ideas about our services and how we can improve what we already do. Keep and eye open on your emails, social media and in the WLCC centre for the chance to **HAVE YOR SAY** and be included in a prize draw!

I would like to take this opportunity to thank our supporters and all those people who have contributed to our work either by fundraising on our behalf or offering their time and skills as a volunteer. We could not continue our charitable activity without your help and we look forward to building and strengthening relationships across communities into 2023.

Finally, I would like to take this opportunity to wish all unpaid carers across Wigan and Leigh a healthy and prosperous 2023, Do remember that we are here for you for empathy, advice, support, social connections and fun. Thank you for your selfless and sometimes most difficult and invisible work to look after your loved ones and your families.

With best wishes

Bernadette Ashcroft  
Chief Officer

Follow Wigan and  
Leigh Carers  
Centre on:



# Charity news



**Carers Christmas Coffee Morning  
December 2022**



**Supporting Christmas Jumper Day December 2022  
All funds / donations raised to Fur Clemt**

# Charity news



## WLCC Supporting Wigan Rotary

Ho! Ho! Ho! It was lovely to help out at [Wigan Rotary Club](https://www.wiganrotary.co.uk/)'s Sleigh Route around Shevington in December.

Christmas wouldn't be Christmas without a Santa visit. So many happy smiling faces, eagerly waiting to see a glimpse of this very special visitor.

So grateful for everyone's generosity and the donations received, so that The Rotary can continue to help the local community.

<https://www.wiganrotary.co.uk/>

# Charity news



## WLCC Supporting Leigh Rotary

It was a honour and a pleasure to help support Leigh Rotary's Christmas Santa visits around Leigh. WLCC staff volunteered their time to help with some of the community visits.

So grateful for everyone's generosity and the donations received, so that The Rotary can continue to help the local community.

Visit <https://www.facebook.com/LeighRotaryClub/>  
for further information

# Charity news

## Mindfulness Walks

We've been walking around the Borough throughout December, with carers and friends joining our relaxing walks. Here's some of our fantastic photos through the month of December 2022.

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.



**Bickershaw Country Park**



**Manchester City Centre**



**Haigh Hall, Wigan**



# Charity news

## Carers enjoy FREE cinema screenings at Leigh Film

In December, Carer Graham and his wife, Hazel enjoyed a fantastic afternoon at Leigh Film Factory in Leigh Spinners Mill. They enjoyed lunch in the Café before settling down to watch the festive film together.

The FREE film showings for carers are an ideal opportunity to watch a film with your loved one in the spacious 110 seat cinema with state of the art 4K projection and 7.1 digital surround sound.

**Call Suzanne 01942 697885** who can tell you more information and how to book your FREE film showing.



## Carers Christmas Breakfast

Back in December, our carers walking group went over to Applewood Farm for a Christmas breakfast together. A lovely morning. Walking groups re-start in January 2023 on Wednesday 11th January (10 am), meeting at Viridor Woods in Ashton. [Book here.](#)



# Upcoming events from the Carers Centre

## New Year relaxing afternoon with Jam and Scones

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

Friday 6th January 2023  
1.00 pm - 3.00 pm

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



## Carers Walk—Stepping out with The Ramblers in Manchester

Do join us for a FREE walk at Boggart Hall Clough in Blackley along with other Greater Manchester Carers.

10.45 am  
Tuesday 17th January 2023  
Lunch provided

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



## Mindfulness Taster Sessions

A taster, an introduction to Mindfulness and the Breathworks approach by an accredited teacher including learning about how it offers a resource for health and wellbeing, especially the stress of everyday life.

Various dates and times in January and February 2023

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

### The next drop in session is Monday 9th January 2023

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



CALL 01942 697885  
EMAIL: [INFO@WLCCCARERS.COM](mailto:INFO@WLCCCARERS.COM)  
WEB: [WWW.WLCCCARERS.COM](http://WWW.WLCCCARERS.COM)

Charity Number 1138908  
Registration Number 7293521

## MONTHLY DROP IN - WELCOME SESSION

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

MONDAY 9TH JANUARY 2023  
DROP IN BETWEEN 2 PM - 7 PM  
CARERS CENTRE  
HINDLEY  
WIGAN  
WN2 3BD



# 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>

Explainer events coming up:

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



**INCLUSIVE BOXING**

A non-contact boxing and fitness class for people with disabilities. Designed to improve health, reduce weight and develop skills

*Coming soon*

To register interest or to get more information email [info@boxingforbetter.co.uk](mailto:info@boxingforbetter.co.uk)

The classes will be starting in March 2023

07710412028 [www.boxingforbetter.co.uk](http://www.boxingforbetter.co.uk)

**Boxing For Better** have been awarded a grant from Sport England in partnership with Greater Sport to offer Inclusive Boxing and Fitness sessions in Wigan & Leigh. These sessions will begin in March 2023 and will be available for both adults and children in separate sessions.

They would love to hear feedback from people who are living with disabilities or those who work or live with people who have a disability about your experience accessing group exercise, what you would want to get out of a group exercise class and things that have worked well and have not worked well in your experience.

If you could take the time to email them at [info@boxingforbetter.co.uk](mailto:info@boxingforbetter.co.uk) it will help support them create the best environment and programme which can have the biggest impact. They believe it is of the utmost importance to listen to those who have experience living and exercising with a disability. Any feedback would be hugely appreciated.

## Do you support someone who is Light Sensitive?

Light Aware are a charity that support light-sensitive people.

LightAware has launched a plastic card for light-sensitive people to carry to help enable access.

You can get the card at: <https://lightaware.org/about/lightaware-card/>

It's a good card to have in your pocket should you be light sensitive.

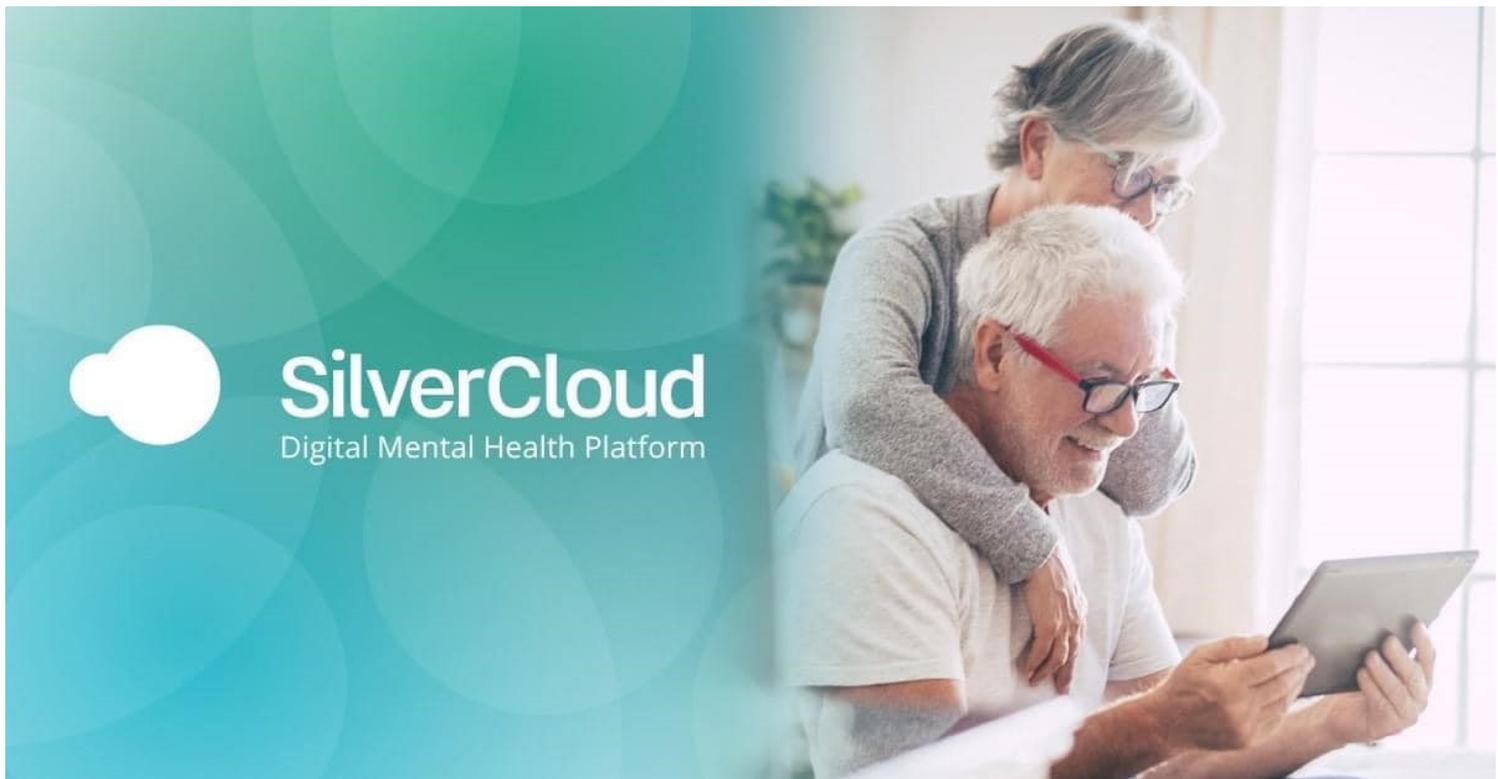
## LightAware

The holder of this card is  
**SENSITIVE TO ARTIFICIAL LIGHT**

As with any accessibility issue, your understanding and cooperation can make a big difference

LightAware is a registered charity: SC046160 • [www.lightaware.org](http://www.lightaware.org)

# Support



## **Silvercloud can be accessed for free by all people living within Greater Manchester - including Wigan Borough.**

Silvercloud provide digital mental health programmes to help you improve and maintain your wellbeing by addressing underlying issues that could be negatively impacting your life.

Wellbeing programmes:

- Space for sleep
- Space for resilience
- Space for mindfulness
- Space from stress
- Space from covid-19

Support for parents:

- Supporting an anxious child
- Supporting an anxious teen

To sign up you must be aged 16 and over.

You do not need a GP referral to access this service.

Click the link below for more information and to sign up for FREE:

Visit <https://GM.silvercloudhealth.com/signup>

# Support



## Support at Home

### HandyPerson Service

Our Handyperson team helps with small jobs around your home. We provide a high quality and competitively priced service allowing people to live comfortably within their home across the Wigan Borough. To find out about our prices please contact our Support at Home team.

#### What sort of work do we do?

- Fitting key safes
- Fitting stair rails, grab rails and steps
- Constructing flat pack furniture
- Garden Gates
- Shelving
- Changing light bulbs



Working in Partnership with 

Contact us - 01942 615880

[www.ageuk.org.uk/wiganborough](http://www.ageuk.org.uk/wiganborough)



# Support / What's on

## Pilates for Beginners (online) Carers UK

Starts Tuesday 3rd January 2023, 4pm - 5.00 pm

The ideal weekly opportunity to focus on your mental and physical wellbeing. These mindful, and restorative classes are geared towards complete beginners with no prior Pilates experience, and will give an in-depth, full introduction to the Pilates method. Find out more and [book here](#).



LEIGH FILM society Wigan Council WIGAN BOROUGH CARERS

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



## Lifting your spirits this January

To help lift your spirits this January, Carers UK are hosting an afternoon of online wellbeing taster sessions via Zoom on **Monday 16 January from 2-5pm (final timings TBC)**.

Sessions on offer will include physical activities, music and wellbeing sessions to help you relax and unwind, as well as opportunities to meet and connect with other carers. You are welcome to join them for the whole event, or drop in and out when you like.

**They also have 100 mini wellbeing hampers to give away to carers**, which they will be allocating randomly to carers who register for the event. They will get in touch with you in the new year to let you know if you are receiving a hamper.

[Sign up here](#)



# Support / What's on

YOU ARE INVITED TO JOIN THE

## 'Bringing Us Together'

### Housing and Adaptations Workshop



Friday 20th January  
2023

1.00pm to 3.00pm

Are you interested in finding out more about developing bespoke, specialist housing solutions for your family member?

Join Jacky Martel and learn about her family's journey to purchase a house for her son and get it adapted to make it his home.

to book, email: [tony@bringingustogether.org.uk](mailto:tony@bringingustogether.org.uk)

You are invited to join the **Bringing Us Together, Housing and Adaptations Workshop.**

On Friday 20th January, from 1.00pm until 3.00pm

Are you interested in finding out more about developing bespoke, specialist housing solutions for your family member?

Join Jacky Martel and learn about her family's journey to purchase a house for her son in their home town when there were no other options. Tomas is autistic, has a severe learning disability and needed a large, detached, robust bungalow and to live on his own.

Find out how they were able to get adaptations to meet his particular needs and make it his home.

**Book a place on the workshop by emailing:**

**[tony@bringingustogether.org.uk](mailto:tony@bringingustogether.org.uk) with the subject**

**Booking a place on the Housing and Adaptations Workshop**

# Support / What's on

## Dementia Carers Count—Online / Virtual Support Courses for January 2023

Visit this website [here](#) to book onto support courses such as: Stress and Distress, Memory Changes, Delirium, Visual Changes, Dementia and Continence, meaningful activity, carers rights and benefits, plus much more. All free for carers.



## Empowered Conversations—Courses for January & February 2023

6 week Course for family caregivers of people with dementia in Greater Manchester.

The sessions offer people some space to think about communications, relationships, emotions and consider what might be going on for their family members living with dementia.

Wed. 11th, 1pm - 3pm or  
Thurs. 12th, 10am-12pm

Friday 3rd, 10am - 12pm or  
Tues 7th, 7pm-9pm

[Book here](#)

“

**The best medicine is that we have our relationship back thanks to good communication techniques.**

- Gail, Empowered Conversation participant



3

# Support / What's on

## Wigan Borough Palliative and End of Life Care Learning Hub

Are you supporting someone with palliative and end of life care needs?

Would you like to learn more about Palliative and End of Life Care?

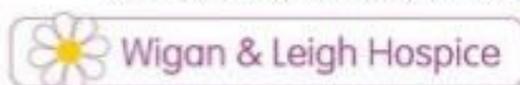
We are holding drop in sessions to discuss any learning needs you may have or answer any questions around Palliative and End of Life Care.

Come along to meet the team and let us know of any areas we can support you with

**Wigan & Leigh Carers Centre, Hindley**  
**2nd Friday of every month**  
**12:00 - 14:00**

13h January 2023 - General drop in session  
10th February 2023 12:00 - 12:45 Advance Care Planning Presentation  
10th March 2023 12:00 - 12:45 Common symptoms at end of life  
14th April 2023 12:00 - 12:45 Spirituality at end of life  
12th May 2023 12:00 - 12:45 Dementia and pain  
9th June 2023 12:00—12:45 Loss, Grief and Bereavement

For further information please contact the Practice Development Team at



Email: [PDT@wlh.org.uk](mailto:PDT@wlh.org.uk)

Telephone: 01942 525566

[Book here](#)

# Support / What's on



## DEMYSTIFYING MENTAL HEALTH

A RELAXED SPACE TO LEARN ABOUT  
MENTAL HEALTH AND HOW TO TAKE  
CARE OF IT

**THURS 12TH JAN • 1.30-3.30PM**

Wigan and Leigh Carers Centre,  
Hindley, WN2 3BD.

DELIVERED BY HINDLEY PCN'S  
SENIOR ASSISTANT PSYCHOLOGIST AND MENTAL HEALTH LINK  
WORKER

NO NEED TO BOOK - JUST TURN UP!

Greater Manchester Mental Health NHS Foundation Trust are holding an informal mental health psychoeducation group at Wigan and Leigh Carers Centre on **Thursday 12th January 2023 13:30-15:30pm.**

You do not need to be struggling with your mental health currently, to attend the group. The group aims to help with the prevention of mental health difficulties also. The group will be run by Senior Assistant Psychologist Georgia and Mental Health Link Worker David who you may have seen at your GP practice before.

# Support / What's on



## Calling all walkers

New Walk and Talk.... A fabulous leisurely stroll suitable for all abilities and a great way to socialise and get fit.

Meeting at Greenheart Carpark on Poolstock Lane  
No need to book  
Wednesday 11th January – fortnightly.

10am – 11am (if it's your first time please arrive 10 minutes earlier).

With Healthy Routes Wigan Borough advisors Diane and Louise

stopping smoking



physical activity



weight loss



wellbeing



alcohol support



For more information or to book an appointment:

**Call:** 01942 836967

**Web:** [www.healthyrouteswigan.co.uk](http://www.healthyrouteswigan.co.uk)

**Starting Wednesday 11th January 2023**  
**Healthy Routes Walk & Talk with Diane & Louise**  
**Greenheart car park on Poolstock Lane, Wigan**  
**Delivered by Healthy Routes Wigan Borough**

# Ask Jill

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



## Q—Can I work and claim Carer's Allowance?

**A -You can work whilst in receipt of Carer's Allowance but your take home pay must not be over £132 per week after tax, national insurance and expenses and you still have to provide at least 35 hours care for the person you are claiming carers allowance for. If your earnings are sometimes more than £132 a week you might still be eligible for Carer's Allowance. Your average earnings may be calculated to work out if you're eligible.**

Find out more here: <https://www.gov.uk/carers-allowance/eligibility>

## Q—Should I tell my employer I'm an unpaid carer?

As an employee you do not need to make your employer aware that you are a carer, however, they may be able to support you in ways you hadn't considered, or even just have regular support sessions to see how you are. Knowing that your employer is happy to listen and provide support if you need it, particularly if circumstances change for you due to your caring role, can have a hugely positive impact. Your employer must offer you certain legal rights. These include:

- the right to ask for [flexible working](#), such as reducing your hours or working from home - anyone has the right to ask for flexible working.
- [time off in emergencies](#) - meaning if the person you care for falls ill, has an accident or is without care unexpectedly, you have the right to take time off work to deal with it.

Your employer isn't obliged to offer you more than your legal rights, but some workplaces have policies that might give you more support or time off, for example through applying for a career break. Check with your employer or HR department to find out more.

Read more here: <https://www.carersuk.org/help-and-advice/work-and-career/>

Follow Wigan and  
Leigh Carers  
Centre on:



# Parent Carers

[Contact for Families](#) are offering FOUR free Speech and Language Support workshops in January for parent carers of disabled children aged 0-16 who have communication difficulties.

Choose the right workshop for your child's age — and then book your place on Eventbrite via one of the links below:

- Early Years (ages 0-5) 16 January: [bit.ly/EY16Jan](https://bit.ly/EY16Jan)
- Primary (ages 6-11) 18 January: [bit.ly/Prim18Jan](https://bit.ly/Prim18Jan) 23 January: [bit.ly/Prim23Jan](https://bit.ly/Prim23Jan)
- Secondary (ages 11-16) 11 January: [bit.ly/Secon11Jan](https://bit.ly/Secon11Jan)

Each workshop is led by an experienced Speech and Language Therapist who will explain the communication chain (and which part isn't working for your child), useful support strategies, and how best to work with practitioners.

If your chosen workshop is sold out, don't worry! They will be offering more sessions throughout the coming months. Keep an eye on their Facebook page or visit [contact.org.uk/workshops](https://contact.org.uk/workshops) for updates.



**FREE  
WORKSHOP:  
SPEECH &  
LANGUAGE  
SUPPORT**

for parent carers of  
disabled children  
aged 0-16  
with communication  
difficulties

contact  
For families  
with disabled children

# Parent Carers



INFORMING  EMPOWERING  ENGAGING 

ST MARY'S CATHOLIC HIGH SCHOOL

## SEND DROP IN



AT SCHOOL  
4-6 PM

~~13TH OCTOBER~~  
~~17TH NOVEMBER~~  
~~15TH DECEMBER~~  
**16TH FEB**  
**16TH MARCH**



[WWW.WIGANPCF.ORG.UK](http://WWW.WIGANPCF.ORG.UK)



**DOES YOUR CHILD HAVE ADDITIONAL NEEDS  
COME AND HAVE A BREW WITH LIKEMINDED PARENTS FOR  
INFORMATION AND SUPPORT  
OPPORTUNITIES TO MEET THE SEND TEAM  
FACILITATED BY PARENTS FROM WIGAN PARENT CARER FORUM**

For further information  
please contact  
[luisa.preston@wiganpcf.org.uk](mailto:luisa.preston@wiganpcf.org.uk)



St Mary's Catholic High School  
and Sixth Form College



# Parent Carers



To find out more visit:

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

## How can I support my autistic child?

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

### Childhood programme: Online sessions

Get together with other parents to share advice and experiences. Below is a 4 session course for parents of children under 13. Choose to attend 1 to 4 sessions.

- Understanding autism: 2nd February 7– 8.30 pm
- Understanding sensory needs: 9th February 7– 8.30 pm
- Managing anger: 16th February 7– 8.30 pm
- Carers Wellbeing: 9th March 7– 8.30 pm

Book your Free place now by visiting:

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

If you have any questions or are looking for further information please email: [abigail.gibson@nas.org.uk](mailto:abigail.gibson@nas.org.uk)

For information and  
support visit:

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

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

## [Book Here](#)

# Parent Carers



## Parent Carer Coffee Morning

Carers Centre,  
Hindley  
WN2 3BD

Wednesday  
4th January 2023  
10 am—12 noon

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

# Male carers



## Male Carers Social Group

Carers Centre,  
Hindley  
WN2 3BD

Thursday  
5th January 2023  
1 pm—2.30 pm

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

# Life After Caring

**Care for a Cuppa for former carers  
Wednesday 25 January, 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](#)



# Young carers

## Young Carers Christmas Parties December 2022



# Young carers

## Young Carers make their own Christmas Cards

Some fantastic young carers Christmas creations here....all made in our December activity sessions



## Young Carers create their own Christmas biscuits

Early in December, Young carers got into the Christmas spirit, decorating their own Christmas themed biscuits and gingerbread. They all looked amazing!



# Young carers



## Young Carers — Public Speaking Training Opportunities

Carers Trust are running a series of online training sessions for young & young adult carers to help build campaigning skills in the lead up to Young Carers Action Day 2023. They are kicking off with Public Speaking training, hosted by their Head of Communications Matt Whitticase. Learn important communication skills and build confidence in public speaking – a great opportunity for any upcoming school presentations and job interviews!

### **Public Speaking Training on Zoom – Wednesday 18th January, 5.30-7pm**

Please share this opportunity with any young & young adult carers you are supporting. To register, they or their support worker on their behalf can email [youngcarers@carers.org](mailto:youngcarers@carers.org) with the date they will attend and their name. Support workers can also attend along with young carers if needed.

# Young carers



Supported by

 **GREATER MANCHESTER  
HIGH SHERIFF'S POLICE TRUST**  
Charity Registration Number 1040579 

And Kindly Sponsored by

  
**BEAVERBROOKS**  
THE JEWELLERS

**Young Citizen  
of the Year  
Awards 2023**

**Now Open for  
Nominations**

## The Young Citizen's Award

Do you know a Young person who has done something exceptional this year? The Young Citizen's Award celebrates kindness, thoughtfulness, bravery or actions that have made a difference to our communities.

As a reminder, the awards are open to:

Individual young people who live in or who carry out their work in Greater Manchester.

Those aged between 11-18 years old as of 31 December 2022.

This link takes you straight to the nomination form:

<https://forms.office.com/e/UEgviSCYZz>

Closing date is 14th February 2023.

# Young carers



**Do you work in a school or know someone who does?**

**Do you know how to identify and support young carers?**

Carers Trust and The Children's Society have released an updated guide to help teachers and school staff identify and support young carers as easily as possible.

The refreshed guide has been released ahead of January 2023, when schools are being asked to include young carers in the school census.

The Young Carers in Schools Step-by-step Guide for Leaders, Teachers and Non-teaching staff is designed for use in primary and secondary schools.

Want to find out more? There will be an online 'Young Carers in Schools Overview and Q&A session' on January 10th, 10.00 am-11.00 am.

[Sign up here](#)

# Volunteering



## Volunteers Christmas Party

In December, we hosted a Christmas Party and invited our volunteers to come along for a bite to eat, so that we could celebrate and thank them for their dedication to helping both young and adult carers throughout 2022.

THANK YOU  
THANK YOU  
THANK YOU

You are all incredible!! We know not everyone is on this photo - but this message is to all our volunteers.

Sending you all our best wishes for the New Year.

# Volunteering

## HAPPY NEW YEAR

### WHY NOT VOLUNTEER?

The New Year marks a fresh start for many of us, full of possibilities and good intentions—have you thought about volunteering your time to help other carers?

Volunteering offers a whole assortment of opportunities which can help meet your personal goals as well as helping others. Volunteering also brings the opportunity to meet new people and have new experiences – what could be better?

Wigan and Leigh Carers Centre provides information, activities, training and support to carers of all ages, to improve their quality of life and ensure they have a voice.

**Our volunteers play a key part in achieving this!**

We are particularly looking for volunteers to support us in the following roles:

**Befrienders** – could you spare a couple of hours a week to give a carer your time, a listening ear, share interests and offer encouragement and reassurance, either via regular telephone calls or face-to-face.

**Young Carers Group Volunteers** - we are looking for volunteers to help run our young carers respite groups. Ideally you will be a car driver, have access to your own transport and be happy to transport young people to groups/ events.

In return, you will receive a full induction into your role, regular support, access to training and payment of out-of-pocket expenses.

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



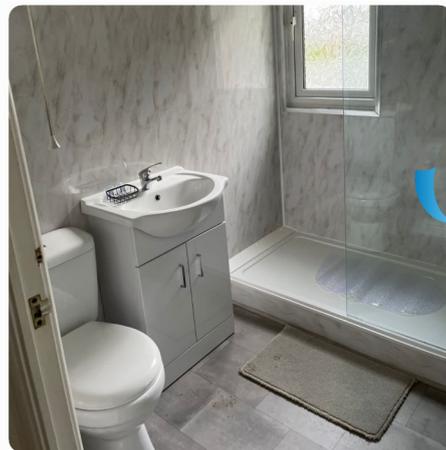
# The Carlton Lodge

## Holiday's in Blackpool for Carers 2023

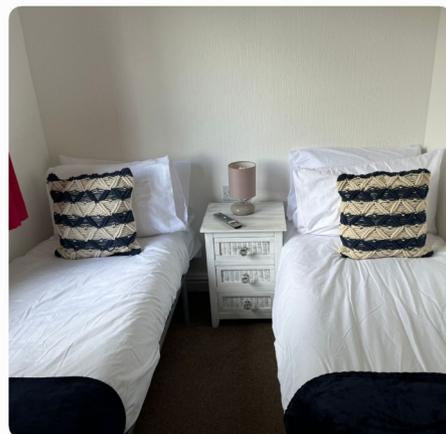
We are now taking bookings for 2023 at The Carlton Lodge Carers Retreat based on Haven's Marton Mere site in Blackpool.

**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.



*Haven*



# 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](mailto:info@wlcccarers.com). **All profits from Wigan and Leigh Carers Centre go back into the charity to assist with other projects that support in providing much needed services to carers in the Wigan and Leigh area.**



# WIGAN AND LEIGH CARERS CENTRE

SUPPORTING YOUNG & ADULT CARERS  
IN THE WIGAN BOROUGH

Do you look after  
a family member,  
friend or neighbour  
who cannot manage  
without  
your support?

WE ARE HERE TO SUPPORT YOU



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

CALL 01942 697885

EMAIL: [INFO@WLCCCARERS.COM](mailto:info@wlcccarers.com)

WEBSITE: [WWW.WLCCCARERS.COM](http://WWW.WLCCCARERS.COM)

WIGAN AND LEIGH CARERS CENTRE are a registered local charity who have been supporting carers for more than 10 years. If you're a WIGAN carer or caring for somebody living in WIGAN, we're here for you.

## SUPPORTING YOUNG & ADULT CARERS

BEFRIENDING  
BEREAVEMENT SUPPORT  
CARERS ASSESSMENTS  
CARERS CARD  
EMOTIONAL SUPPORT  
HELP WITH FORM FILLING  
KNOW YOUR RIGHTS  
ONE TO ONE SUPPORT &  
ADVICE  
SOCIAL GROUPS  
TRAINING & EVENTS

## We are here:

Wigan and Leigh  
Carers Centre,  
3-5 Frederick Street  
Hindley,  
Wigan,  
WN2 3BD



01942 697885



[info@wlcccarers.com](mailto:info@wlcccarers.com)



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

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