

Speaking with one voice for all carers in Wigan borough

Are you an unpaid carer?
We want to hear from you.

Have your say!
Complete the 2023 Carers Survey by
Sunday 19th February 2023.

Visit:
<https://www.surveymonkey.co.uk/r/WLCCSocialConsult2023>

SUPPORT FOR CARERS
WIGAN BOROUGH CARERS
Caring For Our Carers

WLCC
Wigan and Leigh Carers Centre
Charity Number 1138908
Registration Number 7299321

Wigan and Leigh Carers Survey 2023

Wigan and Leigh Carers Centre and Wigan Council are working together to understand the experiences of carers across the Wigan and Leigh Borough. We want to know what's most important to you, so that we can commission services that offer the right support to carers.

Complete the survey online here:

<https://www.surveymonkey.com/r/WLCCNewsConsult2023>

Find out more about the survey on Page 4

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Chief Officer Blog

Chief Officer blog—Bernadette Ashcroft

Welcome to our February 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.

Firstly, I would like to say a sincere *'Thank you'* to every carer who has taken the time to complete our Carers Survey, featured on page 4 of this edition. Feedback from all carers across the Borough is so important to us, whether you are registered or not. There is still time to complete the survey (closing date 7pm on Sunday 19th February 2023) and still be in with chance of winning £100 cash prize. This feedback will help us to shape our projects and services to best meet carers needs – so please share with people who you know and 'Have your say!'



There is also more opportunity for carers to share their views and experiences at the very first Carer Voice Forum which will take place on Wednesday 1st March with two times available, 10 am—12 noon and 4 pm—6 pm. The events will take place at Hidden Gem Café in Platt Bridge (Embrace) - please do come along, a warm welcome awaits.

We are proud to share with you the astonishing achievement of the team at Interact, a local business who has raised a staggering £10,000 to help us provide activities and projects for young carers. Page 40 gives more information on the lengths the team went to achieve this amazing goal and our thanks go to all the team.

I think you will agree that this edition is crammed full of useful information for all carers, with interesting stories, information and activities for all to get involved with. Don't forget to pop into the Wigan and Leigh Carers Centre on the first Monday of the month between 2pm – 7pm to find out more about what we do and talk to us about what we could do to best support you within your caring role.

With best wishes

Bernadette Ashcroft
Chief Officer

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



Charity news

Carers Survey 2023

Purpose of the survey

Wigan and Leigh Carers Centre and Wigan Council are working together to understand the experiences of carers across the Wigan and Leigh Borough. We want to know what's most important to you, so that we can commission services that offer the right support to carers.

A carer is anyone who looks after a family member, partner or friend who needs help and cannot cope without their support. The person they care for may need help because of illness, frailty, disability, a mental health problem or an addiction. The care they give is unpaid.

The contribution that unpaid carers make is vital, we want to recognise and value what you do and put things in place that support you throughout your journey as a carer. Taking a few minutes to share your experiences in this survey will help us ensure that future Carers' Support Services meet your needs.

The survey covers informal, unpaid carers aged 18 or over. **For those who complete the survey - there is an opportunity to win one of 3 x £100 cash prizes, as a thank you for sharing your views. For entry into the prize draw, you would need to leave your contact details. Surveys can be completed anonymously. We also have printed copies of the survey that can be completed if you don't wish to complete online.**

What will we do with the information?

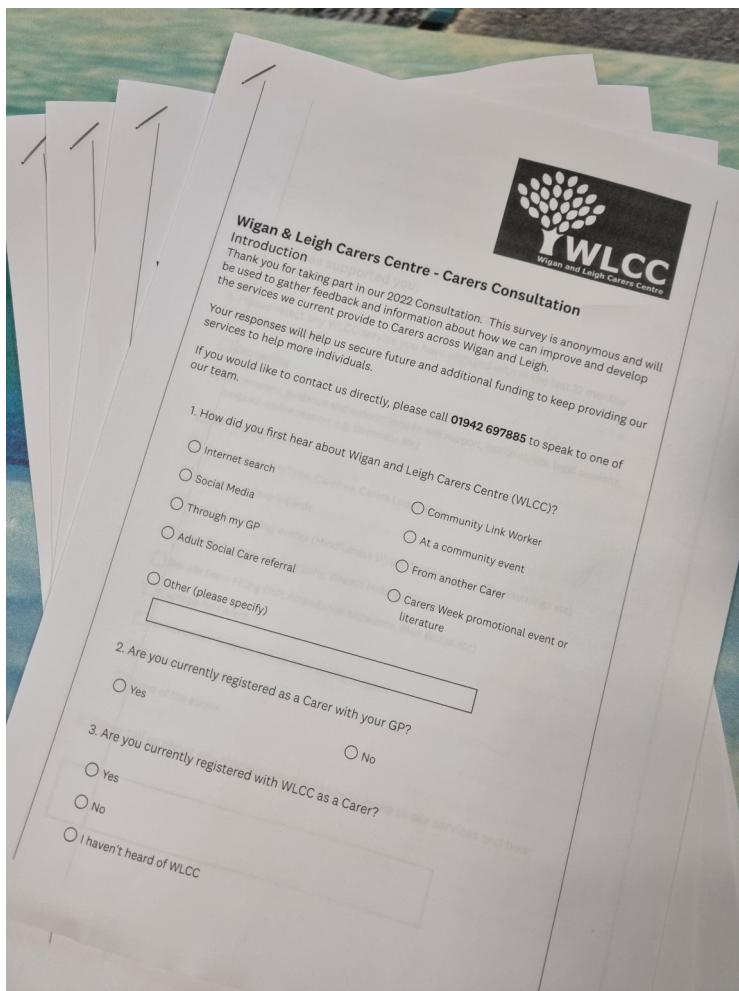
We will analyse all the responses to this survey, and write a report that identifies important themes in what people tell us. This will influence the way we commission the Carers' Support Service, and help us in setting priorities across Wigan and Leigh.

We will not share or publish any information which identifies individual responses, but may use anonymous quotes from people's answers to highlight themes.

The final date for completed surveys is **Sunday 19th February 2023, 7 pm.**

To complete the survey - please visit: <https://www.surveymonkey.com/r/WLCCNewsConsult2023>

The survey is also available to complete via our website and social media pages (if you wish to share with other carers - please forward on).



Charity news

Welcome to the WLCC team, Michael

WELCOME TO THE TEAM



MICHAEL SUMNER

APPRENTICE BUSINESS
ADMINISTRATOR
WIGAN AND LEIGH CARERS
CENTRE

A warm welcome to our new Apprentice Business Administrator, Michael Sumner.

We would like to introduce you to Michael who has recently joined team WLCC as our new Apprentice.

We caught up Michael and here's what he had to say: *"My name is Michael and my job role includes general office administration (answering the phone, making appointments), responding to enquires and finding solutions, participating in community activities and collecting feedback from carers. Prior to working with the Centre, I have volunteered with the Boys Brigade and with a community interest company called Individualised Direct Support Services CIC - IDS Services, where I provided group support with disabled people."*

The reason I decided to work with the Carers Centre is because I enjoy working with and supporting people and I also have personal experience of being a young carer. I am really looking forward to working with the Centre and making a difference to carers."

Bernadette Ashcroft, Chief Officer said "I am sure you will give him a huge welcome when you meet him and join me in wishing him every success." Congratulations and welcome to the team!

Carers enjoy coach trip to Blackpool

Between Christmas and New Year, we were delighted to offer carers the opportunity to join us on a coach trip over to Blackpool for some fresh air, a spot of shopping and of course - fish and chips!! Everyone wrapped up warm and enjoyed a walk on the sea front - reliving and sharing stories of those happy memories of trips gone by.

Thank you to those who joined us and if you have any suggestions for future trips, please get in touch!



Charity news



Cllr Jenny Bullen joins Carers Coffee Morning

A huge thank you to Cllr Jenny Bullen for visiting the Carers Centre in January and joining our Carers Coffee Morning. It was another well attended event (thank you also to those who joined us). Cllr Bullen spent time listening and chatting with local carers and meeting some of our wonderful volunteers. It was a pleasure to welcome you Cllr Bullen - please join us again soon! Thank you for your support.

Charity news



Mindfulness Taster Sessions for Carers

Mindfulness can be enormously beneficial to carers, as a means of developing greater inner stability, resilience and gaining more control over your thoughts, feelings and emotions. We've been thrilled to welcome Accredited Breathworks Mindfulness teacher, Catherine Hawkins to the Carers Centre who has been delivering a number of small group taster sessions recently.

Catherine knows what it is like to be a carer. She delivers the sessions so that carers can incorporate the skills into day to day living, as a strategy to support wellbeing.

Catherine says "Learning how to be mindful and caring of myself also made me a much better carer. When my Dad, who had Alzheimer's and COPD was at the end of his life, with complex care needs, during the pandemic, which reduced social care support, my mindfulness practice was hugely important in being a resource for managing my pain and challenging daily life."

Thank you Catherine, the feedback from carers has already proved to have such a positive impact on carers - *"I was quite amazed how Mindfulness helped my body so much."*

If you are a carer and would like to find out more, please call 01942 697885 and ask for Suzanne (Activities & Engagement Officer).

Charity news



SUPPORT
FOR CARERS



Oct to Dec 22



Registered New
159 Carers on WLCC
database



Individual Carer
339 Assessments and
Reviews
completed



Carer Triage
479 - one to one
information &
support



1808 Calls taken



Support group
42 sessions and
walks



Befriending Calls
270 delivered by
volunteers

WLCC also signposted carers **639** times to other community support both locally and nationally. At the end of Dec 2022 WLCC had **11,045** carers registered (both and adult young carers)

As a Charity, we are pleased to share with you all the results from another busy quarter for our team at the end of 2022!

If you want to know more about the support we give to carers in Wigan and Leigh please get in touch

01942 697885,

Email: info@wlcccarers.com

Charity news

Mindfulness Walks

We've been walking around the Borough throughout January, with carers and friends joining our relaxing walks. Here's some of our fantastic photos through the month of January 2023.

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.



Viridor Woods, Ashton



Boggart Hole Clough, Manchester (Carers Stepping Out)



Three Sisters, Ashton

Carer Story

Carer has fictional book published!

We wanted to share with you a brilliant good news story about one of our registered carers who has recently had a fictional book published!

John Bradley, who lives in Astley, stands proudly here with his book, **"What's Beyond the Garden Gate"** published by Austin Macauley Publishers Ltd. He tells us how he came to write the book: *"I am a carer for my daughter and I found myself alone and isolated a good deal of the time, as many carers do. So, one day a couple of years ago, I thought as I had an unusual life, I was inspired to write a book. This book is about how a small decision or fate can completely change your per-*



spective on life, and maybe one's life for better or worse. This is the case for Dave, a character in this book - by chance he stepped beyond his garden gate, to find twists and turns through romance, mystery, imprisonment, treachery, and love. The story ends with a remarkable twist."



John's book is available to buy from Amazon, Austin Macauley, and most large book chains. [Here is a link to the publishers site.](#)

John says, *"I would like to thank The Carers Centre who have helped me to gain friendship and remove the isolation I was feeling as a carer. My dreams of writing a published book have now become a reality!"*

John - we are so VERY proud of you, you are a huge inspiration to others, congratulations on this personal achievement

North West Carers Survey

At Wigan and Leigh Carers Centre, we're involved with networks of carers organisations across Greater Manchester and the North West.

We've been asked to circulate this survey - if you have a cuppa and a few minutes please fill it in!

Quality information and advice is an integral part of helping to promote carers' wellbeing. NWADASS carer leads are working on a project to produce an information and advice quality standards framework that will strengthen information and advice services for carers across the North West. They would really appreciate your time in completing this survey.

Thanks!

Visit: <https://www.surveymonkey.co.uk/r/Infomationandadvice>

North West Survey for Carers



NW ADASS - Information & Advice
Quality Standards Framework for Carers



Share your views
**What do you think about
access to, and quality of
information and advice for
carers?**



Upcoming events from the Carers Centre



Beginner's Grid Drawing

Would you like to learn how to draw or are you a beginner at drawing and want a bit of guidance or just enjoy drawing. If yes, join us here at Wigan and Leigh carers centre in a friendly and relaxed atmosphere. Have a bit of time to yourself and let your creativity flow.

Thursday 2nd February, 10.30 am

[Book here](#)

or call us 01942 697885

Relaxing afternoon with Jam and Scones

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

Friday 3rd February 2023
1.00 pm - 3.00 pm

[Book here](#)

or call us 01942 697885



Resin Jewellery Making

Join us at Wigan and Leigh Carers Centre and make a small collection of flower earrings and pendants, using the technique of Resin.

Tuesday 21st February, 10 am

[Book here](#)

Tuesday 28th February, 1 pm

[Book here](#)

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 6th February 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.



I took advantage of the chat/one to one support I was offered at the Monthly Drop in Session and came away feeling much more positive and supported in carrying out my role of Carer than when I first went in.

**CARERS
FEEDBACK
MONTHLY DROP IN SESSION**



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>



Sign up now for

HIVE

February 2023
places are limited

Support

NORTH WEST Parkinson's Forum Coffee Morning



Parkinson's Support Coffee Morning.

Please do come along if you are a carer, someone living with Parkinson's, or a family member - it's an opportunity to meet together for a warm cuppa and a chat.

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

Next Meet: Thursday 16th February, 11 am & 1 pm

Contact Michael Ekin for further information,
email: michaelekin1946@gmail.com

[Book here](#)

Living Well Dementia Group

Come together to share, learn, join in a variety of experiences including music, reminiscence, sensory and physical activities. All aimed at finding enjoyment and ways to live well with Dementia.

This is a group for carers and loved ones who have a formal diagnosis of dementia. Please book 2 tickets, one for yourself as a Carer and one for your loved one.

Facilitated by Anne (Alzheimer's Society) and the WLCC team.

Location: Wigan and Leigh Carers Centre, Hindley, Wigan, WN2 3BD

Date: **Monday 20th February, 2 pm—4 pm**



[Book here](#)

Support

Empowered Conversations are offering courses for family carers of people living with dementia.

A practical approach that helps people stay connected with their loved ones.

Contact empoweredteam@ageuksalford.org.uk

Visit: empowered-conversations.co.uk



The Empowered Conversations course offers a practical approach that helps people to stay connected with loved ones with dementia.

We have funding to deliver the course to as many family carers of people living with dementia across Greater Manchester as we can over a two-year period.



The course is delivered on Zoom as 2-hour sessions over a six-week period to small groups of 6 – 8 family carers.

Our February courses start on: Thursday 2nd (10am - 12pm), Friday 3rd (10am - 12pm) and Tuesday 7th (7pm - 9pm).

Get in touch with Anna at Empowered Conversations if you would like more information or to book on the course:



empoweredteam@ageuksalford.org.uk

www.empowered-conversations.co.uk



Support



Many people don't understand autism and how things they take for granted might cause difficulties for people on the spectrum.

Our cards are a great way to let them know you, your child or relative are autistic and that you might need some extra time or help in certain situations.

Visit www.autism.org.uk to get your card today

National Autistic Society is a charity registered in England and Wales (269425) and in Scotland (SC039427).

Support / What's on

Relationships workshop with Relate (online) Carers UK

Wednesday 1st February, 3 pm—4 pm

Our close personal relationships can always be challenging. Due to the nature of caring, you may face additional and specific issues whether that be between you and the person you're caring for or with other relatives or friends. Dee Holmes from the charity Relate will be joining us to lead a session specifically on the relationship difficulties carers may face. Relate is the UK's largest provider of relationship support and they work to provide support to people whatever their situation may be. Find out more and [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 film 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



Wigan
Council

Central Day Centre Dementia Choir

For people living with Dementia and their carers who enjoy singing, meeting new people, and making friends.

Our Sessions are designed to enhance well-being and provide enjoyment and confidence to lives affected by memory problems such as Dementia.

If you're interested, please come along, and enjoy an afternoon of fun and singing. Sessions are every Monday at 1.30-2.30pm. Free refreshments provided after session

Central Day Centre,

Sullivan Way,

Wigan,

WN1 3TB

To book your places email: a.worrall@wigan.gov.uk or tel: 01942 827212

What's on

Halle Relaxed Concerts

This concert is perfect for people living with dementia, their carers, adults with learning difficulties, stroke survivors or anybody from a vulnerable community who wishes to experience classical music in a relaxed and informal environment. Click on the link below for further information and to book tickets.

Date: Friday 10 February 2023

Time: 2.30pm

Venue: Hallé St Peter's, 40 Blossom St, Ancoats, Manchester, M4 6BF

Tickets: £3

[Further information & Eventbrite link to buy tickets](#)



What's on



Carer Voice Forum



WIGAN
BOROUGH
CARERS

Do you help a family member, partner, friend, or neighbour regularly?

Would they have difficulty managing without your support?

Do you provide care to a child or young person with special education needs or disability?



- ✓ For unwaged carers
- ✓ A friendly space
- ✓ Open ears
- ✓ Sharing experiences
- ✓ Tell us what matters to you
- ✓ Make a difference



Please join us at our very first Carer Voice Forum

All carers and their loved ones welcomed. Refreshments provided.

Wednesday 1st March 2023

10am-12pm and 4pm-6pm

Hidden Gem Community Café, Embrace

Platt Bridge Community Zone, Ribble Road, Platt Bridge, Wigan, WN2 5EG

For more information contact by email: carers.mailbox@wigan.gov.uk

Or Wigan and Leigh Carers Centre on 01942 697885 or email info@wlcccarers.com

Support / What's on

Dementia Carers Count—Online / Virtual Support Courses for February 2023

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









There is an updated copy of the Dementia Activity Timetable for Wigan & Leigh.

Carers - if you would like a copy - please get in touch 01942 697885.



Social activities for people living with dementia and mild cognitive impairment their carers/relatives



MONDAY	
 Memories Tea Rooms 9.30am – 4pm, MONDAY to Friday Atherton Town Hall, Bolton Road, Atherton, M46 9JQ.	 96th Feb, 6th March Atherton – Dementia Friendly Coffee Morning 10 – 12pm Atherton Town Hall, Bolton Road, Atherton, M46 9JQ. Call Terry on 07412 521040 to book a place
 23 Jan, 6th, 20th Feb, 6th, 20th March SOUL TIME – MUSIC AND CHAT Mondays 1pm – 3pm Museum of Wigan Life Library Street, Wigan WN1 1NU Call Lizzie on 07946 353203 to book your place	 HUB CIC for a Free Dementia Friendly Tea, Toast and Talk morning Mondays 10am – 11.30pm. Little Rainbows 2 Day Nursery (behind the main building) 30 Bond Street East Leigh WN71BP. Contact details 01942 673327 or 07983867678
 Shevington Carers Group 30th Jan, 27th Feb, 27th March 10.30 am– 12.30pm Shevington methodist church 1 Gathurst Ln, Shevington, Wigan WN6 8HA For more information Call 07447 454730	 Central Day Centre Dementia Choir Mondays 1.30pm Central Day Centre, Sullivan Way, Wigan, WN1 3TB To book your places email: a.worral@wigan.gov.uk call : 01942 827212

This timetable is updated Jan, April, July & Oct call 07799863546 for a NEW version or for more information visit www.wigan.gov.uk/DementiaActivities or email kerry.thompson@wigan.gov.uk

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

13th 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



Wigan & Leigh Hospice



Email: PDT@wlh.org.uk

Telephone: 01942 525566

[Book here](#)

What's on

Reduce
heart
disease &
risk of
stroke

Free Mindfulness Meditation

Improves
memory &
cognitive
skills

Relaxation
for your
Mind &
Body



Reduce
stress &
blood
pressure

11am – 12pm

1st Thursday of every month (starts 2nd Feb)

Lamberhead Green Library

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

Support / What's on



Greater Manchester
Mental Health
NHS Foundation Trust



Wigan and Leigh Carers Centre
Charity Number: 1138908
Registration Number: 1205520



DEMYSTIFYING MENTAL HEALTH

A RELAXED SPACE TO LEARN ABOUT
MENTAL HEALTH AND HOW TO TAKE
CARE OF IT - OPEN TO THE PUBLIC AND
CARERS!

THURS 23RD FEB • 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

TO BOOK ON - PLEASE SEE THE CARERS CENTRE WEBSITE

Support / What's on



AUTISM FAMILY WALK



Do you want to spend time with other autism families
and become part of a small community of
like-minded people whilst getting a little healthier and
spending time in the fresh air?

Come and join us for this free event.
Bring the whole family.



Carr Mill Dam

Monday 13th February

10.30a.m

DM or email buildingthebasics@outlook.com

Support / What's on

Dementia Cafés in the Wigan Borough



Dementia Cafés offer a relaxed social gathering for people with dementia and their carers. As well as a cuppa (and at Hindley we have lunch) you can also get advice, information, support and make new friends.

To ensure we comply with any Covid-19 guidance in place at the time of the café, booking is required. To book, please contact Pauline on mobile no. 07711 015330 (send a text or leave a voicemail with your contact details and Pauline will get back to you) or send an email to: pauline.blackie@alzheimers.org.uk

Please note that all the planned dates below are subject to change and cancellation. Should this be necessary, everyone who has booked will be contacted.

Hindley Café is our Dementia Friendly Lunch planned for the first Thursday of the month from 12 noon at:

Summat to Ate
48-50 Market Street
Hindley
WN2 3AN

Changed to 2nd Thursday for this month only
12 January 2023
2 February 2023
2 March 2023
6 April 2023
4 May 2023

Wigan Café is planned for the second Tuesday of the month from 2.00 to 4.00pm:

The Wheel Restaurant
Wigan and Leigh College
New Market Street
Wigan
WN1 1SE

10 January 2023
14 February 2023
14 March 2023
Changed to 3rd Tuesday for this month only 18 April 2023
9 May 2023

Leigh Café is planned for the third Wednesday of the month from 10.30am to 12.30pm at:

Leigh Cricket, Tennis & Bowling Club
Beech Walk, (Off St. Helens Road)
Leigh
WN7 3LH

18 January 2023
15 February 2023
15 March 2023
19 April 2023
17 May 2023

Standish Café is planned for the fourth Tuesday of the month from 1.30pm to 3.30pm at:

St. Wilfrid's Parish Hall
Church Street
Standish
WN6 0JT

24 January 2023
28 February 2023
28 March 2023
25 April 2023
23 May 2023

Dementia Cafés ... so much more than a cup of tea!



Email: pauline.blackie@alzheimers.org.uk

Mobile: 07711 015330

Website: www.alzheimers.org.uk



We're here for you
0333 150 3456



DEMENTIA
CONNECT

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 struggling with a variety of issues at the moment and I feel that I do not know where to turn to. I need some support regarding having a listening ear and maybe some counselling. Can you recommend any support services please?

A— I am very sorry to hear that you are having a tough time at the moment. At the Carers Centre we offer our own support in regard to befriending calls or counselling. Here are some links that you may find useful– but please do call into the Centre where we can provide you with some one to one support. Here are the links:

[Groups, befriending and counselling • Wigan and Leigh Carers Centre \(wlcccarers.com\)](https://www.wlcccarers.com)

<https://www.samaritans.org> Samaritans – a free service provided. Call 116 123

[Wigan Council Health and Wellbeing pages](#) The council's mental health and wellbeing pages, with links to national and regional organisations.

<https://www.qwell.io/> FREE, safe and anonymous mental wellbeing support for adults across the UK. It provides a variety of anonymous support for people including online messaging, personal development tools and drop in (and booked) chat sessions to receive professional support.

Q—I am looking for some funding/grant to support with white goods and I am unsure what is out there for unpaid carers. Could you please advise?

A- Hi, Here are a few grants that are available. Check the eligibility criteria on their website. Here at the Carers Centre, we can support with looking into a Carers Trust Grant application-

[Grants & Financial Support for Unpaid Carers| Carers Trust](#)

[Family Fund](#)

[Grants \(carerfriendly.co.uk\)](https://www.carerfriendly.co.uk)

Follow Wigan and Leigh Carers Centre on:



Parent Carers

Time to Talk Next Steps

A three-year project (2021-2024) to support young people with additional needs to build confidence, provide motivation and make plans for the future.

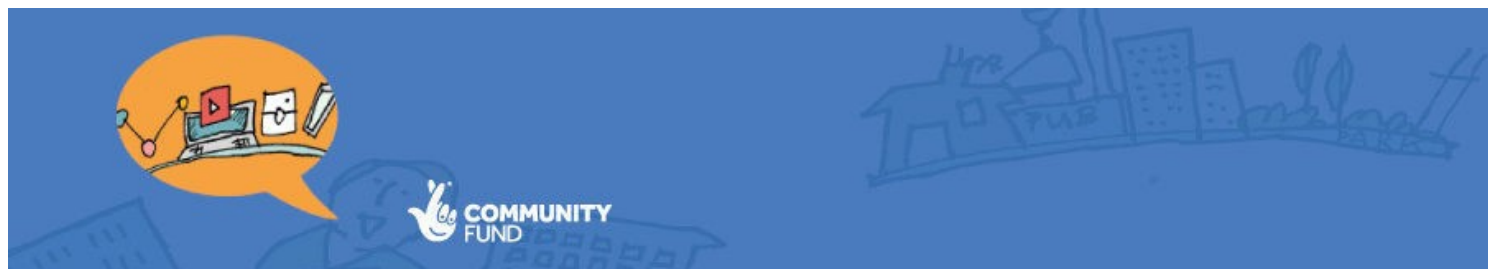
If you have a disabled child aged 16-25 in England, don't miss out on this incredible opportunity to help them become more independent and make plans for the future.

Time to Talk Next Steps is a free tailored support programme for disabled young people experiencing anxiety or isolation and who have limited or no plans for the future.

Participants will meet with a trained supporter to figure out what help they need to move forward — such as peer support sessions, useful activities, or individual sessions to build up confidence and explore their next steps.

If they wish, young people can then go on to train as peer supporters themselves or help to design and deliver training for practitioners.

To join the programme, delivered by NDTi in partnership with Contact, simply fill out a Request for Support [form here](#).



Parent Carers



National
Autistic
Society

To find out more visit:

www.autismgm.org.uk/events

How can I support my autistic child?

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

Childhood programme: 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

For information and
support visit:

www.autismgm.org.uk

www.autism.org.uk

Book Here

Parent Carers

Part of the
Start Well Family Network

Wigan♥
Council

Saturday Dads & Male Carers Group

NEW!

NEW!

STARTING 14TH JANUARY 2023

A FREE fun Stay & Play session for dad's/male carers and their children aged 0 - 10 years

- * Peer Support
- * Physical Activities
- * Health & Wellbeing Support
- * Lots of Fun!

10am - 11:30am

Howe Bridge Sports Centre - studio 3
Eckersley Fold Lane Atherton M46 0PJ

for more information or to book a place please ring 01942 879012



Parent Carers

BEING
ME

CHATBACK

PEER TO PEER SUPPORT GROUP FOR GIRLS AGED 11 TO
16 YEARS OLD LIVING WITH AUTISM OR ADHD.

A SAFE SPACE TO TALK,
DEVELOP COPING MECHANISMS AND SKILLS
AND BUILD NEW FRIENDSHIPS!

EVERY WEDNESDAY - 3PM UNTIL 4:30PM
- DROP IN AT ANY TIME

AT THE A TEAM HUB

NO BOOKING NEEDED - JUST SHOW UP



LOCATION:
TRAFFORD HOUSE,
PLATT FOLD ST,
LEIGH, WN7 1JH

FOR MORE INFORMATION EMAIL:
MICHELLE@LEIGHCOMMUNITYTRUST.CO.UK
CAROLINE@LEIGHCOMMUNITYTRUST.CO.UK

Parent Carers



Parent Carer Coffee Morning

Carers Centre,
Hindley
WN2 3BD

Wednesday
15th February 2023
10 am—12 noon

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

Male carers



Male Carers Social Group

Carers Centre,
Hindley
WN2 3BD

Thursday
2nd February 2023
1 pm—2.30 pm

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

Life After Caring

Care for a Cuppa for former carers

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 provide support in the form of online virtual cuppas every month.

[Sign up here](#)



Young carers

Young Carers enjoy the Panto! *Oh Yes they did!*

It's Pantomime time again, "*Oh Yes It Is*" with loads of fun enjoyed.

Young Carers had a wonderful time with one winning a raffle ticket for a box of chocolates which she kindly shared with us all. Show finished, and backstage it was an exciting time to meet nearly all the Panto players. "*Oh yes they did*"

Many thanks to June and her cast of players at St Michael's Amateur Dramatics.

Thanks to Volunteers, Trev and Sue for all their support in arranging the booking and goody bags.



Young carers

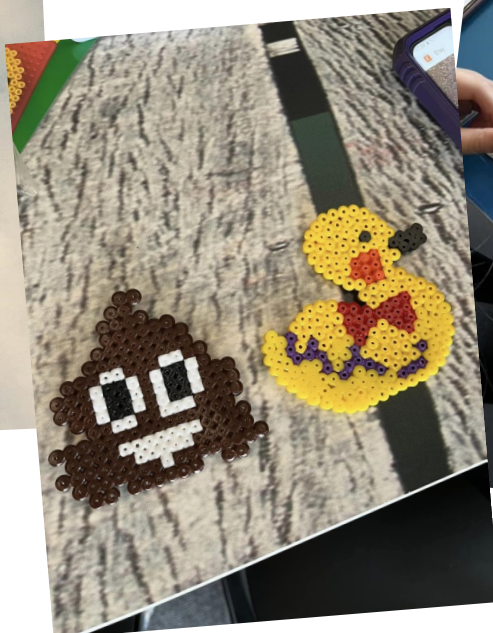
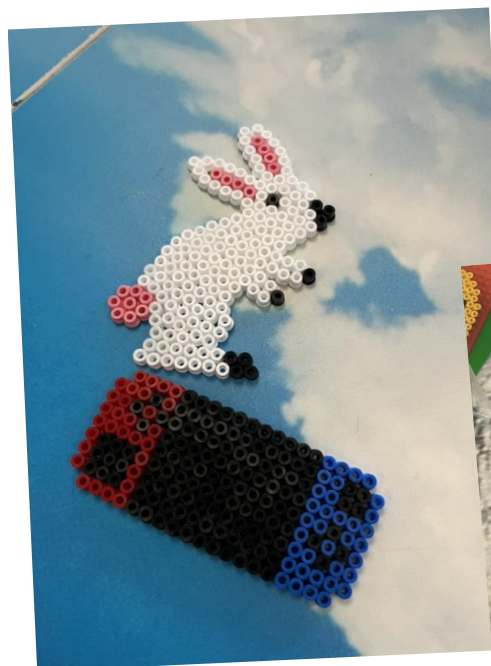
Young Carers Painting By Numbers

Some fantastic painting by numbers creations here....all made in our January activity sessions



Young Carers create their own Hama Beads

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



Young carers

SAVE THE DATE!

YCAD 2023

**will be on
15 March**

**CARERS
TRUST**



**So, when is next year's Young
Carers Action Day?**

15 March 2023

**Great! And what's the theme of
next year's Young Carers Action
Day?**

**The theme for 2023 is
Make Time for Young Carers.**

Young carers

Young Carer, Taylor, visits Kennedy Space Centre for brother's dream vacation



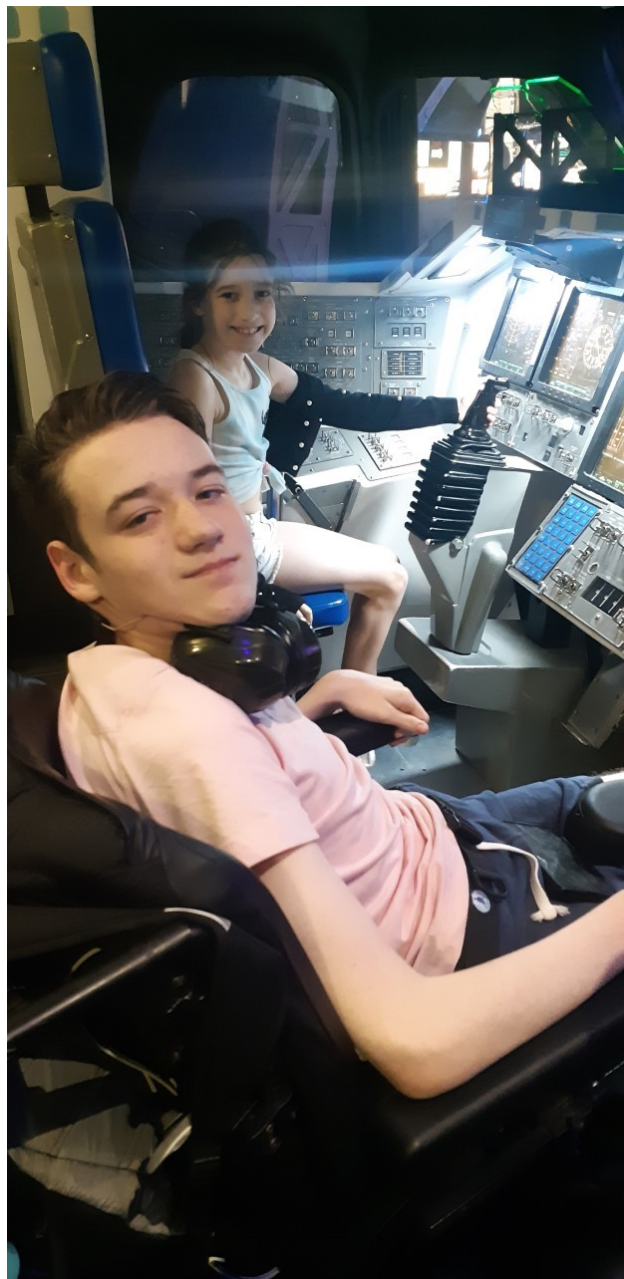
16-year-old Ben has Autism, Cerebral Palsy and uses a wheelchair. He is also in remission from Leukaemia.

Ben's Wish Foundation was formed after enough money was donated to fulfil his ambition of travelling to Florida and Jamaica with his parents and younger sister, Taylor (who is registered with WLCC as a young carer). After receiving so much support from the community, Ben wanted to give something back to help others and his foundation supported a new disability football team called Leigh Genesis Dynamite. Ben continues to fundraise and help others where he can.

After several cancellations due to COVID the family travelled to Florida and Jamaica in December for Ben's dream vacation.

At the top of Ben's list of things to do, was to visit the Kennedy Space Centre. With a little help from Young Carer Support Worker, Nicola (who has a contact that works for NASA!!) she was able to arrange a private VIP tour of the visitor's centre for Ben, Taylor and the family.

The family got in touch after Christmas to say they had an amazing trip and sent these lovely photographs which they are happy for us to share with you all.



Volunteering

Companionship Volunteers Needed

Could you spare some of your time to give a local unpaid carer time for themselves by offering support and a listening ear to their loved-one? If yes, we would love to hear from you.

How you can make a difference:

Wigan and Leigh Carers Centre's Carers Companion Service aims to enable a carer to take a well-earned break by providing companionship and support to their loved one. By joining our team of dedicated volunteers, you could help make a positive difference to carers and their families.



**If you are interested
and would like more
information :**

**Call: Joe Cobb, Volunteer Coordinator
Jon 01942 697885 / 07754 648859 or
email joe.cobb@wlcccarers.com
Visit: www.wlcccarers.com**



Fundraising



Thank you Interact Contact Centres

During 2022, WLCC Young Carers was one of two chosen charities by Interact Contact Centres, based in Wigan. The team at Interact have worked tirelessly and generously to raise a staggering £10,000 in one year towards our young carers activity programme!!

From bake sales, to bar crawls, sponsored walks to sky dives, raffle draws and dress down days – the team has stopped at nothing to reach their goal and raise awareness of our work.

We cannot say enough to thank everyone at Interact for your commitment and generosity, it is so appreciated and your hard work will have a direct impact on the lives of our young carers and their families.

Sincerely THANK YOU

How can you support us?

If you are in local business or part of a business team and looking to participate in or arrange through teamwork and wellbeing activities whilst supporting local community charities – we would love a coffee and a chat. Contact us on email: info@wlcccarers.com / 01942 697885

Fundraising



Thank you St Michael's Amateur Dramatic Society

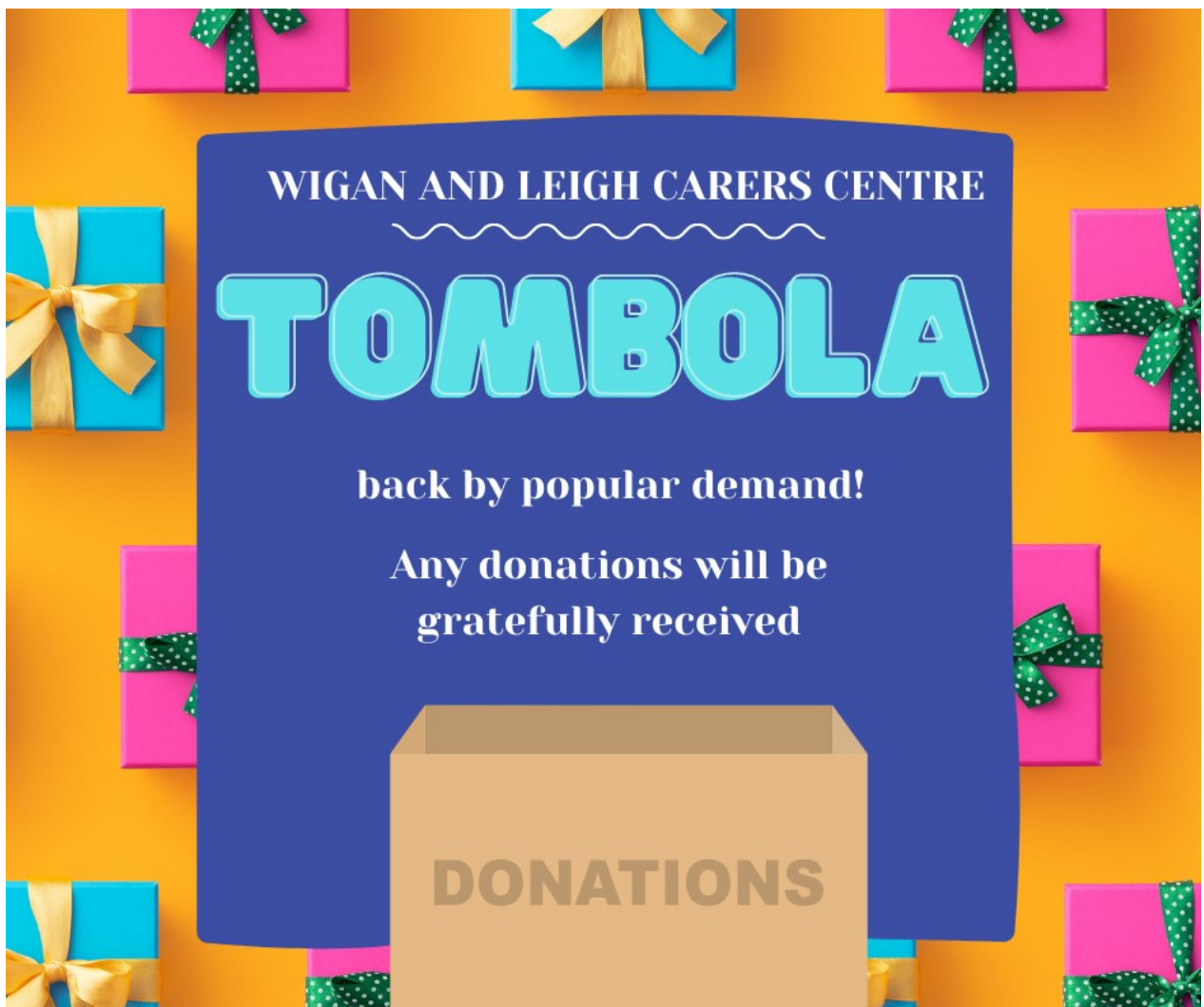
We just wanted to express our sincere thank you to St Michael's Amateur Dramatic Society who once again have chosen to support Wigan and Leigh Young Carers as one of their local charities to support during their panto!

Their fabulous fun-filled family pantomime, Jack and the Beanstalk took place in January 2023 and year upon year, St Michael's guarantees a show-stopping theatrical experience filled with local talent - they are proud to celebrate 66 years of panto production in Wigan - TRULY AMAZING!

Thank you so much for everything you do to provide smiles upon smiles and a show full of entertainment that every audience member can enjoy!

We really do appreciate your kind donations to Wigan and Leigh Young Carers.

Fundraising



Do you have any Xmas presents you might not want that we can use towards our tombola to raise funds to support unpaid carers?

As an organisation, fundraising is crucial for us to be able to continue the work we do. Donations give us extra funds and bring 'added value' to support carers with wellness, mental health, respite opportunities and much more. If you have anything you would like to donate, please drop it off at the Carers Centre in Hindley. Thank you.

Work with us

WE'RE ON THE LOOKOUT

**FOR A NEW
ADDITION**



CARER ASSESSOR

TO JOIN OUR CHARITY SUPPORTING UNPAID CARERS IN WIGAN

35 HOURS PER WEEK

FOR MORE INFORMATION

CALL 01942 697885

OR VISIT

www.wlcccarers.com

We're looking for a Carers Assessor to join us here at Wigan and Leigh Carers Centre.

Want to find out more about the opportunity?

Visit our website

<https://wlcccarers.com/about-us/work-with-us/>

or call 01942 697885 for further information.

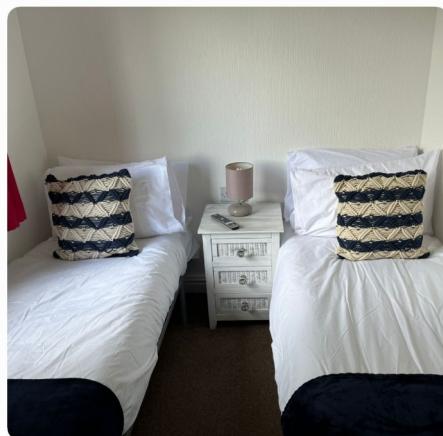
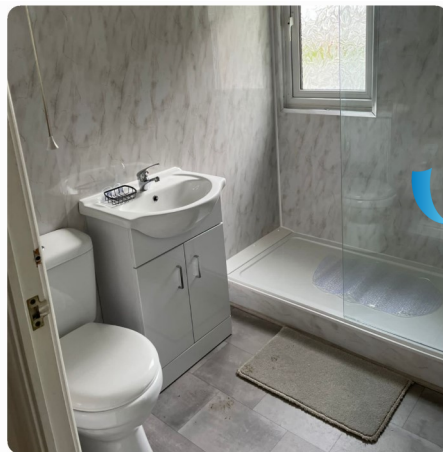
The Carlton Lodge

Holidays 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?



Wigan and Leigh Carers Centre
Charity Number 1138908
Registration Number 7203321

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

