

**Speaking with one voice for all carers in Wigan borough**



## Battle of the Borough fundraise and raise awareness for Young Carers

Wigan Warriors and Leigh Leopards have teamed-up ahead of Thursday's Betfred Super League Round 7 clash to help raise funds and awareness for Wigan and Leigh Carers Centre.

**The game will see a designated Fanzone at Leigh Sports Village featuring activities like face painting, fairground rides and more, accessible through a minimum £1 donation. The zone is open from 5:30 pm, with bucket collections around the stadium area with all funds raised going directly to the Wigan and Leigh carers charity, for young carers respite and activities.**

**Read more on Page 4**

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# Chief Officer Blog

## Chief Officer blog—Bernadette Ashcroft

Welcome to our April 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.

The days are starting to get brighter and at Wigan and Leigh Carers we're excited to be enjoying the great outdoors and longer days together. The spring initiative, Carers Active April, led by Carers UK has been encouraging carers to support their wellbeing in whatever ways they can. From participating in online sessions to joining our Mindfulness Walks ...we even have a Line Dancing workshop to look forward to - showing that everyone can find new and fun ways to keep active. Discover what we've been doing and how you can join us!



We are delighted to announce that Wigan and Leigh Young Carers have been chosen by Leigh Leopards and Wigan Warriors for their match day charity fundraising and support. This Thursday's rugby league game will shine a light on Young Carers in the Borough and we can't thank both teams enough for this opportunity to raise awareness—see the front page and page 4 for all the details and how you can support our Crowdfunder.

Please don't forget it's our Open Drop In Session on Monday 3rd April—we are open until 7 pm if you'd like to speak to a member of the team for any help or advice you might need. A lovely cuppa and a listening ear awaits.

Finally I would like to wish you and your families a lovely Easter and look forward to seeing you soon.

With best wishes

Bernadette Ashcroft  
Chief Officer

Wigan and Leigh Carers Centre

# Easter Opening Times



Good Friday 7th April - Closed  
Saturday 8th April - (Young Carers)  
Easter Sunday 9th April - Closed  
Easter Monday 10th April - Closed

Tuesday 11th April - normal working days / hours resume

If you need to get in touch with us, send us an email or leave a voicemail on our landline  
Email: [info@wlcccarers.com](mailto:info@wlcccarers.com)  
**01942 697885**

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





# Charity news

## Battle of the Borough Fundraiser ....continued from Front Page



Ahead of Thursday's Borough Battle, Wigan and Leigh Carers were invited to the Leigh Leopard's stadium to officially announce the fundraiser. Some of the young carers were able to visit the ground and meet Leigh's roarsome mascot, 'Leeto'.

Bernadette Ashcroft, CEO of Wigan and Leigh Carers said, ***"We're so excited. We've been allocated quite a few tickets and they've all been snapped up by our young carers and their families. It gives them the opportunity for a great night out. We'll be there with our t-shirts on and our collection buckets. It should be a great show!"***

CEO Kris Radlinski told Leigh Leopards: ***"It's an amazing charity that does an awful lot for the Borough, so to be supporting it with this particular event is very significant. I had a***

***meeting with Derek and Neil about what charity we'd like to support, and what we could do to raise its profile with this game coming up, and the Young Carers charity stood out immediately."***

A sincere thank you to both clubs and to Wigan Council for all the support you have given.

We look forward to cheering on both teams on Thursday!

If you would like to donate to our Young Carers fundraiser, please visit our Go Fund Me Page [here](#).





# Charity news



## **\*\*IMPORTANT NOTICE\*\***

Just to make everyone aware (for anyone visiting the Centre) that Ladies Lane (where Hindley Train Station is) will be now be closed until July 2023. This is due to electrification works at Hindley Station. It will be quite a lengthy diversion for anyone who travels this route, so please factor in any additional time onto journey planning if you plan on visiting the Centre.

# Charity news



## Supporting Leigh Jobs Fair

It was our pleasure to attend the Leigh Training, Apprenticeship and Jobs Fair last Friday. There were lots of local companies and organisations offering part time and full-time jobs, apprenticeships plus training and volunteering opportunities. Bernadette and Joe supported the day and enjoyed meeting those who came to find out more. If you are interested in joining our team as an employee or a volunteer - please get in touch, Tel: 01942 697885 or visit our website: [www.wlcccarers.com](http://www.wlcccarers.com) for further information.

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## Carers Survey Winners

Can we firstly say a HUGE thank you to every person who took the time to complete our 2023 Carers Survey!

Everyone who entered received an opportunity to take part in winning 1 of 3 £100 prizes, as a sincere thank you for taking the time to share your views.

We are delighted to pick out 3 lucky winners of £100 on our live video featured on Facebook!

They are:  
Linda Fish  
Catherine Hawkins  
Catherine Ince

Results from the survey will help shape the future delivery of our services going forward - look out for further updates in our newsletters.

Congratulations to the winners and thanks once again for everyone's time and input for completing the survey. Your views are valued.



# Charity news



## Male Carers Quiz Afternoon

There was a race against the clock to pit their wits against vowels, constants and numbers in this light hearted game of countdown at our March Male Carers get-together.

Huge thanks to Ken and Debbie for organising the session.

Next meet up is Thursday 6th April, same time, 1 pm.

[Book here](#)

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## Blooming lovely

Carers have been enjoyed coming together at venues in Leigh and Hindley for flower arranging workshops, and taking home their beautiful displays.

A big thank to you to Samantha for delivering the sessions.

If you are interested in any future sessions, please call Suzanne at WLCC on 01942 697885 or drop us a message.



# Charity news

## Mindfulness Walks

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



### Monton, Manchester (Carers Stepping Out)



### Fairy Glen, Wigan



# Carers Active April



  
Carers  
Active  
April

**Feel inspired to be more active**

**Sign up to Carers Active April**

## **Carers Active April is back for 2023!**

### **FREE activity and wellbeing pack when you sign up for Carers Active April with Carers UK**

Finding the time and motivation to be active can be challenging while you're also juggling all the demands of caring.

By signing up to Carers Active April, you'll receive:

- A Carers Active April kickstarter pack filled with goodies to help support your health and wellbeing (quantities are limited so sign up today to make sure you don't miss out!)
- The opportunity to take part in the Move Into Spring movement challenge, running throughout April.
  - An invitation to a free virtual Healthathon event on 29 April.
  - Weekly online physical activity sessions throughout April.
  - Helpful ideas, tips and links during the month.

[Sign up here](#)

# Wigan Borough Carers Voice



## Wigan Borough Carers Voice

Wigan Council are in the process of organising the next Carers Voice event for April.

This is your opportunity to have your say and share your views on services in Wigan and Leigh.

We will email the invitation out very soon—we would love to see you there.



# In the news...

## The Ones Who Care—Film is award winner!!!

We would to send our HUGE congratulations to We Care Campaign and Northern Heart Films as their film (featuring Wigan and Leigh's unpaid carers), won their category in the Charity Film Awards held at the ODEON Luxe, Leicester Square.

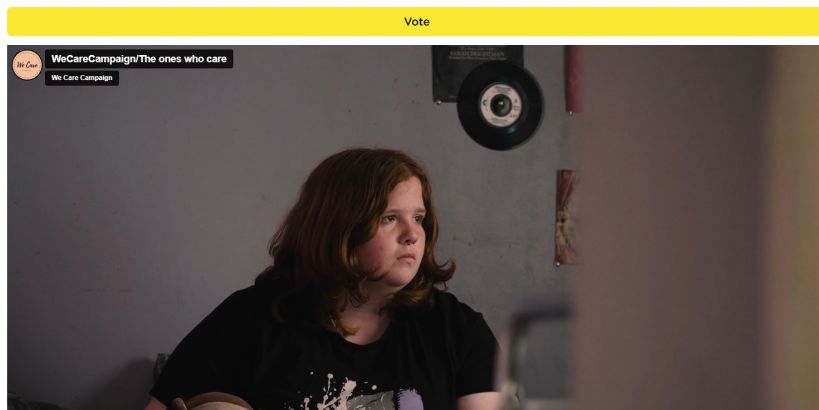
A while back, we shared this beautiful and poignant film, which we are sure resonates with many carers daily lives.

It really hits how tough caring for a loved one is, at any age.

Our thanks go to the carers who participated in the film and those who kindly voted.

A step in the right direction to make our hidden carers VISIBLE!

We Care Campaign  
The Ones Who Care



# My Time Wigan



Lovely to see Carer, Elizabeth enjoying a well deserved break at Empire Cinema Wigan through [mytime Wigan](#).

Here's what Elizabeth had to say about a recent visit;

***"I just wanted to say thank you so much for the cinema tickets, which my husband and myself used this evening, to watch Allelujah. We had a lovely evening and enjoyed the film. The staff at Empire were fantastic."***

If you are a carer and would like to know more about My Time Wigan and breaks for carers, please get in touch with us, call 01942 697885 or email us at [info@wlcccarers.com](mailto:info@wlcccarers.com). You can also follow My Time Wigan on their Facebook page.



# Discounts for Carers

## Northern Trains ticket discount: key workers and carers

### offered 25% off travel



Key workers in the [healthcare](#), [education](#) and charity sectors, along with unpaid [carers](#) can claim a 25% discount on rail travel in northern England under a new scheme.

The offer is open to NHS staff and other medical professionals as well as teachers, charity workers and carers, both paid and unpaid. It means that they can save a quarter off the cost of any advanced purchase ticket across Northern routes.

To claim the free offer, eligible workers have to sign up via the relevant links for [Healthcare staff](#), [teachers](#) and other education workers; [carers](#); and [charity workers](#).

Every little helps when trying to make your money go further, especially if you are a carer. Discounts can make a big difference, so it is always worth keeping an eye out for opportunities to get some money off.

**Discounts for Carers** offers carers, paid or unpaid, money saving deals and vouchers for a wide range of shops, holidays and utilities.

- Latest deals emailed to your inbox.
- Free to use and no fees ever.
- Save hundreds of pounds.
- Exclusive deals for carers.
- Over 1,000 big name brands.

• Visit their [website](#) for more information.

discounts  
for carers

100's of big brand discounts  
for carers & careworkers

- |                   |                     |
|-------------------|---------------------|
| ☆ Free to join    | ☆ Save £££          |
| ☆ Exclusive deals | ☆ Regular giveaways |

Join free today >

# Upcoming events from the Carers Centre



## Line Dancing (Carers Centre)

**Tuesday 13th April, 2pm—4 pm**

Come and join us for 'Carers get active month' and enjoy a Line dancing session with 'Mike and Me'

Our Line dancing session will be suitable for all ages and abilities.

Please wear suitable clothing and shoes

Refreshments will be provided.

[Book here](#)

or call us 01942 697885

## **Camera Club (Leigh)** **Friday 28th April, 1 pm—3pm**

Have you got a passion for Photography or do you just fancy getting out into the fresh air to take in the scenery and meet other carers?

If so then please join us for the afternoon!

Each month we will visit different locations throughout Wigan and Leigh and put our camera skills to the test!

Venue: Pennington Hall Park

[Book here](#)

or call us 01942 697885



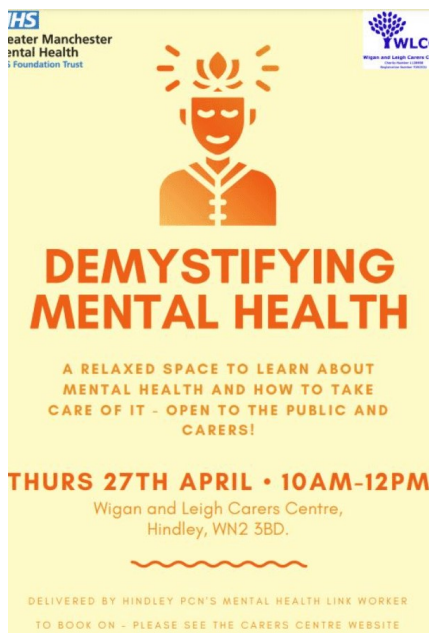
## **Demystifying Mental Health** **Thursday 27th April, 10 am—12 noon**

Come to Wigan and Leigh carers centre and learn about mental Health and how to take care of it.

Chat to professionals in a relaxed environment with a brew and share your experiences and views too.

[Book here](#)

or call us 01942 697885





# Support

## WLCC welcomes all new carers – open monthly drop-in until 7 pm

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.

## The next drop in session is Monday 3rd April, 2 pm—7 pm

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.**



**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

## Carers supporting someone with Pancreatic Cancer....

### Upcoming dates

#### **Family, Friends & Carers' Cuppa**

**Tuesday 23rd May, 11am – 12.30pm**

Hosted by our volunteers. Nicci, our specialist nurse will also be joining.



Family, Friends and Carers' Cuppa - Online support session  
Tuesday 23rd May, 11 am - 12.30 pm

We know that supporting a loved one with pancreatic cancer can be an isolating experience. You may feel pressure to put on a brave face for your loved one, or struggle to know what to say to people when they ask how you're doing. It's important that you get the support you need, and that's why Pancreatic Cancer UK run an online Family, Friends and Carers' Cuppas.

Each session is an hour and a half long and held on Zoom.  
Meet and get support from others in a similar situation.

Family, Friends and Carers' Cuppas are hosted by volunteers, rather than nurses, who have all have had an experience of looking after a loved one with pancreatic cancer.

[Sign up here](#)



# Support

## Useful links for food shops and recipes....

Kieron, our Carers Case Officer, has put together some useful links from the BBC Food website that could help save money on food shops for carers. Click on the link below to take you to each article:

[How to save £60 a month on your food shop - BBC Food](#)

[Cost of living: How can I save money on my food shop? - BBC News](#)

[Budget recipes and advice - BBC Food](#)

[Family £1 recipe meal plan for six - BBC Food](#)

[Vegetarian family £1 recipes meal plan - BBC Food](#)



# 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 20th April, 11 am & 1 pm**

Contact Michael Ekin for further information,  
email: [michaelekin1946@gmail.com](mailto:michaelekin1946@gmail.com)

[Book here](#)

### MACMILLAN MONDAY



Here for you.

Share experiences,  
access support and advice.

Everyone welcome. Any donations received through activities and all proceeds from the Cafe are sent straight to Macmillan.

**respite - relaxation - time for you - camaraderie**

Call to book your complimentary therapy session\*

**07398 197992**

\*For those living with cancer and their families.  
Therapy sessions are delivered by a fully trained and insured professional.

**MACMILLAN  
CANCER SUPPORT**

Coming soon - Tyldesley area.

For those living with Cancer and their Carers.

Cafe Camaraderie in Tyldesley are thrilled to announce that when they open in a few weeks...

MACMILLAN MONDAY'S will be a regular theme.

They are so proud to be recognised as a Macmillan Centre - a Tyldesley first and this, is to be celebrated.

Access support, advice and resources and book complimentary therapy.



# Support



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.**

**March course starts: Thursday 23rd (10am - 12pm)**

**April course starts: Friday 14th (10am - 12pm)**

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



[empoweredteam@ageuksalford.org.uk](mailto:empoweredteam@ageuksalford.org.uk)

[www.empowered-conversations.co.uk](http://www.empowered-conversations.co.uk)



**One for Dementia Family Carers. FREE course**

April course starts: Friday 14th (10 am - 12 pm).

Sign up, email: [empoweredteam@ageuksalford.org.uk](mailto:empoweredteam@ageuksalford.org.uk)

# 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](http://www.ewgcounselling.co.uk/peersupport)

01942 386868



### **Counselling Led—Peer Support Group Wigan Town Centre**

Just a reminder that Emotional Wellbeing run their peer support group every Thursday Morning in Wigan town centre. They are just down the road from the bus station in the town centre so easy to get to us using any transport.

This particular group not only offer peer support but is led by experienced counsellors who support the therapeutic interventions and discussions in group.

Call or email them if you would like any more info or would like to join

[www.ewgcounselling.co.uk](http://www.ewgcounselling.co.uk)

[ewgcounsellingservice@gmail.com](mailto:ewgcounsellingservice@gmail.com)

01942 386868



# Support



## 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](mailto:kathryn.mellor@lgbt.foundation)  
for zoom details and further information

Supported by:



## GREATER MANCHESTER LGBTQ+ ONLINE DEMENTIA SUPPORT GROUP

Join this support group that meets the first Tuesday of every month 2-3:30 via Zoom. Please contact Kathryn Mellor [Kathryn.Mellor@lgbt.foundation](mailto:Kathryn.Mellor@lgbt.foundation) for Zoom details and further information

Its a safe and friendly space where you can express yourself and support each other.

Greater Manchester has a reputation for being a place where there is a strong commitment to improving the lives of all lesbian, gay, bisexual and trans citizens. There is a wide network of LGBTQ+ support throughout Greater Manchester. Evidence shows that people in this community often desire to seek support from inside the community itself and to be supported by mainstream inclusive services.

# Support / What's on

Are you living with a  
Dementia diagnosis?

Do you know or care for someone  
affected by Dementia?

Would you like to live well with  
this disease, soothe your mind & body  
and have some fun?

Creative Mindfulness for Dementia is a new opportunity, based on the renowned Breathworks Mindfulness for Stress course. It will include learning skills to calm worry and anxiety, enjoyable creative activities and tea and cake in a small group. Taking place over eight weeks it is FREE to attend whether you are diagnosed with Dementia or a family member, Carer or friend.

*"Hi, I'm Cath the course teacher. I'm Breathworks trained and offering this course as I wish my Dad and I could have done this in the first few years of his Alzheimer's diagnosis."*



**The Deal**

**Wednesday 26th April - 14th June / 1.00-3.30pm**

**At Leigh Youth Hub, Sale Way, Leigh Sports Village, Leigh, WN7 4JY.**

**Contact Cath for a chat about the course on**

**Mob: 0798 4123 445 | Email: [cathhawkins@yahoo.co.uk](mailto:cathhawkins@yahoo.co.uk)**



# What's on

## Carers UK online Share and Learn Sessions for Carers

April 2023

To book on any of  
these sessions—[book here](#)



### April sessions

Carers Active April session: Nordic Walk Fit - Tuesday 4 April, 4-5pm



Song sessions with Matt Hill - Wednesday 5 April, 3-4.30pm



Weekly Hatha Yoga for physical and mental wellbeing with Sangeeta Bhandari - 5-6pm on Wednesdays in April



Song sessions with Matt Hill - Wednesday 12 April, 3-4.30pm



Wisdom to Empower with Sara Challice (session 2) - Thursday 13 April, 4-5pm



Carers Active April session: Dance Fitness - Friday 14 April, 9.30-10.30am



Mental Health session with Mind - Thursday 20 April, 11am-12pm



Carers Active April session: Seated Boxing - Friday 21 April, 10-11am



Carers Active April session: Sleeping well for being active - Tuesday 25 April, 2-3pm



Wisdom to Empower with Sara Challice (session 3) - Thursday 27 April, 4-5pm



# What's on

**INTRODUCTION TO  
BRITISH SIGN LANGUAGE (BSL)**

**STARTING  
APRIL 2023**

**APPLY  
NOW**

**FREE  
SIX WEEK  
COURSE**

There is a new Introduction to British Sign Language (BSL) programme that forms part of a nationwide initiative to promote the use of sign language.

This FREE six-week programme is delivered in two hourly modules that offer an introduction to deafness. You will learn a range of BSL signs that are useful in everyday life.

To apply, please call 01942 761111 or email

[applications@wigan-leigh.ac.uk](mailto:applications@wigan-leigh.ac.uk)

**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 film screenings.

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

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

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



# What's on



CALL 01942 697885  
WWW.WLCCCARERS.COM

EMAIL:  
INFO@WLCCCARERS.COM

EVERY MONDAY  
FROM 10 AM  
CARERS CENTRE  
HINDLEY  
WIGAN  
WN2 3BD



Carers Coffee Morning is on Monday mornings, arrive anytime after 10 am.

It's a chance to meet other carers, have a chat and a lovely cuppa ☕

No need to book, just turn up!

# What's on



Carers - if you are local to the Standish area, this is a great community opportunity to join.

FREE COFFEE MORNING (every 3rd Wednesday of every month).

It is hosted by Councillor Cllr Debbie Parkinson from 10am to 12 noon in The Globe Inn.

All welcome and it's free!

Go on, give it a try!



# What's on

FREE Mindfulness Sessions—no booking required

## POP in Nature



### FREE MINDFULNESS SESSIONS

Sat 29th  
April  
11am - 2pm

#### Orrell Water Park

Meet in the Car Park  
Lodge Rd, Orrell, Wigan WN5 7AT

Sat 27th  
May  
11am - 2pm

#### Low Hall Nature Reserve

Meet in the Car Park  
Platt Bridge, Wigan WN2 3UA

Sat 17th  
June  
11am - 4pm

#### Shevington Fete

Located on the playing field  
Gathurst Ln, Shevington, WN6 8HA

Sat 24th  
June  
11am - 2pm

#### Borsdane Woods

Meet in the Car Park  
5 Mill Ln, Aspull, Wigan WN2 1QE

Sat 29th  
July  
11am - 2pm

#### Pennington Flash

Meet in the main Car Park  
Small parking fee  
Wigan WN7 3PA



Come &  
experience the  
Power of Pause  
(POP)  
with Charlotte,  
founder of  
Mindful Events UK  
CIC.

No booking required.  
Find us on Facebook: Mindful Events

Proud to be part of



in partnership with Wigan Council



# What's on

Autism Acceptance Week 2023

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

**Sunday** 2<sup>nd</sup> April 2023  
Meet at 2pm

## Colour Walk

**Community walk  
to spread  
awareness.**

**Please wear a  
bright t-shirt and  
walk with us.**

**Venue:**

Outside the Pavilion  
Mesnes Park  
Wigan  
WN1 1TU



**In collaboration with Autism Acceptance Week**

For more details contact us on:

 **01942 233323**

or send us a message via:

 **/embracewiganandleigh**

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



# 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—I have enquired about a Be Well Plus one card and I have been asked for proof that I am a carer. Is this something that you can support with?**

**A— We have a Carers Emergency Card that comes with a letter which says you are registered with us as an unpaid carer. This can be used as proof that you are a carer but If you claim for Carers Allowance then this can also be used as proof.**



**Q—I am a carer and the person that I care for is in need of more support that I can offer them. Where can I get some support and advice with what is required for them?**

**A— At the Carers Centre we support the unpaid carer so we would signpost any support for the cared for to Adult Social Care, where they will complete a Social Care Assessment. This will determine what support the cared for requires. Please give us a call to discuss further 01942 697885 or pop into the Centre for face to face support and we can explain the process in more detail.**

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



# Parent Carers

## PARENT TRAINING

February 23

Social Stories  
Workshop  
16th February  
09.30-11.00am

February 23

Toileting  
Workshop  
28th February  
10.00-12.00pm

March 23

Supporting  
Social,  
Emotional &  
Mental Health  
9th March  
10.00-11.00am

April 23

Understanding  
Behaviour  
Workshop  
13th April  
13.00-14.30pm

May 23

Sensory  
Differences in  
Autism  
25th May  
13.00-14.30pm

June 23

Supporting  
children with  
ADHD  
28th June  
13.00-14.30pm

**WWL Early Years  
Neurodevelopment Team**

[Find out more and book here](#)



# Parent Carers

## PARENT TRAINING

March 24

Eating/Feeding  
Workshop  
7th March  
13.00-14.30pm

April 24

Communication/  
Visuals  
Workshop  
5th April  
10.00-11.30am

May 24

Anxiety  
Workshop  
delivered by  
CAMHS  
Date to be  
confirmed

June 24

Embrace Wigan  
& Leigh  
Information  
Workshop  
7th June  
10.00-11.00am

January 24

February 24

**FREE WORKSHOPS FOR PARENTS OR  
CARERS OF A CHILD AGED 3-16 WITH  
A DIAGNOSIS OF AUTISM. PLEASE  
BOOK VIA EVENTBRITE.**

**WWL Early Years  
Neurodevelopment Team**

[Find out more and book here](#)

# Parent Carers

## SEND YOUTH GROUP Wigan Council

Are you a young person with  
Special Educational Needs and/or  
Disabilities?



Would you like to make a positive  
change in your local area?



If the answer to these questions  
is yes, then we want YOU!



Our first sessions will be in April  
and there will be both a virtual and  
an in-person offer.

To find out more, email  
the Local Offer Team at  
[local.offer@wigan.gov.uk](mailto:local.offer@wigan.gov.uk)

[www.wigan.gov.uk/SEND/localoffer](http://www.wigan.gov.uk/SEND/localoffer)



Wigan Council SEND Young Persons Group starting April.

Face to face and online.

Please contact [local.offer@wigan.gov.uk](mailto:local.offer@wigan.gov.uk) for further details.



# Parent Carers



## Parent Carer Coffee Morning

Carers Centre,  
Hindley  
WN2 3BD

Wednesday  
12th April 2023  
26th April 2023  
10 am—12 noon

[Book here](#)

# Male carers



## Male Carers Social Group

Carers Centre,  
Hindley  
WN2 3BD

Thursday  
6th April 2023  
1 pm—2.30 pm

[Book here](#)

or call us 01942 697885

# Life After Caring

The Bereavement Café is a pop up service moving around Wigan, Bolton and surrounding areas. They offer peer to peer support, the opportunity to meet others in your locality who are going through similar situations, friendship, advice and hope. Whether you yourself are struggling with your own grief or want to chat about how to support someone close to you through their grief. Come along, get yourself a drink—a warm welcome awaits.

These are the April dates The Bereavement Café.

The 'Wigan' venue is based in Hindley and is at '663' in Hindley Green.

Visit [The Bereavement Café](http://TheBereavementCafe.co.uk) for further information.



## APRIL DATES

**6TH BAKERS EGERTON 10-1130**

**11TH THE BRIDGE COFFEE  
1030-12**



**15TH 10.30-12.  
PETER HOUSE SURGERY,  
WESTHOUGHTON**

**26TH THE ALBERT, ALBERT  
HALLS 1030-12.**

**27TH SIX SIX THREE,  
HINDLEY 1030-12**

[WWW.THEBEREAVEMENTCAFE.CO.UK](http://WWW.THEBEREAVEMENTCAFE.CO.UK)



# Young carers



## Feeling the love for Mother's Day

What a wonderful session young carers enjoyed back in March, creating their own personalised gifts for that special person in their life. Volunteer, Trev says, "*Never seen such enthusiasm and flair of design.*" These young carers never cease to amaze us!

Huge thanks to Katie, Trev and new volunteer, Brianna—your guidance, help and support to these young people is much appreciated.

We hope all you had an amazing and lovely Mother's Day!  
You all deserve the very best and more.



# Young carers

Young Carers work with Artist, Andee Collard

Back in March, young carers had a brilliant time with Artist, Andee Collard who came to deliver an interesting and educational art workshop to the group.

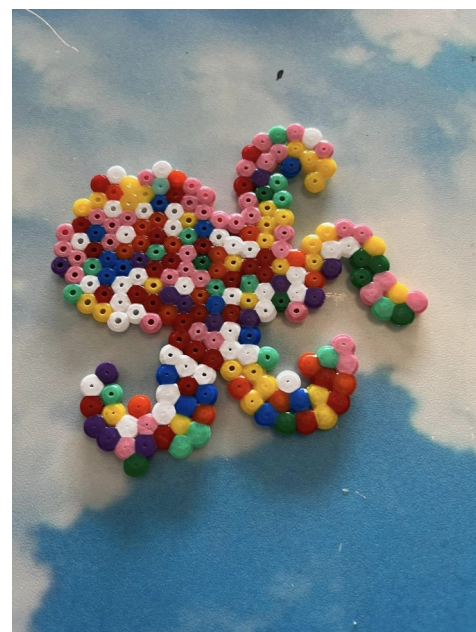
fantastic new learning experience for these young carers.

Big thank you to Andee.





# Young carers



## Young Carers—Hama Beads Session

Back in March, young carers were invited to a session to create some colourful Hama bead designs and came up with some creative ideas! Thank you all for coming and thank you to Sue Lewis, our dedicated volunteer for your help.



# Young carers



## Young Carers take on Atherton Roller Rink!





# Young carers

## Easter event—Young Carers

A reminder that we have this event coming up at Easter.

EXPRESSION OF INTEREST: University Taster Day

Matthew Powell, the Student Recruitment Officer of the University Academy 92 approached us about development of Young Carers. As an ex Young Carer he is interested in development of Young Carers, and in his job as Student Recruitment Officer is to provide insight into University life, and obviously promote UA92.

We are running a taster day during the April (Easter) holiday Wednesday 12th April, 2023 9.15-3.30

We have around 10-12 places, possibly more depending on volunteers.

**We are opening this opportunity to Young Carers in the 14-19 age range.**



University Academy 92 are hosting a University Taster & Personal Development Day for WLCC Young Carers in April. The provisional schedule is 9.15 meet at the Carers Centre and travel to Campus.

10-10:30 - UA92 Welcome and Introduction

10:30-11am - Tour of our Campus

11-12 - Interactive confidence workshop

12-1 - Lunch (Provided)

1-2 - Guest Speaker

2-2:30 - Wrap up and thanks

Wednesday 12<sup>th</sup> April 2023, 9.15-3.30  
Meet at Carers Centre (WN2 3BD), then a minibus to the campus (Stretford)  
Initial age range 14-19  
Expressions of Interest via  
<https://forms.office.com/e/5Q3i8QnF8J>

[Complete this expression of interest form here](https://forms.office.com/e/5Q3i8QnF8J)

# Young carers

## **Free 2023 Summer nature camp for young people**

Action for Conservation's Summer Camps offer young people a chance to spend five all-inclusive days on one of their nature camps this summer. The camps are based in three of the UK's most amazing National Parks. They are an adventure of a lifetime and an opportunity for young people to explore the UK's incredible nature and wildlife. The camps are packed with hands-on activities, nature connection and adventure guided by young conservation professionals. Application deadline: 7 May.



[Apply here](#)

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## **New 'one-stop shop' for mental health treatment options for young people**

The Anna Freud Centre has recently launched '[Understanding treatment options](#)' a pioneering new, digital one-stop shop that lists the effective treatment options for young people with a range of mental health and neurodevelopmental conditions.

This comprehensive [web-based resource](#) is unrivalled in its depth and breadth. It is informed by the latest clinical research and UK medical guidelines and tailored specifically for and addressed directly to young people.

Co-produced by clinical professionals and young people themselves, these webpages give 12–17 year olds (and younger children with adult support) – as well as their parents and carers – a guide to the treatment options that are proven to be most effective. Mental health conditions including anxiety, depression and OCD, as well as neurodevelopmental conditions such as ADHD and Tourette's syndrome, are all part of the new resource.

[Find out more here](#)



**Anna Freud**  
**National Centre for**  
**Children and Families**



# Volunteering



Have you thought about becoming a **Young Carers Volunteer** ?  
**Our *volunteers* help improve the lives of young people.**

We are looking for caring and compassionate individuals who can support our young carers with groups, activities, respite, picking up and bringing young carers to sessions, befriending and much more!

We are looking for volunteers who have any specific skills, interests or ideas to enrich our offer for young carers. **Could this be you?**

**Why Volunteer you ask?**

**To have an impact on a young carers life for ever!**

**Give a young carer an opportunity they would never access without you!**

**Feel really good that you have given a little something back!**

For further information, call us 01942 697885

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

# Fundraising

JustGiving Menu Start Fundraising

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0%

£0

raised of £4,000 target

Give Now

Share



Wigan and Leigh Carers Centre

## Fundraiser for Young Carers Respite Opportunities

Wigan and Leigh Carers Centre are fundraising for Young Carers respite and breaks away from their caring role. Currently we receive no statutory funding from the Government to offer this.

Charity Registration No. 1138908

Story

Supporters

## Please support our Young Carers Respite Crowdfunder

Here is our Crowdfunding page to support Wigan and Leigh's Young Carers respite fund. We would love to raise as much as possible to support the young carers in our Borough with some fantastic respite opportunities (which we receive no statutory funding - all has to come from fundraising, donations and grants). We also rely on our amazing volunteers to deliver these services - so please let us know if you can offer your skills and time to support these wonderful young people!

# Donate here

Thanks for all your support - we are so grateful!!



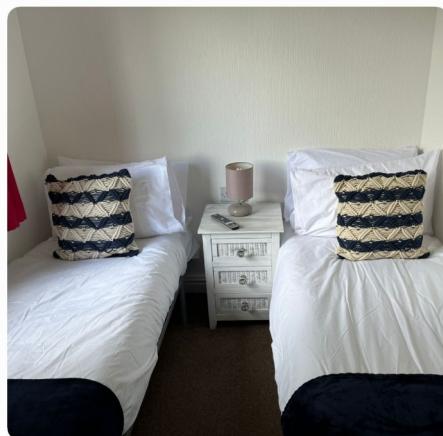
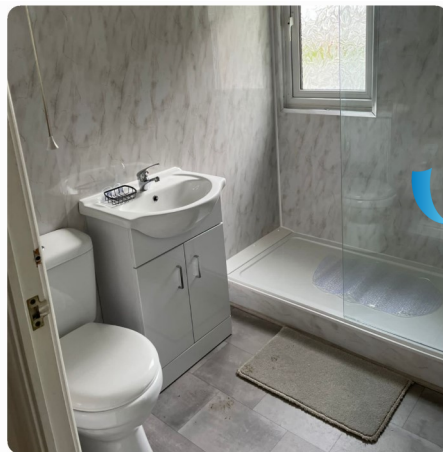
# The Carlton Lodge

## 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](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

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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