

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

## **Young Carers Action Day**

**15 March 2023**

The theme for 2023 is  
**Make Time for Young Carers.**  
Read more on Page

# **SAVE THE DATE!**

## **YCAD 2023**

### **will be on**

### **15 March**

**CARERS  
TRUST**



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# Chief Officer Blog

## Chief Officer blog—Bernadette Ashcroft

Welcome to our March 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.

**‘Thank you’** to every carer who has taken the time to complete our Cares Survey, which closed on Sunday 19th February 2023. Can you believe that over 650 people took the time to give their feedback! This is a fantastic response, and we will be sharing with you the results, suggestions and next steps in coming months. We had 3 lucky winners of the £100 cash prize which will be announced on our social media channels. Congratulations and well done!!



On 1st March 2023 we launched the new Carers Forum with our partners at Wigan Borough Carers, Embrace and Parent Carer Forum. This was a great success. Around 20 attended and shared ideas and experiences about their caring role, making suggestions for how local organisations can build and improve the range of services and support available to carers across the Borough. Watch this space – we will be holding more sessions so that more carers can ‘Have their say’ in their local neighbourhoods.

It is always fabulous to celebrate key milestones with our carers. Please join us in wishing Wynn Turner a belated Happy Birthday, celebrating her 90th birthday at the WLCC Monday coffee morning. Wynn is a true inspiration to us all!

We are delighted to share that a film, in which local Wigan and Leigh carers were featured has been shortlisted for an national film award—see page 13 and place your vote!

And finally – we are delighted to announce the new holiday season at Haven Marton Mere in Blackpool opens for business on 1st March 2023. Do check out our beautiful Carton Lodge on our website and book early to avoid disappointment. We offer 20% discount on all holidays booked for Wigan and Leigh Carers (you will need your WLCC registration number to claim your discount).

With best wishes

Bernadette Ashcroft  
Chief Officer

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



# Charity news

## Carers Survey 2023

A big thank you to all of you who took the time to complete our Carers Wigan and Leigh annual survey.

There were over 650 responses which is amazing!

We really appreciate everyone's comments and ideas to help us develop in the future. This information to help improve our services and campaign for change locally in Wigan and Leigh and beyond!

We are currently working on a report of the findings, so watch out for this in a future newsletter.





# Charity news



## Carers try Beginners Grid Drawing

Carers thoroughly enjoyed the Beginners Grid Drawing Group, led by Alex in February. We have further sessions planned for March and April.

You can book onto the next session [here](#), or call Suzanne 01942 697885.

# Charity news



## Supporting Wigan's Health & Wellbeing Event at Fur Clemt in Wigan

In February, Wigan and Leigh Carers Centre was delighted to host a stall, along with Wigan Borough Carers at a Health & Wellbeing event held at Fur Clemt in Wigan.

## Asian Rights Community Day

In February Wigan and Leigh Carers Centre, joined Mary Davies to represent Wigan Borough Carers at the Greater Manchester Asian Family Rights Day held at the spectacular British Muslim Heritage Centre.

We took the opportunity to meet colleagues from the statutory and voluntary sectors across Greater Manchester and consider ways to better engage with minority ethnic communities.

At WLCC we welcome people from all minority groups and encourage representatives from those groups to come and talk to us about the needs of unpaid carers of all ages.





# Charity news



## Resin Jewellery Course is a great success!

These are some of the stunning pieces of jewellery carers have made in their Resin Jewellery session throughout February. Such timeless keepsakes to cherish.

Are you a carer who is interested in learning something new?

What courses or workshops would you like to see in the future?

Give Suzanne a call for a chat 01942 697885 to see what we can offer!



## Helping carers to get online with Tech Mates

A huge thank you to Wigan Council's Tech Mates Team who came to deliver a session at the Carers Centre in February.

These are small group sessions, where Carers can access any digital support that they need or help to get online.

If you are a carer, and would like to find out more, please call Suzanne 01942 697885 or pop into the Centre.



# 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.



**Peel Park Salford (Carers Stepping Out)**

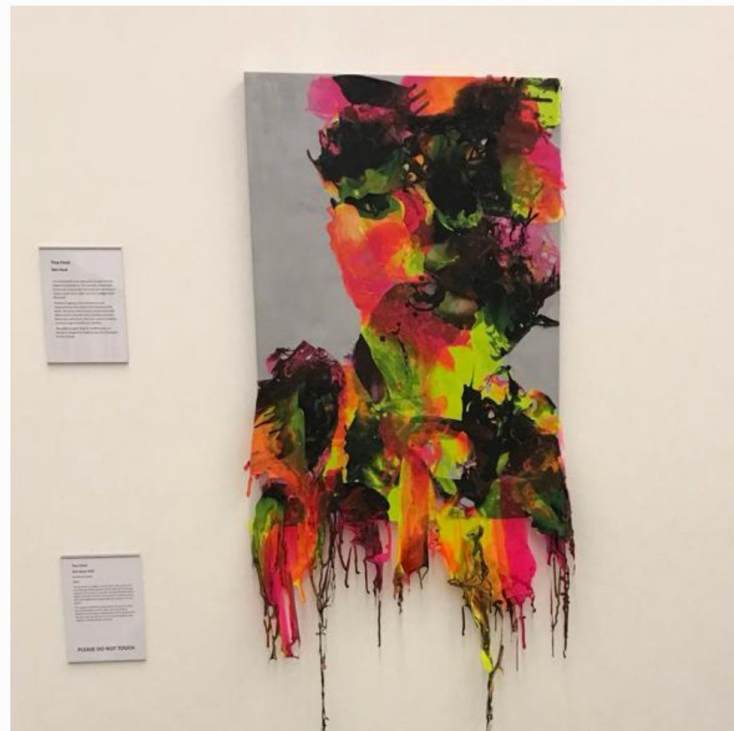


**Rivington, Bolton**





# Carers Story



## Carers Art Work display in Salford Museum and Art Gallery

In February we join Carers Stepping Out for their monthly Carers Walk and the venue was Peel Park, taking in Salford Museum and Art Gallery. Carer, Tina joins these walks regularly, however, on the day she took the opportunity to have a photo with her own piece of art - which is displayed beautifully in the gallery!! A proud moment.

You can also find Tina's work currently displayed in The Turnpike Gallery's current exhibition. Fantastic work Tina - thank you for sharing with us!



# Carers Story



## Celebrating 90 years young!

Everyone from the Carers Centre sent our very best wishes to Wynn, who celebrated her 90th birthday at our Carers Coffee Morning back in February.

Wynn was overjoyed to be welcomed with a birthday sing song, cakes, celebratory drinks and beautiful bouquets of flowers.

Anyone who has been to our Carers Coffee Morning knows how much Wynn loves to come along and offer her supportive guidance to other carers when needed. She has met lifelong friends at WLCC, who all came along to raise a toast to this incredible lady.



**Happy 90th Birthday Wynn**  
**we hope that you enjoyed your special day!**



# Carers Voice Forum



## **Carers Voice Forum—organised by Wigan Borough Carers**

Fantastic turn out for the inaugural Carers Voice Forum held on 1st March at Hidden Gem Café in Platt Bridge. Thank you everyone for your participation.

Carers can join these forums to share their views and support in shaping and refining services for carers across the borough.

Wigan Borough Carers will be hosting the forums in different venues around the Neighbourhoods each month—keep up to date on our socials or call 01942 697885 to register your interest.

# In the news...



## **Good news for students with caring responsibilities**

UCAS have introduced a carer drop down option in their application, which will enable carers to get support in a simpler and faster way.

This is great news for students going into further and higher education from 2023.

[Read more here](#)



# In the news...

## The Ones Who Care—Film is nominated for award

A film featuring Wigan and Leigh's unpaid carers (collaboration with Northern Heart Films and We Care Campaign) is a finalist in this year's Smiley Charity Film Awards.

The film is part of a campaign to get a better deal for 9 million unpaid carers in the UK.

You can help to VOTE!

[Please cast your vote here](#)

Thanks for your support

We Care Campaign

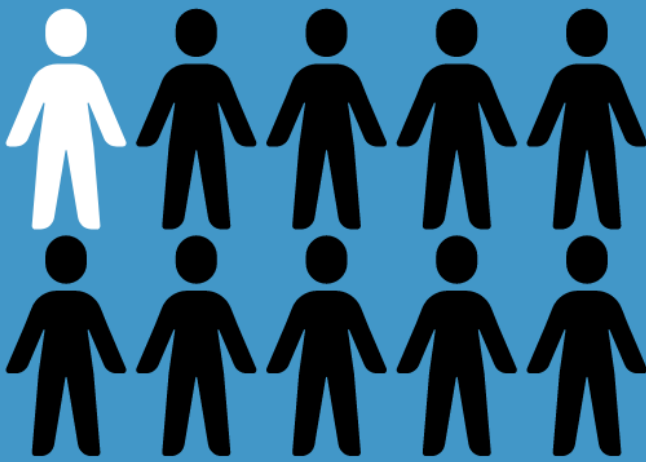
## The Ones Who Care

Vote



## CENSUS 2021: 1 IN 10 WIGAN RESIDENTS IS PROVIDING UNPAID CARE

One in 10 people in Wigan has been providing unpaid care as of 2021, census data shows.



**SOME 31,475  
PEOPLE IN WIGAN  
WERE LOOKING  
AFTER SOMEONE  
WITHOUT BEING  
PAID WHEN THE  
CENSUS WAS  
CARRIED OUT IN  
MARCH 2021**



Data from the 2021 Census has shed more light on Wigan and Leigh's population of unpaid carers.

According to NHS England it takes carers an average of two years to acknowledge themselves as a carer for a friend or relative. The problem is that carers don't always recognise themselves as carers or realise that they require support themselves. For many people, looking after someone doesn't have a name, it is 'just something you do'. However, not recognising that you have a caring role can be a barrier to accessing vital support.

[Read the full article here](#)

# Upcoming events from the Carers Centre



## Creative Writing (delivered online)

Are you interested in Creative writing or want to learn something different?! Join online from the comfort of your own home.

Sessions on: Thursday 2nd March, Thursday 9th March, Thursday 16th March, Thursday 23rd March, Thursday 30th March. 10.30 am—12.45 pm

[Book here](#)

or call us 01942 697885

## Carers Knit, Natter, Crochet and Sew

Do you knit, crochet, or sew? If the answer is YES, come down to our social group. Have a brew and natter while completing your woolly or fabric creations!

Tuesday 14th March  
10.00 am—12 noon

[Book here](#)

or call us 01942 697885



## Tea, Listen, Connect

Come and join us for an informal carers get-together, run by our supportive volunteers.

For carers to get together to meet and chat to help to give carers a boost and offer some positivity and encouragement.

Friday 17th March 10.30 am

[Book here](#)

or call us 01942 697885



Coffee  
with a  
friend is  
like  
capturing  
happiness  
in a cup.

SayingImages.com

# 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 6th March 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.**



**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

We are delighted to share that Wigan Later Life and Memory Service are hosting regular Carer Support Groups for carers supporting someone living with dementia.

These drop-in sessions will take place at **Howe Bridge Leisure Centre** and **Wigan Cricket Club**.

No need to book, just turn up!

Wigan Later Life & Memory Service  
(LLAMS)  
01942 764462

  
Greater Manchester  
Mental Health  
NHS Foundation Trust

## Carer Support Groups

Are you supporting someone living with dementia?

Join us for our brand new Carer Drop In Groups!

- The groups are facilitated by members of staff from the Later Life and Memory Team
- The groups are a safe space for carers to get together, share experiences and support each other.
- Carers will have the opportunity to develop new skills & knowledge or build on existing ones!
- Learn more about how to support your own mental health and wellbeing!
- We want carers to be fully involved in the design of the groups, so come along and tell us what you want the groups to be about!

### Where and When?

Wigan Cricket Club, Parsons Walk, WN1 1RU

Friday 17th March 2-4pm

or

Howe Bridge Leisure Centre, Atherton, M46 0PJ

Friday 12th May 2-4pm

(See page 2 for future dates and times)

No need to book, just turn up!



Improving Lives

# 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 March, 11 am & 1 pm**

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

[Book here](#)

the national  
**sleep**  
helpline

**Struggling to sleep?**

SUPPORTING THE NATION'S SLEEP

**03303 530 541**  
Sunday - Tuesday & Thursday 7pm - 9pm  
Wednesday 9am - 11am

### Help with Sleeping

We all know that healthy sleep patterns are vital to our mental health.

Research shows up to 76% of caregivers struggle to get a good night's rest. Yet in a recent survey, almost 60% of adults felt there was a lack of support for sleep issues. Sleep problems can leave people feeling isolated, lonely and perhaps even lead to anxiety and depression.

The Sleep Charity run a National Sleep Helpline delivered by trained sleep advisors who can help. The helpline is open 5 days a week, Sun, Mon, Tues, Thurs, 7-9pm and Weds 9-11am.

**The number is 03303 530 541**

[You can read more here](#)

# 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

March 2023

To book on any of these

sessions—[book here](#)



## March sessions

Weekly Hatha Yoga for physical and mental wellbeing with Sangeeta Bhandari, 5-6.00pm on Wednesdays this March



Drawing workshop - Friday 3 March, 3-4.30pm



Singing sessions, 7-8pm on alternate Tuesday evenings in March



A seasonal session with RSPB - Thursday 9 March, 3-4pm



Thrive gardening session - Tuesday 14 March, 4-5pm



The Memory Book: reading and discussion - Thursday 16 March, 11am-12pm



Energising fitness session - Thursday 23 March, 3-4pm



Wisdom to Empower with Sara Challice (session 1) - Thursday 30 March, 4-5pm





# What's on



Celebrate International Women's day together. There is a full agenda of activities to take part in - bread making, self defence, a relaxing soundbath, street dance, workshops and talks - plus much more. Event will take place on Saturday 4th March at [Fur Clemt](#).

[Book FREE ticket here](#)



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

Carers - Fancy an activity filled weekend in the Lake District?  
mytime Wigan have a few places available on this fantastic trip, to register  
your interest please email Dan on: [djones@localsolutions.org.uk](mailto:djones@localsolutions.org.uk)

## Fabulous springtime Lake District activity break at Low Bank Ground, Coniston!

When- Friday 17th To Sunday 19th  
March.

all meals, activities and equipment  
included!



- Arrive and settle in on Friday by 12.30 - afternoon activity or transport into local town
- Activity day Saturday ( land or water based)
- Sunday- morning activity or chill out
- Departing Lowbank 1pm

There will be transport for those who need it from Wigan Pier. Above is a rough guide to a weekend's schedule, but if you just want to chill out, that is just perfect too! Mini buses will also be available to nearby Ambleside. through the break.

To register your interest in this amazing opportunity, please contact  
[mytime@localsolutions.org.uk](mailto:mytime@localsolutions.org.uk)



Liverpool  
City Council



# What's on

## WALKING CONNECTS WIGAN WEEKLY WALKS

We are Living Streets, the UK charity for everyday walking - and we'd like to invite you to our new weekly walks in Wigan! Join us for **gentle 20-30 minute walks**, enjoy being outside and meeting new people.

### TIMES & LOCATIONS

**Every Wednesday, 10.30am**

**Mesnes Park, WN1 1TU**

Meet at the Powell Statue (near the fountain). Finish with a complimentary hot drink at the Pavilion Café, inside the park.

**Every Wednesday, 2pm**

**Haigh Woodland Park, WN2 1PE**

Meet at Alexander's Café in the Park. Finish with a complimentary hot drink at Alexander's.

**No booking required, just join us on the day!**

If you have any queries, please  
contact **Liz** on **07593 578158** or  
email **Liz.Neary@livingstreets.org.uk**

[livingstreets.org.uk/walkingconnects](http://livingstreets.org.uk/walkingconnects)

### **\*NEW\* WEEKLY WALKS IN WIGAN organised by Living Streets**

A couple of new walks in Wigan, starting this week, primarily aimed at people aged 50+ but all welcome. The key point about these walks is that they will be gentle walks of around 20-30 minutes.

Every Wednesday, 10.30am –  
Mesnes Park  
Mesnes Park Terrace, Wigan  
WN1 1TU

Start of walk 10.30am –  
at the Powell Statue (near the fountain) in Mesnes Park.  
Finish with a complimentary hot drink at the Pavilion Café inside the park. (Walk is approx. 20-30 minutes).

Every Wednesday, 2.00pm –  
Haigh Woodland Park  
Haigh Woodland Park, Wigan,  
WN2 1PE

Start of walk 2pm –  
at Alexander's Café in the Park. Finish with a complimentary hot drink at Alexander's. (Walk is approx. 20-30 minutes).

LIVING

STREETS

# 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.

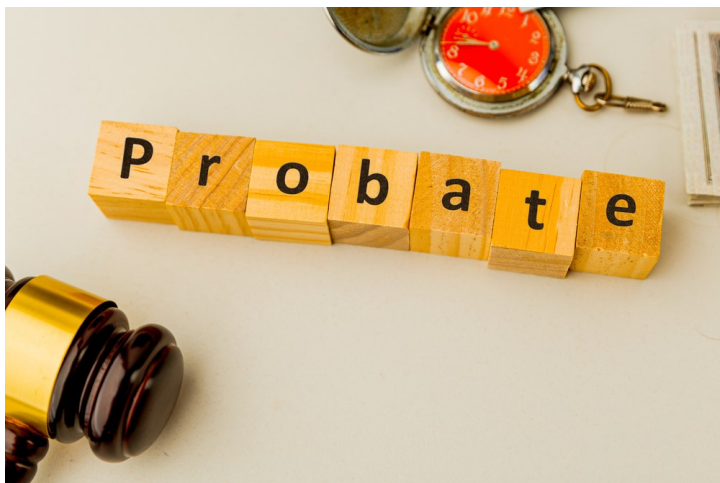


**Q—My sister-in-law is a carer for her mother-she gets carers allowance for doing it. Now that she herself has become in need of care, can her daughter claim Carers allowance for her own mother?**

**A—** We can certainly check with our colleagues at Citizen Advice Bureau who have a wealth of knowledge around Carers Allowance and personal entitlements. We can make a referral on your behalf or you can contact them direct to arrange a one to one appointment. Visit <https://www.cawb.org.uk/>

## Apply for Carer's Allowance

 GOV.UK



**Q—Hello, my 86 year old mum, who had mixed dementia has passed away. I am now on the probate journey and don't know whether to try to do it ourselves or get a solicitor involved, costs, can you help?**

**A—** I am so sorry to hear about your Mum. It's really a personal choice depending on your time, ability, knowledge, the value and or complexity of the estate, and cost. Also whether you'd find it stressful or emotional. Most local solicitors would give you an idea

of their costs upfront. No easy answer, very personal choice. This may help <https://www.gov.uk/applying-for-probate>. The Inheritance Tax Helpline is also helpful: 0300 123 1072. Sending you our best wishes, always know we are here for you.

**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**

# 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**



# Parent Carers



To find out more visit:

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

## What does autism look like in teenagers?

### Evening Q&A sessions

For parents and carers of young autistic people aged 10 to 16.

Get together with other parents to share experiences and ask any questions you have to our experienced team. We will discuss topics such as; understanding autism in teenagers, women and girls, self-esteem, stress and anxiety, puberty and planning for the future.

Join from the comfort of you home on Zoom

**Tues 17th Jan 7-8.30pm**

**Wed 15<sup>th</sup> Feb 7-8.30pm**

**Tues 14<sup>th</sup> Mar 7-8.30pm**

**Book your Free place now by visiting:**

<https://www.eventbrite.co.uk/e/what-does-autism-look-like-in-teenagers-tickets-393086992777>

### Information and support

Get free resources and advice on a wide range of issues affecting autistic people and their families.

**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  
15th March 2023  
29th March 2023  
10 am—12 noon

[Book here](#)

# Male carers



## Male Carers Social Group

Carers Centre,  
Hindley  
WN2 3BD

Thursday  
2nd March 2023  
1 pm—2.30 pm

[Book here](#)

or call us 01942 697885



# Male carers

## MAN LEIGH



Find out more about us at:-  
[www.manleighcic.co.uk](http://www.manleighcic.co.uk)

Tuesday - 12 - 2 pm

Book-Cycle, Spinning Gate Shopping Centre  
Leigh WN7 4PG

Tuesday - 6.30 - 8.30 pm

Atherleigh Park, Atherleigh Way  
Leigh WN7 1YN

Wednesday - 1 - 3 pm

St Mary the Virgin Church Community Cafe  
Leigh WN7 1EB

Wednesday - 6.30 - 8.30 pm

Higher Folds Community Centre  
Stirling Close, Leigh WN7 2UB

Saturday 10 am - 1 pm

Tesco Extra Community Room, The Loom, Leigh WN7 4BA



Reg. No 14133065

[hello@manleighcic.co.uk](mailto:hello@manleighcic.co.uk)

29 Park Lane • Leigh • WN7 2LA

United Kingdom

# Life After Caring

**Care for a Cuppa for former carers**  
**Wednesday 22 March, 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 provide support in the form of online virtual cuppas every month.

[Sign up here](#)





# **Young carers**

**SAVE THE DATE!**

**YCAD 2023**

**will be on  
15 March**

**CARERS  
TRUST**



**So, when is  
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 Carers Action Day What can you do?

If you or your school, college, university or organisation are on social media - you can raise awareness of young carers and **Young Carers Action Day**.

Tag in *Wigan and Leigh Carers Centre* and use the hashtag **#YoungCarersActionDay**

This year's theme is all about encouraging everyone, professionals, schools, parents, friends, **to 'make time' for young carers**. The theme was chosen because young carers kept saying how important their health and wellbeing is to them. Young carers can and do feel overwhelmed, but they say it doesn't have to be this way.

They think the things that would make them healthier and happier are:

**improved support in schools  
more access to breaks,  
better access to counselling support  
and more financial support**

If you're a young carer, Carers UK have some great suggestions of things to do to help make a difference – to your life and others'.

From simple activities like chatting to a friend, or putting up a poster, to writing to your MP to request better support for young carers – there's loads you can do.

[Download your resource pack here:](#)



# Young carers

## Young Carers Brathay Hall Residential—February 2023

During half term week, our young carers wasted no time at the Brathay Hall residential activity week. Our third and final Deal for Communities funded project where 15 young carers faced their fears, led by example, learnt new skills, demonstrated fantastic teamwork, created new friendships and all in all had a fabulous time at Brathay Hall Activity Centre in Ambleside, Cumbria.

They enjoyed 4 non-stop days of activities which included whale boat rowing across Lake Windermere, orienteering around the Brathay grounds, Ghyll Scrambling in the Langdales and learning how to use climbing ropes for wall climbing and mountaineering plus much more.

Supported by a fantastic team of qualified instructors and our committed and superb volunteer Joanne Pettit, our group of young carers felt confident to challenge their fears whilst having great fun and making new friends.

They were an exemplary representation of the Wigan and Leigh community and we were delighted and privileged to be part of such a fantastic project.





# Young carers



## Young Carers take on Velocity!





# Young carers



## Young Carers enjoy February Create Art Event

14 Young Carers enjoyed three days at The Old Courts and Museum of Wigan Life attending the Create charity Art Event.

WLCC has been chosen by the Carers Trust as the English representatives to celebrate Young Carers Action Day on 15th March 2023, exploring the theme *'Make Time for Young Carers'*.

We were delighted to meet to Hannah and Paul from Create who encouraged the young people to use their creative ability to represent different images of interest to them. They developed their image into a 3-D model representing a new character - it was then on to paint it!

On the second day Paul showed the young people how to make stencils, decorate bags with spray paint - using their designs. On the last day the creative group then made a cut out scene out of coloured paper, as a staged scene, adding different characters that they had made to be projected at different levels.

It was lovely to see everyone who attended the workshop getting on together and growing in confidence with creative ability over the three days. A fantastic 3-days with the Create Team - thank you!

Thanks also to Michael Smart from the Carers Trust who attended Day 1 and funded the project.

A showcase of the work will take place on 29th March 2023 via a Zoom event.

# Get involved—share your experiences



Greater Manchester  
Integrated Care

## Would you like to join us?

We're actively seeking new members from across Greater Manchester to join our group for People Living with Dementia

Dementia United ensure the voices of people living with dementia influence the work we do across Greater Manchester.



Cartoon by Tony Husband

### About the Role

As an expert by experience, we know that you are in the best position to advise NHS Greater Manchester Integrated Care on the needs of people living with dementia.

Group members get involved with and influence the Greater Manchester Dementia programme. Members are equal partners in meetings and get involved in a whole range of projects.

Living with Dementia Group members meet online regularly. This is a voluntary role but expenses are paid.

### How to Apply

Please contact Amal Morsi for an informal no obligation discussion.

e: [amal.morsi1@nhs.net](mailto:amal.morsi1@nhs.net)

t: 07917511678

Part of Greater Manchester  
Integrated Care Partnership





# Volunteering

## Volunteer with us!

Sign up to be a  
Befriender



**WLCC**  
Wigan and Leigh Carers Centre

Charity Number 1138908  
Registration Number 7293521

Have you thought about becoming a **volunteer befriender** ?

Sharing just 30 minutes of your week will make  
a big difference in the life of a carer.

A phone call sounds so simple, but a listening ear and a kind voice  
goes a long way.

For further information, call us 01942 697885

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

# Fundraising



We came 2nd place,  
winning £400  
Thank you for all your votes



**Supporting Carers in Wigan and Leigh**

## Thank you Asda Green Token Giving

A little while ago we told you that Wigan and Leigh Carers Centre had been nominated to be part of the Asda Foundation Green Token Giving programme. As a registered charity, we were lucky enough to be selected as one of the three charities to qualify and we're pleased to announce that we gained second place!

We have been awarded a £400 donation from the Asda community to help continue our vital support to carers.

Our sincere thank you to Asda and to every person that voted for us week after week.



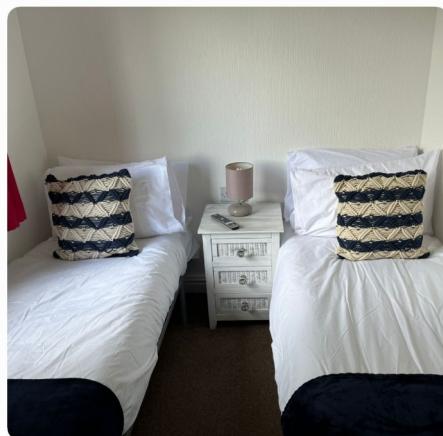
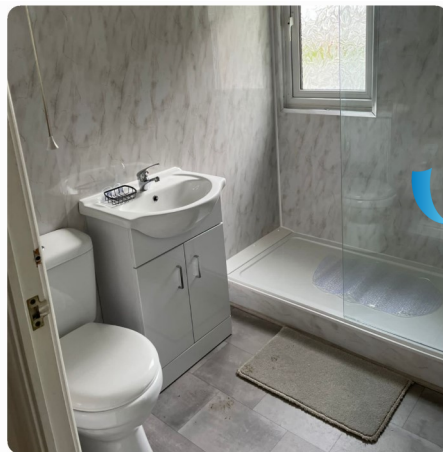
# The Carlton Lodge

## 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)

KEEP CONNECTED ON SOCIALS

