

Speaking with one voice for all carers in Wigan borough



Carers Wigan and Leigh

Annual Survey Findings 2023

We are delighted to publish some of our findings based on our annual survey 2023 of unpaid adult carers across Wigan and Leigh.

672 unpaid carers responded to the survey, which asked unpaid carers their thoughts on support/services in Wigan and Leigh; what are they most concerned about; their experiences as an unpaid carer and what matters most to them.

What the findings tells us:

The report tells a story of unpaid carers who are deeply concerned about their own health and wellbeing. Many are missing out on doing things for themselves, such as social activities or taking a break, because of their caring role. Many unpaid carers in Wigan and Leigh report feelings of tiredness, disturbed sleep, feeling anxious and often feeling lonely. Community venues are important to you – accessibility to local support in the area that you live is a priority. **Read more on Page 4.**

Contents

Annual Survey 2023	Front Cover
Contents page	Page 2
Chief Officer Blog	Page 3
Annual Survey 2023 continued	Pages 4-5
Coronation events	Page 6
Carers Week 2023	Page 7
Charity news	Pages 8-16
My Time Wigan	Page 17
Discounts for Carers	Page 18
Cost of Living help	Page 19
Research Opportunity	Page 20
Upcoming events at the Carers Centre	Page 21
Support for Carers / What's On	Pages 22-30
Parent Carers	Pages 31-35
Male Carers	Page 35
Young Carers	Pages 36-39
Volunteering	Page 40
Fundraising	Page 41
The Carlton Lodge—Carers Retreat	Page 42
Useful Contacts	Page 43
Room Hire	Page 44
WLCC Information	Page 45

Chief Officer Blog

Chief Officer blog—Bernadette Ashcroft

Welcome to our May 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 2023, featured on the front page and pages 4 and 5 of this edition. In total, we received an astounding 672 responses from carers living across the whole Borough. If you visit our website you can see a little more of the detail and feedback, but I can only say a sincere thank you. This information will inform our work with your communities to shape services and projects for carers into future years. We cannot do it without your feedback and experiences and we will keep you informed of any changes resulting from this vital feedback.



If you would like to continue to 'have your say', please consider attending our Carer Voice meetings. Here, you can share your experiences and use your voice to influence the Local Authority response to the needs and support services for unpaid carers of all ages. Watch out for updates and social media posts and contact us if you would like to become involved.

In our Charity News sections you can read how our young carers have benefitted from the generosity of our local community from donations of Easter eggs to Leigh Leopards tickets. On behalf of our young carers, we would like to say a huge thank you.

Our team are currently working flat out to make sure that a great programme is in place to recognise and celebrate the all too often invisible work of the unpaid carer. This year Carers Week will be recognised across two weeks with all our partners across the Borough – we will be coming to a town near you! Our 'Carers Week' section on page 7 gives a little more detail and as soon as we have the final programme in place, we will share with all our networks as soon as possible.

Finally, on behalf of Wigan and Leigh Carers Centre we would like to take this opportunity to wish King Charles III our very best wishes on the national celebration of his coronation on Saturday May 6th, 2023. If you or your families and communities are planning any celebratory events – please do send in your stories and pictures so that we can feature them in the next edition of our Newsletter info@wlcccarers.com

A handwritten signature in black ink, appearing to read 'Bernadette'.

With best wishes

Bernadette Ashcroft
Chief Officer

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



Annual Survey 2023

Highlights from the survey...[You can read more on our website here](#)

84.4%

rated the carers assessment
as 'very helpful' or 'extremely
helpful'.



73.10%

reported general feelings of
stress



94%

of respondents

said that they would recommend
WLCC to others who require help and
support within their caring role.



Annual Survey 2023

Carer Quotes.....

"The service has been excellent. It makes a real difference to people's lives. Your staff actually care, and that's worth more than anything."

"Since I stopped working, caring has become harder, some days I feel like I am going out of my mind I also feel depressed some days but you just carry on. It would be nice if there is someone I could talk to more often."

"I'm a new carer to my 87 year old parents. I'm overwhelmed with the responsibility and don't know where to start. How do I continue with a life for myself? I don't know. I can't see a light at the end of the tunnel and I feel so guilty for feeling this way. One other challenge is I don't know what I don't know. If I could go to one place for all the information it would be very helpful. I do plan to call into WLCC when I have a free day. Another challenge is my own mental health. I had plans for my retirement and they seem to be unattainable now."

Recommendations

Whilst this survey has been inciteful and provided new ideas for new activities in new places, our conversation with you does not stop here.

There is more we can do as a town, to better support unpaid carers. Based on the findings of the survey, we will work with our staff team, volunteers, trustees and community partnerships to help shape our future offering to carers.

If you have any feedback or suggestions of how we can improve our programme of support to Wigan and Leigh Carers then please do not hesitate to contact us on info@wlcccarers.com or 01942 697885.

Thank You

We would like to thank everyone who responded to the survey and all involved in it's production.

Coronation Events

Join in with the Coronation celebrations in May!

Sunday, May 7

A big Coronation lunch will take place outside Leigh Town Hall.

Monday, May 8

Join the Mayor of Wigan Borough for our Coronation Party in the Park!
Find out more

<http://wigan.gov.uk/KingsCoronation>



The King's Coronation Weekend Celebrations



The Big Coronation Lunch

Sun 7th May
11am-4pm
Leigh Town Hall

The Mayor Hosts A Coronation Party in the Park

Mon 8th May
11am-4pm
Mesnes Park



www.visitwigan.com

Coronation Afternoon Tea and Scones for Carers

Join us on Friday 5th May, 1pm
for afternoon tea and scones.

[Book here](#)

Or call 01942 697885 to book
your place



Carers Week 2023



This year in Wigan and Leigh, Carers Week will be celebrated across **two** weeks from **30th May—11 June** and the theme will be **recognising and supporting carers in the community**. We want communities across our Borough to come together to recognise the huge contribution unpaid carers make to society.

We will be working closely with Wigan Borough Carers and Wigan Council to create a very special two weeks. We are still in the planning stages and we have more to be announced, but here is a good outline of what we have planned so far!

From **Tuesday 30th May**, a carers roadshow will take place, with a mobile van filled with information about charities and organisations that support carers—it will visit:

Tuesday 30th May—Wigan Town Centre

Wednesday 31st May—Mesnes Park, Wigan

Thursday 1st June—Leigh Town Centre

Friday 2nd June—Pennington Flash, Leigh

Saturday 3rd June - Carers Music Festival at The Venue – Wigan Youth Zone.

Monday 5th June—Carers Centre, Hindley—from 2.30 pm to 7 pm we will be offering our open drop in at the Centre and offering carers complimentary reflexology taster appointments (bookings will need to be made).

Wednesday 7th June—Haigh Hall walk and lunch (booking essential)

As Carers Week approaches, keep an eye on our website, social media and further emails, which will be updated with the latest information and events that will help you mark the week.



Charity news



****TOMBOLA APPEAL****

Our Tombola stall is in desperate need of some generous prize donations to support our carers fundraising pot!

We are appealing for any unwanted gifts, toys, cosmetics, vouchers, stationery, beverages, chocolates, craft packs, children's gifts etc. that could be used as prizes.

All donations, big and small, will be very much appreciated and will help make a big difference to the funds raised for both adult and young carers.

Thank you kindly.

Charity news



Fond Farewell to Diane, Carers Assessor

In April, we said a fond farewell to one of our team members, Diane Wiltshire. Diane has been a pillar of support to carers over the years - being a part of our dedicated Carers Assessor Team.

Diane has been a hugely valued member of the Carers Centre and both staff and carers alike will miss her. Team Leader, Lisa Kirby says ***"We say goodbye to Diane, she has been an asset to our Charity. Although I am really sad to see her go, myself and the team wish her all the very best on her new adventure."***

Join us in wishing Diane all the best - you will be missed.

Charity news

Introducing our new Volunteer, Brianna

We are delighted to welcome and introduce you to Brianna, who has joined WLCC as a Volunteer, working with our Young Carers. (Brianna is pictured on the left of the photograph below).

We caught up with Brianna and here's what she said, **"My name is Brianna. I come from a background of health and social care and have a degree in Special FX Makeup. After recently beginning a Psychology Masters' Degree, I have been volunteering with the Young Carers Team over the last a couple of weeks, to gain some additional experience and get a feel for working with younger groups of people.**

My role involves taking part in respite activities with children that are young carers. The role involves making the children feel happy and at ease while also keeping them safe. The role is beneficial to young carers as it means that they have the opportunity to have respite and fun away from home and they can leave feeling clearer minded.

My experience so far has been lovely and it has been great to shadow Katie and watch the way she works alongside the children, which has given me a boost of confidence.

I'm excited to continue on my volunteering journey and build and develop my skills working with children."

Thank you and a warm welcome from all the team to Brianna



Charity news

Thank you Place2Place Football Club

A huge thank you to [Place2Place Football Club](#) for their generous donations of Easter Eggs for our young carers in April - it is really appreciated and so kind of you.



Thank you Rivi Barn Bikers

We want to say a HUGE thank you to Susan Rigby and members of Rivi Barn Bikers who kindly donated chocolate Easter Eggs in April for Young Carers.

81 bikers rode up to meet at The Hulton Arms bringing donations of Easter Eggs for 3 chosen charities. 200 eggs were distributed between ourselves, for young carers, Derian House Children's Hospice and Senior Solutions.

Bernadette, CEO of WLCC said, **"What a wonderful donation - we are overwhelmed by such generosity. Thank you once again for choosing Wigan and Leigh Young Carers as one of your chosen charities and providing them with the thoughtful gift of an Easter egg."**



Charity news



Thank you to Paul, Centurion Hydraulics

Heartfelt and very special thank you to Paul from Centurion Hydraulics for very generously donating a Leigh Leopards season ticket to young carer, Harvey. In addition, Paul bought a further 2 tickets for last Friday's game for Harvey's mum and brother to attend, so they could enjoy the experience as a family. Harvey has very recently turned 14 (Happy Birthday!) and what better way to celebrate, showcasing his new shirt at the match. This family will be forever grateful for such kindness.

Harvey's Mum, Claire said ***"Thank you for making such a difference to my son's life, the kindness of strangers is quite overwhelming, thank you so much."***

Charity news

Thank you Lowton Women's Institute

Thank you to Lowton Women's Institute for donating over 60 Easter Eggs for Young Carers.

[For more information about the Lowton WI click here.](#)



Thank you to Karl, Struktura

A sincere thank you to Karl Hill and his company Struktura for their very generous donation of 5 corporate hospitality tickets for Leigh Leopards.

Young Carers and families greatly appreciated the time to spend together and enjoy the game.

Thank you so much for your kindness.

Charity news

Mindfulness Walks

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

Join us every Wednesday, 10 am, at various locations around Wigan, Leigh and beyond. Please [check our website to book](#), or call ahead of the week to find out where we will be 01942 697885.



Debdale Park, Manchester (Carers Stepping Out)



Gin Pit Village, Astley

Charity News



WLCC welcomes Danny Sculthorpe and Ian Knott

What an absolute pleasure to welcome Danny Sculthorpe and Ian Knott from [State of Mind Sport](#) to our Male Carers Support Group in April, speaking about the importance of looking after your mental health.

Mental health matters!

Tough times affect everyone and it massively helps by talking to people who care.

Thank you Danny and Ian for all that you shared and offering your time to come and talk to the gents—we so appreciate it!

Charity News



Carers enjoy FREE film screenings at Leigh Film

Carers and loved ones enjoyed refreshments and free film screenings thanks to Leigh Film and Wigan Council.

There are afternoon and evening showings at the comfortable and wheelchair accessible cinema based in Spinners Mill in Leigh.

Interested to find out more?
Call Suzanne 01942 697885
[or book online here](#)

My Time Wigan



Carers Lynne and Steven
enjoying a much needed
break through
[Mytime Wigan](#) at Wild Mint
Café - Golden Days
Garden Centre.



If you are a carer and not
already registered with My
Time Wigan, contact us for
further information
01942 697885 /
email info@wlcccarers.com

Discounts for Carers

Find Your
Fitness

Be
Well

at your Local Leisure Centre



Reduced monthly rate membership at Be Well Leisure Centres for Carers

Carers can now use their WLCC Carers Emergency Card as proof of their eligibility to access the reduced rate membership for Be Well Leisure Centres - which is currently £18 per month.

If you are a carer and would like to find out more or apply for a Carers Emergency Card - please contact 01942 697885 or email: info@wlcccarers.com

For further information about leisure membership, contact memberships@bewellwigan.org

They operate Monday- Friday 9am-5pm.

Cost of Living help



Morrisons bringing back Ask For Henry free meal deal to all 397 stores

An initiative to feed thousands of hungry people is returning to a UK supermarket this spring.

First launched last October in partnership with Heinz, the 'Ask for Henry' campaign will allow anyone who uses the phrase at a Morrisons café to receive a jacket potato meal for free.

The initiative will be in place for two weeks between April 24 and May 7, coinciding with the coronation of King Charles III on May 6.

It comes amid the growing cost of living crisis in the UK, a fall in real-term disposable income across the country with inflation and energy bills in particular at a record high.

Research Opportunity

NEW RESEARCH STUDY!
WE WANT TO HEAR FROM YOU!


Social Care Needs Assessments & Carers Needs Assessments for Dementia


TAKE PART!







Do you live with dementia
or care for someone with
dementia?
Do you live in the North
West?

Do you deliver social care or
carer needs assessments or
commission care services?
Do you live in the North
West?

We are conducting a funded study into experiences
and inequalities in needs assessments for dementia.
An interview lasts up to 45 minutes, remotely, at a
time that suits you.
You will also receive a £15 shopping voucher!



 What do I do now? If you want more info to take part, contact
Dr Clarissa Giebel (Clarissa.giebel@liverpool.ac.uk)

The aim of this one-off remote interview study is to explore the experiences of people living with dementia and unpaid carers of the process of Social Care and Carers Needs Assessments and the experiences of Local Authority representatives (commissioners, social workers) dealing with needs assessments. They want to find out whether the process was easy or difficult, whether people who went through the needs assessments received all the support they required, and how subsequent funding decisions were made. This study will inform a larger research proposal.

What do I do next?

If you agree to take part, please let a member of staff at the care organisation that contacted you know. They will then forward your contact details (telephone or email) to the lead researcher, who will contact you to arrange a suitable time and date for the telephone interview.

Alternatively, please contact Clarissa Giebel or the research assistant, James Watson, directly.

Chief Investigator - Clarissa Giebel: Email: Clarissa.giebel@liverpool.ac.uk

Research Assistant – James Watson: Email: james.watson@liverpool.ac.uk

Upcoming events from the Carers Centre



Grid Drawing

Thursday 4th May 10.30 am

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.

Have a bit of time to yourself and let your creativity flow.

Alex will help you set up and create drawings in pencil using an easy grid style approach.

[Book here](#)

or call us 01942 697885

Carers Stroke Support Session

Tuesday 16th May, 1pm

The Stroke Association Wigan will be holding an informal session at the Carers Centre, Hindley to offer information about Stroke and what Wigan Stroke Recovery Service can offer to stroke survivors, carers and families.

[Book here](#)

or call us 01942 697885

Stroke Recovery and Communication Support Service

For more information contact the
Wigan Stroke Recovery Service.
Phone: 01942 369818
Email: wigansrs@stroke.org.uk

Stroke
Association



Mindfulness Walk— Amberswood Nature Reserve

Wednesday 17th May, 10 am

Come and join this leisurely walk and enjoy the great outdoors taking in the area's wildlife in this wonderful woodland walk!

[Book here](#)

or call us 01942 697885

Support

**WLCC welcomes all carers (new and existing)
– 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 5th June, 2 pm—7 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



**Do you care for a friend
or relative at home?**



If you've only had one COVID-19 vaccination, or not had any, you can still get the vaccine until 30 June to help protect those you care for.



SCAN TO BOOK

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.

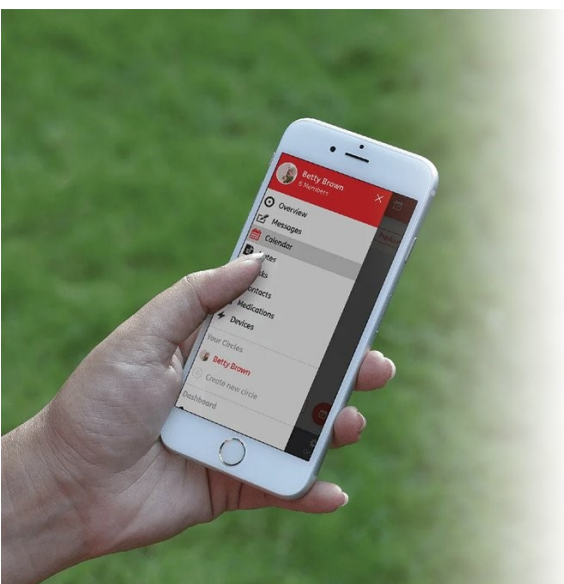
Venue: Wigan and Leigh Carers Centre, Hindley, WN2 3BD.

Next Meet: Thursday 18th May
11 am & 1 pm

[Book here](#)

Jointly app for Carers

Developed by Carers UK, Jointly is an app designed by carers, for carers, to make communication and coordination between those who share the care as easy as a text message.



jointly

offers a central place to store and share important information; keep everyone connected; a shared calendar and task list; an area for notes and a medication manager to support caring as a group.

Download the app or go to
jointlyapp.com



Here is a link that explains to carers how Jointly works: [Click here](#)

If you are a registered carer, please get in touch with us for a **FREE** access code.

Support



GREATER MANCHESTER SUPPORT MEETINGS

You are very welcome to attend our informal and friendly monthly support meetings

1st Friday of the month - Gordon Rigg Garden Centre, Rochdale, OL16 4UX

2nd Monday of the month - Bolton Garden Centre, Bolton, BL3 4RD

Last Monday of the month - Brookside Garden Centre, Poynton, SK12 1BY

We also have two online meetings a month using zoom.

1st Thursday of the month - for anyone caring for someone with MND now or in the past

3rd Tuesday of the month - open meeting, everyone welcome

All meetings start at 2pm.

More information from Sylvia Hinde: sylvia.hinde@mndamanchester.org.uk

www.mndassociation.org

MND Association, Francis Crick House, 6 Summerhouse Road, Northampton,
NN3 6BJ. Registered charity no. 294354. Created in RightMarket - 29/7/2021 - 10:55:21



What's on

Carers UK online Share and Learn Sessions for Carers

May 2023

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



May sessions

Bereavement, grief and what to do when caring ends - Wednesday 3 May, 12-1pm



Pilates for Beginners with Sarah Kearney (Pilates Evolved) - Thursdays this May , 10-11.00am



Autism: advice and support - Friday 5 May, 10-11am



Poetry reading and writing - Tuesday 9 May, 11-12.30pm



Relationship workshop with Relate - Wednesday 10 May, 3-4pm



Wisdom to Empower with Sara Challice (session 4) - Thursday 11 May, 4-5pm



Orchestra Vitae - Friday 12 May, 5-6pm



Peace of Mind Now – Tuesday 16 May, 3-4.30pm



Silver Swans adult ballet class for beginners – Thursday 18 May, 2.30-3.30pm



Manual handling, your safety and rights as a carer – Tuesday 23 May, 3-4pm



Wisdom to Empower with Sara Challice (session 5) - Thursday 25 May, 4-5pm



What's on



**carers
coffee
morning**



WLCC
Wigan and Leigh Carers Centre
Charity Number 1138908
Registration Number 7203521

**Please note we are not
open on Bank Holiday
Monday's**



Heart

Heart Warmers

FREE

Art Drop-in

Tuesday 9th May
10am - 2pm

Join us for a warm welcome and some relaxing, mindful art activities.

No experience required

Materials will be provided

Complimentary hot food and drinks included

Everyone welcome!

Millage Canteen
Floor 2, Spinners Mill
Park Lane, Leigh, WN7 2LB

MENTAL HEALTH AWARENESS MONTH

THE MILLAGE CANTEN

Heart

LEIGH SPINNERS MILL

COMMUNITY FUND

What's on

Connected: for
Health, Wellbeing
and Happiness.



Free wellbeing workshop with author Gemma Margerison (Standish Library)

Join author, Gemma Margerison, for a free wellbeing workshop at Standish library. Gemma released her debut publication 'Connected: The 12 Ways of Wellbeing for a Holistically Healthy Life' in 2021. This is a cross between a self-help book and a wellbeing directory and draws on information, advice, and guidance from over 40 UK-based practitioners.

Gemma will be using the framework she created for her book to take attendees through the 12 areas she believes impact our health and happiness, and how to use it to increase wellbeing in our lives.

Copies of Connected will be available for sale at the event, which is free to attend. For more information, please contact Gemma on gemma@iamconnected.co.uk

[Book here](#)

What's on



Blessing in Disguise

V.I.P. DAY

Children's Charity: 1161139

B.I.D.

for children & young people with disabilities or life limiting illnesses

Wristbands only Event



DW WIGAN. WN5 0UN



www.facebook.com/alsilcockfunfairs

www.blessingsindisguise.co.uk

Wristband Guestlist:
01942 316113



Sunday 21st May
11am - 1pm

blessingsindisguisecharity@gmail.com

Blessings in Disguise Family Fun Fair (for children and young people with disabilities and life limiting illnesses)

The Blessing in Disguise VIP Fun Fair is back!

The Fun Fair will be held at the DW Stadium, Wigan on Sunday 21st May 11am – 1pm. This is a ticket only event for families who are registered with Blessing in Disguise.

Tickets are for immediate family only and cost £1 per wristband (this is to cover the ride operator costs). Every person who enters the site on the day must have their own wristband.

The postage is £2. Due to time consuming admin and non-collection of tickets, ALL tickets must now be paid in advance and posted out.

[To request tickets please INBOX \(Facebook\) Blessing in Disguise](#)

What's on



FREE Family Cycling Event—Inclusive for all

Our FREE family bike-fest Cycle Three Sisters returns
... on Tuesday 23 May!

Come have a go on Three Sisters Circuit and enjoy a range of fun
activities on and off the track...

Balance Bike track (ages 5 and under)

Cycle skills for ages 6-12

Wheels for All adapted cycles

E-bikes

Cycling stalls

Climbing wall

Face painting

Inflatables

Find out more at wigan.gov.uk/cyclethreesisters

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

**INFORMING**  **EMPOWERING**  **ENGAGING** 

**WIGAN PARENT CARER FORUM**

**FOR PARENTS BY PARENTS**
participation@wiganpcf.org.uk
07719330602

PARENT CARERS OF CHILDREN WITH ADDITIONAL NEEDS AGED 0-25 IN WIGAN BOROUGH

WHAT'S ON TUESDAYS AT WIGAN SEND HUB?

1st Tuesday

TICS & TOURETTE SUPPORT GROUP

Support group for parents/
carers looking for information
on Tics or Tourettes .

2nd Tuesday

WIGAN PARENT POWER PEER TO PEER SUPPORT

Informal opportunity to catch
up with other parent carers
for a chat and coffee

3rd Tuesday

WIGAN SEND DROP IN

Joint drop in with Wigan Council
and SEND Information, Advice
and Support Service with different
speakers and information each month

4th Tuesday

NEURODEVELOPMENTAL FOCUS GROUP

Be involved in the development of
Neurodevelopmental Services
in Wigan.

TUESDAYS
10AM
TERM TIME ONLY

Wigan Parent Carer Forum
Wigan SEND Hub
Ashland House Ince
WN2 2DX

FIND
US ON:



WWW.WIGANPCF.ORG.UK

Parent Carers

more 
than words

kids and sibs **DANCE** **WORKSHOPS**



FREE and inclusive dance taster sessions for kids of all ages and abilities

Sunday, 21st May 2023

- **11am to 12 noon** at All Saints Church Hall,
Kenwood Avenue, Leigh, WN7 2LL
- **2pm to 3pm** at More Than Words, Unit 2,
The Edge, Pottery Terrace, Wigan, WN3 5AB

Places are limited and must be pre-booked.
Phone Emma on **01942 735426**.



Parent Carers



Parent Carer Coffee Morning

Carers Centre,
Hindley
WN2 3BD

Wednesday
10th May 2023
24th May 2023
10 am—12 noon

[Book here](#)

Male carers



Male Carers Social Group

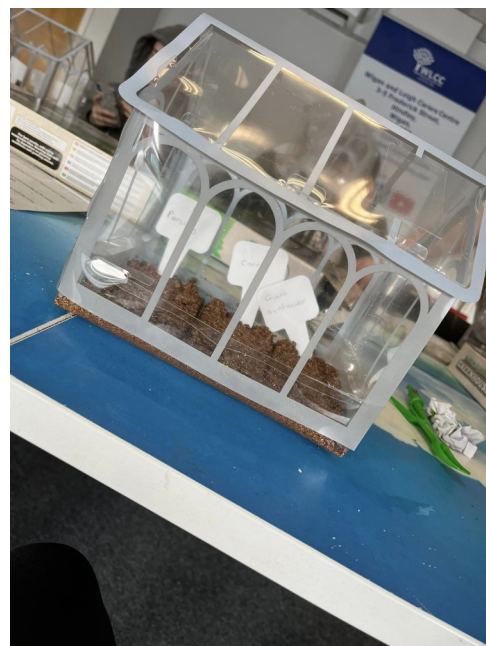
Carers Centre,
Hindley
WN2 3BD

Thursday
4th May 2023
1 pm—2.30 pm

[Book here](#)

or call us 01942 697885

Young carers



Young Carers make their own mini greenhouses

Over one April weekend, young carers made their own mini greenhouses and planted some seeds inside 🌱🌱;

parsley, carrot and giant sunflower.

Thank you to those who joined us, and we hope to see some of your photos, as the seeds start to grow!

Young carers

Young Carers visit DW Stadium

Huge thanks to Wigan Athletic Community Trust Pathway 2 Participation who took a group of our young carers for a tour around DW Stadium Official.

They got to see the dressing rooms, press office, managers room and go pitchside! A fab day thank you so much.



Young Adult Carers enjoy visit to Boomers and Swingers

The Young Adult Carers Transition group enjoyed a trip to Boomers and Swingers golf range with thanks to funding from Network Space.

A lovely evening followed by a delicious chippy tea.



Young carers



Young Carers enjoy UA92 University Taster Day

During the month of April, Young Carers Staff, Peter and Gillian, took several Young Carers to the UA92 for a Uni taster and confidence building day. As well as a tour and overview they got to do a sample studio recording session and took part in a session on confidence building and presentation skills.

UA92 is an innovative approach to Higher Education that is a partnership between Man United, University of Lancaster and other partners (eg Microsoft). They take a portfolio-based approach to learning.

We are really proud of how Pearl, Yasmin, Megan, and Tegan engaged with Matthew, the day and each other.

Well done everyone!

Young carers

During April, young carers 'Avengers' group went to visit 'The Zone' and enjoyed arts and crafts followed by pizza for tea.

Thanks to Network Space for the funding and The Zone for providing us with the room for free—much appreciated!



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

JustGiving Menu Start Fundraising

Search Log in Sign up



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 money as possible to support the young carers in our Borough with some fantastic respite opportunities (for 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!!

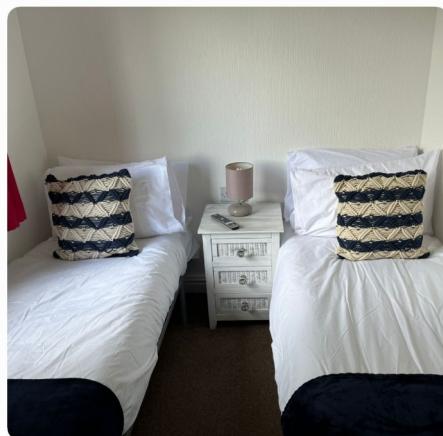
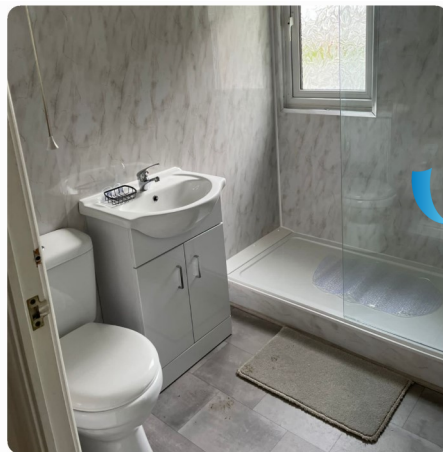
The Carlton Lodge

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. **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?



WLCC
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

