

Speaking with one voice for all carers in Wigan borough

**We're supporting
Carers Week!**



5-11 June 2023

Special Edition for Carers Week 2023

Carers Week is an annual campaign to raise awareness of caring, highlight the challenges unpaid carers face and recognise the contribution they make to families and communities throughout the UK. We want to reach out to people who may not recognise themselves as carers and to raise awareness of how important carers are to our communities.

We recognise the vital role that carers play in our communities.

We want to say thank you, celebrate all that you do and help you to feel visible, valued and supported.



Wigan and Leigh Carers Centre are commissioned by Wigan Council to carry out Carers Assessments and work in partnership with them to deliver other services to support unpaid carers.

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Chief Officer Blog

Chief Officer blog—Bernadette Ashcroft

Welcome to our June special 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.

This special 'Carers Week 2023' edition provides information on the broad range of events, activities and opportunities for Wigan and Leigh carers to join us in recognising and supporting carers in the community – which is the theme of national carers week 2023 – There is truly something for everyone, for you, your loved ones and your families.



This year, it is exceptionally special in Wigan and Leigh as we are recognising the huge contribution made by unpaid carers across the Borough over 2 weeks!

Starting on Tuesday 30th May 2023 we will be joining many of our partners on the Carers Roadshow. Look for further details within the newsletter – we may be coming to your local area. Come along and meet us, we are here to support, advise and get your thoughts and ideas on how we can all work better together to support you, our unpaid carers.

During the second week of our carer's annual celebration, starting on Monday 5th June 2023, we will be launching (drum roll....) **Carers Cafe Club!**

Come along to any of the local venues within this extraordinary collaboration and meet our team in new community venues right across the Borough. Any unpaid carer can join this club and participate in activities close to where you live.

Don't forget to bring your Carers Emergency card to collect your free drink and have a good chat with the team. Look for further details within the newsletter and do tell us your thoughts and ideas.

A number of other projects and groups are also holding additional activities to recognise and celebrate national carers week 2023 – please relax and take a little of time to read through this smashing edition and choose something that you will enjoy.

We look forward to seeing you out and about.

With best wishes

A handwritten signature in black ink.

Bernadette Ashcroft
Chief Officer

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



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.

EXCITING LAUNCH EVENTS!

We are thrilled to announce an exciting new project that we have been working on over a number of months. Our **Carers Café Club** brings together a network of local community cafés that offer warm and welcoming spaces for carers and their loved ones.



We will be hosting regular events in these venues to make accessing local support for carers (of all ages) even easier (*something that findings from our carers survey identified*).

Carers will also be able to receive a free drink in these venues by showing their Emergency Carers Card.

Look out for a venue near to you!



Carers Roadshow



Wigan Borough Carers will be visiting places across the borough with their Carers Roadshow from **Tuesday 30th May - Friday 2nd June** with advice, information and people who want to listen and offer support. You will see us in our Carers Roadshow vehicle so please come and say hello.

On the Carers Roadshow, you will be welcomed by colleagues from Adult Social Care and Wigan and Leigh Carers Centre for a warm welcome and friendly chat and you can find out more about support for carers and your loved ones.

Age UK Wigan Borough will also be the roadshow on Tuesday 30th May and Friday 2nd June to share their work on improving the quality of life for people aged 50 and over.

Find out on the next page where we will be visiting!



Carers Roadshow

Tuesday 30th May 2023

10 am - 4 pm

Wigan Town Centre,
Standishgate
Wigan



Wednesday 31st May 2023

10 am - 3 pm

Mesnes Park,
Wigan



Thursday 1st June 2023

10 am - 4 pm

Leigh Town Centre,
Bradshawgate
Leigh



Friday 2nd June 2023

10 am - 4 pm

Pennington Flash
Leigh



Carers Week 2023

What's on

Wednesday 31st May 2023

Tai Chi in the Park (Mesnes Park, Wigan)

11 am—11.30 am

Join Wigan Borough Carers for some gentle physical exercise and movement to connect the mind and body in the beautiful outdoors.



Wednesday 31st May 2023

Be Well Walk - Power of Pause (Mesnes Park, Wigan)

1 pm - 1.45 pm

Join the **Be Well Walk Leader** for a Mindfulness Walk 'Power of Pause'. We welcome carers, family, friends and anyone who wants to enjoy connecting with others and their surroundings.



**Be
Well**

Do I need to Book?

Booking is not required if you wish to visit the Carers Roadshow or the above events, please just come along with your family and friends, everyone is welcome. However, if you would like any further information on the events organised by Wigan Borough Carers, please [click here](#)



Carers Week 2023

What's on

Friday 2nd June 2023

Be Well Walk

(Pennington Flash, Leigh)

10.30 am—11 am (30 min walk)

to enjoy a 20-30 minute walk. A chance to connect with others, enjoy exercise together and enjoy the beautiful surroundings in one of the jewels in the crown of Wigan Borough.



Be
Well

Friday 2nd June 2023

Be Well Walk

(Pennington Flash, Leigh)

10.30 am—11.30 am (One hour walk)

Join the **Be Well Walk Leader** to enjoy an 1 hour walk. A chance to connect with others, enjoy exercise together and enjoy the beautiful surroundings in one of the jewels in the crown of Wigan Borough.



Be
Well

Do I need to Book?

Booking is not required if you wish to visit the Carers Roadshow or the above events, please just come along with your family and friends, everyone is welcome. However, if you would like any further information on the events organised by Wigan Borough Carers, please [click here](#)



Carers Week 2023

What's on

Saturday 3rd June, 1 pm—4 pm

Wigan Borough Carers Music Festival

The Venue, Wigan Youth Zone , Parson's Walk, Wigan, WN1 1RU.



Wigan Borough Carers look forward to welcoming you to celebrate carers in our community at The Venue where you will find a warm and welcoming atmosphere for all carers, their family, friends and loved ones.

Together, we will support carers of all ages to celebrate, connect and enjoy entertainment and light refreshments whilst enjoying music from TMP college and young people from Wigan Youth Zone. Everyone who visits will be entered into a free raffle!

Young people aged 8-11 years old can enjoy free access to Wigan Youth Zone if they wish. They will need an accompanying adult to support them to sign in and can then join us at The Music Festival at The Venue.

Do I need to Book?

[You can book tickets online through this Eventbrite page.](#) Booking is not essential, and you are welcome to come along and join us on the day, however places are limited and will be allocated on a first come first served basis so we advise that you pre-book online.



Carers Week 2023

What's on

Carers Event—Central Day Centre, Wigan

Monday 5th June 2023, 12 noon

Central Day Centre are celebrating all carers in the community and want to show their appreciation for all the hard work they do. They are teaming up with ourselves, friends from Age UK Wigan Borough and hosting an afternoon of fun and entertainment, free buffet lunch will be provided and a small gift to take home with you.

Where? [Central Day Centre, Sullivan Way, Wigan, WN1 3TB](#)



Do I need to Book?

To book a place, please contact the day centre on **01942 827212**.

If you or your loved ones require any support on the day or if you would like any further information, please contact us at: mailbox.carers@wigan.gov.uk.



Carers Week 2023

What's on

Carers Week Coffee Morning (Hindley)

Monday 5th June 2023, 10 am—12 noon

Join us as we celebrate carers. Come and join us for hot drinks and breakfast pastries.

Come for any help, advice or support.

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



Do I need to Book?

No booking required—please just drop in.

Carers Week 2023

What's on

Carers Community Event (Platt Bridge)

Monday, 5th June, 10 am—12 noon

Join Suzanne from our team as she hosts a community drop in for carers at Embrace.

Venue: Embrace, 81 Ribble Rd, Platt Bridge, Wigan WN2 5EG

Do I need to Book?

No booking required—please just drop in.



Carers Welcome Session (Hindley)

Monday 5th June 2023, 2 pm—7 pm

Join us as we celebrate carers. Free buffet, bookable pamper treatments such as Reflexology and Mini Nails Session.

Come for any help, advice or support.

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



Do I need to Book?

Call 01942 697885 or book via our [website here](#) or email: info@wlcccarers.com



Balance Reflexology
Phyllis Bayley MAR

Taster Sessions for
Wigan and Leigh Carer's
June 5th 2023 - Carer's Week

What is reflexology?
Based on ancient holistic theories, and practiced modern techniques, reflexologists work using their thumbs and fingers on reflex points all over the feet, that correspond to specific organs and body systems. The aim is to balance the body and mind and to help the body systems find their natural state of homeostasis (balance), where the body and mind are best placed to heal from within. Its deeply relaxing and can help to relieve stress.
Suitable for Women and Men and for Children (with parent/guardian consent)



Carers Week 2023

What's on

Carers Event (Hindley)

Knit & Natter with cakes

Tuesday, 6th June, 10 am—12 noon

Join us for a morning of crafting and cakes!

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



Do I need to Book?

Call 01942 697885 or book via our [website here](#) or email: info@wlcccarers.com

Carers Community Event—(Atherton)

Tuesday, 6th June, 9.30 am—11.30 am

Join Suzanne from our team as she hosts a community drop in for carers at The Snug in Atherton.

Venue: The Snug, 67a Market St, Atherton, Manchester M46 0DA



Do I need to Book?

No booking required—please just drop in.



Carers Week 2023

What's on

Carers Community Event— (Tyldesley)

Tuesday, 6th June, 12 noon—2 pm

Join Suzanne from our team as she hosts a community drop in for carers at Café Camaraderie.

Venue: Poplar Street, Tyldesley, Manchester, M29 8AX.



Do I need to Book?

No booking required—please just drop in.



Carers Event—

Wednesday Wellness walk with lunch (Haigh)

Wednesday 7th June, 10 am

Join us for a wellbeing walk at Haigh Hall. Join Suzanne from our team as she hosts a wellbeing walk for carers then lunch at Alexander's Coffee Shop, Haigh Hall, Wigan.



Do I need to Book?

Call 01942 697885 or book via our [website here](https://www.wlcccarers.com) or email: info@wlcccarers.com



Carers Week 2023

What's on

Carers Event—Parent Carer Coffee Morning

Wednesday 7th June, 10 am—12 noon (Hindley)

If you are a Parent carer, please join us for our Parent carer coffee mornings every other Wednesday, here at Wigan and Leigh carers centre, Hindley.



Come and meet Lynne our amazing volunteer and other parent carers in a relaxed and friendly environment with a lovely brew.

Do I need to Book?

Call 01942 697885 or book via our [website here](#) or email: info@wlcccarers.com

Carers Community Event (Tyldesley)

Wednesday 7th June, 12 noon—2 pm

Join Jill and Kieron from our team as they host a community drop in for carers at Complete Kindness Café.

Venue: 249 Elliott St, Tyldesley, Manchester M29 8DG



Do I need to Book?

No booking required—please just drop in.



Carers Week 2023

What's on

Carers Community Event (Leigh) Wednesday 7th June, 12 pm—4 pm Coffee, Cake and Cinema Therapy

Join Suzanne at Leigh Spinners Mill for Carers Film Club, with Coffee and Cake at the Millage Canteen.

Venue: Leigh Spinners Mill, Leigh.

Film: Fisherman's Friend 2

Carers and loved ones welcome to attend.



Do I need to Book?

Call 01942 697885 or book via our [website here](#)
or email: info@wlcccarers.com

Carers Week 2023

What's on

Carers Community Event (Wigan)

Wednesday 7th June, 5 pm—7 pm

Join Suzanne from our team as she hosts a community drop in for carers at Postcode Coffee House in Wigan.

Venue: Postcode Coffee House,
Riveredge, Southgate, Wigan WN3
5AB



Do I need to Book?

No booking required—please just drop in.

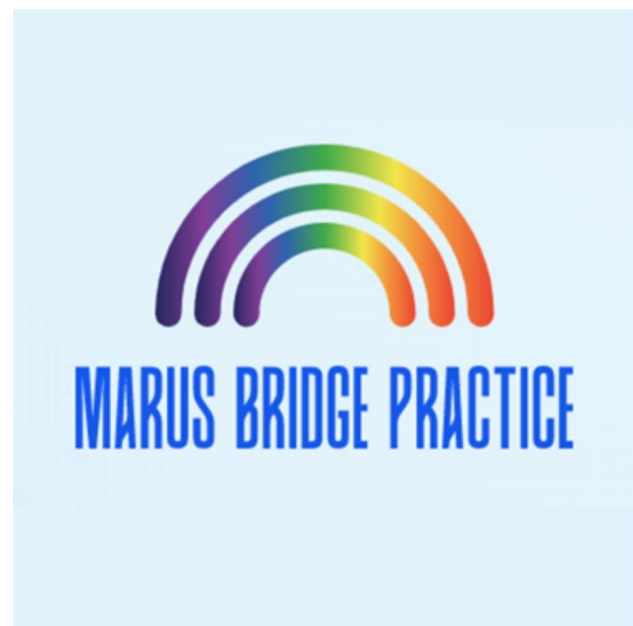
Carers Community Event (Wigan)

Thursday 8th June, 9.30 am—1 pm

Join us at Marus Bridge Practice, Chandler House, Poolstock Ln, Wigan WN3 5HL. If you are a carer please do come along to our Carers Week drop in session to meet staff from the Wigan and Leigh Carers Centre, Community Link Workers and Care Co-ordinators. There will be information and advice as well as an opportunity to have an informal chat about your caring role and any support

Do I need to Book?

No booking required—please just drop in.



Carers Week 2023

Carers Community Event— Ashland House (Ince) Thursday, 10 am—12 noon

Join Suzanne from our team as she hosts a community drop in for carers at Ashland Coffee House

Venue: Dobson Park Way, Ince-in-Makerfield, Wigan WN2 2DX



Do I need to Book?

No booking required—please just drop in.

Carers Community Event—Wild Mint Café (Appley Bridge)

Friday 9th June, 9.30 am—12 noon

Drop in and Flower Arranging

Join Suzanne from our team as she hosts a community drop in for carers at Wild Mint Café in Appley Bridge, WN6 8RS. Suzanne will be offering some free flower arranging tasters.



Do I need to Book?

No booking required—please just drop in.

Carers Week 2023

Wigan and Leigh Hospice Palliative and End of Life Learning Hub (Hindley)

Friday 9th June, 12 noon

Carers Centre, Hindley

Are you supporting someone with palliative and end of life care needs? Would you like to learn more about Palliative and End of Life Care?

We are holding drop in sessions to discuss any learning needs you may have or answer any questions around Palliative and End of Life Care. Come along to meet the team and let us know of any areas we can support you with



Do I need to Book?

Call 01942 697885 or book via our [website here](#) or email: info@wlcccarers.com

Carers Community Event (Wigan)

Friday 9th June, 10 am—1 pm

Wigan Armed Forces Hub

Join Jill and Kieron from our team as they host a community drop in for carers at the Armed Forces Hub.



**Armed Forces
Community HQ**

Venue: Molyneux House, School Ln, Wigan

Do I need to Book?

No booking required—please just drop in.



Carers Week 2023

Carers Community Event (Atherton)

Friday 9th June, 1 pm—3 pm

Café Iris

Join Suzanne from our team as she hosts a community drop in for carers at Café Iris, Howe Bridge Leisure Centre.



Venue: Café Iris, Howe Bridge Leisure Centre,
Eckersley Fold Ln, Atherton, Manchester M46 0PJ



Do I need to Book?

No booking required—please just drop in.

We know that many carers have a busy schedule and may be unable to attend any community support or events over Carers Week, but please be assured that our support to you is here, should you need any help or advice.

If you are a carer and require any support—please don't hesitate to get in touch with us or call into our Centre.

Call 01942 697885

Email: info@wlcccarers.com

Cares Centre, 3-5 Frederick Street, Hindley, Wigan, WN2 3BD

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

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

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

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