

Speaking with one voice for all carers in Wigan borough



LEIGH FILM society

Wigan Council

WIGAN BOROUGH CARERS

**NOW SHOWING**  
**CARERS FILM CLUB**

JOIN US FOR FREE SCREENINGS OF  
MODERN AND CLASSIC MOVIES FOR  
CARERS AND THEIR FAMILIES

First  
Wednesday of  
the month: 1pm  
Last Tuesday of  
the month:  
6pm

LEIGH FILM FACTORY  
SPINNER'S MILL, PARK LANE  
07969 647466

Find out more on Page 12

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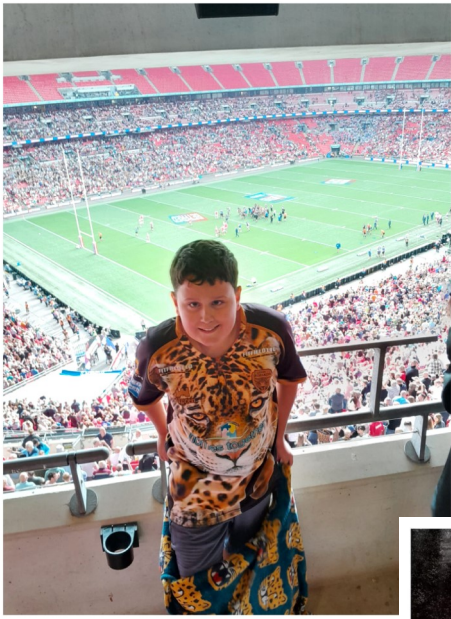


# Charity News

## Carers Celebrate at Wembley

Lovely to share these photos of carers and their families enjoying their time at Leigh Leopards Wembley game and Homecoming.

Huge congratulations to Leigh Leopards and thank you for supporting our Charity and carers in our community.



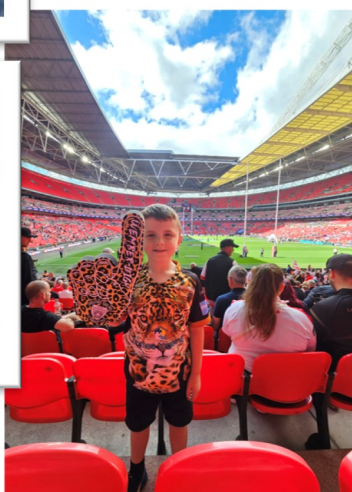
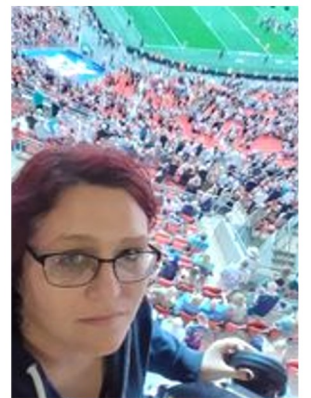
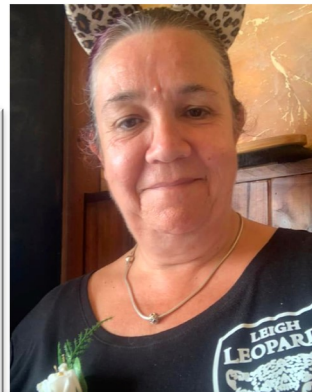
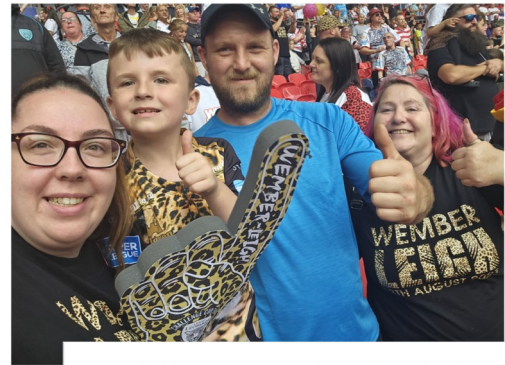


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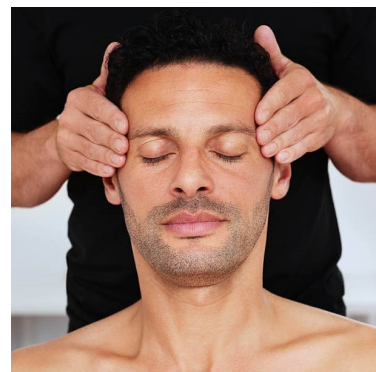


*Good Luck Leigh Leopards*





# Mindful Mondays and Wellness Wednesdays



## Mindful Mondays

Treatments available for carers: Reflexology, Hot Stones, Back and Head Massage

£20 for 1 hour , £10 for £30 mins

To make your booking and check available times, please call:

Suzanne Wilkinson 01942 697885 or email: [suzanne.wilkinson@wlcccarers.com](mailto:suzanne.wilkinson@wlcccarers.com)



## REIKI Wellness Wednesday



## Wellness Wednesdays

Treatments available for carers: Reflexology, Indian head massage, Back massage, Oriental Facial and Reiki sessions. There is a small charge for these sessions. To make your booking, find out more information and check available times, please book online: <https://wlcccarers.com/events-booking/>

or call Suzanne Wilkinson 01942 697885 or email: [suzanne.wilkinson@wlcccarers.com](mailto:suzanne.wilkinson@wlcccarers.com)



# Carers Café Club



## Carers Café Club

You can pop into any of these local cafes to come and have a cuppa with us, have a chat and get any support or advice you might need.

This is really exciting for us as a Charity, to work alongside these great coffee shop hosts providing local support so that people can 'stay local' (something that was identified in our most recent survey to carers).



<u>Date</u>	<u>Venue</u>	<u>Time</u>
Tuesday 5th September	The Snug, 67a Market Street, Atherton	12.30 pm—2.30 pm
Friday 8th September	Wildmint Café, Appley Bridge	10.30 am - 12.30 pm
Friday 15th September	Armed Forces Community Hub, Molyneux House, Wigan	10.30 am—12.30 pm
Thursday 21st September	Embrace, Platt Bridge	10 am - 12 noon
Friday 22nd September	Robin Hood, St Helens Rd, Leigh WN7 3PA	2 pm—4 pm
Thursday 28th September	Beehive Community Centre, Mosley Common	9.30 am - 11.30 am
Thursday 28th September	Cafe Iris, Howe Bridge Leisure Centre, Atherton	1 pm - 3 pm



# In The News

## Covid-19 autumn booster: Carers are eligible

The Joint Committee on Vaccination and Immunisation (JCVI) has announced its advice regarding persons who will be eligible for a COVID-19 booster vaccine in autumn 2023. Unpaid carers will be eligible for the booster, as they were last year. NHS England will confirm details on how and when eligible people can access the autumn booster vaccine in due course. Unpaid carers aged 16 to 64, who care for someone deemed clinically vulnerable, will be able to get their booster jabs this Autumn. Rollout dates are yet to be confirmed. We strongly recommend that carers who are eligible seek to get their booster jab, and that carers be informed about their entitlements and most importantly are encouraged to register as a carer on their patient record with their GP practice.

[Read more](#)





# In The News

## Does your family have a traditional landline telephone?

The Digital Switchover may affect their service.

If you or someone you know depends on their landline or uses a telecare device connected to a phone line (such as a fall monitor, lifeline, or personal alarm), you should notify your communications provider (the provider of this service) so that they can advise on how the switch could affect you.

Help them find out what to expect so their care isn't affected, and they can stay safe.

[Read more](#)



Does your family have a traditional landline telephone?

**Check if the  
#DigitalSwitchover  
will affect their  
service.**



# Cost of Living help

## Here to help with your water bills

It's a difficult time for many households due to the cost of living crisis so the message from United Utilities is to give them a call if you're struggling with your water bill so they can help. They have lots of ways to make your water bill more affordable, call 0800 072 6765 or complete their online form at <https://www.unitedutilities.com/difficulty-paying-bill> and they will call you back.

Some of the ways United Utilities can support you with your water bill payments include:

- **Back on track:** if you're either receiving benefits or on a low income and finding it difficult to pay your water bill following a change in financial circumstances, this scheme can reduce the amount you have to pay.
- **WaterSure:** if you have a water meter, receive benefits and use a lot of water due to ill health or having a large family, they can cap your annual bill regardless of how much water you need to use.
- **Help to pay:** receiving Pension Credit? If so you could be eligible for a discounted bill.
- **Cheaper with a meter:** the majority of customers who switch to a meter save at least £150 a year. You can trial a meter for two years and during that time the company guarantees that you won't pay more. Money Saving Expert Martin Lewis says a meter could save you money if there are more bedrooms in your home than people, or even the same number, read more here <https://www.moneysavingexpert.com/utilities/cut-water-bills>
- **Payment break:** if you have a low income or receive benefits and are struggling due to losing your job or having to pay out for an unexpected household emergency, the company can delay your bill payments for an agreed period of time.

Full details about United Utilities' support schemes can be found at <https://www.unitedutilities.com/difficulty-paying-bill> or call 0800 072 6765.



## Water for the North West

# My Time Wigan

providing respite opportunities  
for carers

Fantastic to see the feedback from this carer and her husband who recently enjoyed a stay at the Crowne Plaza Hotel in Manchester City Centre. If you are a carer interested in finding out more and registering yourself with MyTime Wigan—[click here](#)

or email: [mytimewigan@localsolutions.org.uk](mailto:mytimewigan@localsolutions.org.uk)



Thank you for an amazing stay on Sunday night at the Crowne Plaza, my husband and I had a great night. I can't remember the last time that we had a night out together on our own, it was great and we had plenty to talk about. The hotel staff were amazing and left a card and chocolates in the room!

Thanks again for a great break.

Thank you Crowne Plaza  
Manchester.





# Carers Film Club

## FREE film screenings for Carers and their loved ones

Carers and loved ones can attend FREE film screenings at Leigh Spinners Mill Film Factory. Carers are welcome to attend on their own, with a friend, or with the person they care for (if age suitable). Tea and coffee will be provided, you can bring snacks and nibbles to enjoy whilst watching the film.

### About Leigh Film Factory:

- ♦ The cinema is full of the latest technology to give you a fantastic film watching experience!
- ♦ The auditorium is fitted with 112 very comfortable IMAX cinema seats in a tiered seating arrangement with a central isle.
- ♦ Leigh Film Factory is based in the iconic grade-II listed building, Leigh Spinners Mill.
- ♦ The address is; Leigh Film Factory, 4th floor Leigh Spinners Mill, Park Lane, Leigh, WN7 2LA.
- ♦ They have a fully licenced bar which stocks both alcoholic and non-alcoholic drinks, hot & cold refreshments and bar snacks.
- ♦ They also have free parking, a lift and WC.
- ♦ Wheelchair accessible.

For any further information or to book by telephone, please call Suzanne at Wigan and Leigh Carers Centre 01942 697885. You can also book up and coming films online via our website here: <https://wlcccarers.com/events-booking/>



# Upcoming events from the Carers Centre



## Drawing Group

**Thursday 7th September 10.30 am**

Would you like to learn how to draw?  
Are you a beginner at drawing and want a bit of guidance?

If yes, join us here at Wigan and Leigh Carers Centre in a friendly and relaxed atmosphere.

[Book here](#)

or call us 01942 697885

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## **Wigan and Leigh Hospice Palliative and End of Life care Learning Hub**

**Friday 8th September 12 noon**

Advanced Care Planning session.

[Book here](#)

or call us 01942 697885

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## **Generational Gamers**

**Thursday 28th September**  
**10 am—12 noon**

Gaming for all. Fun for the whole family. Carers, loved ones and family members all welcome to this session run by Home Instead Leigh.

No need to book—just turn up!  
Call Suzanne for any further information 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 4th September, 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

## Care for a Cuppa (online support sessions for Carers and Former Carers)

It's easy to feel isolated when you're caring. Held on Zoom, these online **Care for a Cuppa** chats offer a space for carers to meet each other, share experiences and find mutual support. Carers UK hold weekly sessions, mostly on Monday afternoons, a monthly evening session, and sessions for former carers.

Upcoming dates and times:

Monday 4 September –  
11am-12pm

Monday 11 September –  
3-4pm

Thursday 14 September –  
7:30-8.30pm – Evening Session

Monday 18 September –  
3-4pm

Wednesday 20th September –  
3-4pm – Former Carers Session

Monday 25th September – 3-4pm

Thursday 28th September – 7.30-8.30pm – Evening Session



**Interested in Joining?**  
**Visit the [Care for a Cuppa page](#) for more information.**



# Support



Freephone 0800 060 7567  
support@applyforleap.org.uk

Apply Online

Login

Home

How LEAP Works

Eligibility

Useful Information

Apply

Contact



# LEAP

## The energy and money saving service

LEAP is a free service that is helping people keep warm and reduce their energy bills without costing them any money. See how you can save.

How LEAP works



## Cost of Living Support

With approximately 7 million households suffering from fuel poverty the time has never been more urgent to seek out support if you're struggling to cope in this cost of living crisis.

### Local Energy Advice Partnership - LEAP

This service is now available to eligible residents. LEAP is a free service that is helping people keep warm and reduce their energy bills without costing them any money. If you meet the criteria for a Home Energy Visit, you could receive further help and advice for free!

### Applying for LEAP

You can apply now, for you or somebody else by clicking the Apply Now link below or by phoning: 0800 060 7567 (England & Wales)

Call centre opening hours:

9:00am – 5:30pm Monday to Friday

<https://applyforleap.org.uk/>

# Support

NEW SESSIONS NOW AVAILABLE!! 💜 Care for Carers 💜

Wigan Wellness Web will be offering one to one holistic therapies and group wellbeing sessions to unpaid carers at their Community Wellness Rooms at **Highfield Community Centre**. These FREE to attend evening sessions will be held on the first Friday of each month for an initial 5 month trial.

If you are an unpaid carer, you can book your place by messaging Ann via the Facebook page or email them at [wiganwellnessweb@gmail.com](mailto:wiganwellnessweb@gmail.com)  
Mention 'Care for Carers' so they know which session you want to book.

The next session is on  
Availability is as follows:

- ➡ 3 places for 1 to 1 therapies (20 minutes)
- ➡ 12 places for group wellbeing session.

Although for many carers, caring can have positive and rewarding aspects, it can also have an impact on your own health and wellbeing leaving you needing support. Join them for some well deserved R&R, learn how to take better care of you/share knowledge on how to access available support.

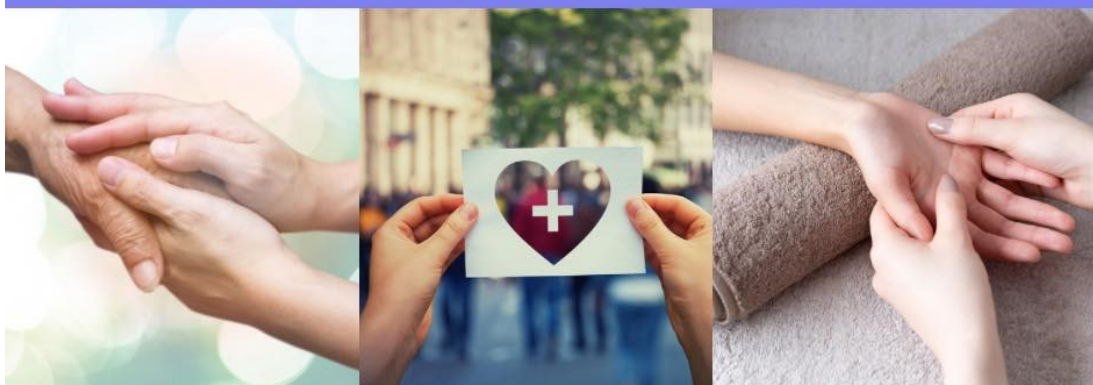
This project is funded by The Milliken 2023 Fund



## CARE FOR CARERS

Community Wellness Room - Highfield Community Centre

*Brought to you by Wigan Wellness Web and The Milliken 2023 Fund*





# 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.

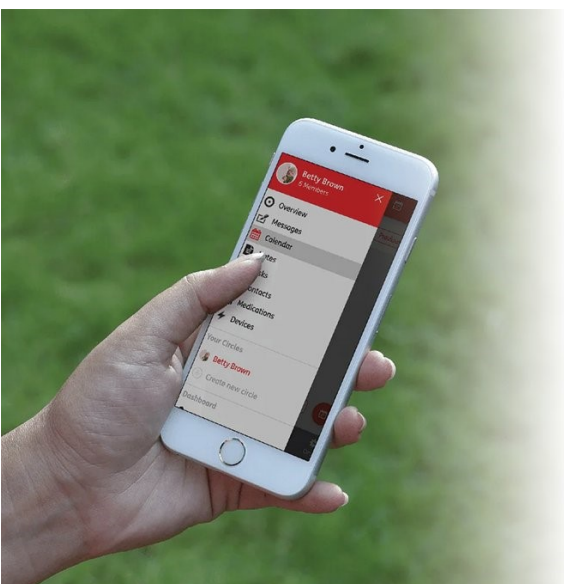
Venue: Wigan and Leigh Carers

**Next Meet:**  
**Thursday 21st September 2023**  
**11 am**  
[Book here](#)

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### 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](https://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

**Are you feeling low, anxious, overwhelmed or stressed? Don't struggle alone.**

[Making Space](#) is offering a FREE NHS-funded step 2 cognitive behavioural-based therapy service.

Please get in touch to find out more:  
Email: [masp.wellbeing@nhs.net](mailto:masp.wellbeing@nhs.net) or call 01925 581755



## PSYCHOLOGICAL WELLBEING SERVICE

**A FREE NHS Funded step 2 Cognitive  
Behavioural Based Therapy Service**



**Are you feeling low, anxious, overwhelmed or stressed?  
Don't struggle alone.**

**Our friendly psychological wellbeing team are  
here to help.**

### HOW DO I ACCESS THE SERVICE?

Contact us today to find out more information  
about the services we provide:



[masp.wellbeing@nhs.net](mailto:masp.wellbeing@nhs.net)



**01925 581 755**

Our services are available to anyone who is aged 16+ and registered with a GP in the Wigan area.



# Support

## Are you looking for cooking classes / experience?

Café Camaraderie in Tyldesley are hosting Cooking Classes / Experiences and will be in full swing from September. At only £3pp... your ingredients are included, you'll be totally immersed in a commercial kitchen and experience what it's like to work with and love food.

You'll learn valuable foodie skills, including creative food prep, you'll make tasty new dishes and the meal you've made, you can eat in at the cafe or take home, to enjoy later. What's not to love?!

Enquire now for availability for September—email: [hello@cafecamaraderie.co.uk](mailto:hello@cafecamaraderie.co.uk)

## COOKING CLASS / EXPERIENCE

### Come along to our latest session!

All ingredients are included and what you make, is yours to enjoy.

### Tasty! Unleash your inner chef.



**£3pp**

*(or if you want to make enough for the family meal tonight, add £1 for each additional serving).*

**Call to book on**

**07398 197992**

# Support

## Mental health crisis helpline Free 24/7

Bolton, Manchester, Salford, Trafford and Wigan:

**T: 0800 953 0285**



Greater Manchester  
Integrated Care

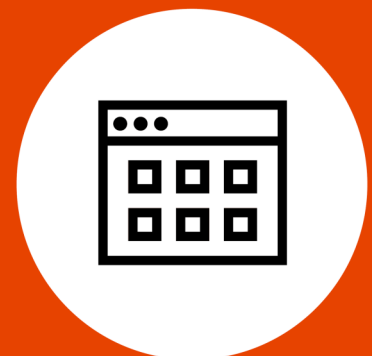
## Financial Support that may be available to you

Caring can put a huge strain on your finances. If you're struggling to afford the basics, check the **Turn2Us** Grants Search Tool to see if you're eligible for financial support. Visit: <https://grants-search.turn2us.org.uk>

turn  
2us

Search from around  
1,400 grants  
to see what financial support  
may be available to you.

Try the grants search today





# What's on

**Autism Support Event Monday 11th September—FREE to attend**

[Book here](#)



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. We will discuss topics such as; understanding autism in teenagers, women and girls, self-esteem, stress and anxiety, puberty and planning for the future. You may have questions about anxiety, self esteem, puberty whatever it is, come and ask in a safe space and supportive parents.

Join from the comfort of you home on Zoom

**Monday 11th September 2023**

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

<https://www.eventbrite.co.uk/e/what-does-autism-look-like-in-teenagers-tickets-681695017147>

Or email: [abigail.gibson@nas.org.uk](mailto:abigail.gibson@nas.org.uk)

### 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)

# What's on

 Save the dates!

 Preparing for Adulthood Event 2023

 Keep up to date by visiting <http://facebook.com/pfaevent> Preparing for Adulthood Event

 Or contact the PFA team: [PFA@wigan.gov.uk](mailto:PFA@wigan.gov.uk)



Preparing for  
Adulthood Event



**Save the date**

**A series of free information webinars and events offering support and advice for people with a disability/autism looking at post-16 offers and opportunities**

**Webinars 6pm – 7pm:**

Developing Independence – Tuesday 12<sup>th</sup> September

Health and Wellbeing – Thursday 14<sup>th</sup> September

Employment – Monday 18<sup>th</sup> September

Community – Wednesday 20<sup>th</sup> September

Landgate College (Leigh)

Tuesday 26<sup>th</sup> September, 1pm – 4pm

Hope School (Wigan)

To be confirmed

Oakfield School (Hindley)

Wednesday 27<sup>th</sup> September 3.30pm – 5.30pm

Newbridge School (Platt Bridge)

Tuesday 17<sup>th</sup> October 4pm – 6pm

Keep up to date by visiting [www.facebook.com/pfaevent](http://www.facebook.com/pfaevent)

Contact us: [PFA@wigan.gov.uk](mailto:PFA@wigan.gov.uk)



# What's on



Greater Manchester  
Mental Health  
NHS Foundation Trust

## The Recovery Academy

The Recovery Academy provides a range of **free educational resources** for people with mental health and / or substance misuse problems, their families and carers as well as health care professionals.

All of our resources focus on supporting people with their recovery and promote good health and wellbeing.



face to face courses



e-Learning courses



digital resources

### Spring / Summer 2023 courses in Bolton and Wigan

#### Bolton



**22 Aug- Nature to Nurture**



The Hive, Moss Bank Park,  
Bolton BL1 6NB



**20 Sept- Co-Production in Practice**



Friends' Meeting House, 50  
Silverwell Street, Bolton  
BL1 1PP

#### Wigan



**5 Sept- Raising awareness around Personality Disorder**



Robin Park Indoor Sports  
Complex, Loire Drive, Wigan  
WN5 0UL



**4 Oct- An introduction to the Recovery Academy**



St. Peter's Pavilion, Hurst  
Street, Hindley WN2 3DN

### Interested?

To access our digital resources and book onto courses **you need to register.**

Go to the register / login section of our website to get started:

<https://recoveryacademy.gmmh.nhs.uk/> or phone 0161 358 1771

# What's on

## Carers UK online Share and Learn Sessions for Carers

September 2023

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



### September sessions

Panel discussion with three parent carers – Tuesday 5 September, 2-3pm



Tips and guidance for new carers - Wednesday 6 September, 4.30-5.30pm



Wisdom to Empower with Sara Challice (session 2) - Thursday 7 September, 4-5pm



Tips and guidance for carers: How to complain effectively - Tuesday 12 September, 12-1pm



Pilates for Beginners (with Emma Marks, Pilates Evolved), 4-5:00pm on Tuesdays this September



Flexercise - Thursday 14 September, 10-11am



Wisdom to Empower with Sara Challice (session 3) - Thursday 21 September, 4-5pm



Daytime Disco - Friday 22 September, 3-4pm (plus optional 30 minutes after for a chat)



Cartoon drawing workshop series, 3-4.30pm on Fridays from late September to early November





# What's on

## Women's only upcycling & crafts group—FREE

[Remade Wigan](#) are starting a new group for women at Clifton Street Community Centre. 6 sessions run by Rachel Woodburn, who's going to be teaching all kinds of practical craft skills - including pyrography. She's a professional woodburner (hence the name) and wants to share her skills with local women. This group runs from 5th September for 6 weeks. You don't have to go to all of them.

Sessions start at 9.30am and run until 11am. Brews and everything included, all free of charge. Women only.

Clifton Street Community Centre, Clifton St, Wigan, WN3 5HN

Call 07907 122971 for more information

@remadewigan

# Crafty Women

**Tuesdays 9.30-11am**

**Women's only upcycling & crafts group**

Take some time for you.  
Learn a craft, try your hand at pyrography (woodburning).  
make friends & relax

Materials, biscuits and brews provided.

**Clifton Street Community Centre**  
Run by Rachel Woodburn

Come for as long as you like.  
Free of charge.  
Questions? Whatsapp Alice on  
07907 122971

**ReMade Wigan**

## What's on



CALL 01942 697885  
WWW.WLCCCARERS.COM

EMAIL:  
INFO@WLCCCARERS.COM

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



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

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

## No need to book, just turn up!

**Please note we are not  
open on Bank Holiday  
Mondays**

Family Welfare are celebrating 65 years of service with another Community Fun Day! Join them on Friday 1st September 11-4pm at the Adult Learning Centre, Walmesley Road, Leigh WN7 1XL.

Don't forget to save the Date!

The fun day and will include 'FREE' Refreshments for everyone, including yummy sandwiches, drinks, ice creams and much more!

They will also have a petting zoo, falconry stall, creepy crawlies and inflatables there all day!





# What's on

## INCLUSION YOUTH CLUB

For 11-15 year olds with additional support needs

Sessions will run every **Sunday, 4.30pm-6.30pm**  
from 20th August.

This closed session for up to 20 young people must  
be pre-booked by calling reception on  
**01942 612 061**.

The project will be **free** to attend and will include a  
**free hot meal**.

Parents, guardians or PA's holding a valid DBS are  
welcome to come in, and a nearby room will be  
available for those who just want to be able to check  
in with their young person. Refreshments will be  
provided.



? Ages 11-15

📅 Sundays from 20th August

✉ Emily.Fairhurst@wiganyouthzone.org

### Introducing the Inclusion Club for 11-15 year olds with additional support needs!

Every Sunday 4:30pm - 6:30pm

This closed session, tailored for up to 20 young people, requires pre-booking with Wigan Youth Zone by calling 01942 612 061. The project will be free to attend and will include a free hot meal.

Parents, guardians, and PA's with a valid DBS are invited to join too! Refreshments will be provided.

If travel is a barrier to anyone attending, they are there to help. Please get in touch, as they might be able to support with this.

# What's on

## Dementia Cafes in the Wigan Borough



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

No need to book, just come along on the day and ask for Pauline. If you need any further information please contact Pauline - on mobile no. 07711 015330 (send a text or leave a voicemail with your contact details and Pauline will get back to you) or send an email to: [pauline.blackie@alzheimers.org.uk](mailto:pauline.blackie@alzheimers.org.uk)

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

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

6 July 2023  
3 August 2023  
7 September 2023  
5 October 2023  
2 November 2023

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

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

NB for July and August only — change of venue  
to Community Room at Tesco , Wigan Store  
1 July 2023  
8 August 2023  
12 September 2023  
10 October 2023  
14 November 2023

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

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

19 July 2023  
16 August 2023  
20 September 2023  
18 October 2023  
15 November 2023

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

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

25 July 2023  
22 August 2023  
26 September 2023  
24 October 2023  
28 November 2023

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



Email: [pauline.blackie@alzheimers.org.uk](mailto:pauline.blackie@alzheimers.org.uk)

Mobile: 07711 015330

Website: [www.alzheimers.org.uk](http://www.alzheimers.org.uk)



# What's on



## OVER 50'S DANCE & CHAT

Come along and have a brew and if you fancy a dance you can do that too!

Every Friday 2pm - 4pm (Starting from the 1st of September 2023)  
Mather Room, St Josephs Hall, Mather Lane, Leigh, WN7 2PR



Women's group  
9.30am-12.30pm  
Wednesday's @Fur Clemt  
Free Brew

Fur Clemt have teamed up with Alice at ReMade Wigan to offer a weekly women's drop in session!

This group is to have a general chat, meet new people, and if needed discuss any issues.

They are a safe space.

Children are welcome as always  
(Toys available)

You don't have to stay for the full time and can turn up at any time.

Wednesdays 9.30 am—12.30 pm at  
Fur Clemt in Wigan, 84 Montrose Ave,  
Wigan WN5 9XN

# What's on

10th of September it is **World Suicide Prevention Day** (it's a Sunday this year) and EPiC HOPE CIC are holding a Memorial Walk at Wigan Mesnes Park, 2 pm.

It's called **Wigan Walk for Hope**.

The walk will be followed by a special Memorial Service.

The walk provides an opportunity to connect with others, have a conversation, share experiences, support one another or just be silent and take time to reflect, knowing there is someone walking beside you.

On World Suicide Prevention Day September 10th 2023

# WIGAN

# WALK

# FOR

# HOPE

**Sunday  
10 Sep  
@ 2pm  
Mesnes Park,  
Wigan  
(meet at the  
Pavilion)**

**Followed by  
Memorial Service  
and  
special dedication  
to be announced**

**In honour of all those who have lost their lives to  
suicide in Wigan**

epichope.org.uk

#wspd  
#suicidesaferwigan

The poster features a yellow ribbon symbol on the letter 'I' in 'WIGAN'. The background is a gradient of blue and green with white footprints at the bottom left. The EPiC HOPE logo is visible in the center of the word 'FOR'.



# What's on

## Mindfulness Gentle Movement & Trips

Part of the Healthy Arts  
Power of Good-Wellbeing Activities Project

**“Thank you so much for making  
Tuesday afternoons a haven of calm  
that carries on into everyday life.”**

Enjoy weekly sessions or come when you can,  
to this friendly, welcoming group.  
Perfect for complete beginners or those who wish to  
refresh their meditation practice.

**FREE SESSIONS FOR CARERS & PEOPLE LIVING WITH DEMENTIA.**

**Cost: £6/£5 Conc TEA, COFFEE AND BISCUITS ARE FREE**

## TUESDAYS

**1.30-2.30pm Kingsleigh Methodist Church**

**73 King Street, Leigh, WN7 4LR**

**For more information contact Cath**

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

**W: [www.catherine-hawkins.co.uk](http://www.catherine-hawkins.co.uk)  [catherinehawkinsartist](https://www.facebook.com/catherinehawkinsartist)**





# What's on



## Behaviour SUPPORT CIRCLES

### Wigan

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

6pm—8pm

Last Monday of month

#### 2023 Dates

4th September  
25th September  
30th October  
27th November  
18th December

### Leigh

@ Family Welfare Centre  
Adult Learning Centre  
Walmesley Road  
Leigh, WN7 1XL

5pm—7pm

First Thursday of month

#### 2023 Dates

3rd August  
7th September  
5th October  
2nd November  
7th December

### Platt Bridge

@ Hidden Gem Café  
(Embrace) 81 Ribble Road  
Platt Bridge  
Wigan, WN2 5EG

10am—12pm

First Thursday of month

#### 2023 Dates

3rd August  
7th September  
5th October  
2nd November  
7th December

Monthly support group for parents/carers to explore and share different strategies, approaches, ideas and information—as well as benefit from emotional support.

Guest speakers attend the first hour followed by  
a chance to talk with others.

**\*PLEASE NOTE: We ask that you do not bring children to the event.**

For more details contact us on:

 **01942 233323**

or send us a message via:

 **/embracewiganandleigh**

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



# What's on

[Book Here](#)

**AGED 11+**

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

**Behaviour**  
**SUPPORT**



## YOUNG PEOPLE'S SESSION

**Mental Health and Neurodiversity**

**Saturday 21st October 1pm—3pm**

**Are you a young person who identifies as neurodivergent, or do you want to support someone who is?**

Join our session to learn new skills to help you support yourself and others.

We will be looking at mental health, self help skills and support options.

Talks from Kooth's online support and tips from a mental health first aider.

Please book through  
our website/Eventbrite

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

**eventbrite**

This is a 2 hour session and will be delivered in our Community Café.

Cordial and biscuits will be available as snacks (free).

You do not need a diagnosis to attend.

**kooth**

[kooth.com](http://kooth.com)

**HiddenGem**  
community cafe

**Venue**  
Hidden Gem Cafe  
Platt Bridge Community Zone  
81 Ribble Road  
Platt Bridge  
Wigan  
WN2 5EG

For more details contact us on:

 **01942 233323**

or send us a message via:

**f /embracewiganandleigh**

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

# What's on

## Enjoying The View—events for people living with Dementia

A mindful, creative and fun journey around the history and present-day beautiful views our local area offers especially for people affected by Dementia. This will include a session reminiscing about the history of local places at Archives: Wigan & Leigh and a session, getting out and visiting these places. Sessions will include enjoyable mindfulness and creativity, gentle movement and art. The accessibility of outdoor places will be researched and will include finding an easy-going, wheelchair friendly place to enjoy a pleasurable view. Participants can contribute to the compiling of a new archives short guide encouraging others to get out and enjoy the health and wellbeing benefits of taking in a beautiful view!

The project is led by local movement artist and mindfulness teacher Catherine Hawkins who has lived experience of Dementia and adds,

***“Dad had Alzheimer’s and I have happy memories of us regularly visiting Pennington Flash, sometimes taking a short stroll to a bench, having an ice cream, commenting on the birds, in awe at the glistening water and enjoying the view. We always felt better afterwards.”***

Booking in advance is strongly encouraged.  
Tea, coffee and biscuits will be provided.

For more information contact: Cath Hawkins at [cathhawkins@yahoo.co.uk](mailto:cathhawkins@yahoo.co.uk)  
or call 07984 123445

Sessions will be:

### **21st September**

11 – 1pm

Archives: Wigan & Leigh  
Leigh Town Hall  
WN7 1DY

### **5th October**

11 – 1pm

Pennington Flash  
Meeting point, The Hide Cafe



# Parent Carers



## FREE WEBINAR:

### Supporting young people: Suicidal thoughts

**Julie Castleman**

This webinar is for parents, carers, educators and anyone working with young people to gain a better understanding of suicide and how to support a young person who might be experiencing suicidal thoughts.

**Thursday 7th September, 6 pm—7.30 pm**  
**Book here**



## FREE WEBINAR:

### Supporting young people: The teen brain... what's going on?

We know that, other than during the first three years of life, the brain goes through the biggest change in its development during adolescence. This is a critical time in teens' lives and we have a crucial role to play in helping to guide and develop them to grow into happy and successful adults. This webinar is perfect for parents, carers, educators and anyone looking after a young person.

**Tuesday 11th September 6 pm—7.30 pm**  
**Wednesday 27th September 6 pm—7.30 pm**  
**Book here**



## FREE WEBINAR:

### Supporting young people: Transitioning to university life

This webinar is for parents or carers who want to help a young person adjust to life and learning at a university.

**Tuesday 19th September 12 noon—1.30 pm**  
**Book here**

# Parent Carers

## Are you interested in becoming a Parent Carer Peer Supporter?

The Charlie Waller Trust are offering FREE training sessions to become a Parent Carer Peer Supporter.

There are 3 levels of training available - from introductory levels, basic training to full training. Upon completion of the basic training and full training sessions, you will receive certification from the Trust.

[Click here to find out how you can sign up for the sessions](#)





# Parent Carers

Join this event on Tuesday (5th September) for the SEND virtual drop in with Wigan Council and Wigan Parent Carer Forum. [To book your slot click here.](#)



The banner features the word 'SEND' in large, bold, black letters, with 'virtual sessions' in smaller black text below it. To the left of 'SEND' are two smiling face icons, one orange and one purple. To the right is a pink heart icon and a white silhouette of a man and a woman holding hands. The Wigan Council logo is in the top right corner.

 **Are you a parent/carers of a child with additional needs?**

 **Do you have a query, concern or feedback you would like to share?**

 **Book on to one of our SEND virtual sessions!**

Wigan Council SEND service, Wigan SENDIASS and Parent Carer Forum are holding monthly sessions where you can book an appointment to talk with us from the comfort of your own home. We can offer advice, information about support for your child/children with additional needs, and signpost you to events, training and activities in your local community.

If you have any questions, please email [local.offer@wigan.gov.uk](mailto:local.offer@wigan.gov.uk)



# Parent Carers



## Parent Carer Coffee Morning

Carers Centre,  
Hindley  
WN2 3BD

Wednesday  
13th September 2023  
10 am—12 noon

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

# Male carers



## Male Carers Social Group

Carers Centre,  
Hindley  
WN2 3BD

Thursday  
7th September 2023  
1 pm—2.30 pm

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



# Young carers



## **Avengers group enjoy action packed cricket fun!**

Young Carers (Avengers group) travelled over to Winstanley Park Cricket Club for a game of cricket - all who came along and joined in had a fabulous time, even in the rain! The game was followed by a hearty feast of hot dogs.

Our thanks go to Gill Dillon who gave up her free time to come and coach the young carers in a game of cricket. Huge thanks also to our dedicated volunteers, Arthur Pettit, Paul Carroll, Paddy the dog and Joanne Pettit.



# Young carers

## Summer Fun Activities at Scotsman's Flash

Just a selection of some of the photos from the awesome experiences during Summer 2023 at Scotsman's Flash for young carers.

Raft building, board surfing and later marshmallows and biscuits over the fire.  
Making Summer holiday memories together.

This is made possible thanks to our friends at The Rotary Club who funded and provided donations.  
Thanks to all the wonderful volunteers and staff for supporting the sessions.





# Young carers



## Create Arts Photography Workshop for Young Carers

Here are some brilliant photos from the Create charity Arts Photography workshop for Young Carers held over Summer.

Young Carers explored framing, exposure levels, shutter speed, and the use of effects, and got out into Norley / Marsh Green countryside.

Thanks to Jaqui and Louisa for running the workshop, and to Trev our dedicated Volunteer for supporting the event.

This project was supported by HAF, a donation from John O'Neill and Create Arts. As a reminder, there is no statutory money for respite for young carers and it has to be funded from grants, and donations, and supported by volunteers.

[If you would like to support or donate to this worthy cause—please DONATE HERE](#)





# Young carers

## Fond Farewell to Young Carers Activity Worker, Katie!

In August, we said a fond farewell to our incredible Young Carers Activity Worker, Katie.

Katie initially came to WLCC as a social work student on placement from Edge Hill University. She then joined us as part time member of staff in our Young Carers team whilst continuing her social work studies. Katie has now successfully completed her degree and has landed a full time role as a Social Worker (we are all incredibly proud of you Katie!), helping to make a positive, significant difference to the lives of our communities.

Whilst Katie has been with us she has been diligent, hardworking, organised, enthusiastic and adaptable. She really is a superstar and will be very much missed by us and all the young carers and families she has supported.

Thank you for all your hard work Katie 💙

You are one in a million and will be missed by us all x





# Fundraising



## Jill and Kieron take on the Wigan 10 K

In September our Carers Triage Officers, Kieron and Jill, will be taking on this year's epic 11th HW Moon Toyota Wigan Wigan 10k to support Wigan and Leigh Carers.

***"Myself and Jill are running to raise funds for our amazing and dedicated unpaid carers. The funds we raise will go towards continued support for them at the centre. If you fancy challenging yourself, you're welcome to join us."*** Kieron and Jill, Carers Case Officers.

We are thrilled that both Kieron and Jill are taking on this local challenge to support carers. If you have always fancied taking part but have nobody to do it with then this is your sign, come and join the WLCC team!

Any donations would be massively appreciated. You can support them here:  
<https://www.justgiving.com/page/wlcc10k>

Save the date in your diary and come along and cheer them on!!

# Fundraising



## Silent Auction Alert!!!

With huge thanks and kindness from Leigh Leopards we are able to share with you the first of many of our upcoming Silent Auctions and Raffles.

This first one is AMAZING and we are so grateful to Derek Beaumont and all at Leigh Leopards!

This is your chance to bid for an experience like no other and raise funds for our charity. You will bid for a VIP Experience for two in the Leigh Leopards Owners Box.

1 x pair of VIP tickets to the AB Sundecks Owner's Box for the fixture against **Wakefield** on **Friday 15th September 2023**.

**ARRIVE** 2 hours before kick off

**ENJOY** A complimentary champagne reception

**DEVOUR** Three Courses from the Executive Kitchen

**DRINK** A selection of wines, beers and soft drinks

**OBSERVE** The greatest game of all time from the luxury of The Owner's Box

**CONCLUDE** With the post match analysis in the Premier Lounge

**DELIGHT** In a match day souvenir

Opportunities for pictures and signatures with the players.

All funds raised support unpaid adult and young carers living in Wigan and Leigh through our non-profit Charity, Wigan and Leigh Carers.

**Want to know more and place your bid?** Visit: <https://forms.office.com/e/AwEuVZA0ZK>



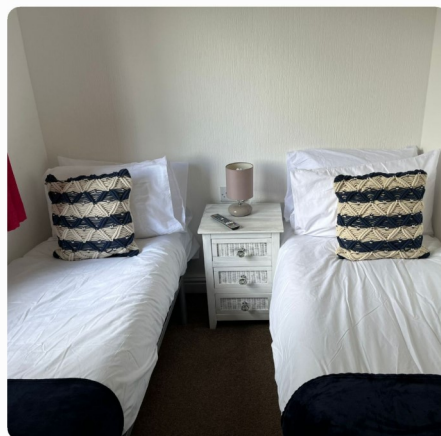
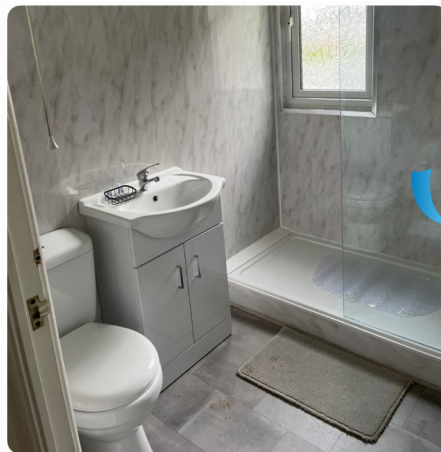
# The Carlton Lodge

## Holidays in Blackpool for Carers 2023

We are now taking bookings for 2023 at The Carlton Lodge Carers Retreat based on Haven's Marton Mere site in Blackpool.

**We are thrilled to offer registered carers a 20% discount for 2023.**

You can find out more information on our website [here](#) or alternatively call us for more information 01942 697885.





# Useful Contacts

## Local

Age UK Wigan Borough	01942 615880
Adult Services Wigan Council	01942 828777
Armed Forces Community HQ CIC Wigan	01942 821293
AWARM Plus	01942 404261
Blue Badge Permits	01942 489014
Children's Services – Wigan Council	01942 828300
Citizen Advice – Wigan	0808 2787 801
Continence Service	01942 482497
Crossroads Carers Support Group	07807 210 913
Dementia Buddy	01942 888990
DIAS (domestic violence)	01942 311365
Driven – Community Transport	01942 409602
Embrace - Wigan & Leigh	01942 233323
Greater Manchester Bereavement Support	0161 983 0902
Greater Manchester Mental Health – Wigan urgent response team	0800 051 3253
Healthy Routes	01942 836967
Healthwatch – Wigan & Leigh	01942 834666
I Care Meals	01942 820079
Later Life and Memory Service (LLAMS)	01942 764462
Lewy Body Society	01942 914000
Wigan and Leigh Mencap	01942 521722
Pensioners Link	01942 261753
Starting Point Plus	01942 489011
Stroke Association – Wigan	01942 775826
Think Ahead Stroke Group - Wigan	01942 824888
We are with you	01942 827979
Welfare Support - Wigan	01942 705221
Wigan Accident and Emergency	01942 822440
Wigan Alzheimer's Society Dementia Advisers	0333 150 3456
Wigan and Leigh Carers Centre (includes young carers also)	01942 697885
Wigan and Leigh Hospice	01942 525566
Wigan Housing	01942 832360
Wigan Parent Carer Forum - Wigan	07719 330602
Women's Aid - Wigan	01942 496094

## National

ACAS	0300 123 1100
Attendance Allowance (AA)	0800 731 0122
Bereavement Support Payment	0800 151 2012
CALM Helpline (for men)	0800 58 58 58
Carers Allowance Unit	0800 731 0297
Carers Credit	0800 731 0297
Carers Trust	0300 772 9600
Carers UK	0808 808 7777
Disability Living Allowance (DLA)	0800 121 4600
Fire Risk Assessment Team	0800 555 815
Mind	0300 123 3393
Moneyhelper	0800 138 7777
Papyrus	0800 068 4141
Personal Independence Payment (PIP)	0800 917 2222
Rethink Mental Illness	0808 801 0525
Samaritans	116 123
Turn2us Information and advice on benefits and grants	0808 8022000
Universal Credit (UC)	0800 328 5644
Young Minds	0808 802 5544



# Room for hire

## Carers Centre Meeting Room for hire

- Looking for a local venue for your meeting or group?
- Not enough conference rooms in your office?

If you are looking to host a meeting, conference, training event or seminar close to Wigan, we have a room available at Wigan and Leigh Carers Centre in Hindley, available for hire.

Our bright, airy and fully disability friendly meeting room located close to Hindley town centre can be laid out in a variety of ways, and can host up to 15 people seated around the tables with the modern technology required by today's conference organisers.

Lunch and refreshment breaks can be taken in your meeting room, with kitchen facilities and restrooms available.

- Fully accessible
- Convenient location
- Free car parking close by.
- Value for money
- By booking our space, you are directly supporting our vital work supporting young and adult carers.

## Prices

Day prices cover use of the room from 9 am until 4.30 pm and half days are 9am until 12.30 pm or 12.30 pm until 4.30 pm.

All day is £30.00 plus vat (£36.00)

Half a day is £15 plus vat (£18.00)

To find out more about renting office and/or desk space, please contact us 01942 697885, or email [info@wlcccarers.com](mailto:info@wlcccarers.com). **All profits from Wigan and Leigh Carers Centre go back into the charity to assist with other projects that support in providing much needed services to carers in the Wigan and Leigh area.**



# WIGAN AND LEIGH CARERS CENTRE

SUPPORTING YOUNG & ADULT CARERS  
IN THE WIGAN BOROUGH

Do you look after  
a family member,  
friend or neighbour  
who cannot manage  
without  
your support?



WE ARE HERE TO SUPPORT YOU

CALL 01942 697885

EMAIL: [INFO@WLCCCARERS.COM](mailto:info@wlcccarers.com)

WEBSITE: [WWW.WLCCCARERS.COM](http://WWW.WLCCCARERS.COM)

WIGAN AND LEIGH CARERS CENTRE are a registered local charity who have been supporting carers for more than 10 years. If you're a WIGAN carer or caring for somebody living in WIGAN, we're here for you.

## SUPPORTING YOUNG & ADULT CARERS

BEFRIENDING  
BEREAVEMENT SUPPORT  
CARERS ASSESSMENTS  
CARERS CARD  
EMOTIONAL SUPPORT  
HELP WITH FORM FILLING  
KNOW YOUR RIGHTS  
ONE TO ONE SUPPORT &  
ADVICE  
SOCIAL GROUPS  
TRAINING & EVENTS

## We are here:

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



01942 697885



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



[www.wlcccarers.com](http://www.wlcccarers.com)

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