

Speaking with one voice for all carers in Wigan borough



WLCC Charity Fundraiser at Leigh Leopards
See more on Page 4

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WWL NHS Phlebotomy Service Priority for Carers



WWL NHS Phlebotomy Service Priority for Carers

A considerable amount of Carers have their own existing health needs, which may include regular blood tests. Leaving the cared for person to attend their own appointments can create anxiety for Carers.

The Wigan and Leigh Carers Centre working in partnership with Wrightington, Wigan and Leigh Teaching Hospitals NHS Foundation Trust have an agreement that registered carers can use their Emergency Carers Card to access priority blood appointments..

Carers who are registered with Wigan and Leigh Carers can access this Emergency Carers Card to use when attending the Phlebotomy clinic, making the Phlebotomy service aware of their Carer status. This will then enable Carers to be prioritised and allow convenient and timely appointments, relieving the anxiety caused by long waiting times.

Carers can show their Emergency Carers Card in order to receive a priority bloods appointment at either Thomas Linacre Centre or Leigh Hospital on the following dates and times: Monday to Friday, 7.30 am - 4.30 pm. Carers will need to take along their Blood Form (from the GP or Consultant and their Emergency Carers Card). No appointment is needed on these sites, just turn up and you will be given priority access.

Note this is not available at Community Clinics.

If a carer or the person they care for is housebound, they can inform their GP and the community blood team from the hospital will visit their home. They must make the GP aware they are a Carer, if they don't know already, then it can be put on the form.

For further information, please contact Wigan and Leigh Carers Centre Tel: 01942 697885 or visit <https://www.wwl.nhs.uk/phlebotomy>

**WWL NHS PHLEBOTOMY
SERVICE PRIORITY FOR
CARERS**

Priority
phlebotomy
service by
showing your
Carers'
Emergency Card

I AM A CARER

WWLCC
Wigan and Leigh Carers Centre
Supporting carers of all ages

Carers' Emergency Card
Test Jones
I am a carer and someone depends on me. In an emergency please see details overleaf to summon help.
5/10/2024
Wigan and Leigh Carers Centre, Registered in England and Wales, No 1108021

WWLCC
Wigan and Leigh Carers Centre
Supporting carers of all ages

NHS
Wrightington,
Wigan and Leigh
NHS Foundation Trust

Charity News

WLCC Charity Fundraiser at Leigh Leopards raises over £2000 for young carers

Wow what an incredible evening we had at Leigh Leopards on Friday 22nd September at the rugby game against Wigan Warriors.

A team of amazing volunteers came out to support the Charity with bucket collections in the fanzone prior to the game...even through the pouring rain!

Two superstar and very brave young carers, Millie and Jasmine spoke in the Corporate Suite to guests about their journey with young carers and everything they have been through.

Not an easy thing to do...it was very moving and we deeply thank you.

A special mention to Claire Hayes who celebrated her 50th birthday on the night and spent it volunteering for us! We are in absolute awe of you. A very special lady with a heart of gold.

Huge thanks to Leigh Leopards for everything they have done, everyone who has kindly donated, to all the staff and volunteers and a BIG BIG thank you especially to Nicola Wood who has gone above and beyond in organising the fundraisers.



Charity News

Fond Farewell to Sue Haywood

In September, we said our fond farewells to an amazing Carers Assessor, Sue Haywood, who has retired.

Sue worked at the Carers Centre for 6 years as an experienced Assessor. She supported many carers during this time, providing essential support and advice to enhance their wellbeing whilst caring for their loved ones.

She worked tirelessly in her local community often meeting carers to offer support and a listening ear. She was a huge part of the Assessment team and will be greatly missed by all.

We wish Sue a long and happy retirement and best wishes for the future.

Enjoy every moment of your retirement Sue, lots of love.



Charity News

Peter Wild and Young Carers Team nominated for BBC Manchester's Make a Difference Award 2023

On Friday 22nd September, Peter Wild—Young Carers Team Leader, received a commendation in the BBC Radio Manchester's Make a Difference Good Neighbour award. He was nominated by a family he has supported for around 5 years. Peter was invited to a very special ceremony at The Monastery Manchester, along with all the other nominees.

Peter says *"Although awards such as this aren't my motivation for the work the Young Carers Team do, it really is nice to be appreciated. The commendation is also a vindication of the whole family approach that Nicola, I, and other staff and volunteers on the Young Carers Team have aspired to provide over the years.*

I got to see an amazing building, eat great food, and see some awesome nominees and winners. All the causes nominated are important to the fabric of the community, and I don't envy the judges who had to read through hundreds of nominations.

Thank you to the family that nominated me.

I would like to dedicate the Commendation to the Young Carers of the Borough. They are the true neighbourhood heroes."

Huge congratulations to Peter and the Young Carers Team from us all, inspirational!



Charity News

Falls Awareness Week

Huge thanks to Kieron and Mark for attending the Falls Prevention Fair back in September at St Peters Pavilion in Hindley.

Keeping active and healthy as we grow older is an important issue for many of us, including those we care for.

Lovely to meet everyone and offer any help, advice and support



Rugby League Challenge Cup visits Carers Coffee Morning

Well it's not every day the Rugby League Challenge Cup visits the Carers Centre!

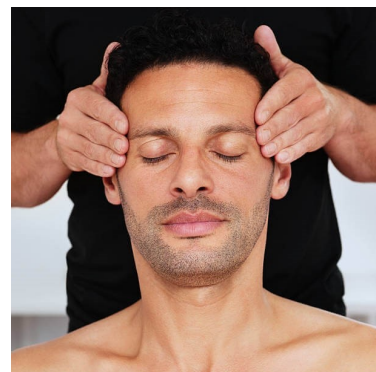
A VERY special visit of this magnificent trophy, recently won by Leigh Leopards, was kindly arranged thanks to Hannah Forbes at Leigh Community Trust.

Carers, loved ones, friends, family and pets came along to our Carers Coffee Morning back in September to have a photo opportunity and see the silverware up close.

Lots of memories made.



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 minutes.

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

Suzanne Wilkinson 01942 697885 or email: 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

Carers Café Club



Carers Café Club

You can pop in to 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 3rd October	The Snug, 67a Market Street, Atherton	12.30 pm—2.30 pm
Friday 13th October	Wildmint Café, Appley Bridge	10.30 am - 12.30 pm
Thursday 19th October	Embrace, Platt Bridge	10 am - 11 am
Thursday 19th October	Ashland House Café at Steps CIC, Manchester Road Ince Wigan WN2 2DX	11.30 am—12.30 pm
Thursday 26th October	Beehive Community Centre, Mosley Common	9.30 am - 11.30 am
Thursday 26th October	Cafe Iris, Howe Bridge Leisure Centre, Atherton	2.30 pm—4.30 pm
Friday 27th October	Robin Hood, St Helens Rd, Leigh WN7 3PA	2.30 pm—4.30 pm

In The News

Carer, Shirley Halliwell wins Carer Award

Lovely to see that this local carer from Leigh, Shirley Halliwell, recently won the 'Carer Award' at BBC Radio Manchester's Make A Difference awards 2023!

Shirley's life has been dedicated to caring for people, both as a Nurse, and now as a carer for her dear Mum.

Shirley's daughter, Kathryn attended the awards ceremony and collected on her behalf.

Sending you our huge congratulations Shirley.

[You can listen to Shirley's story here.](#)



Cost of Living help

SECOND COST OF LIVING PAYMENT OF 2023

A Cost of Living payment of £300 will be sent out automatically to eligible claimants between 31 October and 19 November 2023.

To be eligible, you will need to have been entitled to one of the following benefits between 18 August 2023 to 17 September 2023:

- Universal Credit
- Income-based Jobseekers Allowance
- Income-related Employment and Support Allowance
- Income Support
- Working Tax Credit
- Child Tax Credit
- Pension Credit
- Universal Credit

[Read more here](#)

Millions to receive

£300

Cost of Living Payment

between **31 October**
and **19 November**

Help for
Households

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



Carers Afternoon Tea with Jam and Scones

Friday 6th October, 1 pm

Come and join us for an afternoon in a relax atmosphere and enjoy great company with Jam and scones.

All carers welcome.

Please note that this is a carers only event.

[Book here](#)

or call us 01942 697885

Printing Workshop

Thursday 12th October 12 pm
Meyrick Street CIC, Wigan

Join us at for Printmaking - We will be either using polystyrene or lino and printing a repeated design that can be produced on paper or printed onto a tote bag.

[Book here](#)

or call us 01942 697885



Generational Gamers

Thursday 26th October 2023
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.

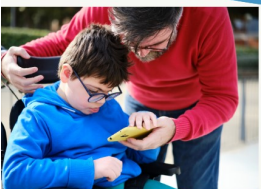
The next drop in session is Monday 2nd October, 2 pm—7 pm, we will be joined by Household Support Team, / Benefits/Welfare Support and Adult Social Care

Carers and other people who would like to know more about our work and the work of other organisations across Wigan and Leigh are welcome to come along any time between **2.00 pm and 7.00 pm. We will be here to help you.**

“

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 2 October, 11am-12pm

Monday 9 October, 3-4pm

Evening Care for a Cuppa chat
on Thursday 12 October, 7:30-
8:30pm

Monday 16 October, 3-4pm
Monday 23 October, 3-4pm

Evening Care for a Cuppa chat
on Thursday 26 October, 7:30-8:30pm

Monday 30 October, 3-4pm



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

Support

Looking for helpful resources online?



Thanks to support from NHS England, carers in England can now access the Digital Resource for Carers platform for free. Developed by Carers UK the Digital Resource for Carers is an online platform packed with practical information and support resources for carers including e-learning, factsheets, guides and useful tools. You can find information on health and wellbeing, practical support, help with finances, and information on carers' rights - including rights at work, and lots more.

Resources available:

- **Popular e-learning modules such as You and Wellbeing**, an e-learning course designed to help you build strategies to maintain your physical and emotional wellbeing whilst caring.
- **Practical support resources, for example MyBackUp** - an emergency planning tool that can give you peace of mind if an unforeseen or unplanned event happens and you are unable to continue caring.
- **Free access to Carers UK's app Jointly (usually £2.99)** - an innovative mobile and online app designed by carers for carers. Jointly helps make sharing care less stressful and more organised with easy communication and care coordination all in one place.

[GET DIGITAL RESOURCES FOR CARERS](#)

Support

Support for Dementia Carers

Dates for FREE courses for family caregivers of people living with dementia with [Empowered Conversations](https://empowered-conversations.co.uk/).

The next 6 week Empowered Conversations Course start:

Thursday 12th October, 10 am - 12 pm.

Visit <https://empowered-conversations.co.uk/> for more information and to book your place.

Please share with those who might benefit.



“
**The course helps to
examine both your own
feelings and worries and
how you think the person
with dementia might be
feeling- trying to put
yourself in their shoes.**
”

Family Caregiver

Our next 6 week Empowered Conversations courses start:

- **Thursday 12th October, 10am - 12pm**
- **Thursday 2nd November, 7pm - 9pm**

For more information

email: empoweredteam@ageuksalford.org.uk

or visit www.empowered-conversations.co.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
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.

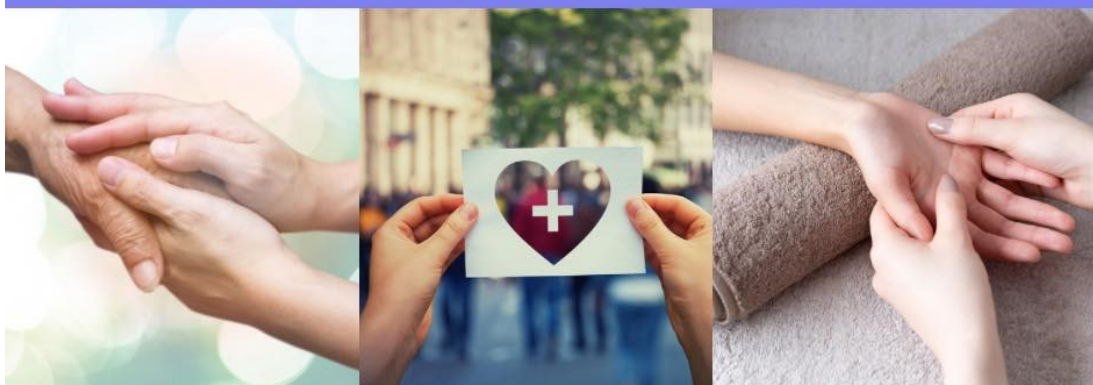
This project is funded by The Milliken 2023 Fund



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

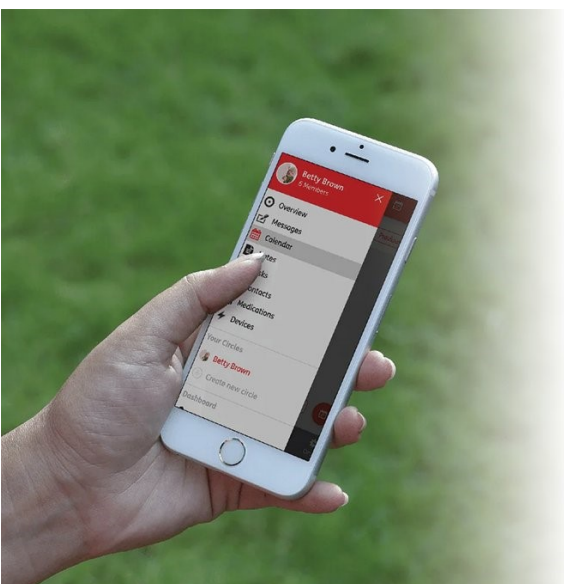
Please do come along if you are a carer, someone living with Parkinson's, or a family member - it's an opportunity to meet together for a warm cuppa and a chat.

Venue: Wigan and Leigh Carers

Next Meet:
Thursday 19th October 2023
11 am
[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

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 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



01925 581 755

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

Support

Skills Workshops for anyone Caring for a Loved One with an Eating Disorder

Throughout October - Charlie Waller Trust are offering Eating Disorder workshops for parents and carers of children.

Caring for a loved one with an eating disorder can be exhausting, distressing and disorientating. Many carers feel they are drowning, they have tried everything and don't know where to turn next.

Funded by the National Health Service Workforce Training and Education, the Charlie Waller Trust has trained facilitators to be able to deliver the New Maudsley Approach carers skills workshops to parents and carers who are supporting a loved one with an eating disorder.

[Find out more and register here](#)



Support

Being the Boss

Workshops for Individual Employers and those receiving Direct Payments

A series of FREE online sessions on Zoom delivered by
Iggy Patel and Anne Pridmore, supported by Bringing Us
Together and Adult Social Care Warriors.

for info email: karen@bringingus together.org.uk



- **Recruiting Personal Assistants**
Monday 6th November
2023 1.00pm - 3.30pm
- **Managing Teams**
Monday 4th December 2023
1.00pm - 3.30pm
- **Staying well whilst
being the boss**
Wednesday 24th January
2024
1.00pm - 3.30pm

Funded by Skills for Care's, User Led Organisation funding grant, our bespoke workshops are designed to provide you with the information, knowledge and confidence to be the best boss whilst taking away some of the burden we all feel.

We will be sharing tips and ideas on recruiting, looking after yourself and your own wellbeing whilst being the boss and managing teams. Workshops are delivered by an experienced team of trainers who are all employers of Direct Payments and active in the world of independent living.

We provide a safe place for you to share experiences, learn with others and find solutions. All workshops are recorded for those unable to make the dates.



**ADULT SOCIAL
CARE WARRIORS**



Support

Mental health crisis helpline Free 24/7

Bolton, Manchester, Salford, Trafford and Wigan:

T: 0800 953 0285



Greater Manchester
Integrated Care

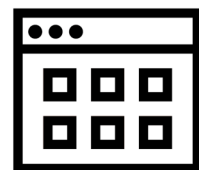
Financial Support that may be available to you

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

Looking forward to joining Wigan Council's Tech Mates Team, at this local event on **Saturday 14th October** at Wigan Library for [#Digitober](#) and [#GetOnlineWeek](#).


As a carer, do you need any support with digital devices for yourself or a loved one?

Could you or your loved one be eligible for free data?

Do you need any help to get online?


Come and find out more!

 Saturday 14th October 2023

 10.30 am - 1.30 pm

 Wigan Town Centre Library

Digital
Help



TECH TIME
... TO GET DIGITAL

Wigan Town Centre Library, Ground floor
10:30am - 1:30pm Saturday 14 October

- Retro Gaming
- VR (Virtual Reality)
- Coding
- Digital Art Session | 10:30am - 12pm
- TechMate Tea Party | 10:30am - 12pm
- Digital Advice

Are you eligible for FREE DATA?
Come and find out about our Databank

www.wigan.gov.uk/digitober #Digitober

Wigan Council

What's on

www.embracewiganandleigh.org.uk

MENTAL WELLBEING & CRAFT FAIR



SATURDAY 7TH OCTOBER
11AM TILL 2PM
£3 ENTRY

- Mindfulness
- Arts and Reiki Workshops
- Musicians/Talks
- Sensory Garden



Stalls

- Arts & Craft
- Health/Vegan foods
- Support services
- Crystals



FREE GOODIE BAG ON ARRIVAL
BOOK ON EVENTBRITE



SCAN ME

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

What's on

Carers UK online Share and Learn Sessions for Carers

October 2023

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



October sessions

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



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



Self Advocacy Workshop - Wednesday 11 October, 2-3pm



Cartoon drawing workshop series, 3-4:30pm on Fridays this October



Wisdom to Empower with Sara Challice (session 5) - Thursday 19 October, 4-5pm



Daytime Disco – Wednesday 25 October, 3-4pm (plus optional 30 minutes after for a chat)



Wisdom to Empower with Sara Challice: Preparing for life after caring - Thursday 26 October, 4-5pm



What's on

FREE Family Forum EVENT

Support to Complete Court of Protection Forms regarding Deputyship for Finance and Welfare

Thursday

19th October 2023

10am till 2pm

Please ring: 01942 233323 to reserve your place

Family Forum will provide blank forms for both Finance and Welfare.

Even if your son or daughter isn't yet of an age to apply for Deputyship, you are still very welcome because you will at least gain the knowledge of what you need to do when the time comes.

Free lunch will be provided



Venue:
Platt Bridge Community Zone
81 Ribble Road
Platt Bridge
Wigan
WN2 5EG

What's on

carers coffee morning

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**

Low Hall NNR Fungi Walk

Sunday 1st October 2023 1.30pm - 3.30pm

Join Discover the Wild's David Winnard as we explore Low Hall looking for mushrooms, brackets, jellies & other weird & wonderful things!

Meet the Friends Group on the car park from 1pm to register ready for a 1.30pm start. If you have a Be Well green card please bring this along to save time registering again. Everyone welcome but dogs must be kept on a non-extendable lead. Please wear suitable footwear.

For more information email us
friendsoflowhall@outlook.com



This event is funded by the Greater Manchester Green Spaces Fund, accessed through the Greater Manchester Environment Fund



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

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

Mobile: 07711 015330

Website: www.alzheimers.org.uk

What's on

Community Toolmates

For Men - Outdoors - Support Community
Learn Skills - Share Knowledge
Support Each Other
Physical and Mental Activity

New informal mens group, working on a variety of community jobs

Join us for a friendly brew and a chat while doing some good in the fresh air

Woodwork, building, digging, shifting rubble, clearing paths and more, suitable for any age & skill level.
All tools provided

Starts
14th September
at 9am

Every other Thursday morning & the last Sunday of the month

St Anne's Community Garden
Beech Hill Ave, Wigan
WN6 7TA



Join our
Community Toolmates
Whatsapp Group
for updates



For more info contact Ben on
07541 680 163

What's on



Wigan and Leigh Carers Cent
Charity Number 1138908
Registration Number 7293521

RELAXATION

A SAFE SPACE TO PRACTICE RELAXATION
STRATEGIES, IN PARTICULAR -
MINDFULNESS AND PROGRESSIVE
MUSCLE RELAXATION

• MONDAY 9TH OCTOBER •
• 1PM-3PM •

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



DELIVERED BY HINDLEY PCN'S TRAINEE ASSOCIATE
PSYCHOLOGICAL PRACTITIONER AND MENTAL HEALTH LINK
WORKER

TO BOOK ON - PLEASE SEE THE CARERS CENTRE WEBSITE

[BOOK ONLINE HERE](#)
Or call 01942 697885

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 | **Mob:** 0798 4123 445

W: 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

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

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

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

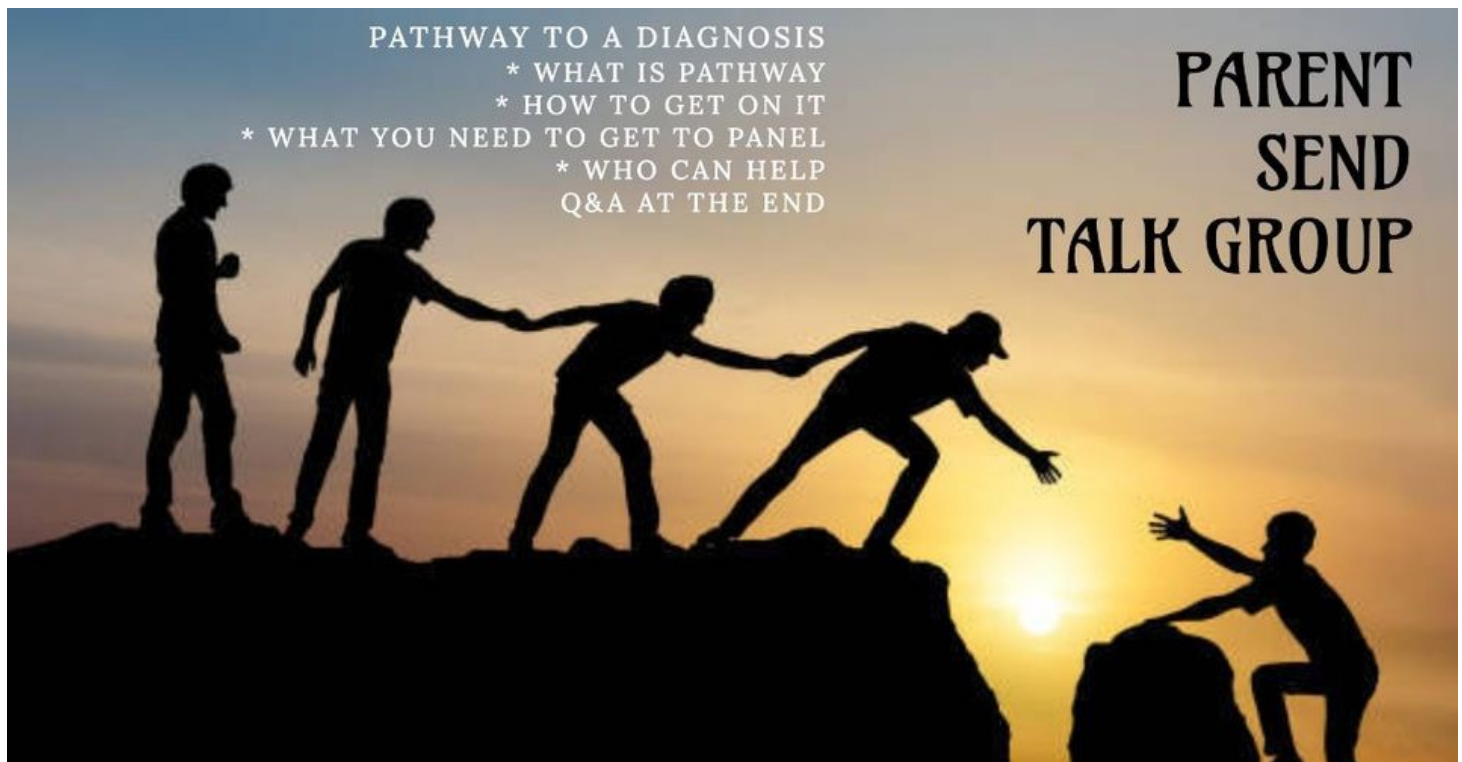
Embrace Wigan and Leigh Registered Charity Number 1082663 (England and Wales)

What's on

Brand new Parent SEND Talk Group being lead by the very knowledgeable Gemma, based in Ashton.

These SEND support groups will run every two weeks on Tuesday mornings at [Diamond Community Support Centre](#) in Ashton. Gemma will be doing a run down on 'What Pathway is All About', 'How To Get onto Pathway', 'How To Navigate It', 'What Evidence You Need For A Diagnosis' and a Q&A after.

[Want to find out more, join Gemma's Facebook group here.](#)



PATHWAY TO A DIAGNOSIS

- * WHAT IS PATHWAY
- * HOW TO GET ON IT
- * WHAT YOU NEED TO GET TO PANEL
- * WHO CAN HELP
- Q&A AT THE END

PARENT
SEND
TALK GROUP

What's on



Wigan Central Family Hub Launch Event

Join us to celebrate the launch of our first Family Hub!

- Come and find out what will be available for you and your family and meet the organisations who will be based in the Family Hub
- Have a look around our Family Hub and meet the team
- Free activities for children and young people such as arts and crafts, free play, face painting, archery, youth activity bus
- Exciting free giveaways such as Wigan Athletic tickets and more!



Saturday 14th October
11am - 2:30pm



**The Meadows, 110 Ridyard
Street, Wigan, WN5 9RQ**

The event is open to all children, young people and their families! Children must be accompanied by an adult.

No need to book, just come along and meet the team!

www.wigan.gov.uk/FamilyHubs

Working together to support families



Parent Carers

Would you like to join the Respite Services Working Group starting in November?

Dear Parents, Carers, and Individuals with Lived Experience,

We hope this message finds you well? We are excited to invite you to be a part of our Respite Services Working Group, dedicated to enhancing and innovating our services to ensure the best care possible for those who need it.

We understand the importance of respite care and its impact on the lives of both individuals and their families. To continue improving our services, we are calling upon individuals like you who have valuable insights and perspectives to share to help develop a refreshed portfolio of offers which offers flexibility for families and quality assured care and support.

Why join our Respite Services Working Group?

- 1. Impactful Change** - Your input will directly influence the development of new service offers and improvements to our existing ones. We believe that by working together, we can create a more supportive and effective respite care experience.
- 2. Informed Decision-Making** - We are committed to building on the results of last year's consultations. Your lived experiences and feedback will be integral in shaping our services to meet the specific needs of our local community.
- 3. Future Development** - By being part of this group, you will have a say in the future direction of our services. We are dedicated to adapting and growing to ensure we remain responsive to changing needs and challenges.

Whether you are a parent, caregiver, or have personal lived experience, your unique perspective is invaluable to us. We are seeking individuals who are passionate about enhancing respite care and making a difference in the lives of those we serve.

Next Meeting:

Date - Tuesday 14th November

Time - 10am - 11.30am




Venue – TBC

If you are interested in joining our Respite Services Working Group, please complete the link below and we can meeting information as soon as possible.

To join click <https://forms.office.com/e/WnTBNeUjB7>

Parent Carers



-  **Are you a parent/carer 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



[BOOK HERE](#)

Parent Carers



Parent Carer Coffee Morning

Carers Centre,
Hindley
WN2 3BD

Wednesday
11th October 2023
10 am—12 noon

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

Male carers



Male Carers Social Group

Carers Centre,
Hindley
WN2 3BD

Thursday
5th October
1 pm—2.30 pm

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

Young carers



Challenge Cup visits Young Carers Group

Our sincere thanks to James Winterbottom from Wigan Council who arranged for the Rugby League Challenge Cup to visit our young carers session, held at Howe Bridge Leisure Centre in September.

Young carers, families and even pets got the opportunity to hold the Cup, take photos and enjoy a quality memorable moment together.

Thank you so much to everyone who came along.

Young carers

Avengers Group at Winstanley Park Cricket Club

Avengers young carers group went to Winstanley Park Cricket Club back in September - this time they had a game of rounders, followed by hotdogs for tea.

Guge thanks to Gill Dillon for her help and thanks to the volunteers Joanne Pettit, Paul Carroll, Arthur Pettit and the new volunteer Brent.



Grasshoppers Group enjoy art and games



The monthly Grasshoppers young carers group enjoyed a session having fun with Art, thanks to our guest tutor Tina.

The young people loved the free time of playing hide and seek.

Thanks to Tina and Gill's support, Sue for helping sort out a yummy tea of pizza and chips, followed by sit down games.

Everyone had a great time.

Young carers

Wigan Council

Are you a young carer?

We want our services for young carers to be the best that they can be.

We'd love to get your views on the services you've received and your ideas for the future.



Please fill in this short survey for young people.



Sharing your views will help us to know what young carers most need from us so we can give you and other young people the best sort of support.



The survey can be filled in anonymously or you can choose to give your details and be entered into a draw to win prizes!



Or check our social media channels for the direct link.

[wigan.gov.uk](https://www.wigan.gov.uk)



Closing date

The closing date for the survey will be Sunday 8th October 2023.

Prizes!

You can enter the prize draw as thank you for taking part in this survey. There will be an iPad and vouchers to be won. We will need your name and contact details for this.

Young Carers - Your Views Matter!

Young carers and young adult carers aged

5-24 we would love to hear from you.

Share Your Voice

It's more important than ever that young carers have a say in what matters to them.

Young carers play a vital role in our community. Your experiences and opinions will be heard. We want to know your thoughts, so that we understand what is helpful and what might be missing when caring for a family member.

Have your say

We'd like to hear about your experiences and the support you get, it will help inform what happens in the future for young and adult carers. Please fill in the online survey by clicking on the link below or scanning the QR code in the poster below.

If you need any help with the survey, please don't hesitate to get in touch and we will try to assist. We want as many young carers to access the survey and share their views. If you need a paper version, that can be done too!

**[ENTER SURVEY
HERE](#)**

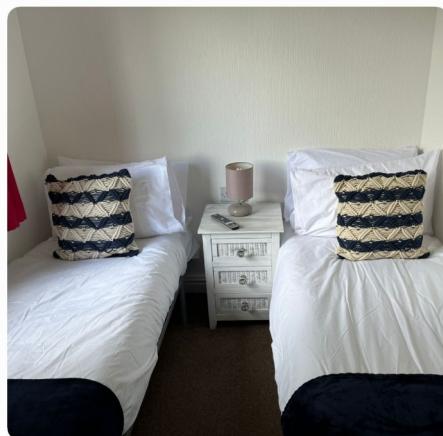
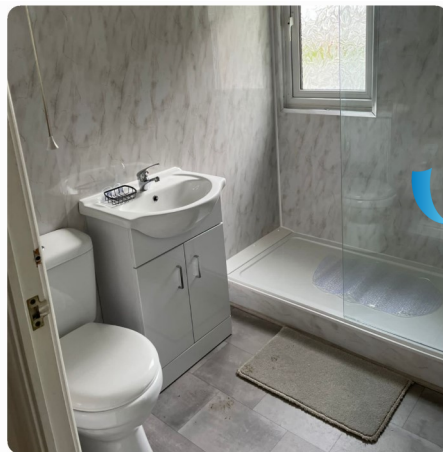
The Carlton Lodge

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?



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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