

Speaking with one voice for all carers in Wigan borough



**Your rights:
today, tomorrow and in the future**

**Carers Rights Day is
Thursday 23 November 2023**

**Carers Rights Day is about raising awareness of
carers' rights and entitlements, to help carers get the
support they need.**

Contents

Front Cover	
Contents page	Page 2
Carers Right Day 2023	Pages 3-7
Charity News	Page 8
Mindful Mondays and Wellness Wednesdays	Page 9
Carers Café Club	Page 10
Local News	Page 11
Your Views Matter	Page 12
Cost of Living Help	Page 13
Carers Film Club	Page 14
Upcoming events at the Carers Centre	Page 15
Support for Carers / What's On	Pages 16-44
Parent Carers	Pages 44-47
Male Carers	Page 47-48
Young Carers	Pages 49-50
The Carlton Lodge—Carers Retreat	Page 51
Useful Contacts	Page 52
Room Hire	Page 53
WLCC Information	Page 54

Carers Rights Day

Each year Carers UK promotes **Carers Rights Day** where they are joined by hundreds of organisations and thousands of individuals raising awareness of caring, helping to identify carers and signposting them to information, advice and support.

Whether someone has recently become a carer, realised they have been caring for a while without support or has been caring for someone for many years, it's important they understand their rights and are able to access the support that is available to them whenever they need it.

Carers Rights Day empowers carers with information and support. It helps them to feel confident asking for what they need and challenge things when their rights are not being met, whether that be that in the workplace or education, in accessing health or social care, when interacting with other professionals or at home.

Your rights, right now

- ⇒ **You have the right to request flexible working.**
- ⇒ **You can ask your GP practice to identify you as a carer on your patient record.**
- ⇒ **Exercise your right to request a free flu jab.**
- ⇒ **If you look after an older or disabled person, the law - under the Equality Act 2010 – protects you against direct discrimination or harassment because of your caring responsibilities.**
- ⇒ **Many carers find it easier to continue in their caring role if they can get some assistance. If it appears that they have needs for support, they can have a carer's assessment.**
- ⇒ **If you are a carer and the person you care for is being discharged from hospital, the hospital must identify and consult with you, where possible.**

As well as these rights which are all covered under legislation in the [Care Act](#), you also have the right to look after and manage your own wellbeing.

Carers Rights Day Support Events

On Carers Rights Day, Thursday 23rd of November, Wigan and Leigh Carers Centre will be joining the conversation to reach out to carers across Wigan and Leigh to let them know that we see them, we hear them and that we are here to support them in any way we can. Come and join any of these events...

Thursday 23rd November 2023

9 am—4 pm

Venue: The Royal Albert Edward Infirmary, Wigan Lane, Wigan WN1 2NN

We are joining Wigan Borough Carers, NHS WWL and Adult Social Care hosting a stall for Carers Rights Day. Pop along to find out about support.



Thursday 23rd November 2023

9.30 am—12 noon

Venue: Alexander House Surgery, Rivington Avenue, Platt Bridge Health Centre, WN2 5NG

We are joining Alexander House Surgery, hosting a stall for Carers Rights Day. Pop along to find out about support. Refreshments available.



Thursday 23rd November 2023

2.30 pm—4.30 pm

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

Join our regular Carers Café Club where you can find out what support is available. Enjoy a lovely cuppa with us at Café Iris.



Carers Rights Support



Here for you is here to help

Are you feeling the pressure of rising costs and finding it hard to know where to turn? You aren't alone and there are lots of organisations around to point you in the right direction.

We know times are hard and it can be tough to ask for help, but it's okay to do so and better to seek support before things get more difficult to manage.

[Visit Here For You support page](#)

Financial support and advice

If you care for someone, you or the person you care for may be entitled to welfare and benefit support. For information and advice on financial support, check out the following services:

[Welfare support—Click Here](#)

Working in partnership with organisations and agencies to provide advice and support to people in crisis. Examples of crisis may include:

- Having no means of providing food for yourself or your family
- Being homeless or finding yourself at risk of being homeless
- Having no basic necessities to manage your home.
- If you find yourself in crisis you can apply for welfare support online, which may qualify you for food parcels, gas and electric vouchers and furniture packages. The form is also for professionals making a referral for welfare support on someone else's behalf.

[Apply for welfare support online](#)

Alternatively you can call 01942 705221, Monday to Friday, 9am to 5pm.

Welfare rights advice and guidance

They can offer:

- Free, confidential advice and support on a range of welfare benefits
- Help with completing claim forms
- Guidance and support when making appeals.

Carers Rights Support

Financial support and advice

[Citizens Advice Wigan Borough– CLICK HERE](#)

They provide free, confidential, independent and impartial advice to everyone on their rights and responsibilities.



How to access advice

[In-person drop in](#)

Wigan Life Centre North

Monday - Thursday, 10am - 1pm

Magnum House Leigh

Monday - Thursday, 9am - 12pm

Community drop ins

Atherton Library

First Wednesday of every month, 9.30am - 11am

Tyldesley Library

Third Wednesday of every month, 9.30am - 11am

Platt Bridge Start Well Family Centre

Second Wednesday of every month, 9am - 11am

[Telephone](#)

0808 2787 801

Monday - Friday, 1pm - 5pm

[Email](#)

advice@cawb.org.uk

Energy Advice

Debt Advice

General Advice

Help to Claim

Mental Health

Moneyplan

Pensionwise

Cost of living help

Macmillan
Partnership

Carers Rights Support—National

Carers UK

Making life better for carers

Looking after someone can be a rewarding experience but it can also be lonely and bewildering.

For almost 60 years they've been making life better for carers, raising their voices together to call for change and seek recognition and support.



Visit: <https://www.carersuk.org/>

Carers Trust

Together, they're making life better for every unpaid carer in the UK.

The vision at Carers Trust is that unpaid carers are heard, valued and have access to the support, advice and resources they need to live a fulfilling life alongside caring.



Visit: <https://carers.org/>

Mobilise

Mobilise is the online service that harnesses the collective knowledge, wisdom and expertise of unpaid carers and empowers those that care to thrive.

Visit: <https://www.mobiliseonline.co.uk/>



Charity News

Suzanne nominated for Hospice Award

So...some lovely news to share with you. In October, Suzanne Wilkinson, our Activities & Engagement Officer was invited to Wigan and Leigh Hospice's Wigan Borough Palliative and End of Life Care Awards. She was nominated for an award in the Dignity Champion category - how fantastic!

She kept it a secret, until recently and although she didn't win, she was absolutely honoured and thrilled to be nominated amongst such a calibre of nominees! She works so hard and has built up a brilliant working relationship with those at the Hospice, so that carers are supported in their journey.

Suzanne says, ***"Huge congratulations to all the winners and nominees, each one was well deserved. It was an incredible, emotional evening. Thank you so much for inviting me and for my nomination. It means so much."***

Huge congrats Suzanne, we are really proud of you!!

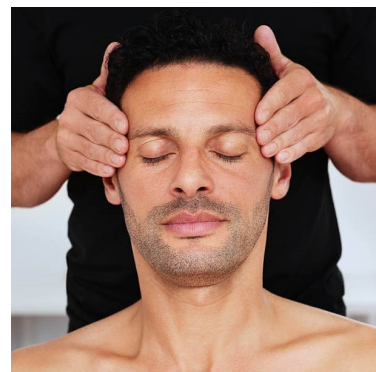


Health Research Fun Day October 2023 Robin Park, Wigan

Always great to be out and about in our local community supporting carers and meeting professionals. In October we attended the Health Research Fun Day at Robin Park.

Members of the public were invited along to receive health checks, browse health and well-being stalls, enjoy games plus much more!

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 7th November	The Snug, 67a Market Street, Atherton	12.30 pm—2.30 pm
Friday 10th November	Wildmint Café, Appley Bridge	10.30 am - 12.30 pm
Thursday 23rd November	Cafe Iris, Howe Bridge Leisure Centre, Atherton	2.30 pm—4.30 pm
Friday 24th November	Robin Hood, St Helens Rd, Leigh WN7 3PA	2.30 pm—4.30 pm

Local News

Our Town Awards Carers Champion is Peter Elliot

We are thrilled to announce that Carer, Peter Elliot won an award at the 2023 Wigan Council 'Our Town Awards'. Peter cares for his wife, Karen who is living with MS. He's chairman of the Wigan MS Therapy Centre Ltd too, advocating for others affected.

Peter has dedicated so much of his time to raising awareness of MS, locally in Wigan and providing a safe space for people living with MS and their carers. The MS Therapy Centre helps with advice, therapies, information and much more - to have this locally for people living in Wigan is such a vital resource - people don't have to travel far to receive support. None of this could be achieved without the vital fundraising Peter has achieved over the years.

We are so lucky to have someone like Peter living in our Borough. Caring can be very demanding - but to lead a successful charity at the same time - is truly inspirational.

Special mentions to other nominees in the category - we sincerely congratulate you all on your nominations. Congratulations Peter from us all at WLCC.



Your Views Matter

YOUR VIEWS MATTER

There is a national survey being sent out for Adult Carers in England which is being carried out by Wigan Council on behalf of NHS England.

This has been sent to a number of Adult Carers (not all) across the Wigan Borough by post. It is to gather the views of carers in regard to their quality of life and the services both they and the people they care for receive. It is a really important tool to gather views from carers to support and to recognise their needs, shaping future services.

The surveys are being posted out in batches and the return deadline for the first return is Friday 27th October. Reminder letters will be sent out for a final return deadline of 30th November.

Any questions or queries, please don't hesitate to contact us 01942 697885.

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



Monthly Monday Meditation

Monday 6th November, 6 pm

We will be hosting a monthly group Meditation session as part of our monthly carers drop-in with Wigan wellness web's Michelle.

[Book here](#)

or call us 01942 697885

Carers Knit, Natter, Crochet and Sew Tuesday 7th November 10 am

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

[Book here](#)

or call us 01942 697885



Generational Gamers

Thursday 30th November 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 6th November 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 6 November, 11am-12pm - [Book here](#)

Monday 13 November, 3-4pm - [Book here](#)

Evening Care for a Cuppa chat on Thursday 16 November, 7:30-8:30pm

Come join this evening Care for a Cuppa to meet other carers, share experiences, and find mutual support. Everyone is welcome to attend, and particularly working carers . [Book here](#)



Monday 20 November, 3-4pm - [Book here](#)

Care for a Cuppa for former carers - Wednesday 22 November, 3-4pm [Book here](#)

Monday 27 November, 3-4pm - [Book here](#)

Evening Care for a Cuppa chat on Thursday 30 November, 7:30-8:30pm [Book here](#)

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

Support

How to avoid Urinary Tract Infections (UTIs)

Information for older adults



What is a UTI?

Urinary tract infections (UTIs) affect your urinary tract, including your bladder, urethra, or kidneys. Sometimes, a UTI can develop into a severe infection that can cause you to become very ill and you may then need to go to hospital.

Here are some things you can do to prevent UTIs

Stay hydrated

Drink enough fluids regularly, like water or squash, to boost hydration. More trips to the toilet may be necessary, but don't reduce your intake.



Don't hold it

Avoid holding your pee and visit the toilet as soon as possible when you need to go.



Prioritise personal hygiene

Wash or shower daily, especially if you suffer from incontinence.



Keep the genital area clean and dry with these tips:

Wipe from front to back after using the toilet

to prevent bacteria from spreading.



Avoid using scented soaps, gels or sprays as they may cause irritation.



Change incontinence pads frequently

Don't wait if they're soiled.



Before and after sex:

Keep the skin clean around your genitals

by washing with water before and after sexual activity.



Go for a pee as soon as possible after sex.



If you think you or someone you care for might have a UTI:

Ensure you are drinking enough fluids regularly to avoid becoming dehydrated.

Contact a healthcare professional: this could be your **GP, nurse, the community pharmacist, a walk-in centre** or the **NHS 111 service**.

Support

Any carers looking for fully accessible holiday accommodation?

We've had a recommendation via a carer who said that Holistic Thinking Holidays were fantastic and every piece of equipment they could need was available.

We always think it's worth a share, as it's something we get approached about. So if you are looking for an accessible holiday for your family - take a look.

<https://www.facebook.com/HolisticThinkingHolidays/>



Free training for carers of someone with a visual impairment

Guide Dogs offers free virtual training for anyone who wants to feel confident when guiding a friend or family member aged 18 and over with a vision impairment. The training will enable participants to help their friend or family member get out and about and do the things they enjoy.

To register interest for an upcoming session, [visit the Friends and Family section of the Guide Dogs website.](#)



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 2nd November, 7 pm—9 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 💜

Would you like to join @[Wigan Wellness Web](#) for an hour of selfcare?

They will be holding their next Care for Carers Evening on

Friday the 3rd November 7pm—8pm

There are currently 4 spaces available for therapies and they will be holding a workshop to make a homemade body scrub.

If you are interested in going along, please message their Facebook page, or contact Ann on 07968314879

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

3rd November
7.00-8.00pm



Support

NORTH WEST Parkinson's Forum Coffee Morning



Parkinson's Support Coffee Morning

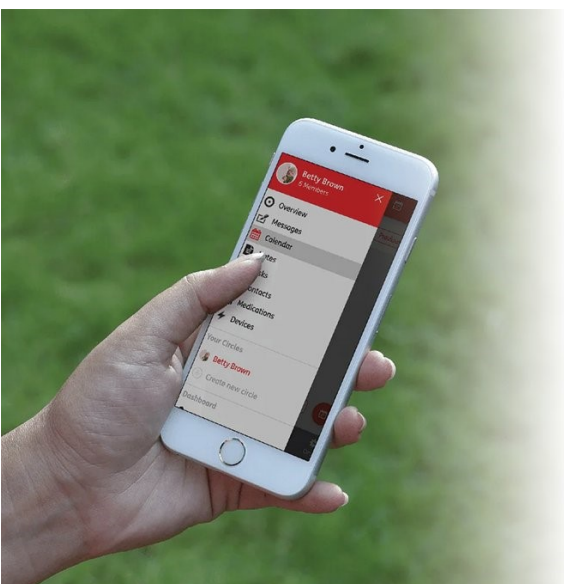
Please do come along if you are a carer, someone living with Parkinson's, or a family member - it's an opportunity to meet together for a warm cuppa and a chat.

Venue: Wigan and Leigh Carers Centre

Next Meet:
Thursday 16th November 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

HUBS Mobility Advice Service

Is delivered in partnership with Drive Ability North West. Hubs is a national project operated by Driving Mobility and funded by the Department of Transport. If driving is no longer possible, due to a disability or a long term health condition, the Hubs service offers FREE impartial advice on alternative transport and services such as:

- Accessible buses and coaches
- Easy access rail and air travel
- Community transport
- Rights as a disabled passenger
- Hiring or purchasing the right mobility scooter or manual/ powered wheelchairs
- Local, national and international travel planning

They can also advise you on accessible venues and locations along with lifestyle choices and inclusive activities. Find out about stress-free leisure and business travel when living with additional needs.

Contact Tom Coleridge or Paddy Toole via telephone at 01925 240064, contact via email info@disabilitypartnership.org.uk

[or online here](#)



Support

DO YOU KNOW A CHILD OR YOUNG PERSON WHO NEEDS A VISTA 8 WHEELCHAIR?



IF SO PLEASE CONTACT BLESSING IN DISGUISE FOR AN APPLICATION FORM. THE CHAIR FOLDS AND CAN TAKE A WEIGHT UP TO 130KG, PUSH TO LOCK EXTENDED AND ASSISTANT HAND BRAKES. FOLDING ALUMINUM FRAME PRODUCT WEIGHT 14.6 KG

Visit

[Blessings in Disguise](#)

for further information.



Want information on caring, but don't use computers or the internet?

Carers UK has a new information phone service for carers who prefer not to use computers or the internet.

Ring our phone service and listen to information about:

- help with finances and household costs
- caring for people with specific health conditions
- looking after yourself
- ways to get more help and support.

Call Carers UK's freephone telephone service on 0800 888 6999 and follow the options provided

Audio resources for carers

We know that not all carers want to or can use the internet to access information. [Carers UK](#) have now set up a FREEPHONE telephone service for you to access any information that you might need, including benefits & finances, looking after yourself, support with cost of living - plus much more.

Call 0800 888 6999 to access any of this information for free. Please let any carers that you know about this vital resource or ask us for a leaflet.

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

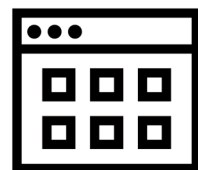
Financial Support that may be available to you

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

Mencap Decision Making for Vulnerable People Webinar

Thursday 16th November 2023 at 10.30 am

On Thursday 16th November, Philip Warford has been invited by Mencap to deliver a webinar about decision making for a person with a learning disability.

Philip will discuss:
MENTAL CAPACITY
POWERS OF ATTORNEY
COURT OF PROTECTION

[To book a place please click here](#)



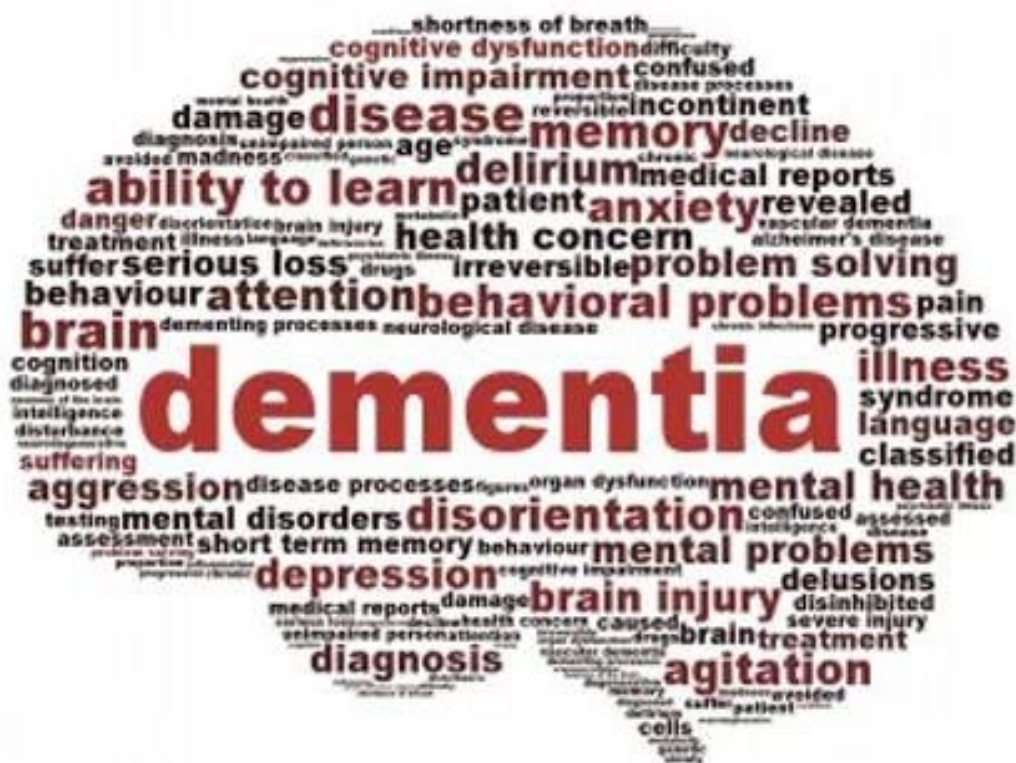
What's on

Practical tips on managing incontinence for people caring for someone with dementia: Dr Zena Aldridge, Independent Dementia Nurse Consultant

Thursday 9 November, 11 am—12 noon

Caring for a person living with Dementia and incontinence can be incredibly challenging to manage at home. Dr Zena Aldridge will go through some practical tips to help you manage, with the aim of promoting continence where possible and improving the quality of life of the person living with Dementia and those caring for them, while maintaining their autonomy and dignity. There will be an opportunity to ask questions at the end of the session.

[Book here](#)



What's on

Carers UK online Share and Learn Sessions for Carers

November 2023

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



November sessions

Weekly Hatha Yoga for physical and mental wellbeing with Sangeeta Bhandari, 5-6pm on Wednesdays this November



The menopause and womens' changing health journeys - Thursday 2 November, 2-3pm



WOFFF Virtual Film Screening - Tuesday 7 November, 7.30-9pm



Practical tips on managing incontinence for people caring for someone with dementia: Dr Zena Aldridge, Independent Dementia Nurse Consultant - Thursday 9 November, 11-12pm



Daytime Disco – Friday 10 November, 3-4pm (plus optional 15 minutes after for a chat)



Peace of Mind Now – Tuesday 14 November, 2-3.30pm



Tips and guidance for carers: filling in welfare benefits forms – Friday 17 November, 1-2pm



Beginner's guide to Macramé: handmade plant hangers - Friday 24 November, 2-3pm



What's on

Winter Get Together

Age UK would love for you to join them this winter at the Argyle Street Methodist Church in Hindley. Meet new friends in the local community and enjoy free soup and a brew!

If you have any queries send a message or give them a call at 01942 615880.



Winter Get Together!

**At the
Independent Methodist
Church, Argyle Street,
Hindley, WN2 3PN**

Meet new friends this winter
in a warm space. Enjoy a
free brew & soup.



**Wednesdays
12 pm - 1 pm**

8th of November
22nd of November
29th of November

**Thursdays
12 pm - 1 pm**

2nd of November
16th of November
23rd of November
30th of November
14th of December



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**

Legal support for
extraordinary families



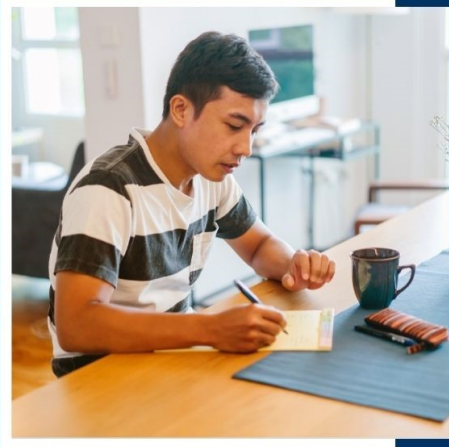
Planning for the Future with Wills & Trusts Webinar

Wednesday 8 November at 10.00 am
ONLINE

On Wednesday 8 November, Philip Warford will be delivering a free Zoom Webinar. He will talk about how to protect a disabled or vulnerable person using specialist Wills and Trusts. He will explain how to safeguard means tested benefits and how you can provide financial security for a disabled or vulnerable person as well as the rest of your family. Philip will also talk through the different Trust options available, the importance of a Letter of Wishes and choosing the right Trustees.

[Sign up here](#)

What's on



Completing benefits application forms

Tips and Guidance for
Carers: filling in welfare
benefits forms

Friday 17th November

1 pm—2 pm

With Carers UK

[Online—Book here](#)

Weekly HATHA yoga (online) Free for carers

In this Yoga session you will be taken through gentle stretches to relieve your physical stress, breathing techniques to promote calmness, yoga poses to improve posture, and periods of meditation for relaxation.

No previous experience necessary.
Booking is limited to 30 participants.

Wednesday 01 November, 5-6pm

Wednesday 08 November, 5-6pm

Wednesday 15 November, 5-6pm

Wednesday 29 November, 5-6pm



[Online—Book here](#)

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

Are you supporting someone living with Dementia?

Join us for our Carer Drop In Groups!

Carer Support Groups

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



**Greater Manchester
Mental Health**
NHS Foundation Trust

Carer Support Groups

Wigan Cricket Club, Parsons Walk, WN1 1RU	Howe Bridge Leisure Centre, Atherton, M46 0PJ
2-4pm	2-4pm
17th March	12 th May
21st April	16 th June
19th May	14 th July
23rd June	11 th August
18th Aug	8 th September
15th Sep	6 th October
20th Oct	10 th November
17th Nov	1 st December
15th Dec	



Improving Lives

What's on



Wigan and Leigh Carers Centre
Charity Number 1138908
Registration Number 7293521

RELAXATION AND OUR SURROUNDINGS



A practical session incorporating relaxation with
our surroundings and our sooth, motivation and
stress systems

• MONDAY 8TH NOVEMBER •
• 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

Please note, this session is available for people assigned to Pennygate Medical
Practice, Ince Surgery, Claire House surgery, Platt House surgery, Dr Ahmed and
Partners, and Dr Tun & Partners.

[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



Free online event for **anyone** affected by pulmonary fibrosis

Registration is now open for 'Talking PF' - free online event

Online event for anyone affected by pulmonary fibrosis, taking place on

30 November 2023 from 10 am to 3.30 pm

This is your opportunity to have your questions answered by the Pulmonary Fibrosis experts, get a behind the scenes glimpse of how a multidisciplinary team meeting runs, and hear the experiences of others living with Pulmonary Fibrosis.

To see all the discussion and presentation topics for this event, view the full agenda, [CLICK HERE](#)

What's on



Halle Relaxed Concerts

Date: Wednesday 15th November
Times: 12 noon and 2.30 pm

Venue: Hallé St Peter's, 40 Blossom St, Ancoats, Manchester, M4 6BF
Tickets: £3

[Further information & Eventbrite link to buy tickets—click here](#)

This concert is perfect for people living with dementia, their carers, adults with learning difficulties, stroke survivors or anybody from a vulnerable community who wishes to experience classical music in a relaxed and informal environment. Click on the link above for further information and to book tickets.

What's on

New Dementia Group
at Diamond Community Centre in Ashton

This group will be running every other week and first started on 17th October, 10.45 am. Contact Diamond Community Centre on Facebook for more information and future dates.

New Dementia drop in session

***Join us every other week,
starting on Tuesday, October 17th, at 10:45 AM
for our dementia drop-in sessions.
These gatherings are tailored for
dementia patients and their caregivers.***

***You'll enjoy engaging activities
and have access to our "pay as you feel" cafe,
where you can get drinks, cake, or a light lunch.
It's a wonderful opportunity to connect
with others in a supportive environment.
We look forward to seeing you there!***

***Diamond Community Support Centre,
Grey Rd, Ashton, WN4 9QW***

Please note this is a social drop in group, we are unable to give medical advice



What's on

Ever wanted to try Wheelchair Rugby?
Now you can!

Leigh Leopards are hosting an open taster session.
11th, November 2023
1pm—3pm
Leigh Sports Centre Hall, ages 14+



WHEELCHAIR RUGBY LEAGUE TASTER SESSION

BE INSPIRED!

GIVE WHEELCHAIR RUGBY LEAGUE A TRY WITH THE LEOPARDS!

SATURDAY 11TH NOVEMBER, 1-3PM

LEIGH SPORTS CENTRE HALL

EVERYONE WELCOME FOR AGES 14+

FOR MORE INFORMATION PLEASE EMAIL HANNAH@LEIGHCOMMUNITYTRUST.CO.UK

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 as soon as possible.

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

Parent Carers

Parent training Early Years Neurodevelopment Team

**Autism in girl's
workshop 25th
October 2023
from 13.00-
14.30**

**ADHD
Workshop 25th
October 2023
from 10.00-
11.30**

**Social Stories
Workshop 9th
November
from 13.00-
14.30**

**Understanding
Behaviour
Workshop 11th
December
2023
10.00-11.30**

**Sleep
Workshop 25th
January 2024
from 13.00-
14.30**

**Sensory
differences in
Autism 6th
February 2024
from 09.30-
11.30**

Current Training Offer from [WWL School Age ASC Pathway Team](#).

All bookable via Eventbrite:

[BOOK HERE](#)

Parent Carers

Leigh and surrounding families

The fabulous Supporting Angels group have a meet up for parents and carers of children with SEND every Wednesday 6 until 8 pm at the Robin Hood in Lowton and every Friday face to face at the A Team Hub in Leigh.

Please do get in touch with westwellgema@gmail.com for more info. It is great to have local support networks from those who understand!

[Contact the Support Angels Facebook page for further information.](#)



Parent Carers



Parent Carer Coffee Morning

Carers Centre,
Hindley
WN2 3BD

Wednesday
8th November
22nd November
10 am—12 noon

[Book here](#)

Male carers



Male Carers Social Group

Carers Centre,
Hindley
WN2 3BD

Thursday
2nd November
1 pm—2.30 pm

[Book here](#)

or call us 01942 697885

Male carers

Visit: <https://www.furclemnt.co.uk/> or call [07740 879290](tel:07740879290)

MEN'S COOK CLUB

Would you like to learn how
to make quick and tasty
meals?



Join Shirley in the
training kitchen
on Wednesday 15th,
22nd and 29th of
November
at 10am and stay for
lunch and a chat

INGREDIENTS PROVIDED

**BOOKING REQUIRED (ASK SHIRLEY OR FACEBOOK
MESSAGE US)**

ATTEND ALL THREE SESSIONS OR JUST ONE



Young carers



Young Carers enjoy Create Drama Group

Photos from the Create Drama Workshop for Young Carers held over the October half term. The workshop whilst themed around drama looked at an array of approaches to fostering creativity.

Activities included breathing and use of voice, movement, "image" exercises, arranging, directing, idea generation, beat-boxing, and script writing, As well as a whole bunch of games aimed at bonding and creativity.

Thanks to Ben for leading and Radhaika for project management (to Hannah and Aimee at Create HQ), and Sue Lewis and Trev Lewis for volunteer support. This workshop has been supported with funds from a donation by John O'Neill.

Young carers

Grasshoppers Group

Grasshoppers enjoyed getting creative back in October, enjoying a session of 'Biscuit Art' led by Gill, and Lego building by Sue, followed by sandwiches and chips for tea. We ended the evening with hide and seek and fun games.

Great time had by all.



Avengers groups have fun at Ninja Warrior

Back in October, Young Carers enjoyed a trip out to Ninja Warrior followed by Subway for tea. A great time was had by all. Huge thanks to all the volunteers for their support at every event.

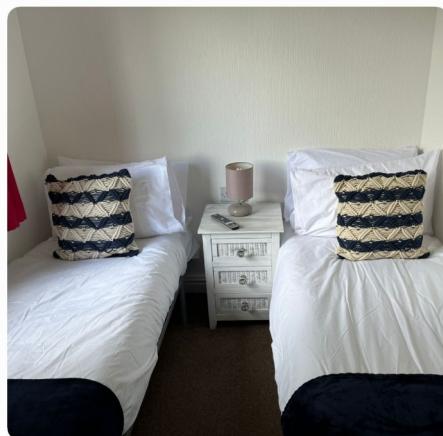
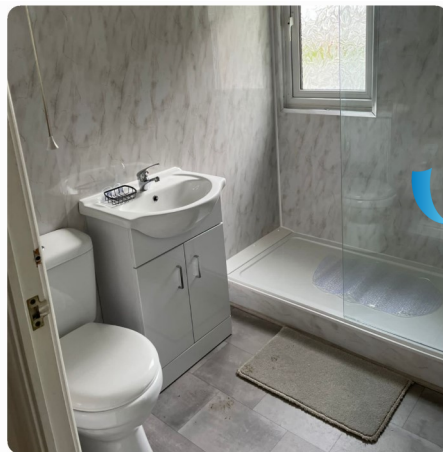
The Carlton Lodge

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

KEEP CONNECTED ON SOCIALS

