

Speaking with one voice for all carers in Wigan borough



## December & New Year Centre Opening Hours

DECEMBER 2023

Thursday 21st December Open as normal  
Friday 22nd December Open as normal  
Saturday 23rd December Closed  
Sunday 24th December Closed  
Monday 25th December Bank Holiday - Closed  
Tuesday 26th December Bank Holiday - Closed  
Wednesday 27th December Open as normal  
Thursday 28th December Open as normal  
Friday 29th December Open as normal  
Saturday 30th December Closed  
Sunday 31st December Closed

JANUARY 2024

Monday 1st January Bank Holiday - Closed  
Tuesday 2nd January Normal hours then resume

How to contact us  
Tel: 01942 697885  
Email:  
info@wlcccarers.com



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# Can you help to nominate us?



Wishing our friends and supporters  
a peaceful festive season!

Please nominate us to  
win £1,000 today!



## **Benefact Group are giving away £120,000 in December**

12 Days of Giving is their festive final phase of Movement for Good 2023.

In December, they'll be giving 120 charities £1,000 each over 12 days. The first draw takes place on December 1st and the last on December 18th with 10 charities drawn every weekday.

Nominations are open until 23:59 on December 17th 2023.

## **It's quick and easy to nominate us...**

Visit: <https://movementforgood.com/#nominateACharity>

(Wigan and Leigh Carers charity no 1138908 community section)

**With heartfelt thanks**

# Carer Passport



Wrightington, Wigan and  
Leigh Teaching Hospitals  
NHS Foundation Trust

## Are you a Carer for someone?

Wrightington, Wigan & Leigh Teaching  
Hospitals NHS Foundation Trust recognise and  
value the work done by carers and are  
committed to working with carers as expert  
partners in care.



If you are staying with a patient to provide care and support whilst they are in hospital, we will arrange for you to have a **Carers Passport Partnership Agreement**. This will give you additional support to care for your relative, partner, friend and enable you to access a variety of concessions.



To complete the Carers Passport Partnership Agreement for this hospital, please speak to any member of ward staff.

For families and friends looking after someone



# Carer Passport

Wrightington, Wigan and Leigh Teaching Hospitals NHS Foundation Trust have launched their **Carers Passport Partnership Agreement**, which values the work provided by carers and demonstrates a commitment to working together with carers as expert partners in care.

If a carer is supporting their loved one in hospital, the carers passport partnership agreement will offer additional support to help a carer care for their relative, partner or friend and enable access to a variety of concessions.

If you would like a copy of the Carers Booklet, you can download a copy from our [website HERE](#).



The booklet cover features the NHS logo and the text 'Wrightington, Wigan and Leigh Teaching Hospitals NHS Foundation Trust' in the top right corner. The main title 'Are you a Carer for someone?' is written in large, orange, rounded letters. Below this, a paragraph states: 'Wrightington, Wigan & Leigh Teaching Hospitals NHS Foundation Trust recognise and value the work done by carers and are committed to working with carers as expert partners in care.' A central section, framed by a hexagonal border containing photos of carers, reads: 'If you are staying with a patient to provide care and support whilst they are in hospital, we will arrange for you to have a Carers Passport Partnership Agreement. This will give you additional support to care for your relative, partner, friend and enable you to access a variety of concessions.' To the right of this section, it says: 'To complete the Carers Passport Partnership Agreement for this hospital, please speak to any member of ward staff.' At the bottom, a blue banner reads: 'For families and friends looking after someone'.

**Are you a Carer for someone?**

Wrightington, Wigan & Leigh Teaching Hospitals NHS Foundation Trust recognise and value the work done by carers and are committed to working with carers as expert partners in care.

If you are staying with a patient to provide care and support whilst they are in hospital, we will arrange for you to have a **Carers Passport Partnership Agreement**. This will give you additional support to care for your relative, partner, friend and enable you to access a variety of concessions.

To complete the Carers Passport Partnership Agreement for this hospital, please speak to any member of ward staff.

For families and friends looking after someone

# Carers Rights Day

On Carers Rights Day, Thursday 23rd of November, Wigan and Leigh Carers Centre went out in the local community at various venues promoting Carers Rights. We joined with Wigan Borough Carers at Wigan Hospital and also held pop up stalls at Platt Bridge Health Centre and Café Iris, Howe Bridge Leisure Centre in Atherton. It was great to meet so many carers and professionals.





# Charity News

## Goodbye to Trustee, Dorothy Whittaker

On behalf of the Trustees and WLCC staff, we would like to say a fond farewell to Dorothy who has stepped back from the Charity and leaving the Trustee Board to undertake new challenges.

She has been with us for 10 years and will be sadly missed.

Some words from Chair of Trustees, Phil Humphries,

**“Dorothy’s contribution as a Trustee over the last 10 years has been invaluable. To have had someone with her experience in and her knowledge of the Care sector has been extremely beneficial and particularly related to the Governance of the Charity.**



Dorothy was also always willing to support the key improvement activities we identified over the last few years and played a significant role in the merger with Young Carers.

On a personal level, Dorothy was a great sounding board and was always there with her support and advice when needed. In typical fashion she has already told us that we just need to pick up the phone if we had an issue she could help with going forwards.

She will be sorely missed and we wish her all the best in her future.”

# Charity News

## Wellbeing Walks for Carers and loved ones

Every Wednesday we visit community venues around the Borough and host wellbeing walks for carers and loved ones. In November we visited Low Hall Nature Reserve in Hindley and luckily the weather was kind to us! We have a few more walks planned until the end of the year—here's where you can join us:

**Wednesday 6th December**  
10.30 am Wigan Flashes  
(Wigan)

Festive Walk.

**Thursday 14th December**  
10.45 am Manchester City  
Centre (organised by Carers  
Stepping out and Greater  
Manchester Carers)

**Wednesday 20th December** 10.30 am Haigh Hall (Wigan)

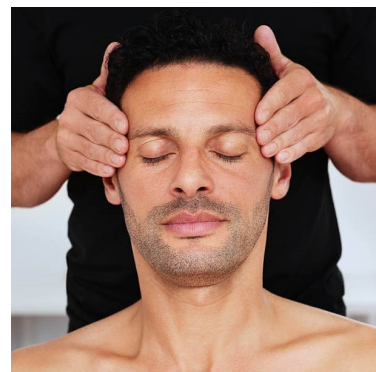
Winter Walk—**Wednesday 27th December** 10.30am Borsdane Woods (Hindley), Christmas themed, followed by mince pies and hot chocolate at the Carers Centre.

Call us for more information, ask for Suzanne 01942 697885 or [book via our website here](#).





# 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](mailto:suzanne.wilkinson@wlcccarers.com)



## REIKI Wellness Wednesday



## Wellness Wednesdays

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

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

# Carers Café Club



## Carers Café Club in December

Carers and loved ones - join us at our Carers Café Clubs as we host a pop up stand in the café and welcome carers to enjoy a free cuppa and chat with other carers and loved ones. Call Suzanne for more information 01942 697885.



## No need to book - just turn up

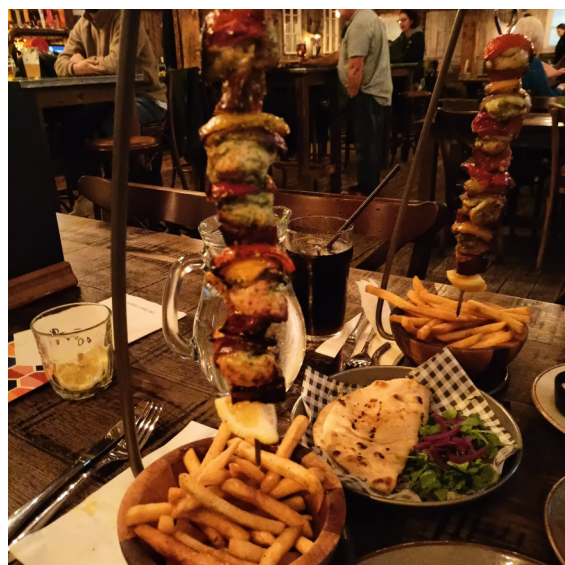
<u>Date</u>	<u>Venue</u>	<u>Time</u>
Tuesday 5th December	The Snug, 67a Market Street, Atherton	12.30 pm—2.30 pm
Friday 8th December	Wildmint Café, Golden Days Garden Centre, Back Lane, Appley Bridge, Standish	10.30 am - 12.30 pm
Friday 15th December	Armed Forces Hub, Molyneux House, School Ln, Wigan WN1 3SE	10.30 am—12.30 pm
Thursday 21st December	Embrace, 81 Ribble Rd, Platt Bridge, Wigan, WN2 5EG	10 am—11 am
Thursday 21st December	Ashland House Coffee Shop, Dobson Park Way, Ince-In-Makerfield, Wigan, Greater Manchester, WN2 2DX	11.30 am—12.30 pm
Thursday 28th December	Cafe Iris, Howe Bridge Leisure Centre, Atherton	1.30 pm—3.30 pm



# My Time Wigan

Lovely to see carers enjoying respite breaks through [My Time Wigan](#). Below are just a selection of photos and feedback from carers throughout November who have experienced breaks; such as a short holiday to Low Bank Ground in the Lake District, a meal for two at Oast House in Manchester and tickets to watch a firework display in Leigh.

If you are a carer and interested in finding out more—visit the My Time website [HERE](#).



mytime

Wigan Council

Local Solutions  
Empowering People. Supporting Communities.

# Your Views Matter

Do you help a family member, partner, friend or neighbour regularly?

Would they have difficulty managing without your support?

Join us at our next  
**Carers Voice Session**



All unpaid carers and loved ones are welcome to attend to share experiences, make a difference and tell us what matters to you in a friendly and open space.

**Monday 4<sup>th</sup> December 2023**  
**10.30am – 12.30pm**

📍 Hidden Gem Café, Platt Bridge Community Zone, Ribble Road, Platt Bridge, Wigan, WN2 5EG

✉ carers.mailbox@wigan.gov.uk  
✉ info@wlccarers.com  
☎ 01942 697885

**Or join us via Zoom at 7pm:**

Meeting ID: 419 755 7385 Passcode: kK2siH



**WIGAN  
BOROUGH  
CARERS**



# Upcoming events from the Carers Centre



## Christmas Felt Crafts—two dates!

Wednesday 6th December 1 pm

Wednesday 20th December 1 pm

Come and join us at Wigan and Leigh Carers Centre for a Christmas felt making crafts session. There will be hot chocolate, mince pies and maybe some festive music!

[Book here](#)

or call us 01942 697885

## Christmas Get Together—TLC Group

Friday 15th December, 10.30 am

Carers are welcome to join this group run by our supportive volunteers. Christmas themed games, fun bingo, raffles, cuppas and catch-up's!

[Book here](#)

or call us 01942 697885



Coffee  
with a  
friend is  
like  
capturing  
happiness  
in a cup.

SayingImages.com



## FREE Film showing for carers and loved ones at Leigh Film Factory

Tuesday 19th December, 2pm

Christmas Film, Love Actually. Venue is wheelchair friendly, refreshments will be served.

[Book here](#)

or call us 01942 697885

# Support

## WLCC welcomes all carers (new and existing) – open monthly drop-in until 7 pm

Becoming a carer can be an overwhelming and life changing event in any person's life.

When carers are registered here at Wigan and Leigh Carers Centre, we recognise that there is a lot of information to process and frequently there are gaps in that information that the carer and their family need.

In our experience, many carers and their families prefer face to face contact with the team and an opportunity to get to know us all.

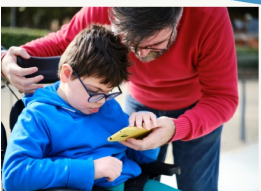
## The next drop in session is Monday 4th December 2 pm—7 pm, we will be joined by Household Support Team, / Benefits / Welfare Support and Adult Social Care

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 4 December**, 11am-12pm - [Book here](#)

**Evening Care for a Cuppa chat on Thursday 07 December**, 7:30-8:30pm [Book here](#)

**Monday 11 December**, 3-4pm - [Book here](#)

**Care for a Cuppa festive celebration** - Monday 18 December, 3-4:30pm - [Book here](#)

Join them on our last Care for a Cuppa before Christmas, where they'll be joined by the wonderful Jacky Webbe who'll be singing some Motown classics and festive favourites to get you in the celebratory spirit! They'll be holding their usual Care for a Cuppa discussion for the first half of the session, and then have a short break before Jacky takes to the virtual stage - dancing and singing along is welcomed!

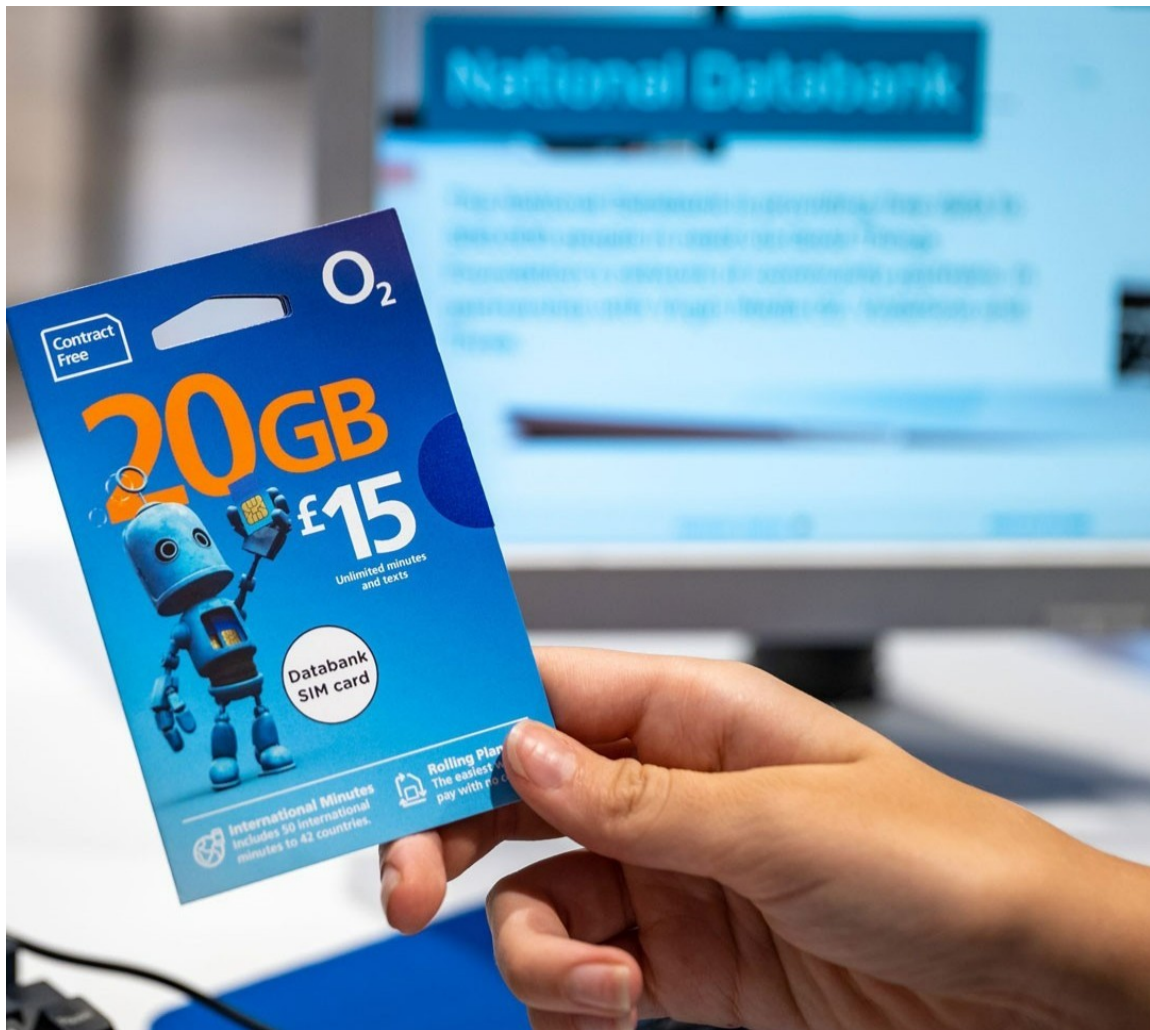


**Evening Care for a Cuppa chat on Thursday 21 December**, 7:30-8:30pm

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

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

# Support



**Are you a carer who would benefit from  
FREE DATA and help to get you online?**

**Do you support someone who would benefit  
from FREE DATA?**

In partnership with Good Things Foundation, Wigan Council can provide FREE DATA to those on low incomes. You can make a request on their website [HERE](#) or pop to your local library for more information.



# Support

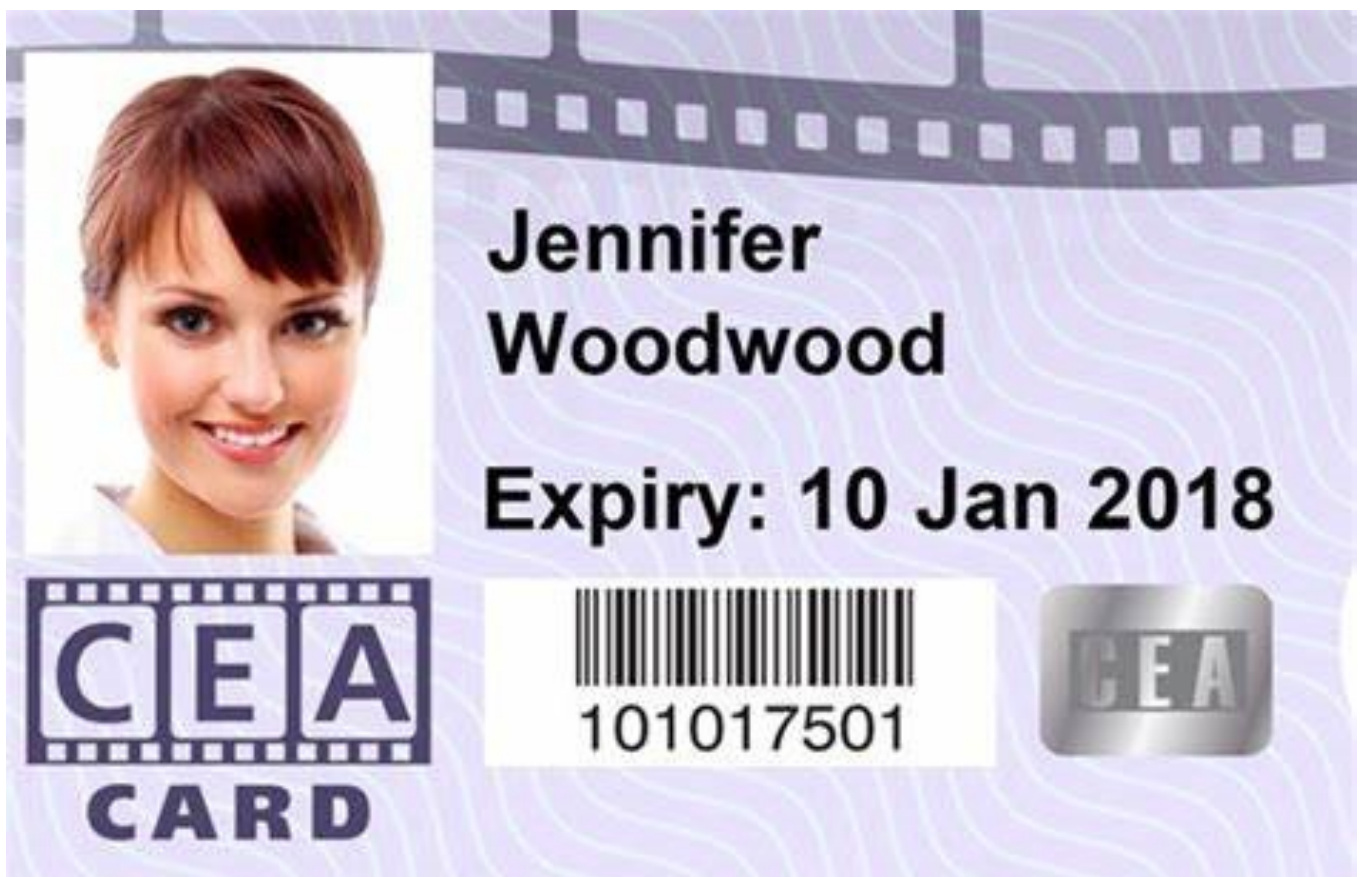
**Carers - do you or the person you care for enjoy the cinema?**  
They can apply for a CEA Card.

The CEA Card enables a disabled cinema guest to receive a complimentary ticket for someone to go with them when they visit a participating cinema.

To apply, the person requiring assistance must be 5 years of age or older and in receipt of **Disability Living Allowance** (DLA), **Attendance Allowance** (AA) or **Personal Independence Payment** (PIP), plus more (visit website to find out more).

They can get a free ticket for the person accompanying them.

Find out more and apply here: <https://www.ceacard.co.uk/apply>



# Support

## Carers - do you need access to training but have no funding?

The Wigan Carer Training Group funding, funded by Wigan Council aims to support unpaid carers who care for someone who lives within the Wigan/Leigh borough to access training and make a difference to their lives.

**Do you need access to training but have no funding?**

**Are you an unpaid carer that is registered with Wigan and Leigh Carers Centre needing funding to access training?**

**Or are you a member of a community or voluntary organisation that works with or supports carers looking to provide training?**

### Why not apply for a Training Grant?

A funding grant can be used to support unpaid carers access training, activities that will make a difference to their lives



You can apply for up to £300 if you are a carer or £1,200 if you are a Community or Voluntary organisation.

To find out how to apply and for further details of application deadlines please contact Suzanne Wilkinson, email [suzanne.wilkinson@wlcccarers.com](mailto:suzanne.wilkinson@wlcccarers.com) or call 01942 697885.

[Application and Further Guidance can be found on our website](#)



Wigan and Leigh Carers Centre

Funding for Training

## Need access to training but have no funding?

- Are you an unpaid carer who is registered with Wigan and Leigh Carers Centre and need funding to access training?
- Or are you a member of a Community or Voluntary organisation looking to provide training who works with or supports carers.

### Why not apply for a Training Grant?

- A funding grant can be used to support unpaid carers to access training, activities and support that can make a positive difference in their lives.
- You can apply for up to £300 if you are a carer or up to £1200 if you are a Community or Voluntary organisation.

To find out how to apply and for further details please visit our website  
[www.wlcccarers.com](http://www.wlcccarers.com)

Or contact Suzanne Wilkinson on 01942 697885

Email: [suzanne.wilkinson@wlcccarers.com](mailto:suzanne.wilkinson@wlcccarers.com)

To discover more about how Wigan and Leigh Carers Centre support carers across Wigan and Leigh, please contact us:

3-5 Frederick Street, Hindley, Wigan. WN2 3BD



# 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/).

11 January 2024

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

Please share with those who might benefit.

**"More alert to facial expressions when words are difficult to find."**

- Empowered Conversation participant



***"I have found other ways to communicate, rather than just verbal communication!"***



- Moving Beyond Words participant



# Support

Carers - don't forget there is a 'Care for Carers' event with [Wigan Wellness Web](#) on

Friday 1st December, 7 pm to 8 pm.

CARE FOR CARERS - is a FREE event for unpaid carers where they will be offering a limited number of mini treatments and an activity to take part in. [Message the page](#) to book onto this event or email them direct

Email: [wiganwellnessweb@gmail.com](mailto:wiganwellnessweb@gmail.com)

## WHAT'S ON WIGAN WELLNESS WEB



### DECEMBER

1st December - Care for Carers 7-8pm



6th - Cacao Ceremony  
7.30-8.30pm



20th - Wheel of The Year - Winter Solstice 7.30-8.30pm

EVERY THURSDAY 10am-2pm 30 minute Treatments from  
the Wellness Room @ Highfield

ALL EVENTS ARE HELD AT HIGHFIELD COMMUNITY CENTRE UNLESS  
OTHERWISE STATED

WIGAN WELLNESS WEB EMAIL CONTACT:  
[wiganwellnessweb@gmail.com](mailto:wiganwellnessweb@gmail.com)

# Support

## Handyperson Service at Age UK

If you feel you or a loved one may benefit from Age UK's handyperson helping with small jobs such as steps or putting up furniture please give them a call

01942 615880 📞

For more information about the AGE UK Handyperson Service click the link - <https://www.ageuk.org.uk/.../support-at-home-handyperson.../>

Before

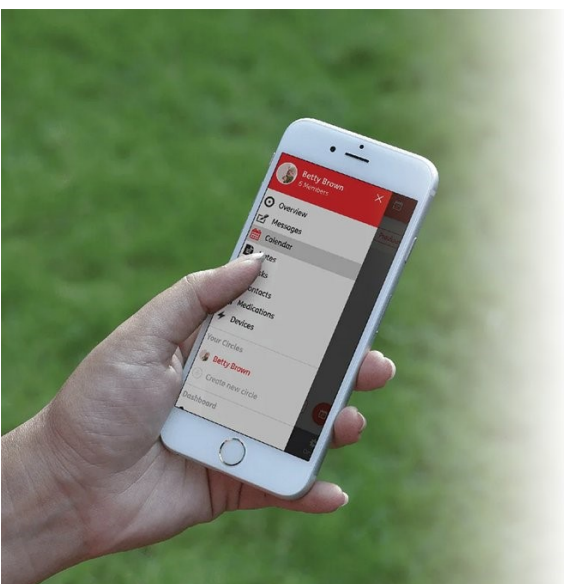


After



## Jointly app for Carers

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



*jointly*

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

Download the app or go to [jointlyapp.com](https://jointlyapp.com)



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

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



# Support

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

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

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



## PSYCHOLOGICAL WELLBEING SERVICE

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



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

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

### HOW DO I ACCESS THE SERVICE?

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



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



**01925 581 755**

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

# Support

During winter, the reality of grief is often driven home. As the nights draw in and the weather turns cold, grief can feel unbearably heavy. Greater Manchester Bereavement Service can help you find the support you may need.

Call 0161 983 0902 or visit [www.greater-manchester-bereavement-service.org.uk](http://www.greater-manchester-bereavement-service.org.uk)

## GREATER MANCHESTER BEREAVEMENT SERVICE

**0161 983 0902**

Monday to Friday, 9am to 5pm  
Except bank holidays

[Greater-Manchester-Bereavement-Service.org.uk](http://Greater-Manchester-Bereavement-Service.org.uk)



**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](http://CarersUK) 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

## Heathside Respite Service

Heathside Residential Home, now have a respite placement availability for a short-term stay. They offer 1-2 weeks for a short-term stay (up to 6 weeks per year) to support people with a formal diagnosis of dementia, aged 55 and above. Heathside offer a home to home environment whilst providing person-centred care in a safe, warm and friendly place supported by care staff who understand dementia and recognise the uniqueness of each person.

This could provide essential support for carers and enable them to plan their holiday, have time to themselves or take well-needed rest and recuperation.

Before accessing this, your loved ones will need a social care assessment to look at the possibility of respite. To arrange this, please contact the Adult Social Care Initial Assessment Team on 01942 828777.

If your loved one already has respite in place on their support plan, please contact the Heathside team directly.

Or if you care for your loved one and would just like to find out more, please contact:  
Natalie Jones (Registered Manager)  
email: [heathsideresidentialhome@wigan.gov.uk](mailto:heathsideresidentialhome@wigan.gov.uk)  
Phone: 01942 602328

A video and leaflet can also be found on our website, here: <https://wlcccarers.com/heathside-respite-service/>



# Support

## Mental health crisis helpline Free 24/7

Bolton, Manchester, Salford, Trafford and Wigan:

**T: 0800 953 0285**



Greater Manchester  
Integrated Care

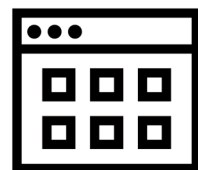
## Financial Support that may be available to you

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 Online Planning for the Future**

Tuesday 12th December 10.30 am

Are you the parent or carer of a loved one with a learning disability?

At Mencap, they know it can be a worry to think about how they will cope when you are no longer around. But making the right arrangements and planning for their financial future now is vital.

Find out more at one of these free, online Planning For The Future seminars, where they will explain all you need to know about this subject: why it's so crucial and how they can help you take the right steps. The approach is jargon-free, simple, good advice – which, sadly, can be hard to find.

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



# What's on



## Over 50's Swim & Chat!

Every Tuesday 10am - 12pm  
At the Wigan Life Centre

Are you over the age of 50 and enjoy  
swimming?

Join us for a social swim followed by a brew  
and biscuits!

Any queries contact us -  
**01942 615880**





# What's on

## Carers UK online Share and Learn Sessions for Carers

December 2023

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



### December sessions

Christmas Daytime Disco - Friday 01 December, 2-3.30pm (plus optional 30 minutes after for a chat)



Tips and guidance for carers: financial support and help with reducing energy costs - Monday 4 December, 4-5pm



Managing stress with kindness - Tuesday 5 December, 2.30-3.30pm



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



Adult ballet for beginners and Silver Swans: Nutcracker special - Thursday 7 December, 2.30-3.30pm



Peace of Mind Now - Tuesday 12 December, 2-3.30pm



Orchestra Vitae festive special – Friday 15 December, 4.30-5.30pm



# What's on

## Winter Get Together—last date for 2023 14th December

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

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!

CALL 01942 697885  
WWW.WLCCCARERS.COM

EMAIL:  
INFO@WLCCCARERS.COM

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



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

Legal support for  
extraordinary families



### Planning for the Future with Wills & Trusts Webinar

Wednesday 10th January 2024 at 10 am  
ONLINE

On Wednesday 10th January 2024, 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

Tips and Guidance for Carers:  
finance support and help with  
reducing energy costs

## Financial Support



Monday 4 December

4 pm—5 pm

With Carers UK

[Online—Book here](#)

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### 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 06 December, 5-6pm - [Book here](#)

Wednesday 13 December, 5-6pm - [Book here](#)

Wednesday 20 December, 5-6pm - [Book here](#)

# What's on

Christmas Tea Party with More Than Words Advocacy Community Interest Company on Friday 8th December at The Edge, Wigan....



**Christmas  
Tea Party**

Friday, 8 December 2023 from 1.30pm to 3.30pm at  
Unit 2 The Edge, Pottery Terrace, Wigan, WN3 5AB

Free entry • Refreshments £2 per person • Prize bingo 50p a ticket • Raffle 50p a strip  
Includes Xmas jumper/tshirt competition and Carol Singing

Contact Elaine to book on 01942 735426



# 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 and 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 <sup>th</sup> May
21st April	16 <sup>th</sup> June
19th May	14 <sup>th</sup> July
23rd June	11 <sup>th</sup> August
18th Aug	8 <sup>th</sup> September
15th Sep	6 <sup>th</sup> October
20th Oct	10 <sup>th</sup> November
17th Nov	1 <sup>st</sup> December
15th Dec	



Improving Lives

# What's on

## Festive Mindfulness Group Sound Bath Session

5th December 1.30-2.30pm

At Kingsleigh Methodist Church opposite the bus station in Leigh

FREE for Carers and those living with Dementia and £6/£5 concession for others. Mince pies, tea and coffee are free.

Please message [Catherine Hawkins direct on her Facebook](#) here page if you'd like to book to attend or email: [cathhawkins@yahoo.co.uk](mailto:cathhawkins@yahoo.co.uk)



# 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



PLEASE JOIN US FOR

# CARERS

## Coffee Morning



**20 DECEMBER | 10:30AM-12:30PM**

TEA & COFFEE REFRESHMENTS  
CAKES  
BRASS BAND

THE ZONE  
ROBIN PARK LESIURE CENTRE  
LOIRE DRIVE  
WN5 0UH

# What's on

*The Later Life and Memory Service  
Carer Support Groups...*

## *Christmas Buffet*

*Are you supporting someone living with dementia?*

*Join us for our Christmas Buffet group!*

- The groups are facilitated by members of staff from the Later Life and Memory Service
- The groups are a safe space for carers to get together and share experiences, and this time over a Christmas buffet!

*Where and when?*

*Wigan Cricket Club, Parsons Walk, WN1 1RU*

*Friday 15<sup>th</sup> December 2pm – 4pm*

Please contact the Later Life and Memory Service on  
**01942 764462** to book your place before the 5<sup>th</sup> December



# What's on



## CHRISTMAS SANTAS GROTTO

### SEN STAY & PLAY

PARENT/CARERS AND YOUNG PEOPLE AGED 5-18 TO  
COME ALONG TO OUR RELAXED SENSORY SANTAS  
GROTTO. (GIFT INCLUDED FOR ALL CHILDREN)  
PARENT/CARERS TO STAY AND JOIN IN WITH PARTY  
GAMES, ARTS & CRAFTS AND SENSORY PLAY

BOOKING IS ESSENTIAL! (LIMITED SPACES AVAILABLE)

4:00 p.m. - 7:00 p.m.

Wednesday 20th December

Inclusive Futures

The Zone  
Robin Park Leisure Centre  
Loire Drive  
WN5 0UH

TO BOOK PHONE EMMA: 07880 456241  
EMAIL: [INCLUSIVEFUTURES@WIGAN.GOV.UK](mailto:INCLUSIVEFUTURES@WIGAN.GOV.UK)



# What's on



## **Halle Relaxed Christmas Concert**

Date: Tuesday 19th December  
Times: 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



Wigan Library will be hosting their annual Christmas Coffee Morning on Thursday 21st December between 10.00am and 11.30am.

All are very welcome to join for a Christmas cuppa and a chat at this free event and there's no need to book.



# What's on

New Dementia Group  
at Diamond Community Centre in Ashton

This group will be running every other week and the last session for this year will be 12th December.  
Contact Diamond Community Centre on Facebook for more information and future dates.

## ***New Dementia drop in session***

***Join us every other Tuesday at 10:45 AM***

***for our dementia drop-in sessions.***

***These gatherings are tailored for people living with dementia 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.***

***Upcoming dates are:***

***14th & 28th Nov, 12th Dec***

***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

**healthwatch**  
Wigan and Leigh

## Changes in Health & Social Care

**What it means for Wigan & Leigh**  
Dec 11, 2023 at 12pm until 3pm

- Explore implications,
- Hear from leading experts
- Learn about new initiatives  
improving our community's  
well-being.

Mark your calendars!  
#WiganLeighHealthcare

St Peters Pavillion  
Hurst Street  
Hindley  
Wigan  
WN2 3DN

A festive buffet lunch will  
be served at 12 noon.

For More Details please visit  
<https://shorturl.at/qNV56>

Scan The QR Code or call 01942 834666

[www.healthwatchwiganandleigh.co.uk](http://www.healthwatchwiganandleigh.co.uk)



# 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

## Grants for families raising disabled or seriously ill children

The Family Fund can provide grants to families raising disabled or seriously ill children.

You can apply to Family Fund now for items like clothing, kitchen appliances, furniture, technology items, or even a family break.

Find out more about our grant programmes online, and apply today  
—[click HERE](#)



Grants for families raising  
disabled or seriously ill children





# Parent Carers



## Parent Carer Coffee Mornings

Carers Centre,  
Hindley  
WN2 3BD

Wednesday  
6th December 2023

20th December  
(Christmas get together)  
10 am—12 noon

[Book here](#)

# Male carers



## Male Carers Social Group Christmas Quiz and Mince Pies and refreshments

Carers Centre,  
Hindley  
WN2 3BD

Thursday  
7th December 2023  
1 pm—2.30 pm

[Book here](#)

or call us 01942 697885

# Young Carers

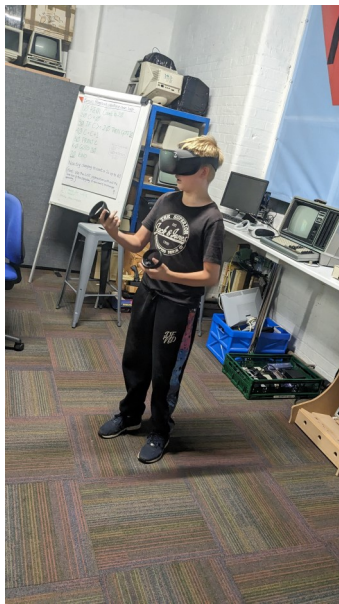
## Young Carers Cook Club

A young carers cook club took place at Fur Clemt which was funded by the Carers Training Grant. The sessions have now finished and the group had a great time learning to cook new things like sausage casserole, pizza and chocolate cake. Thanks to Shirley for teaching cooking skill and to volunteers Trev and Sue for supporting.

We are looking to start a new block of sessions for primary school aged young carers in the New Year and welcome families to get in touch if their child is interested in joining. Please call us if you are interested, 01942 697885.



## Young Carers visit Northwest Computer Museum



Young Carers Barlow group visited The Northwest Computer Museum at Spinners Mill in Leigh. The group loved this session, being able to have a play on all the different types of computers old and new. The volunteers at the Museum were so welcoming and we highly recommend people visit them.

## Young Carers visit Leigh Film Factory

A young carers group visited Leigh Film Factory at Spinners Mill in November to watch the film 'Dog'. This was in partnership with The Youth Hub in Leigh to support Young Carers to access respite.





# Grief Awareness Week



**National Grief Awareness Week** is taking place between **2nd-8th December 2023**, and this year we are partnering with Wigan and Leigh Hospice to host a drop in session where our community of carers can access their services.

Grief and loneliness often go hand-in-hand, and this year's theme is #BetterTogether. The team at Wigan and Leigh Hospice have friendly practitioners who are there to listen and help people find the support they need.

**On Friday, 8th December between 12-2pm**, we will be hosting Wigan and Leigh Hospice who will be on hand to talk about their services you can access, as well as the chance to talk and listen to others. Everyone's grief looks different and no grief is the same, but we believe that talking – whether that be to family, friends or professional support – is the step in the right direction.

[BOOK HERE](#)



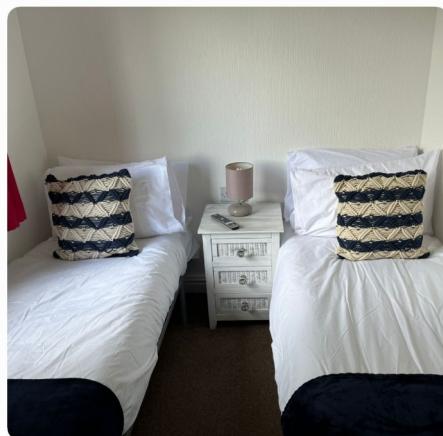
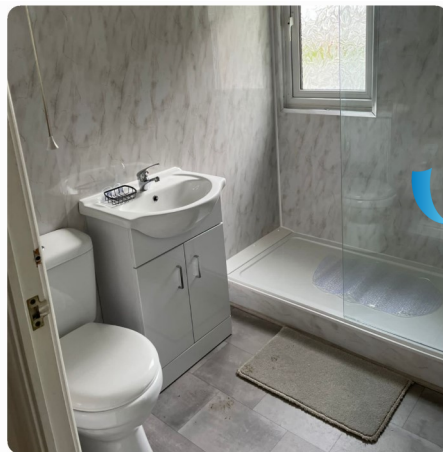
# The Carlton Lodge

## 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](mailto:info@wlcccarers.com). **All profits from Wigan and Leigh Carers Centre go back into the charity to assist with other projects that support in providing much needed services to carers in the Wigan and Leigh area.**





# WIGAN AND LEIGH CARERS CENTRE

SUPPORTING YOUNG & ADULT CARERS  
IN THE WIGAN BOROUGH

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



Wigan and Leigh Carers Centre  
Charity Number 1138908  
Registration Number 7203321

WE ARE HERE TO SUPPORT YOU

CALL 01942 697885

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

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

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

## SUPPORTING YOUNG & ADULT CARERS

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

## We are here:

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



01942 697885



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



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

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