

What's on in January 2024 at Wigan & Leigh Carers Centre

To book or for more information please go online to www.wlcccarers.com Email: info@wlcccarers.com or call: 01942 697 885.

Bookings must be made.

Weekly/Monthly

Every Wednesday 10.30am – 11.30am/12pm. Experience our stunning countryside around Wigan & Leigh (different area each week – please check our website for locations) (all)

Stepping Out with the Ramblers – joining other Greater Manchester Carers for walks.
(all) **Peel Park, Manchester 16th Jan 11am**

8th Jan. 4pm-7pm - Drop-in session – **all welcome.**

8th Jan. 6pm – 7pm - Monday Meditation (co).

3rd, 17th & 31st Jan. 1-3pm - Crafts (co)

4th Jan. 1pm - Male Carers Social Group (co)

25th Jan. 2pm-4pm - Wigan and Leigh Hospice hub. (all)

2nd, 16th & 30th Jan. 10am Knit and Natter, Hindley. (co)

12th Jan. 10am - Greater Manchester Mental Health support group (co)

15th Jan. 1.30pm - Co-Op Legal Support Group. (co) – for more info please call.

19th Jan. 10.30am - Carers 'time for me' formally TLC Carers Support Group (co)

25th 2pm-4pm - Wigan and Leigh Hospice support group (co)

26th Jan 11am - Mindfulness/Wellbeing for Dementia. (all)

31st Jan. 1pm - Greater Manchester Mental Health Dementia Support Group. (co)

13th, 20th, 27th Jan (Saturdays) - 10am Macrame with Rachel. (co).

Mindful Mondays, Therapy Tuesdays and Wellbeing Wednesdays A variety of treatments for carers from: Reflexology, Hot Stones, Massages, Reiki.

Book via Suzanne.wilkinson@wlcccarers.com or call the centre. (co)

Coffee Mornings

Every Monday 10am -12pm at the Carers Centre, Hindley. (all)

17th & 31st Jan. 10-12 pm - Parent Carer Coffee Morning, Hindley (all)

18th Jan. 11am - Parkinsons Coffee Morning (all)

Co – carers only.

All – All welcome.

Carers Café Club.

Please join us at our Café club locations for a brew and a chat with other carers. Loved ones are welcome too.

- The Snug, Atherton M46 0DA - 1st Tuesday of the month 12.30pm-2.30pm
- Wild Mint Cafe, Golden Days Garden Centre, Appley Bridge WN6 8RS
2nd Friday of month 10.30am-12.30pm

Starting in January, we will also have 3rd Friday of the month 10.30am-12.30pm!

- Café Iris @ Howe Bridge Leisure Centre, Atherton M46 0PJ
4th Thursday of the month 1.30-3.30pm

- The Robin Hood, Lowton WN7 3PA 3pm-4.30pm.

On the following dates: 23rd Feb. / 26th Apr. / 28th June / 23rd Aug / 25th Oct

- Embrace Platt Bridge, WN2 5EG, 10am-11am &
- Ashland House Café at Steps 11.30am-12.30pm.

On the following dates: 15th Feb. / 18th Apr. / 20th June / 15th Aug. / 17th Oct. / 19th Dec.

- Armed Forces Community Hub, Molyneux House, Wigan WN1 3SE
10.30am-12.30pm

On the following dates: 16th Feb. / 19th Apr. / 21st June / 16th Aug. / 18th Oct. / 20th Dec.

- Beehive Community Centre, Mosley Common M28 1BG, 9.30am-11.30am
On the following dates: 22nd Feb. / 25th Apr. / 27th June / 22nd Aug. / 24th Oct.