

Speaking with one voice for all carers in Wigan borough



Happy New Year to you all from all of the team here at Wigan and Leigh Carers. To all our carers; former carers; staff past and present; friends; and supporters.

As the new year begins, our commitment to help improve the lives of unpaid carers remains as strong as ever.
Our normal opening times have now resumed.

A heartfelt thank you goes to each and every one of you for everything you do to make a difference to others, and for your support to our Charity.

Sending all our love, positivity, health and strength for the year ahead.

Contents

Front Cover	
Contents page	Page 2
Charity News	Page 3
Wellbeing Walks	Page 4
Mindful Mondays and Wellness Wednesdays	Page 5
Carers Café Club	Page 6
My Time Wigan	Page 7
Your Views Matter	Page 8
Upcoming events at the Carers Centre	Page 9
Support for Carers / What's On	Pages 10 - 37
Parent Carers	Pages 38– 42
Male Carers	Page 42
Young Carers	Page 43
The Carlton Lodge—Carers Retreat	Page 44
Useful Contacts	Page 45
Room Hire	Page 46
WLCC Information	Page 47

Charity News

A warm welcome to our new Education Liaison and Young Carers Support Worker, Jessica.

Jess started back in December 2023 and is learning the ropes on assessment, support, and respite. Over time she will lead on schools liaison and rebuild our strategic level engagement with schools, through initiatives such as staff training and school assemblies.

We caught up with Jess and here's what she had to say: ***"Hello, I'm Jess, my role is Education Liaison and Young Carers Support Worker."***

My previous role was a team leader in a Children's Home. I have worked in Children's Homes for 10 years after graduating from University where I studied my Bachelors Degree; Community and Social Care at UCLAN.

I am looking forward to meeting all the families and providing support for young carers in our local community."

Congratulations and welcome to the team!

EDUCATION LIAISON AND YOUNG CARERS SUPPORT WORKER



JESSICA

WIGAN AND LEIGH CARERS
CENTRE



Wellbeing Walks January

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. Here's where you can join us:

**Wednesday 10th January,
10.30 am**

Three Sisters, Ashton

**Wednesday 17th January,
10.30 am**

Pennington Hall Park, Leigh

**Wednesday 24th January,
10.30 am**

Mesnes Park, Wigan

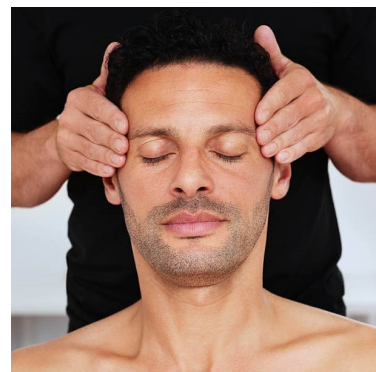
**Wednesday 31st January,
10.30 am**

**Windy Bank Woods (meet at
Bents)**

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



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 in January

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 or email us info@wlcccarers.com



<u>Date</u>	<u>Venue</u>	<u>Time</u>
Friday 12th January	Wildmint Café, Golden Days Garden Centre, Back Lane, Appley Bridge	10.30 am - 12.30 pm
Friday 19th January	Wildmint Café, Golden Days Garden Centre, Back Lane, Appley Bridge	10.30 am - 12.30 pm
Thursday 25th January	Cafe Iris, Howe Bridge Leisure Centre, Atherton	1.00 pm - 3.00 pm

My Time Wigan

Lovely to see carers enjoying respite breaks through [My Time Wigan](#). Below are just a selection of photos from carers throughout December who have experienced breaks; such as a short holiday to Low Bank Ground in the Lake District, a meal at Oast House, coffee and cake at Wild Mint Café, and a relaxing nail treatment, plus much more.

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



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 15th January 2024
10:30am – 12:30pm

 Shevington Methodist Church, 1 Gathurst Lane, Shevington, WN6 8HA

 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



Macramé with Rachel—Saturdays

Saturday 13th January 10 am

Saturday 20th January 10 am

Saturday 27th January 10 am

Saturday 3rd February 10 am

Please join us at our lovely centre to make some amazing wall macramé pieces.

[Book here](#)

or call us 01942 697885

Co-op Legal Services Session

Friday 15th January 1.30 pm

At this group we will hear about:

Lasting power of Attorney,

Inheritance tax,

Protecting your family's nest egg

Sideways disinheritance.



Legal Services

[Book here](#)

or call us 01942 697885

Carers—Time For Me Group

Friday 19th January, 10.30 am

Carers are welcome to join this group run by our supportive volunteers. For carers to get together to meet and chat to help to give carers a boost and offer some positivity and encouragement.

[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 5th February 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 8 January, 3-4pm - [Book here](#)

Brightening Blue Monday - 15 January, 2:00-4:00pm

Brightening Blue Monday is an opportunity to get together virtually with other carers to do something relaxing and enjoyable, and find out more about the support Carers UK can offer throughout the year.

[Book here](#)

Evening Care for a Cuppa chat on Thursday 18 January, 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](#)

Monday 22 January, 3-4pm - [Book here](#)

Care for a Cuppa for former carers - Wednesday 24 January, 5-6pm

Are you a former carer? We hear from many people that the end the end of your caring role can be a difficult time and may take some adjusting to. We hope you will be able to join us for a special Care for a Cuppa where you can spend time talking with others who understand the particular challenges you may face when caring comes to an end. [Book here](#)

Monday 29 January, 3-4pm - [Book here](#)



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 18th January
11 am
[Book here](#)



Wigan and Leigh Hospice Support Group

Are you supporting someone with palliative and end of life care needs and would like to learn more? We are holding drop in sessions to discuss any learning needs you may have or answer any questions around Palliative and End of Life Care.

Venue: Wigan and Leigh Carers Centre
Date and Time: Thursday 25th January 2 pm

[Book here](#)

Support

Are you aware of the Wheelchair Fund which is available in Wigan?

The Wheelchair Fund Out and About Project is funded by the Big Lottery Reaching Communities Programme.

Their aim is to supply those at greatest disadvantage because of their disability with a suitably adapted piece of mobility equipment (powered wheelchairs, scooters, powerpacks) in order to reduce isolation, break down the barriers to participation and to play an active role in the life of their community.

This link will take you to their website, where you'll be able to apply for a mobility scooter/wheelchair.

Visit: <http://www.wheelchairfund.org/services.htm>



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.



Wigan and Leigh Carers Centre

Funding for Training

Need access to training but have no funding?

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?

- 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

Or contact Suzanne Wilkinson on 01942 697885

Email: 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

Why not apply for a Training Grant?

A funding grant can be used to support unpaid carers to access training and 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 or call 01942 697885.

[Application and Further Guidance can be found on our website](http://www.wlcccarers.com)

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

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



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

Counsellor Led Peer Support Group

Trust in the Community, part of Trust in Counselling and Therapies, are pleased to announce the start of their fortnightly support group for anyone struggling with anxiety and/or depression. These 90 minute sessions will be facilitated by an experienced counsellor and run on alternate Fridays starting **Friday 26th January 2024 at 10:30** (please arrive at 10:15).

Places are limited so please contact them to book your place.

The cost is £5.00 per session, payable in advance.

Suites 8, 9, 10 & 11, Inglestan, Brewery Lane, Leigh, WN7 2RJ
07305 072432 enquiries@trustincounsellingandtherapies.co.uk

Trust in The Community

*Counsellor led Peer Support Group
for people experiencing
anxiety and/or depression.*

*Trust in the Community, part of Trust in Counselling and Therapies,
are pleased to announce the start of our fortnightly support group for
anyone struggling with anxiety and/or depression.*

*These 1 ½ hour sessions will be facilitated by an experienced counsellor
alternate Fridays starting on **Friday 26th January 2024.***

Time 10:30 – 12:00 – please arrive at 10:15

At

Inglestan, Brewery Lane, Leigh. WN7 2RJ

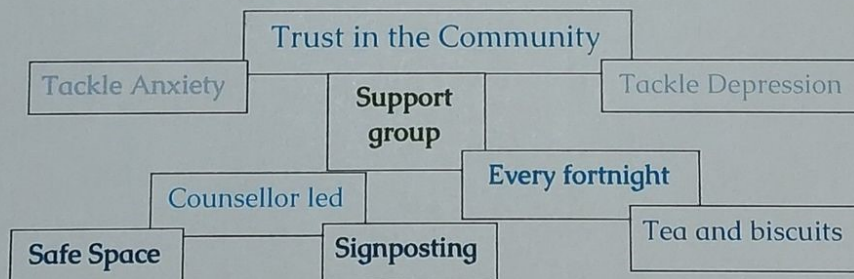
Further dates

9th February, 23rd February, 8th March, 22nd March, 5th April

*Places are limited, so please message us via our Facebook page, contact
us via our website, or telephone Stuart on 07963 042426 to book your
place.*

www.trustincounsellingandtherapies.co.uk

*The cost is £5:00 per session, payable in advance – speak to Stuart on
07963 042426*



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

GREATER MANCHESTER BEREAVEMENT SERVICE

0161 983 0902

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

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.

What's on

Mencap Online Planning for the Future

Thursday 15th February 10.30 am—12 noon

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

Coffee & Creative Mindfulness for Dementia

For carers and loved ones living with Dementia



Coffee and Creative Mindfulness for Dementia

Starting Friday 26th January, 11 am

For registered carers and their loved ones living with Dementia, please come and join us for a nice brew, a lovely chat and some relaxation and mindfulness with Catherine Hawkins, an accredited Breathworks teacher and visual artist.

The morning will consist of 30 minutes for a brew and chat before and after a 1 hour Mindfulness and relaxation session led by Catherine.

Cath's session will include some gentle, creative movement and breathing. There is no monthly commitment so anyone can join any session.

Refreshments provided.

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

What's on

Carers UK online Share and Learn Sessions for Carers

January 2024

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



January sessions

Pilates for Beginners (with Emma Marks, Pilates Evolved), 1:30-2:30pm on Tuesdays this January ✓

MedicAlert: sharing life-saving medical information in emergencies – Thursday 11 January, 3-4pm ✓

Brightening Blue Monday - 15 January, 2:00-4:00pm ✓

Introduction to Line Dancing - Friday 19th January, 10am-11am ✓

Tips and guidance for carers: finding residential care – Wednesday 24 January, 1-2pm ✓

Change Grow Live: supporting someone through substance misuse – Wednesday 31st January, 3-4pm ✓

What's on



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](#)



Welfare Benefits for Disabled & Vulnerable People Webinar

Wednesday 31st January 2024 at 10 am
ONLINE

If you are a parent or carer of a person with disabilities or additional needs you may be concerned about navigating the complicated benefits system the right way.

In this free 1 hour Zoom webinar, Renaissance Legal's specialist benefits team will explore and answer some common benefits questions to provide parents and carers with practical, helpful advice and guidance.

[Sign up here](#)

What's on



CALL 01942 697885
WWW.WLCCCARERS.COM

EMAIL:
INFO@WLCCCARERS.COM

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



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

Monday 8th January

Monday 15th January

Monday 22nd January

Monday 29th January

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

What's on



Carers Knit, Natter, Crochet and Social Sew

Dates for January and February 2024 at Wigan and Leigh Carers Centre:

Tuesday 16th January

Tuesday 30th January

Tuesday 13th February

Tuesday 27th February

10 am—12 noon

No need to book, just turn up!

What's on



Tips and Guidance for Carers:
Finding Residential Care

Wednesday 24th January

1 pm—2 pm

With Carers UK

[Online—Book here](#)

Pilates for Beginners (online) **Free for carers**

The ideal weekly opportunity to focus on your mental and physical wellbeing. These mindful, and restorative classes are geared towards complete beginners with no prior Pilates experience, and will give an in-depth, full introduction to the Pilates method.

Emma Marks has been teaching Pilates for over 5 years and loves nothing more than sharing this feel-good movement practice with others. She would like to invite carers to join her for these welcoming sessions, and to enjoy this restorative, yet energising movement system.



Tuesday 9 January, 1:30-2:30pm - [Book here](#)

Tuesday 16 January, 1:30-2:30pm - [Book here](#)

Tuesday 23 January, 1:30-2:30pm - [Book here](#)

Tuesday 30 January, 1:30-2:30pm - [Book here](#)

What's on

Date for your diaries

Wigan Memory Service Senior Nurse Practitioner will be dropping in for a question and answer session at the Later Life and Memory Service Carer Group on 01/02/2024 at Wigan Cricket Club
Go along and have a chat! No booking required.



Greater Manchester
Mental Health
NHS Foundation Trust

Carer Drop In 2pm – 4pm

1st Feb 2024

Wigan Memory Service Senior Nurse
Practitioner will be dropping in for a
question and answer session.

2pm – 4pm

1st Feb 2024

Wigan Cricket Club

Parsons Walk

Wigan

WN1 1RU



Improving Lives

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!

Carer Support Groups

Wigan Cricket Club

2-4pm

4th Jan

1st Feb

7th March

4th April

2nd May

6th June

4th July

1st August

5th September

3rd October

7th November

5th December

Wigan Carers Centre

2-4pm

31st Jan

28th Feb

27th March

24th April

29th May

26th June

31st July

28th Aug

25th Sep

30th Oct

27th Nov

What's on

TIME FOR ME

Informal Carers Get Together



Friday 19th January

10.30 am

Wigan and Leigh Carers

Wigan and Leigh Carers Centre

3-5 Frederick Street

Hindley

Wigan

WN2 3BD

[BOOK HERE](#)

What's on



ONE TOGETHER CIC FAMILY MINDFULNESS

SAT 20TH JAN - SAT 24TH FEB
12PM-2PM

**THE ONE HOUSE, HAIGH RD,
ASPULL, WN2 1RR**

Have fun finding calm and happiness together in a relaxed and friendly setting. Lots of games, creativity and ideas to help you and your family flourish.



What's on

If you know a man who could do with a chat, let him know. Join Directions for Men on Wednesdays at 7pm Penson Street Community Centre, Penson Street, Wigan, WN1 2LP

Directions For Men



SUPPORT GROUPS FOR MEN

**MEN STRUGGLE TOO.
WE KNOW BECAUSE WE HAVE BEEN THERE.**



**FREE AND CONFIDENTIAL.
JUST TURN UP.**

**FIND YOUR
NEAREST
MEETING**



hello@directionsformen.org.uk | 07894971434
FACEBOOK: DirectionsForMen | TWITTER: Directions4Men

What's on

Think Ahead Stroke Support Group Activity Timetable

	 Think Ahead Stroke Support. Advice. Information.	
Support Group Timetable		
<u>Group</u>	<u>Day/Time</u>	<u>Frequency</u>
The Tavern	Tuesdays 1 - 2.30pm	Weekly
The Snug	Tuesdays 1 - 2.30pm	Weekly
Reiki	Tuesdays 1 - 2.30pm	Weekly
Music Group	Fridays 1 - 2.30pm	Fortnightly
Dominoes Club	Fridays 1 - 2.30pm	Fortnightly
Needle Felting	Fridays 10.30 - 12.30pm	Fortnightly
Art Group	Fridays 10.00 - 12.30pm	Fortnightly
Knit and Natter	Thursdays 1 - 2.30pm	Fortnightly
Book Club	Mondays 1 - 2.30pm	Monthly
Cinema Club	Thursdays 1pm - 2.30pm	Monthly
Call 01942 824888 for more information and to join in the next session!		
		

What's on

www.boxingforbetter.co.uk

Adapted Boxing & Fitness



**Boxing and Fitness classes for adults
living with disability.**

**Wednesdays at 14:30-15:30
Thursdays at 10:30 - 11:30
(check website for dates)**

**Contact Dave on 07710412028 to book a
place.**

**£5 per session
(discount for block bookings)**

**Norley Hall Community Centre, Norley Hall
Avenue, Wigan, WN5 9LP**

What's on

My Mental Health for the New Year



**MONDAY 22ND JANUARY
1.00PM**

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

DEMYSTIFYING MENTAL HEALTH

**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.**



Wigan and Leigh Carers Centre
Charity Number 1138908
Registration Number 7293521

[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

4 January 2024
1 February 2024
7 March 2024
4 April 2024
2 May 2024

Wigan Café is planned for the second or third Wednesday of the month from 2.00 to 4.00pm at:

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

17 January 2024
14 February 2024
13 March 2024
17 April 2024
15 May 2024

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

17 January 2024
21 February 2024
20 March 2024
17 April 2024
15 May 2024

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

23 January 2024
27 February 2024
26 March 2024
23 April 2024
28 May 2024

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



Wrightington, Wigan and
Leigh Teaching Hospitals
NHS Foundation Trust

Lived Experience Panel Briefing Session

11th January 2024

13.00-13.45

This is an opportunity to get involved in improving healthcare at Wrightington, Wigan and Leigh NHS FT.

There are many ways in which you can volunteer, and this approach can give you skills to get involved in how the trust makes changes to improve outcomes for patients.



Aqua, an organisation that supports the NHS in the region to make change, will be delivering learning on how we approach improvement in the NHS and how you can be involved.

This 30 minute briefing will give you an introduction to the learning, with some examples of how people have got involved in other areas of the region. The virtual session will also cover any frequently asked questions like 'how much time will it take?', 'Do I have to attend all the learning?'.

To join follow the TEAMS link

Join on your computer, mobile app or room device

[Click here to join the meeting](#)

Meeting ID: 357 283 663 380

Passcode: nwr6RM



We hope this session gives you enough information for you to express an interest.

If you want to know more, please contact emma.rogers@wwl.nhs.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



DO YOU CARE FOR A CHILD WITH ADDITIONAL NEEDS?

As part of our By Your Side support at Alder Hey Children's Hospital we offer FREE workshops for families in the North West

Our workshops support families to tackle some of the unique challenges you face, for example:

**Money Matters | Wellbeing | Education | Toilet training
Behaviour | Anxiety | Growing up | Siblings**

These workshops will be held on Zoom

See overleaf for details or scan the QR code

contact *For families
with disabled children*



Contact is a trading name of Contact a Family. Charity registered in England and Wales (284912) and Scotland (SC039169).

Parent Carers

WORKSHOP PROGRAMME

Thursday 7 December 2023 - 7 - 9 pm

EDUCATIONAL SUPPORT FOR SCHOOL AGE CHILDREN

Thursday 11 January 2024 - 7 - 9 pm

WELLBEING FOR PARENT CARERS

Monday 15 January 2024 - 10 am-12 pm

UNDERSTANDING YOUR CHILD'S BEHAVIOUR

Wednesday 17 January 2024 - 7.30 - 9.30 pm

SUPPORT FOR PARENTS OF CHILDREN WITH ANXIETY

Monday 22 January 2024 - 12 - 2 pm

TOILET TRAINING CHILDREN WITH SEND

Tuesday 23 January 2024 - 10 am - 12 pm

SUPPORT FOR SIBLINGS

Tuesday 30 January 2024 - 10 am - 12 pm

GROWING UP, SEX AND RELATIONSHIPS

Tuesday 30 January 2024 - 7 - 9 pm

HOW TO HANDLE MEETINGS

Tuesday 6 February 2024 - 7 - 9 pm

MONEY MATTERS

Scan me for more information and to book
or visit bit.ly/AlderHeyWorkshops



contact *For families
with disabled children*

Parent Carers



FREE VIRTUAL SESSION: SEN, PHONICS & WRITING

JANUARY 31, 2024 at 10:00 AM - 11:00 AM
Free (online)

Amy McElhatton, Leading Phonics Consultant (a.k.a The Phonics Fairy), will deliver a free virtual session for parents and carers, outlining how to support your child with Special Education Needs with learning to write, using a phonics-based approach.

[More info and register HERE](#)

Free online workshop run by Contact - For families with disabled children on Toilet Training for SEND (Rare Conditions).

Advice/strategies for parents/carers on how to toilet train a child/children with additional needs.

**Tue 23rd Jan 2024
10am via Zoom**

To book your place
[CLICK HERE](#)



Free Online Parent Carer Event
Toilet Training for SEND (Rare Conditions)
Tuesday 23rd January 2024 10am via Zoom

Advice and strategies for parents and carers on how to toilet train a child/children with additional needs.

This online workshop will cover:

- What it means to be toilet trained, inside and outside the body
- Know if your child is ready and how you can prepare them
- Know what a plan may look like, when to start it and how
- Know where to get support

www.eventbrite.co.uk/e/toilet-training-children-with-send-rare-conditions-tickets-722636805137

Parent Carers



Parent Carer Coffee Mornings Carers Centre, Hindley WN2 3BD

17th January 2023
31st January 2023
14th February 2023
28th February 2023

10 am—12 noon

No need to book—just turn up!

Male carers



Male Carers Group

Carers Centre,
Hindley
WN2 3BD

Thursday
1st February
1 pm—2.30 pm

[Book here](#)

or call us 01942 697885

Young Carers

Young Carers Christmas Fun

It was lovely to welcome Young Carers to a range of Christmas respite activities over the festive period, which included parties, a Lego group and a Christmas meal.

The team were also busy visiting families and thanks to kind donations from the community—spreading some Christmas cheer through presents, food hampers and much more!



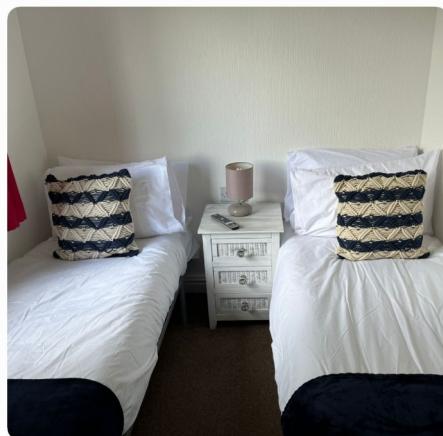
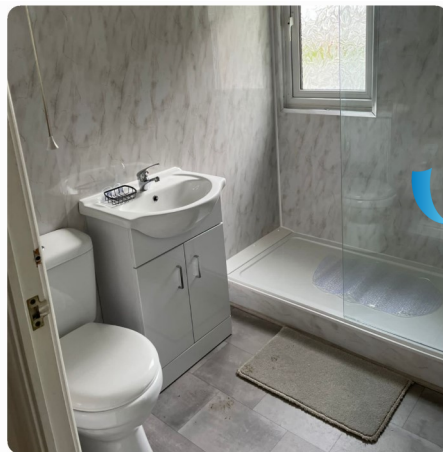
The Carlton Lodge

Holidays in Blackpool for Carers 2024

We are now taking bookings for 2024 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 2024.

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

