

Speaking with one voice for all carers in Wigan borough

Wigan and Leigh Carers Centre

Easter Opening Times



Good Friday 29th March - Closed
Saturday 30th March - Closed
Easter Sunday 31st March - Closed
Easter Monday 1st April - Closed

Tuesday 2nd April - normal working
days / hours resume



If you need to get in touch
with us, send us an email or
leave a voicemail on our
landline

Email: info@wlcccarers.com

01942 697885

We would like to take this
opportunity to wish you and your
families a lovely Easter.

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Charity News

Would you like to a make a difference to our Charity?

This is an exciting time to join our organisation!

Wigan and Leigh Carers Centre are now seeking an experienced Trustee Treasurer who is willing to share their knowledge to help shape and deliver our future work, joining our Board of Trustees.

Would you like to be able to contribute to an exciting and established organisation that provides a range of services that improve the quality of life of adult and young carers?

If so, we would really like to hear from you.

Trustees will need to attend regular Board meetings.

The position is voluntary.

For more information about the Treasurer role, please contact Chief Officer, Christine Aspin on 01942 697885 or email: christine@wlcccarers.com or visit our [website](http://www.wlcccarers.com).

WE'RE RECRUITING!

Be our new Treasurer and join our Board!

Make a difference to a local Charity

Wigan and Leigh Carers Centre
Registered Charity No. 1138908

Supporting unpaid Adult, Young Adult and Young Carers across Wigan and Leigh.



Supporting young & adult carers across the Wigan Borough

WLCC
Wigan and Leigh Carers Centre
Charity Number 1138908
Registration Number 109242

CALL 01942 697885
WWW.WLCCCARERS.COM

Charity News

Crowdfunder to raise funds for Wigan and Leigh Carers Centre



Please help support our Charity!

Enter our Crowdfunder to win a Wigan Warriors Steeden Rugby Ball signed by the 2023 Super League Grand Final winning squad including Liam Farrell, Bevan French, Jai Field, Harry Smith to name but a few!

This is your chance to own an authentic piece of Wigan Warriors rugby memorabilia! Raffle tickets from £2

[ENTER RAFFLE HERE](#)

Carer News

Carer awarded Arts Fund Grant



We wanted to share some good news with you all!

One of our registered carers, Tina, applied for a grant funding award through SANE Mental Health Charity, [The Sane Creative Awards Scheme](#).

SANE has a long association with the arts and for many years held a successful awards scheme providing grants to individuals wishing to further their artistic development.

The SANE Creative Awards Scheme builds on this tradition and presents an opportunity for those affected by mental ill-health, including their families and carers, to take a step towards realising their creative potential. It awards grants to individuals to buy materials, enrol on courses, or hold exhibitions.

We are delighted to announce that Tina was successful in her bid and has proudly sent us over some of her artwork, she says, ***"Thank you for recommending this grant, hopefully it will put Wigan Carers and Carers walks on the map."***

Well done Tina - we are thrilled for you!
The photo above shows one of Tina's amazing art creations.

Wellbeing Walks March

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.

Every Wednesday, 10.30 am

For an updated list of our future planned walks for March—please check our website events booking page, our Facebook page or call us for more information, ask for Suzanne Wilkinson

Tel: 01942 697885

[book via our website here.](#)



Mindful Mondays, Therapy Tuesdays, Wellbeing Wednesdays and *new* Self Care Saturdays



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

Therapy Tuesdays

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 call Suzanne Wilkinson 01942 697885 / email: suzanne.wilkinson@wlcccarers.com

Wellbeing 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 call Suzanne Wilkinson 01942 697885 / email: suzanne.wilkinson@wlcccarers.com

Self Care Saturdays

Treatments available for carers: Indian head, neck should and back massages. Reiki, Facials and reflexology . There is a small charge for these sessions. To make your booking, find out more information and check available times, please call Suzanne Wilkinson 01942 697885 / email: suzanne.wilkinson@wlcccarers.com

Carers Café Club

Carers Café Clubs in April 2024

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 chat with other carers and loved ones.

Call Suzanne for more information
01942 697885 or email us
info@wlcccarers.com



No need to book - just turn up

<u>Date</u>	<u>Venue</u>	<u>Time</u>
Tuesday 2nd April	The Snug, 67a Market Street, Atherton, M46 0DA	12.30 pm - 2.30 pm
Thursday 18th April	Embrace, 81 Ribble Rd, Platt Bridge, Wigan WN2 5EG	10 am - 11 am
Thursday 18th April	Ashland House Café (Steps CIC), Dobson Park Way, Ince-in-Makerfield, Wigan WN2 2DX	11.30 am - 12.30 pm
Friday 19th April	Wildmint Café, Golden Days Garden Centre, Back Lane, Appley Bridge, WN6 8RS	10.30 am - 12.30 pm
Thursday 25th April	Beehive Community Centre, Lindale Road, Mosley Common, M28 1BG	9.30 am - 11.30 am
Thursday 25th April	Cafe Iris, Howe Bridge Leisure Centre, Atherton, M46 0PJ	1.30 pm - 3.30 pm
Friday 26th April	Robin Hood, St Helens Rd, Leigh, WN7 3PA	3.30 pm - 4.30 pm

My Time Wigan

Lovely to see carers enjoying a respite break through [My Time Wigan](#). In March they visited Low Band Ground Activity Centre in the stunning Lake District! They took part in a variety of activities on the shores of Coniston Water, creating unforgettable memories.

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.

Tuesday 16th April 2024
10:30am – 12:30pm

 Compassion in Action, Patrick House,
58 Leigh Road, Leigh WN7 1QR

 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
Council



**WIGAN
BOROUGH
CARERS**



WHAT'S ON IN APRIL

Respite/Breaks/Time for you

Even the most dedicated carers sometimes long for some time for themselves, when they can stop, relax and think about them for a change, even if only for a little while.

For this reason, we offer a range of activities and events which can help carers get a break from their caring role. Most activities are just for carers, so that you get a real break from caring, but occasionally we organise events and activities which are open to carers and the person they care for.

For a list of current events, please see our [list of events and activities](#).

You can also download our monthly activity/events timetable here: [April 2024](#)

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:

Tuesday 2 April, 11am-12pm - [Book here](#)

Monday 8 April, 3-4pm - [Book here](#)

Evening Care for a Cuppa on Thursday 11 April, 7:30-8:30pm

Everyone is welcome to attend, and they particularly encourage working carers to join. [Book here](#)

Monday 15 April, 3-4pm - [Book here](#)

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

Evening Care for a Cuppa on Thursday 25 April, 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 29 April, 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 April
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 April 2 pm**

[Book here](#)

Support



ONLINE ARTHRITIS ACTION GROUPS

JOIN US ON ZOOM TO MEET
OTHERS, SHARE HINTS AND
TIPS, AND LEARN ABOUT
SELF-MANAGEMENT
TECHNIQUES

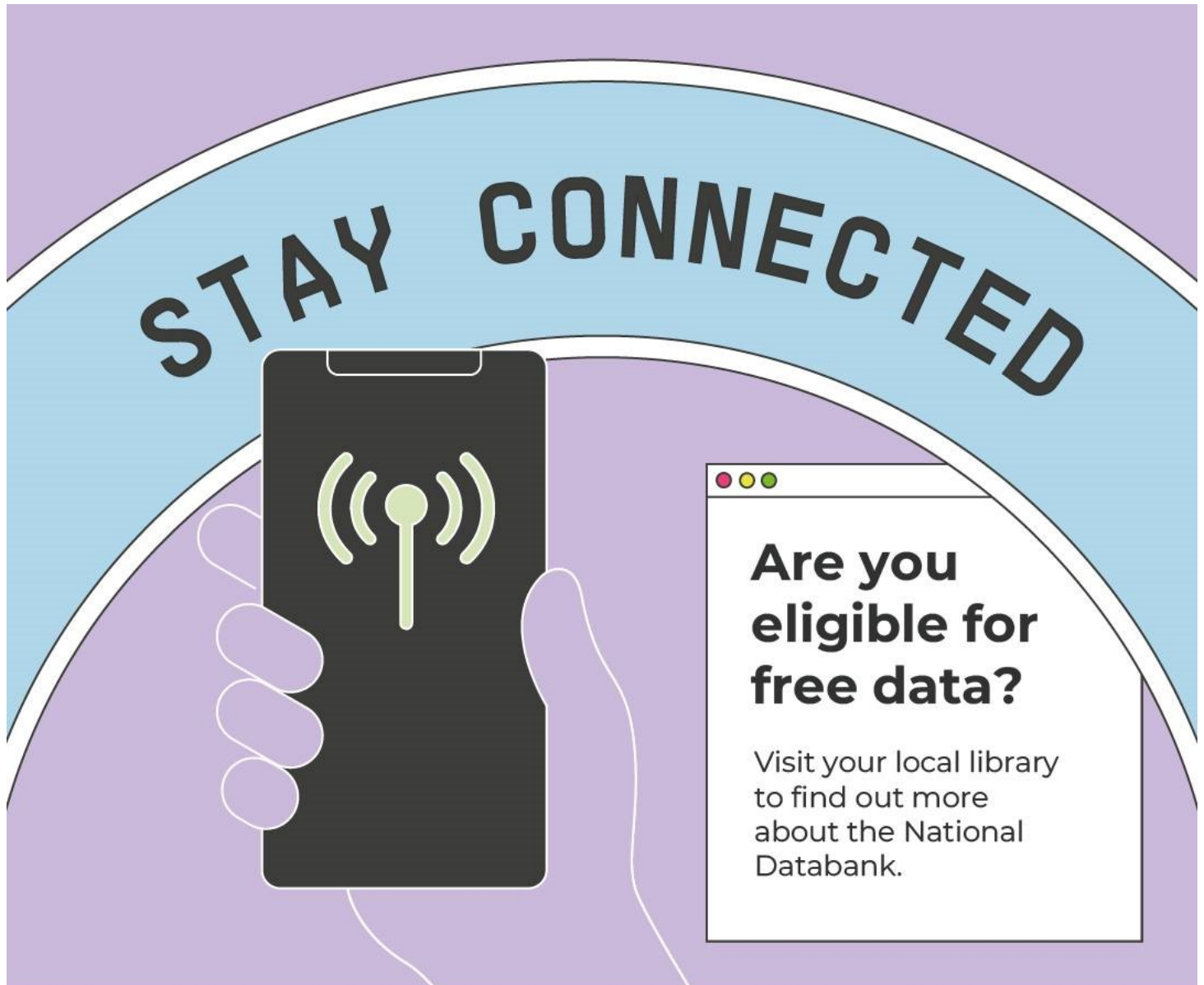
REGISTER BY EMAILING
EVENTS@ARTHRITISACTION.ORG.UK



[Arthritis Action](#) run a selection of online groups (free of charge) where people can get together with others living with or caring for those living with arthritis.

They get together to share tips, tricks, and experiences on how best to manage their condition. If you are interested, you need to contact them directly at: events@arthritisesaction.org.uk

Support



Are you eligible for free data?

The Digital Wigan team is linking with Good Things Foundation and Wigan Libraries to bridge the digital divide. No fewer than 10 of local libraries are now Databank points where people on low incomes can access free data to help them get online.

Pop in to your local library and ask a member of staff or find out more on [this website](#).

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 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](#)



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

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



Support

Support for Dementia Carers

Dates for FREE courses for family caregivers of people living with dementia with [Empowered Conversations](#).

Wednesday 3rd April and Thursday 18th April

Visit <https://empowered-conversations.co.uk/book-a-course/> 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

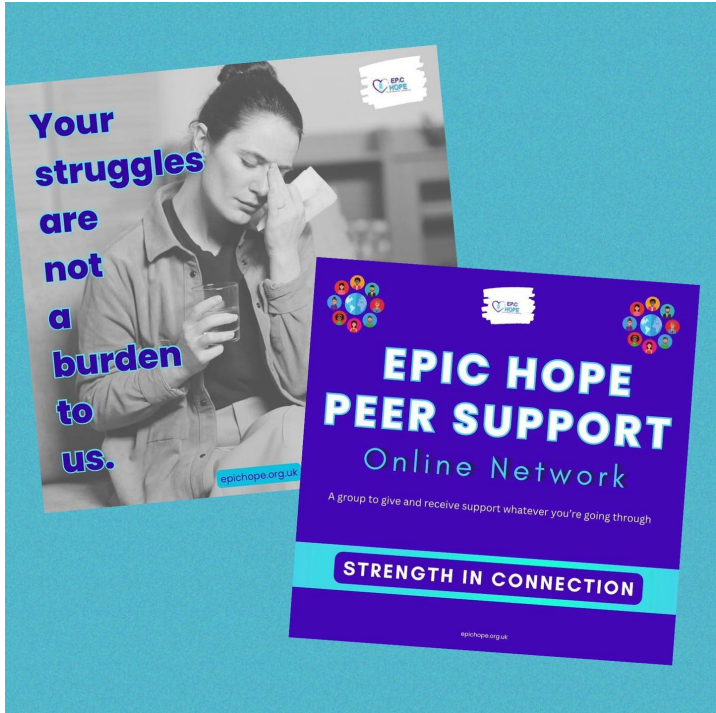


"I have found other ways to communicate, rather than just verbal communication!"



- Moving Beyond Words participant

Support

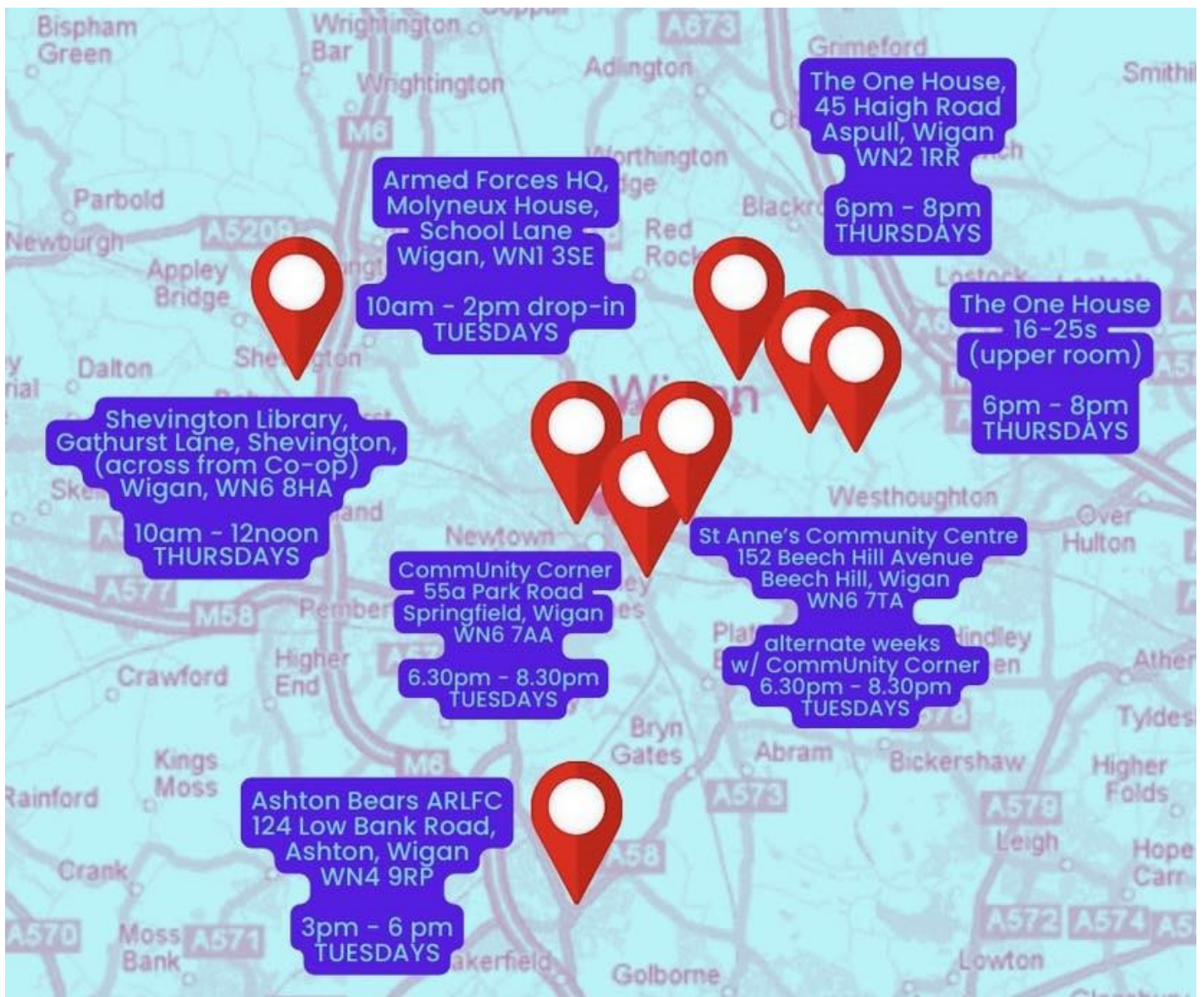


Mental Health Support from Epic Hope CIC

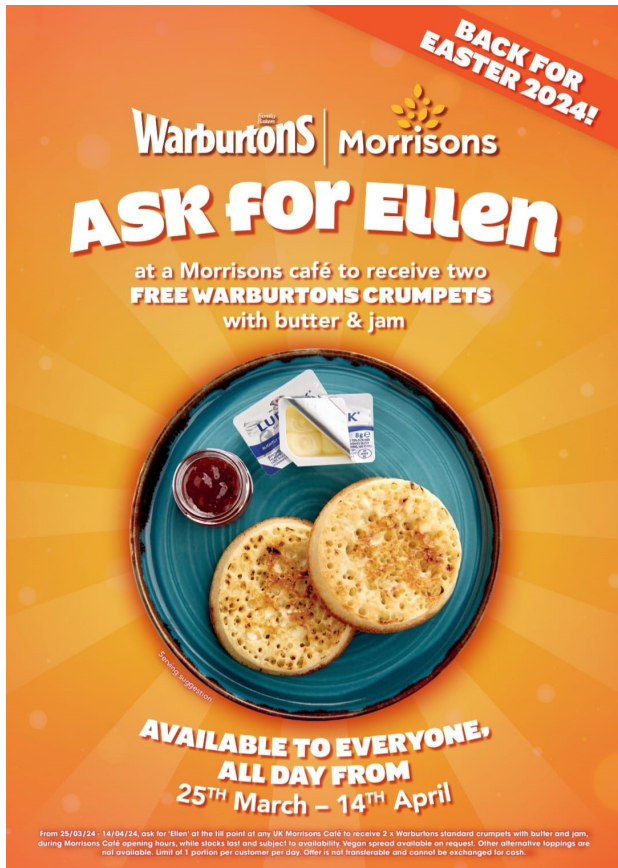
These Harbours are safe spaces to talk, to offload, to share - a real source of support if you feel in crisis.

You can visit if you feel low, lonely, blue, and have a brew and a chat with someone friendly.

[They also offer online peer support here](#)



Support

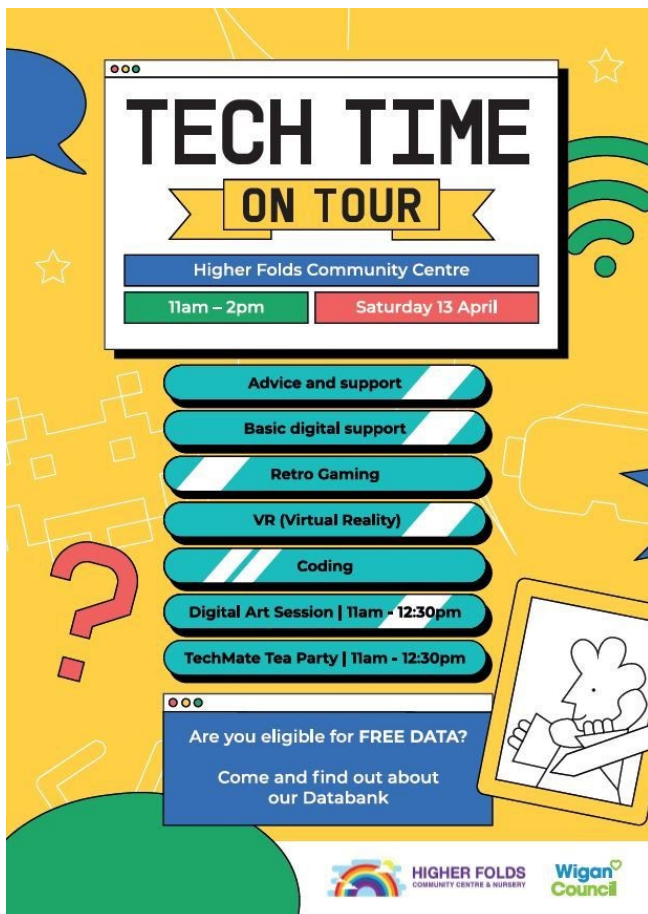


Ask For Ellen is back for Easter

Warburtons and Morrisons are once again teaming up to bring back 'Ask for Ellen' across all Morrisons Cafés.

From 25 March – 14 April, everyone and anyone can 'Ask for Ellen' at any Morrisons Café to receive two toasted crumpets, with butter and jam for free – no questions asked.

The offer will be available all day, in participating Morrisons Cafés, while stock lasts.



Tech Support at Higher Folds Community Centre

Have you heard? Tech Mates team are on tour, coming to Higher Folds Community Centre on Saturday 13th, 11am until 2pm.

- TechMate Support
- Databank SIMs
- VR Experience
- Retro Gaming
- Digital Art Session
- Coding
- Advice and information

Best bit? It's all FREE!

Support

Starting Point Plus

Starting Point Plus can help you access a range of services and organisations to enable you to live comfortably and independently within your own home.

[Find out more HERE](#)

Starting Point Plus

Starting Point Plus is a free service to advise and support people aged 50 and over (or under 50 with a disability) and their carers.

The aim of the service is to enable you to maintain your independence and make your own decisions.

We can help you access a range of services and organisations to enable you to live comfortably and independently within your own home.



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

Support to Succeed—Drop in

Wednesday 17th April 2024, 10 am

at Wigan and Leigh Carers Centre (Hindley)

One to one support for carers around Health and Wellbeing, Goals and Aspirations, Housing and Finance, Barriers to Employment, Work Experience, Life and Employability Skills.



The poster features a central illustration of two women jumping joyfully over a set of four colorful steps (green, yellow, red, white). Surrounding them are six yellow speech bubbles containing the following text: 'Life & Employability Skills', 'Work Experience', 'Health & Wellbeing', 'Overcome barriers to employment', 'Goals and aspirations', and 'Housing and Finance'. In the bottom right corner, a calendar-style box displays the event details: 'Wednesday 17th April 10am at WLCC'. The B2W group logo is in the top left, and the WLCC logo is in the top right. A stylized purple figure with a star is in the bottom left.

B2W group

WLCC
Wigan and Leigh Carers Centre

Support to Succeed Drop in

Person centred, one-to-one support

Life & Employability Skills

Work Experience

Health & Wellbeing

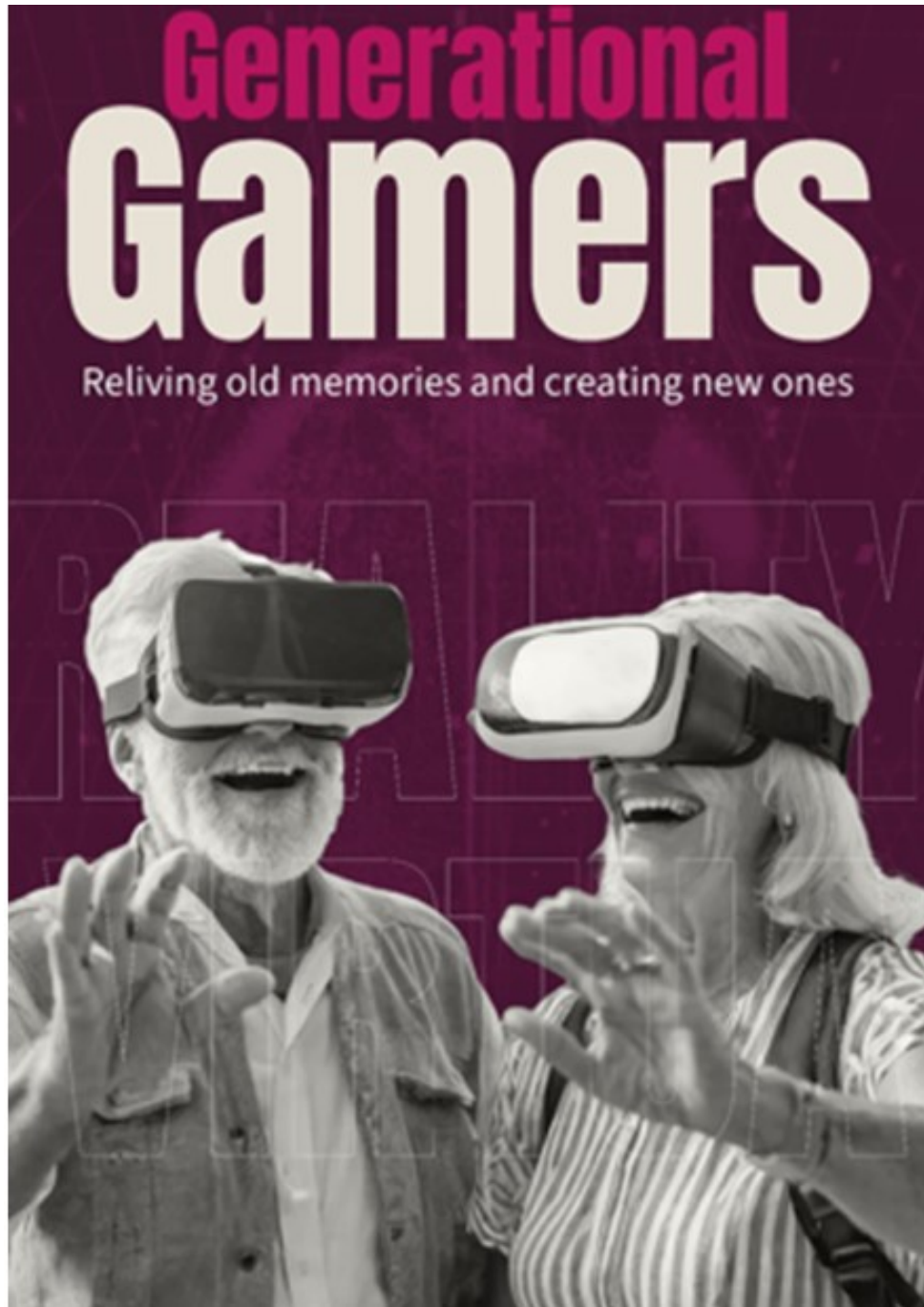
Overcome barriers to employment

Goals and aspirations

Housing and Finance

Wednesday
17th April
10am at WLCC

What's on



Thursday 25th April 2024

Get ready to level up your gaming experience at Wigan and Leigh Carers Centre. Join Home Instead for their **Generational Gamers** event where you can dive into new worlds, relive old memories and make unforgettable memories!

They are unveiling some awesome new gaming gear that will make the sessions more accessible to all. This session is for carers and their loved ones.

Location: Wigan and Leigh Carers Centre

Time: 10 am - 12 noon

No need to book—just turn up!

What's on

Mencap Online Planning for the Future

Tuesday 16th April 10.30 am—12 noon

Tuesday 30th April 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 and Decision Making seminars, where they will explain all you need to know about these subjects: 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

Friday 26th April, 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](#) or call 01942 697885

What's on

Carers UK online Share and Learn Sessions for Carers

April 2024

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



[Expand all](#) [Close all](#)

April sessions

Weekly Hatha Yoga for physical and mental wellbeing with Sangeeta Bhandari, 5-6:00pm on Wednesdays this April



Wisdom to Empower with Sara Challice (session 2) - Tuesday 9th April, 3-4pm



Wisdom to Empower with Sara Challice (session 3) - Tuesday 23 April, 3-4pm



FAMILY CARER EVENT: Understanding Dementia Better (online)
with [Dementia Adventure](#)

Free - practical guidance sessions for anyone that is caring for or supporting someone living with dementia.

Tuesday 16th April 10.30 am—12.30 pm
Thursday 25th April 6 pm—8 pm

[Register here](#)

What's on



Legal support for extraordinary families

Planning for the Future with Wills & Trusts Webinar

Wednesday 10th April, 10 am
ONLINE

On Wednesday 13th March, 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](#)

BORSDANE WOOD NATURE WALKS 2024

Led by David Winnard
(www.discoverthewild.co.uk)

Sun 24th March 10-12am - **WOODLAND BIRDS**

Sun 12th May 10-12am - **SPRING FORAGING**

Sat 15th June 10-12am - **TREES, THEIR IDENTIFICATION, MYTHOLOGY AND FOLKLORE**

Sat 13th July 10-12am - **SUMMER WILDLIFE**

Sat 31st August 1-3pm - **AUTUMN FORAGING**

Sat 28th Sept 10-12am - **FUNGI FORAY**

Sat 23rd Nov 10-12am - **WINTER WOODLAND WILDLIFE**

**MEET AT THE HINDLEY END OF BORSDANE WOOD AND REGISTER AT THE TUNNEL GATE
ALL WALKS ARE FAMILY FRIENDLY AND FREE**

Organised by Borsdane Wood & Rayner Park Friends Group



STRAWBERRY FAIR IN RAYNER PARK

**Sunday 14th July
11am - 4pm**

Yes we are back again! More fun in the park for all the family!

FEATURING:

SambAfriq; Nomad Rangers; Poppywood Alpacas; Storytelling; Hindley Ukulele Band; Bouncy Castle; Bubble Lady; Morris Dancers; and a variety of food, drink, craft and local community stalls

**Organised by Borsdane Wood & Rayner Park Friends Group
(07884 164512)**

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 April

Monday 15th April

Monday 22nd April

Monday 29th April

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

Are you or someone you care for living with a Dementia diagnosis?


Would you like to live well with this disease, sooth your mind & body and have some fun?

The first Creative Mindfulness for Dementia Course in 2023, based on the renowned Breathworks Mindfulness for Stress was described as “excellent” and increased every participant’s sense of wellbeing.

It includes learning skills to calm worry and anxiety, enjoyable creative activities, tea and cake in a small group.

Taking place over eight weeks it is FREE to attend whether you are diagnosed with Dementia or are a family member, Carer or friend.

“I have found it very useful; the course is very important in your everyday life”.



*“Hi,
I’m Cath the
course teacher. I’m
Breathworks trained and
offering this course as I
wish my Dad and I could
have done this in the
first few years of his
Alzheimer’s
diagnosis.”*

Thursdays 18th April-6th June/ 1pm to 3pm
The Gold Room at Leigh Miners Welfare Institute,
1 Kirby Road, Leigh, WN7 4EF

Contact Cath for a chat about the course on

Mob: 0798 4123 445 | Email: cathhawkins@yahoo.co.uk



What's on



ATHERTON & DISTRICT
AMATEUR PHOTOGRAPHIC SOCIETY

**Do you want to take
better photos ?**



**Then join our 4 week
Beginners Photography
Course, sponsored by Wigan Council**

If terms like aperture, shutter speed, ISO, and the exposure triangle aren't familiar - then this photography for beginners course is perfect for you.

Whether you have a DSLR, mirrorless, bridge, or just a point and shoot camera you will learn the main settings and *rules* that all professional photographers use.



**Take Your Camera
Off Auto
&**



Capture photos with confidence



ATHERTON & DISTRICT
AMATEUR PHOTOGRAPHIC SOCIETY

What you'll learn:-

- what aperture is, and how to use it creatively.
- what shutter speed is and how to use it to get sharp images
- What ISO is, and how to prevent 'noisy' photos.
- You will learn basic composition rules that will automatically improve your photography.

Course dates:-

**April 30th
May 7th
May 14th
May 21st**

**Back Stanley Street
Atherton
Greater Manchester
M46 0SX**

**We have 5 free places on this event as it is being sponsored by Wigan Council.
If you want a place, please contact the Group secretary : secretary.adaps@gmail.com**

**You must be able to
attend ALL weeks**

<https://adapsuk.org/>

Atherton & District Amateur Photographic Society

**Free places available on a 4 week Beginners Photography Course
Details in the attached flyers**

Tuesday 30th April 2024,

Tuesday 7th May 2024,

Tuesday 14th May 2024

Tuesday 21st May 2024

If you need any more information or are interested in joining the course email secretary.adaps@gmail.com

What's on

Are you supporting someone living with Dementia?
Join us for our Carer Drop In 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

French Week

**INCLUSIVE ADULT
RELAXED CRAFT**
FOR ADULTS +18
WITH
HINDLEY LIBRARY & COMMUNITY CENTRE

12 April 2024
10.30am-12.00pm
£1

Let's get arty for French Week!
Join us for an hour & a half of French arts & crafts with a delicious selection of French croissants and nibbles.

Booking required: by phone 01942 255 287
Hindley Library & Community Centre,
First Avenue, WN23EB

Wigan Council
@Ambassadors_from_Angers
angers@wigan.gov.uk



Inclusive Adult Relaxed Craft session at Chapter One Tea Rooms 18+

Celebrating exciting
French Week!

Friday 12th April
10.30 am - 12 noon

Booking required, call
01942 255287

Free Mental Health and Exercise Festival

Do you ever struggle with your mental health, and think about what life would look like if you had limitless energy, confidence and body image pride?

Do you ever wonder how it would feel to be fit, healthy and proud of the person staring back at you in the mirror?

MHEC-Fest is a free fitness festival that is taking place in approximately 30 locations all over the U.K. this April (including Wigan) with the goal of helping more people to take up fitness in a safe and supportive environment, and to remove some of the many barriers to exercise.

Want more info on how you can secure your free space at MHEC-Fest on Saturday 20th April and begin your exercise journey?

[Book here](#)



MHEC-FEST
**FREE MENTAL HEALTH
& EXERCISE FESTIVAL**
SATURDAY 20TH APRIL 10AM-1PM
Wigan

What's on



Wigan Wellness Web present

Rest Relax Restore

FREE TO ATTEND

Are you feeling isolated, anxious, stressed, grieving, dealing with a chronic condition, in pain, experiencing low mood, or simply finding some days a struggle?

Join our

FEEL GOOD FRIDAY GROUP

a welcoming social space to enjoy
**Mindful Activities, practice Relaxation Techniques and,
learn Coping Strategies**

Monthly sessions Friday 10.00am - 12.00am
19th April. 17th May. 14th June. 19th July. 16th August. 20th September

**Hindley Library and Community Centre
First Ave, Hindley, Wigan WN2 3EB**

These sessions are funded by Awards for All

You can self-refer to book your place.
Ask a member of Thrive or Library staff for a form.
Alternatively, you can email wiganwellnessweb@gmail.com

Find out what else we offer @WiganWellnessWeb on
Facebook and Instagram



What's on

Tuesday 2nd April 2024 - 7.00pm to 9.30pm

'Person Centred Planning - How to make it real
Hosted by Sam.

Sam Sly - Ensuring people's plan for their futures
reflect their strengths, hopes and dreams



Starting to planning for housing.
Hosted by Jane.

What you need to know to find the right housing and the
right support for young disabled people and adults to have a
great life.

Jayne Knight - is a specialist in how to get housing
for people with disabilities to live their
best lives in the community



for more information, please email
katie@bringingusstogether.org.uk

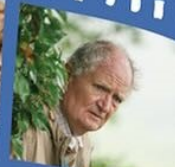
to book a place contact
karen@bringingusstogether.org.uk

To book a place email Karen:
karen@bringingusstogether.org.uk

What's on

MOVIE MAGIC FOR 2024

AFTERNOON
— classic —
★
CINEMA
★★★ club ★★★



- 26th Jan Allelujah
23rd Feb Singin' in the Rain
29th Mar I Confess
26th Apr The Hunchback of Notre Dame
31st May The Lost King
28th Jun Living
26th Jul Brigadoon
30th Aug The Unlikely Pilgrimage of Harold Fry
27th Sept Casablanca
25th Oct Hound of the Baskervilles
29th Nov The War Below



1 pm
The Turnpike Centre
MARKET ST. CIVIC SQ, LEIGH
WN7 1EB

FREE ENTRY

DONATIONS WELCOME

CONTACT: 07969647466

 @LEIGHFILM

 LEIGHFILMSOCIETY

WWW.LEIGHFILMSOCIETY.COM

What's on

MINERS MEMORIES



DEMENTIA CAFE

10:00 - 12:00
Every last Wednesday of the
month

www.leighminers.com

About Us

Come along for a cup of coffee, share stories, and join in fun activities designed to uplift spirits and create joyful moments.

Contact Us

Phone	01942 672984
Mail	leighminers1957@gmail.com
Website	www.leighminers.com

What's on



danspiration
for all!

Special Guest - Dianne Halliwell

FREE workshop
Wednesday
3rd April
1.00 - 2.30pm

*Dianne will explore the **Bollywood** style of dance!
This workshop is aimed at children during school Easter holidays
although, as always, anyone is welcome!*

Venue: Buckley Theatre School
Unit 8, Tower Enterprise Park, Great George Street, Wigan WN3 4DP

Please book via the **Eventbrite** link as numbers are limited!
Email martin.mtwdanspiration@gmail.com if you are thinking of bringing a big group.

Inclusive dance workshops for all ages happen at the same time each week!

Winners of The People's Projects

 **COMMUNITY FUND**  **more than words**

Thanks to National Lottery players



danspiration
for all!

Special Guest - Kate Stanforth

FREE workshop
Wednesday
10th April
1.00 - 2.30pm

*Using inspiration from Kate's classical training & upbringing around
classical music, this workshop will explore how both movement & music
can be adapted onto different bodies.*

Venue: Buckley Theatre School
Unit 8, Tower Enterprise Park, Great George Street, Wigan WN3 4DP

Please book via the **Eventbrite** link to be sure of your place as numbers are limited - but **anyone is welcome!**

Inclusive dance workshops for all ages happen at the same time each week!

Winners of The People's Projects

 **COMMUNITY FUND**  **more than words**

Thanks to National Lottery players

Dancing for all!

Danspiration have **two special sessions** coming up in the Easter holidays that are FREE to attend but people need to book via Eventbrite (See attached flyers and booking links below). Places are limited to 25 people in each workshop. Carers and/or PA's need only book a place if they will take part in the session, otherwise they can simply observe and do not need a ticket.

3rd April – Bollywood workshop with Dianne Halliwell

Booking link: <https://www.eventbrite.com/e/866155603727?aff=oddtcreator>

They would particularly like to welcome young people to this session while it is the school holidays. Click on the booking link above for further information.

10th April – Classical workshop with Kate Stanforth

Booking link: <https://www.eventbrite.com/e/866632921397?aff=oddtcreator>

Click on the booking link above for further information.

This workshop will be of particular benefit to less mobile people or those who use wheelchairs and they would like to encourage adults to attend this one.

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	4 January 2024
48-50 Market Street	1 February 2024
Hindley	7 March 2024
WN2 3AN	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	17 January 2024
Wigan & Leigh College	14 February 2024
New Market Street	13 March 2024
Wigan	17 April 2024
WN1 1SE	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	17 January 2024
Beech Walk, (Off St. Helens Road)	21 February 2024
Leigh	20 March 2024
WN7 3LH	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	23 January 2024
Church Street	27 February 2024
Standish	26 March 2024
WN6 0JT	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



Be Well **Wigan Council**

Dementia Friendly Short Walk

Starting Wednesday 3 April

Wednesdays 10.30am

Meet at Caffeina Café,
Pennington Hall Park, Leigh, WN7 3JD

Join us for a social brew afterwards at the Café

What's on



Bright Days Programme

March - May 2024

Monday

- 10.30am Walking Football* Howe Bridge Leisure Centre, M46 0PJ
- 11 am-12.30 pm Soup and Sandwich, Shevington (Enquire to find out more)

Tuesday

- 10 am - 12 pm Sing that Song, Grosvenor Court, Orrell Road, Wigan, WN5 8HD.
- 1 pm Telephone Quiz Group.
- 6.30 pm Walking Football* Newbridge High School, Platt Bridge, WN2 3TL.

Wednesday

- 10.15 am Silver Choir Argyle St Methodist Church, Hindley, WN2 3PN(Term time only)
- 1 pm- 3 pm Jamming Session (Popular Music) The Old Courts, Crawford Street, Wigan Bring along your musical instrument, WN1 1NA.

Thursday

- 10 am Hindley Ukulele Group, Argyle Street Methodist Church, Hindley, WN2 3PN.
- 7 pm- 8 pm Women's Walking Football* Atherton High School, M46 0AY.

Friday

- 10.30 am -11.30 am Walking Football* Howe Bridge Leisure Centre, M46 0PJ.
- 1 pm Bingo Hesketh Manor, Bullough St, Atherton, M46 0DL.
- 2 pm - 4 pm Beginners Dancing (Dance & Chat). St Josephs Hall (Mather Room) , Mather Lane, Leigh WN7 2PR.

*In partnership with Be Well at Wigan Council



Contact us to enquire - **01942 615880**

www.ageukwiganborough.org.uk



What's on

Lasting Power of Attorney for people with memory impairment

Friday 12th April 2024

10 am - 12.30 pm

Venue: Wigan and Leigh Carers Centre, Hindley, Wigan, WN2 3BD

Call 01942 764462 to book

or email: cassie.eastham@gmmh.nhs.uk



Greater Manchester
Mental Health
NHS Foundation Trust

Lasting Power of Attorney for people with memory impairment Wigan Later Life & Memory Service

An advice session with a qualified solicitor open to people with memory problems, including mild cognitive impairment and dementia, and the friends and family who support them.

12th April 2024 10-12.30

Wigan & Leigh Carers Centre

3-5 Frederick St, Hindley, Wigan WN2 3BD

Book your place by emailing cassie.eastham@gmmh.nhs.uk
or call 01942 764462

Sessions are also available at The Curve, Prestwich throughout the year

Friday 14 June 2024

Wednesday 18 September 2024

Wednesday 11 December

For more details about these sessions

email neil.grace@gmmh.nhs.uk

or call 0161 357 1246



Improving Lives

Parent Carers

Play Laugh Support

SHINE SUPPORT GROUP

Open to parents, carers, and adults in the community seeking a warm and supportive environment. Join us in our specially designed soft play room for a unique and inclusive experience!



**WEDNESDAY'S
10-12PM**



To book a place contact
01695 455625
or email:
sensory@twinklehouse.co.uk

Connect and Share
Connect with other parents and carers.
Share experiences, tips, and laughter.
Build a community that understands and supports each other.

Inclusive Atmosphere
All abilities and needs welcome.
Accessible facilities for everyone to enjoy.

Warm Drinks and Conversations for Adults
For adults attending without their children, or those who simply want a break, our cozy corner offers a space to enjoy a warm drink and engage in friendly, supportive conversations.

Safe Play Space for Little Ones
Let your children explore and have fun in our expertly crafted soft play area, tailored for their safety and enjoyment.

Parent Carers



Expert Parent Programme

This is a freely available, self-guided course. This training is aimed at parents and carers to help navigate the health system.

Topics include:

- Personal Health Budgets
- Learning disabilities and behaviour that challenges
- CAMHS and other mental health support services
- Supported decision-making and the Mental Capacity Act
- Planning for an uncertain future



UNITED FOR DISABLED CHILDREN

Sign up to complete the free e-learning course:
Expert Parent Programme.

Topics include:

- Personal Health Budgets
- Learning disabilities and behaviour that challenges
- Supported decision-making and the Mental Capacity Act
- Planning for an uncertain future

[Register here](#)

Parent Carers



Parent Carer Coffee Mornings
Carers Centre, Hindley WN2 3BD

Wednesday 10th April
Wednesday 24th April

10 am—12 noon

No need to book—just turn up!

Male carers



Male Carers Group
***Curious Critters**
Easter Special*

Carers Centre,
Hindley
WN2 3BD

Thursday
4th April
1 pm—2.30 pm

[Book here](#)

or call us 01942 697885

Young Carers

**Happy Easter from
our Young Carers!**

We welcomed Young Carers to our open access Easter session, making Easter bonnets - don't they look fab!!
So colourful.

It was then onto a traditional Easter Egg hunt around the Centre.

Thanks to those who joined us, we had a cracking time.



Young Carers Cook Club

March 2024



WIGAN AND LEIGH CARERS CENTRE

Young Carers Cook Club at Fur Clemt

Young Carers have been enjoying Cook Club hosted at Fur Clemt in Wigan.

Cooking up a treat and making 'twice baked potatoes'. Yummy!

Thank you Shirley for running this session and thank you to our amazing Volunteers for helping Young Carers and families.

Young Carers

Young Carers Job Club

Carers Trust launching Young Carers Futures Job Club, providing career-focused sessions to upskill young adult carers

Join on **Monday 8th April, 3-4pm** to hear about the fantastic careers within Marriott Hotels & Resorts

YOUNG CARERS FUTURES JOB CLUB VIRTUAL



FIND OUT ABOUT CAREERS WITH
THE MARRIOTT HOTELS & RESORTS



MONDAY
8 APRIL, 2024



15.00 - 16:00 PM

[BOOK NOW](#)



MARRIOTT
BONVOY

CARERS
TRUST

[Register here](#)

Young Carers

Sign up to the Young Carers Covenant and write to your local Councillor / MP

Carers Trust have launched the Young Carers Covenant which sets out how together we can protect the futures of over one million young carers across the UK. Back in March we wrote to every single Councillor in this Borough to ask for their support for Young Carers. You can do the same!

[Show your support and sign the covenant today!](#)

[Write to your local Councillor or MP](#)



Sign up to the Young Carers Covenant



Give your support for a **Fair Future for Young Carers**

Volunteers Needed

Companionship Volunteers Needed for our Carer Companion Service

We are currently looking for Companionship Volunteers who can spare a few hours a week.

Why Volunteer as a Companion? 5 Ways to Wellbeing

Give - Feel the reward of 2-3 hours a week as Companion in our Carers homes, enabling them to receive respite from caring responsibilities.

Connect - Socially meet fellow volunteers, feel part of a team and bridge the isolation gap for our carers and their cared for person.

Get Active - Get out and about in the community promoting your physical wellbeing.

Take Notice - Communicate and interact with our carers and their cared for person, strengthening your ability to empathise, listen and motivate them as you pay attention and notice when they need your support.

Keep Learning - Expand your awareness, gain confidence, and skills surrounding various struggles our carers and their cared for experience such as Dementia, Parkinson's, Anxiety, Isolation, tiredness and strengthen your ability to support them under mentorship from our Carer Companion Team Lead, Louise

Interested? Give Louise a call or email to find out more! Call 01942 697885 / mobile: 07754648859 or email: louise@wlcccarers.com



Volunteers

Spring into Volunteering event

Date: Monday 15th April 2024

Time: 12.30 pm to 2.30 pm

Wigan and Leigh Carers Centre, Hindley

Who is it for:

- ⇒ Anyone over 18 interested in discovering our volunteering opportunities at WLCC
- ⇒ Existing volunteers social and catch up

What to expect:

- ⇒ A warm welcome from staff and volunteers.
- ⇒ Discover what Wigan and Leigh Carers Centre do.
- ⇒ Learn about our various opportunities, from adult befriending, companionship to young carers posts.
- ⇒ Learn about our new in-house training "The Volunteer Compass".
- ⇒ Engaging activities.
- ⇒ Light refreshments and snacks.



The poster features a blue background with yellow flowers. In the top left is the WLCC logo with the tagline 'Supporting carers of all ages'. The main title 'Spring into Volunteering' is in large yellow font. Below it, the text 'Invitation to discover all about our volunteering opportunities at our centre and connect with our existing volunteers' is in white. A photo shows two women high-fiving. An illustration of a person with arms raised and a 'LEARN DAY' t-shirt is next to a coffee cup. The text 'Includes: Light refreshments' is written diagonally. At the bottom left, a bell icon is next to the event details: 'Date: Monday 15th April', 'Time: 12.30pm - 2.30pm', and 'Location: Wigan and Leigh Carers Centre'.

WLCC
Supporting carers of all ages

Spring into Volunteering

Invitation to discover all about our volunteering opportunities at our centre and connect with our existing volunteers

Includes:
Light refreshments

Date: Monday 15th April
Time: 12.30pm - 2.30pm
Location: Wigan and Leigh Carers Centre

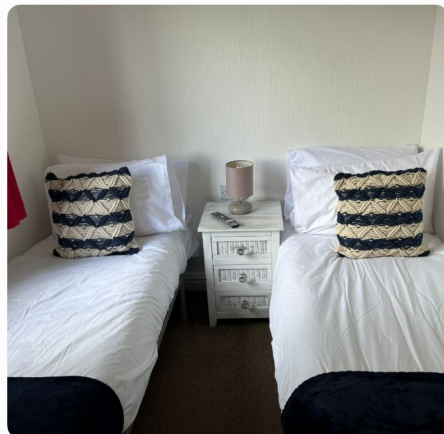
The Carlton Lodge

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

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



WLCC
Wigan and Leigh Carers Centre
Charity Number 1138468
Registration Number 720321

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

