

Carers in Wigan & Leigh

Issue 3 March 2022
www.wlcccarers.com

Reaching out to carers

01942 705959

Speaking with one voice for all carers in Wigan borough

Follow us on: [facebook](#) [Instagram](#) [twitter](#) [Linked in](#)

To follow any of the links contained in this newsletter, download it by clicking the  button in the top right of this screen and accessing the links you're interested in.

Wigan and Leigh Carers Centre would like to say a huge thank you to Wigan Rotary Club and John O'Neill who have recently made very kind donations to our young carers.

In January, Peter Wild, Young Carers Team Leader attended the Inspire Concert at Trinity Church which featured finalists from the Wigan Musician of the Year Award. There was an incredible array of talent there.

Peter said, *"It was a real honour to be invited to attend the event on behalf of Wigan and Leigh young carers. I have a couple of thank yous to make. The first thank you is to Wigan Rotary Club who very kindly donated £300 to young carers based on funds raised from the ticket sales of the event. This money will be used to support one-to-one befriending sessions, where an individual young carer has a session with just one staff member or volunteer. Normally this involves a bite to eat for the young carer, perhaps an activity and a listening ear.*

The second thank you is to John O'Neill. John sponsors the finals of the Wigan Young Musician Competition and has been a big benefactor of them over the years. When talking with him about the Rotary he spontaneously offered to personally donate £500 to young carers. This money will go towards supporting respite activities for young carers in Wigan."

A huge thank you to both Wigan Rotary and John O'Neill for supporting young carers charity.

Why not volunteer for us?

To discuss our volunteering opportunities contact: joe.cobb@wlcccarers.com or ring 01942 705959.

Dementia care support



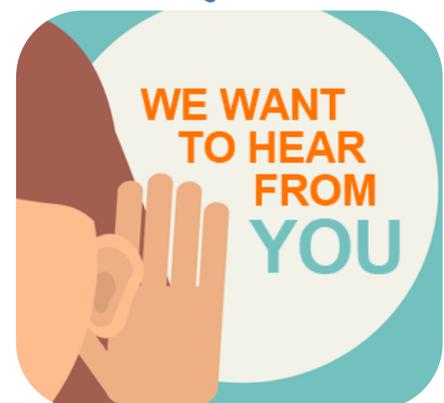
Liverpool Dementia and Ageing Research Forum

Dementia care after a diagnosis, how can Admiral Nurses and Dementia Care Navigators help?

In the March Liverpool Dementia and Ageing Research Forum, guests will hear from an Admiral Nurse and a Dementia Care Navigator about the type of care they can provide to people living with dementia and unpaid carers after a diagnosis.

To book, or find out more about this event held online on Wednesday 30th March between 1.00pm and 2.00pm, [please click this link](#).

Young carers



See page 10 for more details.

Wigan
Council

Wigan and Leigh Carers Centre are commissioned by Wigan Council to carry out Carers Assessments and work in partnership with them to deliver other services to support unpaid carers.

Company registered in England and Wales 07293521. 3-5 Frederick Street, Hindley, Wigan, WN2 3BD.

Greater Manchester Fire and Rescue Service (GMFRS) provides free home fire safety advice to keep you safe. For personalised advice and to find out if you are eligible for a free Home Fire Safety Assessment (HFSA) - a free visit to your home – [click here](#).

Alternatively, the contact telephone number for those who don't have access to the internet is 0800 555 815. The contact centre staff will assist you and book your HFSA if you are eligible for a visit.



GREATER MANCHESTER
FIRE AND RESCUE SERVICE



Free Home Fire Safety Assessment

Half of fires that result in deaths are in homes with no working smoke alarm

Smoking is the main cause of fire deaths in the home

Most fires in the home start when people are cooking

Greater Manchester Fire and Rescue Service provides home fire safety advice to keep you safe.

For personalised advice or to find out if you are eligible for a Home Fire Safety Assessment, please scan the QR code or visit our website at manchesterfire.gov.uk



(Accidental fire data from 2009/10 to 2019/20)

Working smoke alarms save lives

Greater Manchester Fire and Rescue Service was called to a house in Leigh after residents were alerted to a fire by their smoke alarm. Firefighters attended the scene quickly and rescued three people whilst other crew members tackled the fire in the bedroom. Firefighters successfully put the fire out and stopped it spreading. It is suspected that the fire was caused by smoking materials.

Station Manager for Wigan, Chris Evans, said: "If it wasn't for the smoke alarm alerting the residents to this serious fire the outcome could have been far worse. This incident is a reminder to make sure there are working smoke alarms on each floor of your property."

Remember! If there is a fire in your home:



Get out



Stay out



Call 999

manchesterfire.gov.uk | [@manchesterfire](https://twitter.com/manchesterfire)

If you do not have access to the internet, call 0800 555 815

Saving lives, protecting communities, working together

FSC HFSAL A

BBC autism documentary wants to hear from you!



BBC Studios is producing a new two-part documentary for BBC Two. 'Inside the Autistic Mind' will be presented by Chris Packham and explore the lives of people on the autism spectrum.

- Are you interested in sharing your lived experience of autism?
- Would you like the non-autistic people in your life to understand your world better?
- Would you be interested in collaborating with our team of animators and graphic designers to help communicate your experiences?

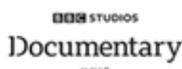
We're particularly keen to hear from...

- Older autistic people diagnosed as children
- Black and Asian autistic people
- Autistic people from other ethnic minority groups
- Autistic parents of autistic children

This is because we feel their stories are frequently underrepresented in the media.

If you would like to find out more, please tell us a little bit about yourself using the form at www.bbc.in/3pYT0ph.

We look forward to hearing from you.



Are you interested in taking part in a new, BBC Two documentary called Inside the Autistic Mind, presented by Chris Packham?

The BBC is particularly keen to hear from older people, autistic parents and other groups who they feel are underrepresented in the media.

[Follow this link below to find out more.](#)



Huge thanks to carer, Graham and Eric from Hindley Allotments for prepping our outside planters.

Fantastic work gents we really appreciate it.



COVID BEREAVEMENT

ONLINE SUPPORT GROUP BUBBLE

7PM ON THE FOLLOWING DATES:
(GMT)

2ND MARCH 2022

6TH APRIL 2022

4TH MAY 2022

Are you a former carer that has lost someone to Covid?

Perhaps you know of a friend who may find this online support group beneficial.

Contact **The Loss Prevention Foundation** for more information.

Fancy a break?

Caravan breaks are one of the many Deafblind UK services for people who care for, support or look after someone with sight and hearing loss.

Deafblind UK's self-catering caravans are available to anyone who is in need of a break, for stays of up to one week from as little as £72 a week.

The modern caravans at Haven Holiday Parks in the coastal villages of Hopton-on-Sea in Norfolk or Presthaven in North Wales are suitable for people with sight and hearing loss and other care needs. With room to sleep six people, it is large enough to accommodate friends and family, or care workers if needed.

For more information or to book a stay in a Deafblind UK caravan telephone 0800 132 320 or email: caravan@deafblind.org.uk. For further information [visit their website](#).



LET'S INNOVATE

Pitch your idea, Have your say,
Launch your project, **HELP CARERS**



www.wigan.gov.uk/LetsInnovate



Have your say

Are you an unpaid carer or resident in Central Wigan or the surrounding areas? Do you want to have your say on new opportunities to make a real difference to the lives of unpaid carers?

If so, [click this link](#).

Follow Wigan and Leigh Carers Centre on:



Tell us what your health and care priorities are for 2022-23

We want to know what YOU think Healthwatch Wigan & Leigh should be focusing on over the next 12 months!

Tell us the three areas of health and care that are important to you, and why!

Call us on 01942 834666.

Email: info@healthwatchwiganandleigh.co.uk.

Or complete the online survey.

The first joint Greater Manchester carers walk of the year took place at the end of January in Heaton Park. Carers and those they care for came from organisations including Wigan and Leigh Carers Centre, and locations such as Manchester and Bury. Despite the cold weather they had a bumper turnout of 36. All enjoyed either the short or longer walk around Heaton Park.

There were lots of opportunities for photos; the very impressive Somme Memorial, the donkeys and other animals. There was even a stop off at the cafe for a warm drink and delicious lunch.

We would like to say a huge thank you to **Carers Stepping Out** for extending their invitation and warmly welcoming the WLCC gang, we had a fab time.



Figures released recently suggest people living with dementia in Wigan missed out on potentially vital care reviews they were entitled to last year.

NHS guidance states dementia patients' mental and physical wellbeing should be re-assessed annually due to their increased risk of depression and being less likely to report physical problems.

The Alzheimer's Society warned that outdated care plans may increase the chances of those living with dementia being hospitalised for issues that could have been prevented with good care.

If you care for someone living with dementia, speak to your GP or [click here](#).



BROGRESSION

BRING THE MENERGY!

Broggression is a weekly group, focusing on supporting young men and boys with emotional development.

These sessions will be a safe space to discuss a variety of topics and issues such as:

- ✓ Bullying
- ✓ Healthy Relationships
- ✓ Male Stereotypes
- ✓ Toxic Masculinity
- ✓ Breaking Male Stigmas

🕒 **Every Thursday**
4pm - 6pm



✉ ian.morton@wigan-youthzone.org

YOU'RE INVITED TO JOIN OUR ONLINE

CUPPA & CHAT

FOR PARENTS & CARERS LOOKING TO GAIN SUPPORT, VALIDATION AND GUIDANCE FROM OTHERS WHO 'GET IT'



SUNSHINE'S CUPPA&CHAT – FREE TO ATTEND
EVERY OTHER WEDNESDAY AT 8:30PM | ONLINE VIA ZOOM

RESERVE YOUR PLACE: www.sunshine-support.org/events



Online Cuppa and Chat for SEND parents and carers with Sunshine Support

Sunshine Support are delighted to bring their highly regarded Cuppa and Chat to ZOOM online, to support parents, carers and professionals of children with SEND.

This is an opportunity to go online, grab a cuppa and chat with others who understand.

[Book here.](#)



It was really lovely to welcome carers to our evening support session in January where they shared good food, refreshments and of course conversation.

Thank you to all who joined, we hope you had a relaxing time together.

For more information about upcoming activities at WLCC, [please click here.](#)



PUSHED TO THE EDGE: LIFE FOR UNPAID CARERS IN THE UK

THE VOICES AND EXPERIENCES OF UNPAID CARERS
A CARERS TRUST REPORT

**CARERS
TRUST**

See page 7 for more details
of the report findings.

**WE ARE EXCITED TO LAUNCH
OUR NEW EXCITING
PARTNERSHIP...**

ARE YOU AN UNPAID CARER?

**MYTIME CONNECT UNPAID CARERS WHO
WOULD BENEFIT FROM A BREAK FROM
THEIR DEMANDING CARING ROLES WITH
LOCAL BUSINESSES OFFERING
COMPLIMENTARY LEISURE BREAKS**

COME DOWN TO ONE OF OUR
DROP IN SESSIONS FOR
MORE INFORMATION.

FRIDAY 4TH MARCH FROM 1PM.
@ HINDLEY LIBRARY AND
COMMUNITY CENTRE



**FOR MORE INFORMATION
CONTACT ROX:**

RHARTNELL@LOCALSOLUTIONS.ORG.UK



CHAPTER ONE TEA ROOMS



@HINDLEYCOMMUNITYHUBANDBLIBRARY



FIRST AVE.
HINDLEY,
WIGAN,
WN2 3EB
01942 255287



Women's Friendship Group

When? Every Wednesday 12 till 2pm

Where? Wigan Library in the ALRA Room.

Use Hewlett Street entrance. WN1 1YN

Refreshments available

Guest speakers every week.

Come and meet up, make new friends, don't be shy

You will be welcomed, so give us a try.

Contact details: Contact Susan on

Email suchoc@live.co.uk / mobile 07305717052

Facebook- search ChatterCats.

If you are an unpaid carer and would like to find out more about mytime Wigan, come along to meet Rox at Chapter One Tea Rooms in Hindley Library on Friday 4th March from 1.00 pm.

To sign up, please download this newsletter and [click here](#).

Did you know that yoga is a great way to practice mindfulness and relaxation while doing gentle exercise?

If you're living with MS, caring for someone with MS or know someone who does, MS Society UK have created a series of yoga workouts specifically for people with MS. The sessions are led by yoga teacher, Laura, who is living with MS herself. [Check out these brilliant sessions on their site.](#)



Crafty carers at WLCC

Another fantastic morning of crafts for carers at the end of January.

Always a pleasure to welcome them to the centre for some much needed respite and relaxation.

For more information about upcoming classes or activities at WLCC, [please click here](#).





Pushed to the Edge: over 90% of unpaid carers feel ignored by the Government

Findings published in February 2022 from a Carers Trust survey of over 1,550 unpaid carers across the UK provide alarming evidence of a deep-rooted failure by successive governments to understand and meet the basic support needs of millions of people struggling to provide unpaid care for a family member or friend.

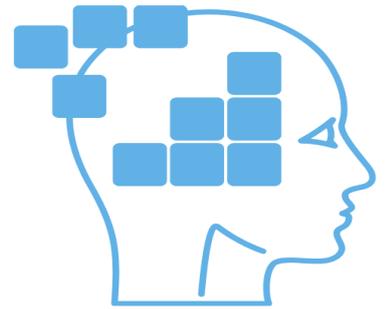
Carers Trust calls on Government to develop a new UK Strategy for Carers to improve support for the 'cared-for' and increase support for carers themselves, including access to respite breaks and reform to the Carers Allowance.

[Read more here.](#)

PUSHED TO THE EDGE: LIFE FOR UNPAID CARERS IN THE UK

THE VOICES AND EXPERIENCES OF UNPAID CARERS
A CARERS TRUST REPORT

**CARERS
TRUST**



See front page
for more details.

Liverpool Dementia and
Ageing Research Forum

Out and About



HAIGH WOODLAND PARK

These sessions are designed for older adults, including those living with dementia and their friends and families. All sessions are fully accessible for wheelchair and walking frame users and include nature walks, adventure golf, arts and crafts, Boccia and other indoor activities. Tea and Coffee provided.

**Booking
is essential**

Cost: £3
Free for
carers

10:30am - 11:30am

March 14th; April 11th; May 9th;
June 13th; July 11th; August 8th; September
12th; October 10th

Booking and for more information:
Activeinclusive@bewellwigan.org



IN CELEBRATION OF CARERS
THE A WORLD UK
INVITES YOU



Bolton Whites Hotel
Saturday 4th June, 2022
7pm - 00.30am

email: info@theaworlduk.com
£10 per ticket (max 2)

'Celebration of You' is an adult only event for carers/parents of the autistic community.

For more information [please click here](#) or email: info@theaworlduk.com.

The 'Transitions into care' series explores the decision to move a friend or family member with dementia into a care home.

Led by registered health and care professionals, these online sessions support carers through this difficult life event. The team of experts help family carers to feel as prepared and supported as possible during this time. There will be time to connect with other carers as well as the professionals in a supportive and protected environment.

Starts Monday 14th March at 1.30pm. All online learning sessions are free to family carers.

[Sign up here.](#)





INFORMING  EMPOWERING  ENGAGING 

Wigan parent carer forum

WIGAN SEND EVENT

For Parent Carers of Children/Young People with Special Educational Needs/Disabilities aged 0-25

UPDATES ON WIGAN'S SEND PRIORITY PLAN FROM WIGAN COUNCIL AND HEALTH SERVICES

WHAT IS A PARENT CARER FORUM?

INFORMATION STALLS

Full Agenda to follow

WEDS MARCH 23RD
9:30AM-2PM

Book via:



For further information please contact
admin@wiganpcf.org.uk



Lunch Provided

St Peter's Pavilion
Hurst St,
Hindley,
Wigan WN2 3DN

VOLUNTEER

Wigan and Leigh Carers Centre is currently looking for volunteers to join our Young Carers team.

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

Do you have an understanding of issues experienced by young carers?

We are looking for individuals who would like to volunteer with any of the following:

- leading and planning groups and activities for young carers
- running group sessions, picking up and bringing young carers to sessions
- supporting young carers during residential activity breaks
- promoting and representing the young carers service and wider centre at community events

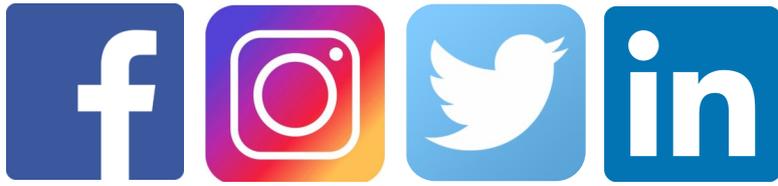
We also are looking for volunteers who have specific skills, interests or ideas to enrich our offer for young carers.

If you are interested in any of these roles, please contact our Volunteer Coordinator Joe Cobb on 07754 648859 or email him at: joe.cobb@wlcccarers.com.

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Young carers



YOUR VOICE MATTERS

CALLING ALL WIGAN YOUNG CARERS - 2022 SURVEY

Take Our SURVEY!

SURVEY CLOSSES 14/03/2022

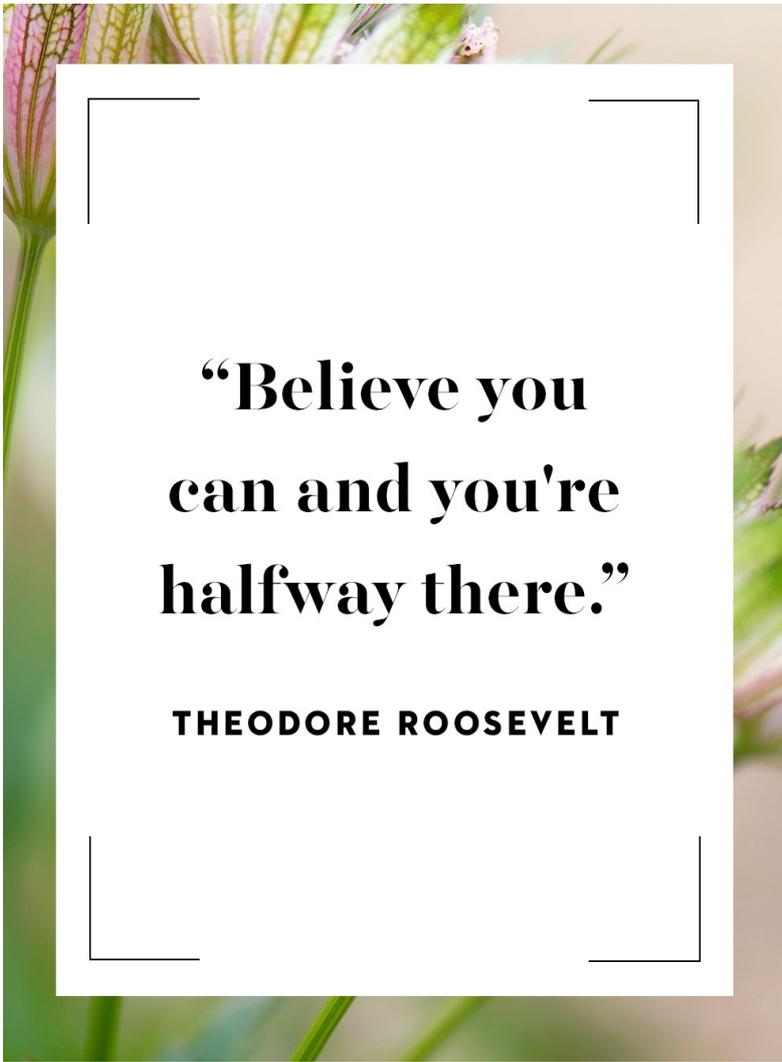
This survey is to find out about your life as a carer and what can be changed to make things better.

PRIZE

PRIZE DRAW INCENTIVES FOR COMPLETED SURVEYS

Results to be published on Young Carers Action Day 2022 - 16th March 2022

COMPLETE HERE: [HTTPS://TINYURL.COM/BDZ6P3HN](https://tinyurl.com/BDZ6P3HN)



Calling all Wigan borough young carers. Have your say - get your voice heard.

Young Carers Survey 2022

This survey aims to find out about your life as a carer and what can be changed to make things better.

Aims

We aim to collate the responses to the survey and publish them on Young Carers Action Day on 16th March 2022. Our ambition is that this can evolve into an annual survey that provides a snapshot of life for young carers in Wigan borough.

Eligibility

Young carers must live in Wigan borough. However, they do not have to be registered with Wigan and Leigh Carers Centre.

Incentive

For each of the three age ranges (5-11, 11-16, 16-19) there will be a draw for a first prize and second prize gift card or voucher of your choice.

The first prize will be £50 and the second will be £25.

We are taking names and contact details so we contact you if you are lucky enough to win.

We aim to announce the winners on Young Carers Action Day on March 16th 2022.

To complete the survey, [click here](#).

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Wigan and Leigh young carers had the pleasure of being invited to Howe Bridge Crematorium in January for a cheque presentation.

Peter Wild, Young Carers Team Leader was delighted to accept a cheque on behalf of WLCC for a donation of £3,000.

Howe Bridge Crematorium, operated by the Westerleigh Group, have donated this generous sum to young carers, which was raised through the group's metal recycling scheme.

The company has a strong ethos of supporting local people and communities wherever possible and the support to WLCC's young carers is but one example of Westerleigh's commitment to the community.

With the consent of families, metals recovered during cremation are recycled and any money raised at each of the 34 crematoria and cemeteries nationwide are used to support local charitable causes.

Lindsey Edwardson, manager at Howe Bridge Crematorium, said "We at Howe Bridge are honoured to be able to donate £3,000 to support Wigan and Leigh Carers Centre, who do such fantastic work in the community to support children, young adults and their families. We hope our donation will help the charity to continue to do its vital work."

Peter met with Lindsey to officially receive the cheque and explain more about the work being done by our Charity.

He explained, "We're hugely grateful for this wonderful support, particularly in these challenging times. It's fantastic that they recognise the positive work that we do in the community to help improve lives of young carers. The smaller portion of this money will go to supporting our own young carer respite opportunities. The greater proportion of the money will go towards us linking up with Sub C Divers (based in Atherton). The generous donation allows us to expand joining opportunities beyond our initial discussion including the option of funding longer term diving lessons and the possibility of rib boat experience."

Thank you so much to Lindsey and everyone at Howe Bridge Crematorium and Westerleigh Group for your continued support.



westerleigh
GROUP



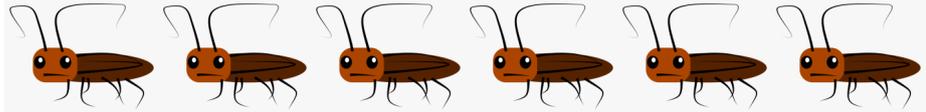
In February, young carers had an amazing opportunity to get hands on and meet some amazing bugs, reptiles and exotic creatures.

This was a unique and fun experience to learn about reptiles and animals, thanks to Curious Critters.

It was a wonderful experience embraced by all the young people (and staff) who wanted to meet these interesting animals.



Hope you all enjoyed it as much as we did.



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We had such an amazing evening with young carers at Ashton Slot Car Racing in January.

Katie, Young Carers Activity Officer said **“It was a really fun session and all the young carers that came, got involved and enjoyed racing the cars around the different tracks at some super-fast speeds and enjoyed seeing each track with their unique look. All young carers got competitive playing on the air hockey table and the football table - including myself!”**

We would like to say a huge thank you to Anne and Peter who own Ashton Slot Car Racing, they have put together a wonderful space for everyone of all ages to get involved. It's a great space to unwind and to be able to have a break from digital devices.

Anne made sure everyone had the refreshments they wanted as well as both helping to guide the young carers and put the cars back on the tracks once they crashed off. To sum it up it was a fab session and great to see everyone having so much fun.



Chinese New Year celebrations

In February we celebrated Chinese New Year with a group of young carers.

Together they created a card for a local Chinese Restaurant to wish them luck in the year of the Tiger and thank them for their delicious food.

Katie, Young Carers Activities Officer said **“Our creative skills didn't stop there! We made some Chinese lanterns and more colourful cards to take home to our families. We enjoyed a delicious Chinese banquet with some of us even mastering the technique of eating with chopsticks.”**

Happy Lunar New Year. We wish everyone health, happiness and all the best for the year ahead, and hope you have much love and abundance in the forthcoming year.



Sports day

We had such a fab time at our young carers sports day in February. There were lots of winners and medals.

There was egg and spoon challenge, bean bag races, sack races and hide and seek.

Thank you to all the young people who joined in and competed in the fun sessions.



Group/Service highlight

Our new monthly column highlights one of the many local groups/services that could be of value to our carers. This month, we introduce TalkFIRST.

Over to David Coughlin at TalkFIRST.

TalkFIRST has been helping families in Wigan have difficult conversations since 2013. Our focus is on improving communication for the benefit of children and parents and families.

Our new developing Building Better Relationships program aims to help parents build confidence and skills around family relationships. This has also included family mediation where requested.

We are excited to share that in just over four months of delivering our new Building Better Relationships program we have already started to see a lot of referrals. We hope these continue. More importantly we are seeing the parents benefit from the service we have provided.

Some recent feedback received below:

“Re the (Building Better Relationship) sessions, no negative only good. You have taken us on and listened to us at the hardest time of our 25 years together. You have made us feel comfortable from the start to share our problems and we can ask for no more. We know you don't have all the answers but to talk and discuss has been priceless.”

It hasn't all been a success but as a new project we are still learning. We hope this project will continue to grow and continue to have a positive impact on many more families' stress and anxiety which as we know have an enormous impact on everybody's mental health and wellbeing.

If you would like to more about the Building Better Relationships program or want to refer yourself or pass our details on [please check out our website](#).

During the autumn we collaborated with Wigan Athletic Pathways to run a Pathways to Participation programme for young carers. P2P is a collaboration between Wigan Athletic Community Trust and the young carers team at WLCC which provides respite, alongside resilience and team building opportunities for a targeted cohort of Young Carers. In total, ten young carers participated in 12 sessions of activities.

Thanks to Dave and Alex for facilitating this, and to Joanne, Sue and Trev for helping out, and the young people themselves for being so well behaved getting involved and being generally awesome.

Below is some of the collated feedback from the attendees.

I would recommend this programme to other young carers

Strongly agree 7

Agree 3

The activities were enjoyable

Strongly agree 6

Agree 4

The programme has helped me to be more physically active

Strongly agree 4

Agree 4

Neither agree nor disagree 2

This programme has helped me to “feel better about myself”

Strongly agree 3

Agree 7

This programme has helped me to make new friends

Strongly agree 4

Agree 6



Able Futures can help you have more good days



Are you aged 16 or over? Are you in work, on an apprenticeship or about to start work? Do you live in England, Scotland or Wales? Do you have issues playing on your mind that are affecting how you feel at work?

Able Futures gives you regular time to speak with a mental health specialist about issues that are affecting you at work, so that you can learn new ways to look after yourself so you can feel more resilient and able to cope as well as finding the confidence to take practical steps to overcome problems and make adjustments to help your mental health at work.

Able Futures could give you nine months advice and guidance from a mental health specialist who can help you learn coping mechanisms, build resilience, access therapy or work with your employer to make adjustments to improve your mental health at work.

Call Able Futures free on 0800 321 3137 between 9.00am and 10.30pm, Monday to Friday to find out more or apply online by [clicking here](#).



Parents/Carers of children with additional needs!

We would like to inform you about YOUR Parent Carer Forum in Wigan.



What is a forum?

The Department For Education provide a grant for each Local Authority area in England to have a Parent Carer Forum. The forum are a group of volunteer parents carers who work with Education, Health and Care to improve services for children and young people with Special Educational Needs and /or Disabilities (SEND) aged 0-25 and their families.



**YOUR VOICE
YOUR SAY**
Making a difference for our kids.

- No diagnosis needed
- It's your forum!
- Together we ARE stronger!
- For all additional needs

Get in touch with us to find out more!
admin@wiganpcf.org.uk
07719330602

What's in it for me?

Become a member?

Be updated on activities and events for the kids and you, from us and others
Get the latest relevant updates and information

[Sign up here](#)

Training and Events

We hold drop ins, training, events. All for parent carers of children with additional needs. Meet other parents/upskill/have your say! Don't miss out!

Become a Parent Representative

Our parent representatives work with the Local Authority and Health on strategic workstreams shaping and improving services for our families. Training provided.

Parent Support Group

Join our [Wigan Parent Power support group](#) on Facebook with over 1000 other parent carers in Wigan sharing updates, information, frustrations and celebrations!

FREE MAX Discount Card



The Max Card is the UK's leading discount card for families of children with additional needs. Families can use their Max Card at venues across the UK to get free or discounted admission.
More information here: <https://www.wiganpcf.org.uk/membership-benefits>

www.wiganpcf.org.uk ♥ admin@wiganpcf.org.uk ♥ 07719330602

Wigan Parent Carer Forum is here to represent the collective voice of parent carers in Wigan and work to make improvements to services for our children and families. They can only do that with a strong and diverse membership. Please share with any parent carers of children with additional needs aged 0-25 in Wigan.

[Sign up here](#).



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EMPATHY

I DON'T KNOW
WHAT IT'S LIKE TO BE YOU,
YOU DON'T KNOW
WHAT IT'S LIKE TO BE ME;
WE HAVE OUR OWN PROBLEMS
AND FIGHT PRIVATE BATTLES
THAT OTHERS MIGHT NOT SEE;
WE CAN NEVER TRULY KNOW
WHAT IT'S LIKE TO
WALK IN EACH OTHER'S SHOES,
BUT, WE CAN LISTEN
AND SHOW EMPATHY.

@allontheboard

“

Nobody becomes an unpaid carer to go into poverty!
They provide support and unpaid care
for family or friends who have
a disability, illness or who need help in later life.

Unpaid Carers, Carers Allowance and
Cost of Living Article Part 1 Jan 2022



WIGAN STEAM

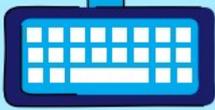
Fun, family workshops to spark your digital creativity!

DIGITAL FAMILIES



12TH FEBRUARY -
23RD JULY 2022

Take part in fun, digital workshops across Wigan & Leigh libraries!



FREE

www.wigansteam.co.uk



Join us for one of our Digital Families workshops!

Stop Motion Animation

Wigan Library: Sat 12th Feb, 11:00am - 12:30pm

Leigh Library: Sat 26th Feb, 12:30pm - 2:00pm

Introduction to Beatboxing

Wigan Library: Sat 12th March, 11:00am - 12:30pm

Leigh Library: Sat 26th March, 12:30pm - 2:00pm

Intro to Coding with Micro:Bit

Wigan Library: Sat 9th April, 11:00am - 12:30pm

Leigh Library: Sat 23rd April, 12:30pm - 2:00pm

Digital Masterpieces

Wigan Library: Sat 14th May, 11:00am - 12:30pm

Leigh Library: Sat 28th May, 12:30pm - 2:00pm

Code a Game in Scratch

Wigan Library: Sat 18th June, 11:00am - 12:30pm

Leigh Library: Sat 25th June, 12:30pm - 2:00pm

Minecraft School

Wigan Library: Sat 9th July, 11:00am - 12:30pm

Leigh Library: Sat 23rd July, 12:30pm - 2:00pm

Book your tickets here:

www.wigansteambookings.eventbrite.co.uk

These workshops are designed for all ages but under 8s will need assistance with some elements. Children must be accompanied by a parent or guardian at all times.



@wigansteam
www.wigansteam.co.uk

Follow Wigan and Leigh Carers Centre on:



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NHS

“You were right, my cervical screening was nothing to worry about”



CERVICAL SCREENING SAVES LIVES

Parents and Carers Tea and Coffee Morning

*Last Wednesday of the
Month*

**From
10-12pm**

Guest speakers each month covering a wide range of topics here at Twinkle House.

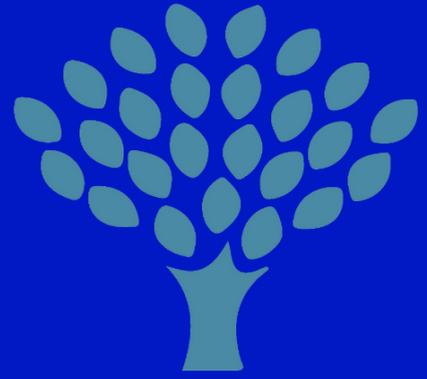
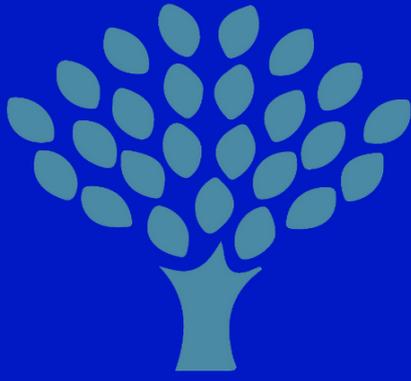
Starting 26th January 2022

To book a place or for more information, please contact
Belinda Moreland via email: wellbeing@twinklehouse.co.uk
OR call 01695 455625

Twinkle House- Wellness and Sensory Centre
2 Gorsey Place, East Gillibrabands, Skelmersdale, WN8 9UP

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 705959

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

BENEFITS ADVICE
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CARERS CARD
EMOTIONAL SUPPORT
HELP WITH FORM FILLING
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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 705959



info@wlcccarers.com



www.wlcccarers.com

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