Carers News

Winter 2025



Wigan and Leigh Carers Centre

A Charity supporting unpaid carers

Tel: 01942 697885 Web: www.wlcccarers.com

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.

A word from our CEO Christine Aspin



Dear Carers and Supporters

As I reflect on the past year, I am filled with gratitude for the incredible support and dedication from our community. Along with our staff, volunteers, and trustees' unwavering commitment, we have achieved so much, and I am excited to share WLCC's plans for the year ahead.

As we embark on this new year, firstly, I want to take a moment to recognise the invaluable contributions of unpaid carers of all ages. Your dedication and selflessness in caring for your loved ones are truly inspiring. Your efforts often go unnoticed, but they are deeply appreciated and make a significant impact on the lives of those you care for.

I would like to give huge thanks to all our community of local people and businesses that have fundraised and donated to our cause. There has been an overwhelming amount of generosity and support the past year, which has gone a long way to supporting activities and events that benefit our unpaid carers of all ages. These contributions have not only provided essential support but have also helped in recognising the invaluable efforts of unpaid carers within our community.

A heartfelt thank you also goes out to our incredible volunteers. Their dedication and hard work make everything we do possible. We could not achieve our goals without you!

Hospital Discharge Project

One of our key initiatives this year is the new Hospital Discharge Project, aimed at identifying carers at the point of discharge and providing them with essential advice and support to minimise carer crises.

Fundraising

We are also excited to announce our fundraising strategy for 2025. This initiative will bring in much-needed financial support to develop new services and enhance our existing ones, ensuring that carers of all ages receive the help, support, respite and guidance they need.

Cont...

Follow Wigan and Leigh Carers Centre on:

A word from our CEO Christine Aspin

Continued…..

New Values

As we look forward to 2025, we are guided by our new values:

· **BELONGING:** We make sure everyone feels welcome, safe, included, and part of a supportive community.

· **KINDNESS:** We listen, understand, and show compassion in everything we do.

· **CREATIVITY:** We offer positive and enriching experiences to help everyone feel happier and healthier.

· **HOPEFUL:** We encourage everyone to believe in themselves, feel more confident, and work towards a brighter future.

· **RECOGNITION:** We notice and appreciate what people do, and we make sure everyone feels important, respected, and valued.

We need your support to continue our mission. Please consider fundraising and giving generously to help us make 2025 our best year yet. Together, we can create a brighter future for all carers in our community.

Here's to a prosperous, fun, and fulfilling New Year for all.

Together, we can make 2025 our best year yet!

Warm regards



Christine Aspin
Chief Officer

Follow Wigan and Leigh Carers Centre on:

Our Vision, Mission and Values

Vision

To create a carer-friendly Wigan where every carer is empowered, respected, and supported to lead a fulfilling life, balancing their caring responsibilities with personal aspirations and well-being.

Mission

At Wigan and Leigh Carers Centre, we are dedicated to making a positive difference in the lives of carers of all ages. Our mission is to:

- ⇒ **Empower carers with a range of support and life opportunities.**
- ⇒ **Respect and prioritise the wishes and choices of carers in how they receive support.**
- ⇒ **Provide individualised support that focuses on what is important to each carer.**
- ⇒ **Ensure carers have a voice in shaping the services they receive, recognising them as experts in care.**
- ⇒ **Raise awareness of the vital role of carers within the community and work collaboratively with local organisations to build a supportive environment.**

Our Vision, Mission and Values

Wigan and Leigh Carers Centre

Core Values



We create a sense of belonging
We make sure everyone feels welcome, safe, included, and part of a supportive community.



We care and support with kindness
We listen, understand, and show compassion in everything we do.



We work creatively to promote wellbeing
We offer positive and enriching experiences to help everyone feel happier and healthier.



We help people feel hopeful
We encourage everyone to believe in themselves, feel more confident and work towards a brighter future.



We recognise and celebrate everyone
We notice and appreciate what people do, and we make sure everyone feels important, respected and valued.

Our Impact Sept to Dec 2024

We are delighted to share with you a small snapshot of some of our findings from the period September 2024 to December 2024 for both adult and young carers. As a Charity, we are so proud of the work our staff and volunteers do to continually support carers in the Wigan and Leigh Borough.

As always, your input to our services and support is greatly appreciated—please do take the time to email us with any of your thoughts

(email: info@wlcccarers.com or call us 01942 697885)

Wigan Council

WLCC
Wigan and Leigh Carers Centre
Supporting carers of all ages
Charity Number 1138908
Registration Number 7293521

SUPPORT FOR CARERS
WIGAN BOROUGH CARERS
Caring For Our Carers

Sept 24 to Dec 24



331 Registered New Adult Carers on WLCC database



293 Statutory Carer Assessments and Reviews completed



277 Initial Assessments - one to one information & support



£41,895 Carers Budgets Awarded



927 Number of carers accessing support sessions



33 Benefit Form Filling Support

WLCC also received 52 new referrals for Young Carers and completed 37 Statutory Young Carers Assessments and Reviews.

Wigan Carer Survey / Tell Your Caring Story

Carers – be involved in the conversation about making our Borough fair and inclusive for unpaid carers.

Share your views and experiences by taking this short survey.

Following on from Wigan Council's Strategy Engagement Event in October, they have now developed a survey so that they can reach out to even more of Wigan and Leigh's unpaid carers and hear their views to help develop the new carers strategy further.

If you would like to complete the survey or tell your story, please visit our website here



Share Your Views



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

Do you provide care to a child or young person with special education needs or a disability?

Join us for our next

Carer 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 28th January 2025

10:30am-12:30pm

Standish Library, 13 Cross Street, Standish, Wigan, WN6 0HQ

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

Wigan parent carer forum

WLCC

Wigan Council

WIGAN BOROUGH CARERS

December 2024
In photos

Here's a selection of some of our favourite snaps throughout December 2024 and the many events and activities we hosted for both adult and young carers. Thank you to those who joined us!













Carers Connect
now in local communities

Thanks to funding from The National Lottery we are now offering Carers Connect sessions around the Wigan and Leigh Borough

What is the Project?

We aim to provide carers and loved ones with peer support / signposting / respite activities in community-based locations across the Wigan and Leigh Borough. We support both young and adult carers.

- We aim to reduce isolation and loneliness for carers and loved ones by welcoming them to comfortable and accessible venues in their communities, meeting new friends and bringing people together. It's for both new and existing carers.

- We will offer a mix of venues and local hubs to meet the needs of the carers and loved ones.

- All dates, venues and times can be found on our Website and Facebook page events tab.



Carers Connect— January Dates

CARERS CONNECT

COMMUNITY FUND

WLCC



Meet other carers
Peer Support
Information
Time for You

Whether you'd like to have a quiet chat and a cuppa or find out about some additional useful information, everyone is welcome, including the person you care for. There is no need to book a ticket, just come along!

Here is where you can find our Carers Connect sessions in January:

Dates	Times	Location/Venue
Monday 6th and 20th	10 am – 12 pm	Golborne Library
Tuesday 7th and 21st	10 am – 12 pm	Lamberhead Library
Tuesday 7th and 21st	1 pm – 3 pm	Lowton Community Hub
Wednesday 8th and 22nd	12 pm- 2 pm	Pennington Hall Park (Caffeina Café, Leigh)
Thursday 9th and 23rd	10 am – 12 pm	Thrive – Chapter One Tea Room, Hindley Library
Friday 10th and 24th	10 am – 12 pm	Gin pit Village, Astley
Friday 10th and 24th	1.30 pm – 3.30 pm	Ashton Library, Ashton Park

Dates	Times	Location/Venue
Tuesday 14th and 28th	10 am – 12 pm	Aspull One House
Tuesday 14th and 28th	10 am – 12 pm	Cozy Café Ince
Tuesday 14th and 28th	1 pm – 3 pm	The Snug, Atherton
Wednesday 15th and 29th	10 am – 12 pm	Store House Project – The Cozy Corner, Billinge
Wednesday 15th and 29th	1 pm – 3 pm	Community Corner, Wigan
Thursday 16th	10 am – 12 pm	Abram Community Centre
Friday 17th and 31st	10 am – 12 pm	Wild Mint Cafe, Standish
Friday 17th and 31st	2pm - 4 pm	Shevington Library

Income Support

Carers - Are you losing out on income you're entitled to?

Go and see the income maximisation team over the next few weeks and find out!

Many people, both here in Wigan and Leigh Borough and all over the UK, miss out on support because they don't know it's available, don't know who to turn to, or have difficulty completing forms.

In the coming weeks there are drop-in events across the borough where you can go along and speak to a professional to ensure you're getting the support you need during the cost-of-living crisis.



Specialist advisors will be on hand to listen to your circumstances, complete benefit checks, make sure you receive everything you're entitled to, and support you through the claims process.

Here's where you'll find them…

Hindley Library
24 January 2025, 12pm to 4pm

Leigh Life Centre
- 15 January 2025, 10am to 4pm
- 22 January 2025, 10am to 4pm
- 29 January 2025, 10am to 4pm

Marsh Green Library
14 January 2025, 9am to 2pm

Tyldesley Library
28 January 2025, 9am to 2pm

Wigan Life Centre North
- 9 January 2025, 10am to 4pm
- 16 January 2025, 10am to 4pm
- 23 January 2025, 10am to 4pm
- 30 January 2025, 10am to 4pm.

Other support that is available

If you find yourself in financial crisis, please don't go through it alone.

There is support available, through the Welfare offer.

Call 01942 489015 or find out more or on the Here for You pages.

Carer Questions..

Question

I am a working carer and my Dad finds it difficult to prepare his own meals. Is there still something similar to a meals on wheels service where food can be delivered daily?



Answer

There is a service that can deliver meals in the day. They are called I Care. You can request a brochure to see what they provide and if you want to call them their number is 08456041125. You can try a meal before you commit to this too, ask them for details.

https://www.icarecuisine.co.uk/

Question

My wife has dementia and I am struggling with her fluid intake, this causes me a lot of stress as she can become very agitated with me, she is also prone to water infections due to low fluid intake.

Answer

Jelly Drops are an innovative sugar-free treat, made of 95% water with added electrolytes & vitamins, designed to increase fluid intake. Popular with people with dementia, the elderly & others who struggle to stay hydrated.
Lisa – these can be bought direct from the official website or on amazon – very popular especially if loved ones struggle with holding cups/beakers

Do you need support or help with form filling?

We've been receiving some brilliant feedback from carers regarding our Form Filling service. Our amazing volunteers can help with forms such as Carers Allowance, PIP, DLA and Attendance Allowance.

If you would like to book an appointment, call us, Tel: 01942 697885 or email info@wlcccarers.com and we will do our best to help you.



Carers Stepping Out



Carers Stepping Out in Manchester City Centre

Another wonderful walking finale in Manchester City to close December 2024 as we joined the Christmas Carers Stepping Out walk!

35 carers and those they support enjoyed another festive carers walk in Manchester City Centre, meeting under Santa outside Central Library, always a favourite every year.

The walking route included some of the Christmas installations, sections of canals and the River Medlock, a look at HOME Arts Centre, saying hello to a statue of Engels, (brought over from Ukraine many years ago), a short section of historic Castlefield, Spinningfields, snacks on Lincoln Square and back through Albert Square. The group finished up with hot drinks to warm up in the library cafe.

It was a truly magnificent day for everyone and we're all looking forward to 2025 and the planned walks.

Fancy joining our next walk and lunch?

Find out more by calling Suzanne at Wigan and Leigh Carers Centre 01942 697785 or emailing info@wlcccarers.com

Upcoming events from the Carers Centre

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 website or call 01942 697885

You can also download our monthly activity/events timetable here

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

It's held at the Carers Centre in Hindley and both carers and loved ones are welcome.

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.



CALL 01942 697885
WWW.WLCCCARERS.COM

EMAIL:
INFO@WLCCCARERS.COM

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

WLCC
Wigan and Leigh Carers Centre

Wellbeing Wednesdays and Self Care Saturdays







We have a range of Holistic Therapy Treatments available for carers which take place on Wednesdays and Saturdays (bookings must be made in advance).

The qualified therapists can offer a range of treatments such as Reflexology, Indian Head Massage, Back Massage, Facial, Reiki and more.

There is a small charge for these sessions.

Sessions are 30 minutes or 1 hour in duration.

To make your booking, find out more information and check available times, please call Suzanne Wilkinson 01942 697885 or email: suzanne.wilkinson@wlcccarers.com or book online.



Upcoming Events

New Starting this Saturday
Carers Breakfast Connect Sessions,
starting **Saturday 11th January, 10 am to 12 noon**.

This is for carers and loved ones to come and join us for a lovely cuppa and a spot of breakfast to meet our friendly Carers Connect Team and also to meet with other carers. These sessions are ideal for working carers or those who struggle to make our weekday daytime support sessions.

Any questions, please drop us a message or call 01942 697885. BOOK HERE



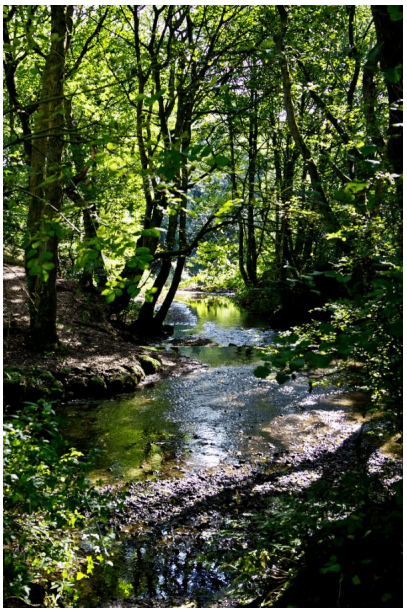
Other forthcoming events...



Digital Skills—Support with digital devices

We can help you use your phone, laptop or tablet and show you how to pay your council tax, set up online banking, access GP appointments and other useful online services.

Carers Centre, Hindley WN2 3BD
2 pm—4pm
Book here



Wellbeing Wednesday Walks for Carers and Loved ones

Every Wednesday we pick a new venue around the Borough. These are relaxing gentle walks for carers and loved ones. A chance to meet fellow carers and enjoy nature.

10.30 am every Wednesday

Book here or call us 01942 697885 for more information



Young Carers Connect Wednesdays

Carers Centre, Hindley WN2 3BD
5pm—7 pm

Book Via Eventbrite or the Young Carers Private Facebook page or call 01942 697885 for more information.

Other forthcoming events...



In the community....

Skills for Success – free* sessions for adults

Are you looking to improve your life skills?

Join these Skills for Success sessions and gain the skills to enhance your personal and work life.

Why Attend?

These sessions are an excellent opportunity to enhance your personal development, improve your career prospects, and build valuable life skills. Benefit from experienced instructors who are here to help you succeed.

Starting January 2025 at venues across the Borough.

Leigh Library, Tuesdays,
starts 14th January 2025,
ends Tuesday 4th February
9.30am – 11.30am.

Ashton-in Makerfield:
St Thomas' Church Hall,
Tuesdays starts 14th January 2025,
ends Tuesday 4th February
1pm – 3pm.

Wigan Life Centre North
(library building)
starts Wednesday 15th January
until Wednesday 5th February,
12.30pm – 2.30pm

For more information and to book your place call or text Marie 07867466951
Or email: m.hart2@wigan.gov.uk



In the community....

Wigan Borough age UK
Let's change how we age

Daffodils Dreams

Age UK Wigan Borough Information Session

Friday the 24th of January 11 am until 1pm
in the Daffodils Dreams Community Lounge
87-89 Wallgate, Wigan, WN3 4EA



Come along to Age UK Wigan Borough information session to learn more about our services that to help with:

- **Financial worries** with our free information and welfare benefit advice.
- **Loneliness** through fun activities.
- **Maintaining independence** at home with Home Help and Handyperson Service.

Ring if you would like more information - **01942 615880**

In the community....



HA Healthy Arts

BOOST

YOUR MOVEMENT, MINDFULNESS & WALKING

Weekly drop-in sessions, **Tuesdays 1.30-2.30pm**

Venue: Kingsleigh Methodist Church
73 King Street, Leigh, WN7 4LR

Cost **£6/£5**

FREE TEA COFFEE & BISCUITS

- **New** Evening Sessions in Spring, **Free** to Unpaid Carers
- **Free Walks** in local natural areas
- **Free Trips** with transport & refreshments



Weekly sessions began in 2019 and with a new award from the Sport England Movement Fund we can get the word out about how much of a boost they are to people who are over fifty, have long term health conditions, are unpaid carers and benefit from a mindful approach to health and wellbeing.

What Participants Are Saying:

"The session is like a peaceful oasis in my week. While I'm here I feel safe, calm and comfortable"

"Really enjoy the sessions, they have helped me with physical issues, always go home feeling like I'm walking on air!"

"The session is a real focus for the week, a complete rest and rejuvenate. Cath teaches us how to use mindfulness to help with tension, anxiety and pain in our day to day lives."

"I always feel energised after the session and sleep really well that night. Being in the group helps me be more excepting of my physical difficulties."

"Wonderful! So relaxing and rewarding, love it".

For more information contact Cath
cathhawkins@yahoo.co.uk
0798 4123 445
www.catherine-hawkins.co.uk
www.facebook.com/CatherineHawkinsArtist

Accredited breathworks teacher

THE NATIONAL LOTTERY

SPORT ENGLAND

In the community....

Join WomanLeigh CIC for their friendly peer-to-peer support group at Leigh Library. Go along for a chance to chat, they offer peer-to-peer support as well as free tea and biscuits!

When: Every Thursday, 11am-1pm Where: Leigh Library Community Room

Go along for tea, biscuits, and a warm, welcoming atmosphere.



WOMAN LEIGH CIC

UNBIASED - PEER SUPPORT

Join Our Circle

PEER-TO-PEER SUPPORT FOR WOMAN

TALK | BREW | BISCUITS | LAUGH

A safe and inclusive environment where individuals can receive unbiased peer support and advocacy

www.womanleigh.co.uk

hello@womanleigh.co.uk

Text - 07871 369654

In the community....

FREE cooking sessions at Community Grocery Wigan

Learn how to cook and feed your family with delicious food on a budget!

All ingredients are provided for by Community Grocery Wigan. If you can, it helps if you bring your own food container & apron.

What's Cooking runs every fortnight from January to April. At the end of each What's Cooking session, there will be an opportunity to sign up for the next session to learn a brand new recipe. BOOK HERE.



My Time Wigan

Carers can enjoy a respite break through My Time Wigan.

They offer coffee and cake, meals out, hotel stays, trips to races and beauty treatments, plus more!

If you are a carer and interested in finding out more—visit the My Time website HERE or call us for further information 01942 697885 / email: info@wlcccarers.com



The Herbert Protocol

One important initiative we'd like to highlight is the Herbert Protocol, a simple yet vital safeguarding tool designed to assist in locating vulnerable individuals that you may care for who may go missing.

The Herbert Protocol involves completing a form with essential details about the person at risk, including:

- Personal details (name, physical description, distinguishing features)
- Medical information (medications and health conditions)
- Daily routines and places of significance
- Emergency contact details
- A recent photograph

If a loved one goes missing, this information can be provided to the police immediately, helping to reduce response times and enabling a more efficient search.

For more information about the Herbert Protocol visit: https://www.gmp.police.uk/notices/hp/herbert-protocol/



CEA CARD

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

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

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

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

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

What is the CEA Card?

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

Who is Eligible for a CEA Card?

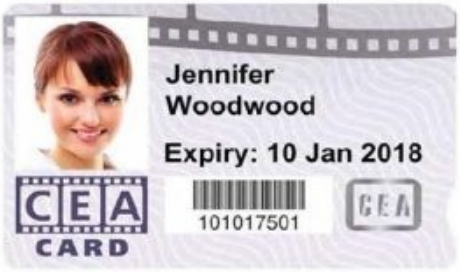
You are eligible for a CEA Card if you receive one of the following:

- Disability Living Allowance (DLA)
- Attendance Allowance (AA)
- Personal Independence Payment (PIP)
- Armed Forces Independence Payment (AFIP)
- Severely Sight Impaired Registration (formerly Registered Blind)
- Sight Impaired Registration (formerly Partially Sighted)

The CEA Card is available to applicants aged 8 years and above.

To apply, you will need:

- Proof of eligibility
- A photo
- A payment of £6.00

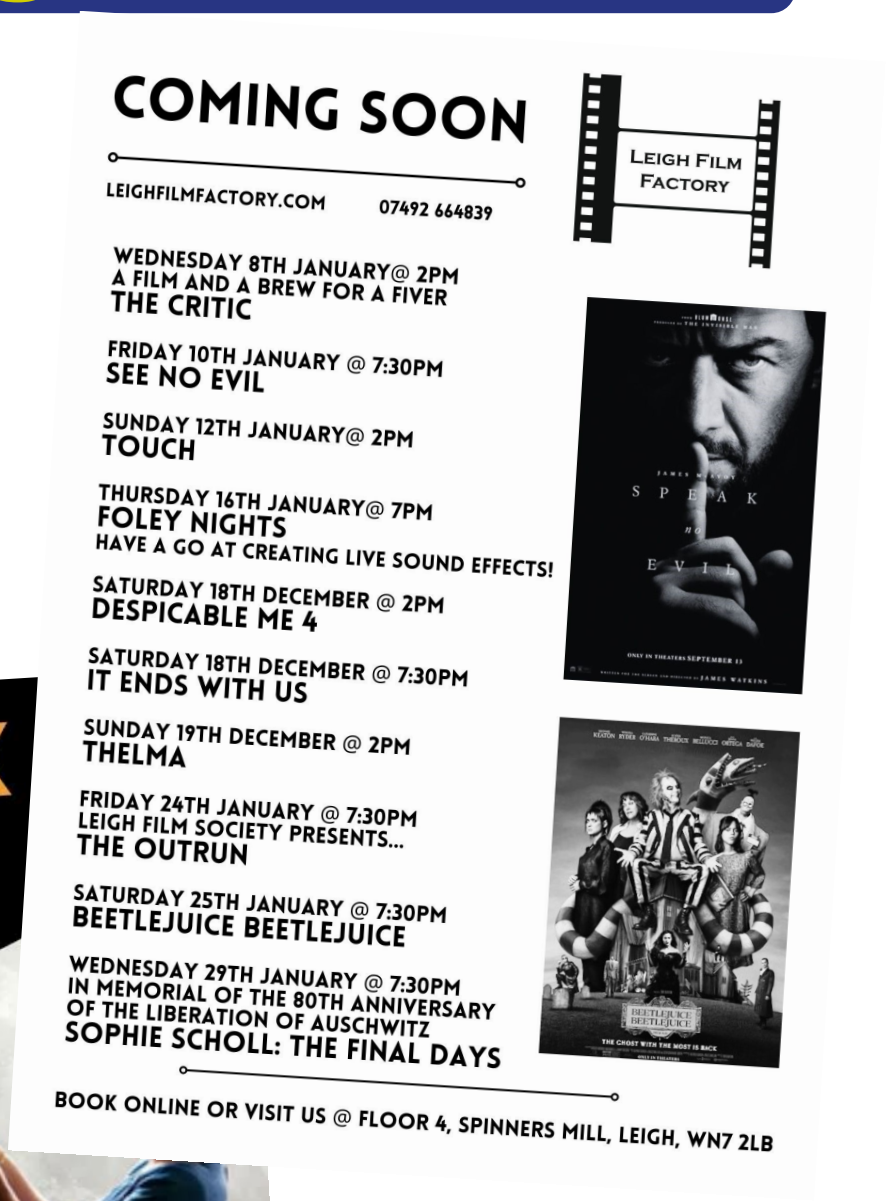


CEA
CARD

Leigh Film

This is the January schedule for Leigh Film. Unpaid carers can access Leigh Film Factory free of charge with their CEA card.





Online 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 can be found on their website HERE.

Carers Cuppas with Mobilise



Mobilise offer carers the opportunity to connect from the comfort of your own home and join their Carers Cuppas. Take a look at the cuppas they have on offer. If you are ready to join, simply click the join button a few moments before the session is due to start. There is no need to pre-register. Each Cuppa is just 45 minutes long.

"It's just great to know others are there, to listen at least. Great to actually 'see' other carers as well as talk to them and share ideas"

All you need to join is a device with access to the internet, a microphone and speakers. A camera is also useful but not essential. Most smartphones will work just fine.

Find out more here

Online Support

Carer Resilience and Wellbeing Programmes for 2025

‘My wellbeing is great and doesn’t need any work’ - said no one, ever.

With wellbeing being one of the most important factors in our life, it's important to keep working on it and building on it. Everyday someone, even the most ‘put together’ person that you fantasise about being, will take some time to focus on their mental and physical health. Whether it be by taking a small walk, listening to some music and relaxing or just having a cup of tea in silence.

So with this in mind, Carers Collective like to welcome back a new year of ‘Building Resilience and Wellbeing for Carers’ programmes! Your helping hand on how to look after yourself and learn how to manage stress better from one carer to another!

26th February
3rd June
17th September
3rd November

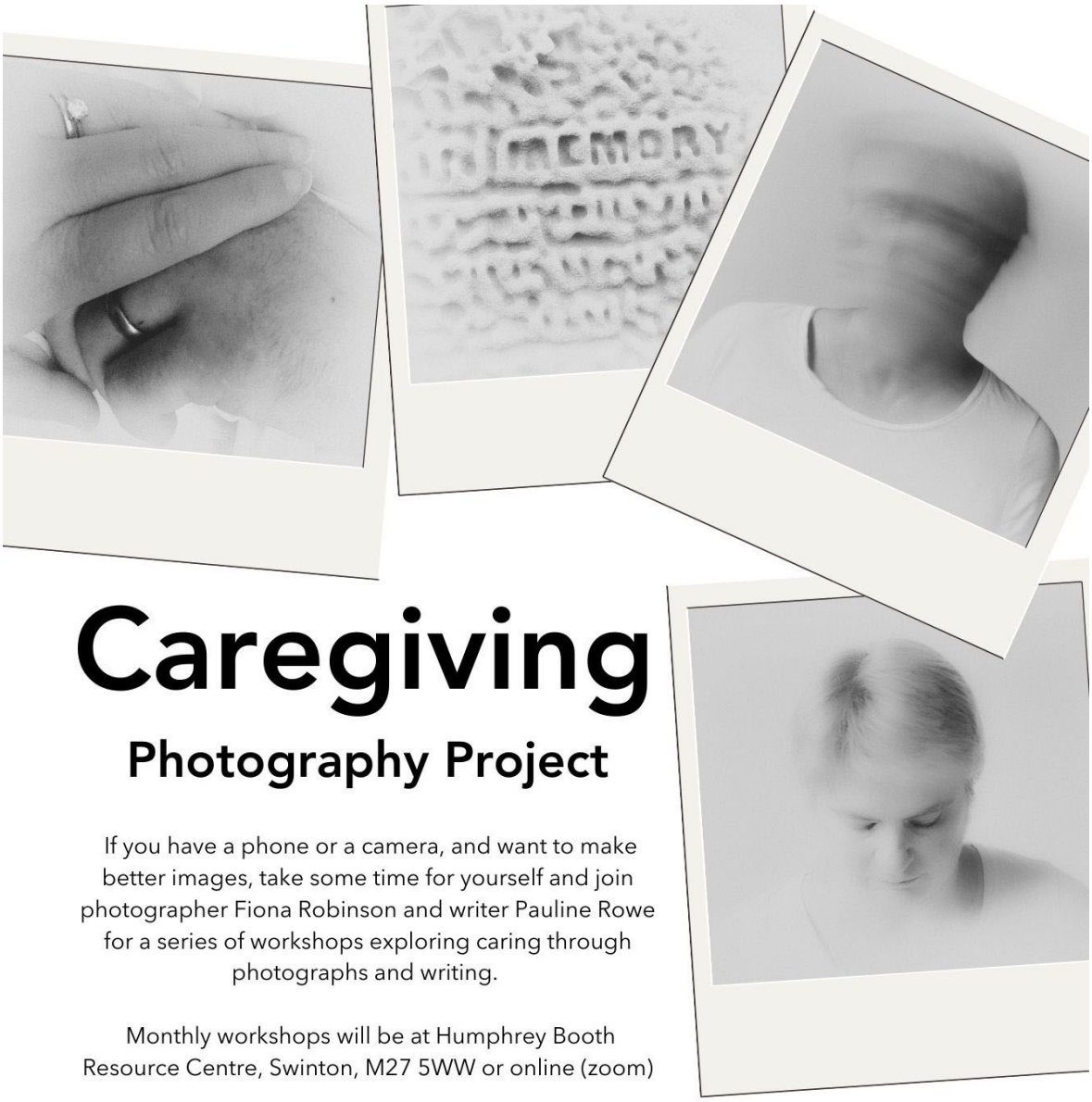
Tickets for all of these seminars and programmes are now available via Eventbrite! - HERE



Photography Project

Photography helped Fiona to explore her role as a carer for her husband. She has secured funding to share the benefits of photography with family carers of people living with dementia.

For more information email - photoswithfiona@gmail.com



Caregiving

Photography Project

If you have a phone or a camera, and want to make better images, take some time for yourself and join photographer Fiona Robinson and writer Pauline Rowe for a series of workshops exploring caring through photographs and writing.

Monthly workshops will be at Humphrey Booth Resource Centre, Swinton, M27 5WW or online (zoom)

In person workshops will be on Tuesday mornings, 28/1/2025; 18/2/2025 and 18/2/2025 from 10.30-12.30

Online workshops will be on Fridays 7/2/2025, 7/3/2025 and 4/4/2025 from 10.00-12.00

We will share the words and images during carers week in June 2025

For more information contact Fiona Robinson at photoswithfiona@gmail.com, or 07985 489633.

LOTTERY FUNDED

Supported using public funding by ARTS COUNCIL ENGLAND

Training for Carers

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

Young Carers





Young Carers Christmas Party at Wigan Youth Zone

We would like to say a HUGE thank you to Wigan Youth Zone for inviting young carers and their families along to a Christmas Party in December.

There was delicious food, entertainment and gifts for all, everyone had the most wonderful time making special memories.

Thank you so much for your generosity and kindness to young carers, it means so much.

Huge thanks to all the staff and volunteers who helped out too.

Volunteers Needed

Make Volunteering Your New Year's Resolution

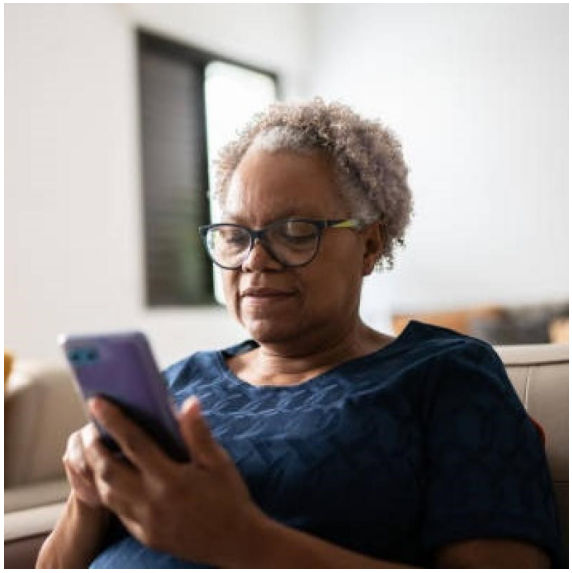
Maybe you've added 'volunteering' to your list of New Year's Resolutions? If so, we have a range of exciting and fulfilling opportunities that help support local unpaid carers of all ages.

From befriending, to admin duties, to Carer Companions - we are looking for a range of volunteers to support the work of our Charity. This is your opportunity to share your skills and help support local people, to make a difference. **Are you interested in finding out more?** Come along to one of our drop in sessions in January at the Carers Centre for a brew and a chat or alternatively, visit our website here or call 01942 697885 / email: info@wlcccarers.com

Carer Conversations Telephone Volunteer and Telephone Befrienders

Could you spare some of your time to support newly identified unpaid carers, once their loved ones are discharged from hospital by offering a supportive and listening ear? Or could you help a socially isolated carer by offer a listening ear and a supportive phone call?

- **Check-in** and provide **Support** and **Companionship**
- Offer a **Listening ear**
- **Signpost** to relevant organisations



Other Volunteer Roles

We are looking for support in lots of different areas, from Reception/Admin / Events / Fundraising, Carer Companions / Young Carers and more.

If you have a few hours time available to offer your skills, we'd love to know more!



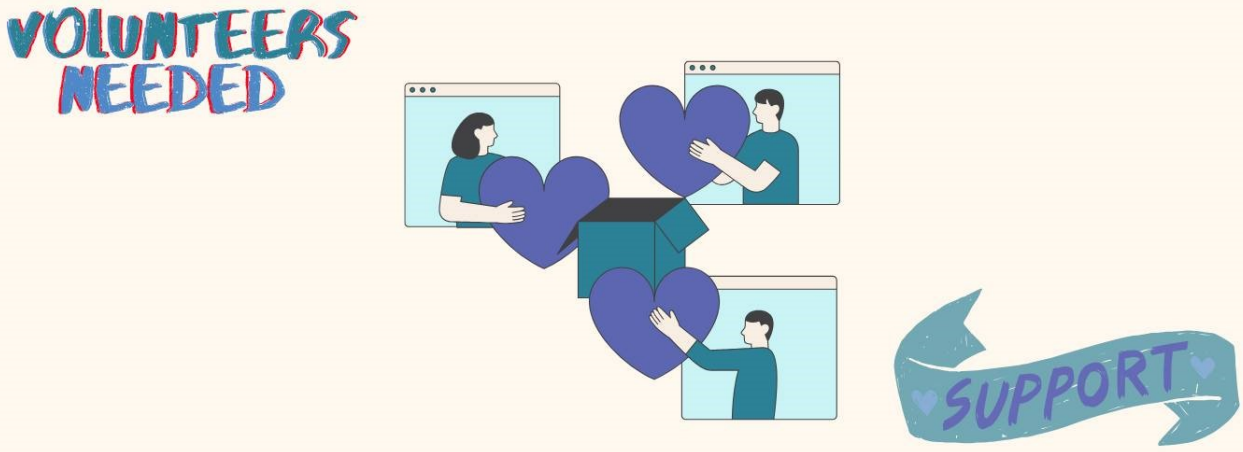
Volunteers Needed

WLCC
Wigan and Leigh Carers Centre

JANUARY 2025
DROP-IN VOLUNTEER SESSIONS

NEW AND EXISTING VOLUNTEERS

Tuesday 14th: 5pm-6.30pm
Wednesday 22nd: 2-4pm
Thursday 30th: 10-12pm



Face to Face or over the phone

Louise

Volunteer Team Leader

Could you be our next Trustee?

Are you passionate about making a difference in the lives of unpaid carers?

Wigan and Leigh Carers Centre is seeking an experienced Trustee to join our dynamic team and help us deliver our ambitious 2025 fundraising and grants income strategy.

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.
Please contact our CEO, Christine Aspin, email: christine@wlcccarers.com
or VISIT HERE



Fundraising news

Thank you to Summat To Ate, Dough, Kore and Georgia Browns

Thank you to Summat To Ate, Dough, Kore and Georgia Browns in Hindley who kindly donated
£178 following their Christmas Jumper Day (+tips) fundraiser.

Thank you for supporting unpaid carers of all ages—it is sincerely appreciated.











Thank you to Alexandra George

A sincere thank you to Alexandra George Clothing for their regular monthly percentage donation to Wigan and Leigh Carers Centre through sales of their cosy clothing.

At Alexandra George, their goal is to raise awareness for siblings and adults navigating life alongside relatives with disabilities and complex needs.

Every purchase will continue to contribute to these ongoing donations, take a look at their

How to get help from us

Whatever your caring needs, we are here to help, to guide you through the maze of support and information out there. No question is too big or small and we understand that your caring journey can change over time. Once you are registered with us, you can use as much or as little of the services we provide as you need.

Website: www.wlcccarers.com
Email: info@wlcccarers.com
Phone: 01942 697885

Our website is the easiest way to register with us or you can call us to register over the phone (01942 697885) or call into the Centre (based in Hindley).

I am no longer a carer

Your role as a carer could come to an end for a lot of different reasons.

We understand that caring circumstances change over time. Please do inform us if your situation changes then we can update your records accordingly.

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