

Speaking with one voice for all carers in Wigan borough

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A word from the Chair, Phil Humphries

As we reach the end of the second month as a merged charity, myself and the board of trustees want to pass on our sincere thanks to Angela, Carmen and all the staff for their amazing dedication and commitment during this very challenging time. Not only have we been able to keep the centre open and continue to provide services to ensure that all carers get the best support possible, the telephone system has also been enhanced to enable staff members to remotely take emergency calls out of hours and at weekends to ensure carers can get the help and guidance they need when they need it.

On the 18th January we had our first board meeting as a merged charity and were very pleased to welcome Jane Baines and Sue Lewis from the Young Carers board as new trustees. We also had a strategic session during which we reviewed feedback (SWOT analysis) from all staff members and agreed our key priorities with Angela for the short and medium term going forwards.

With the successful execution of the Covid Virus vaccination programme, we can now start preparing getting back to providing more face to face services and I can assure you that the whole team are ready and looking forward to getting back to normality.

Befriending Services at Wigan and Leigh Carers Centre

This is a difficult and testing time for carers. Caring can be incredibly emotionally draining and coupled with a lack of support networks, carers can often find themselves close to breaking point. As a result of the pandemic, carers have been left feeling isolated and alone, separated from family and friends and for some, unable to attend support groups and gain some respite.

Befriending can be a source of help to carers. This encompasses support with caring issues, health, worries, confidence building and of course, support to develop a better social life - feeling connected with others.

As part of our support, existing services included regular befriending phone calls. However, listening to the feedback from carers, we gather that time is precious and sometimes a phone call isn't the most convenient method of communicating. It is for this reason we have expanded our befriending services at Wigan and Leigh Carers Centre, connecting carers to volunteer befrienders who can regularly offer support through emails or letter writing. For some of our carers they may be deaf or hard of hearing. Sometimes writing a letter or even an email is ideal for those who want a lighter befriending option that fits in with a caring role.

Catherine Ellis, Volunteer & Befriending Co-Ordinator said **"It can make a world of difference to connect with someone who has some idea of what you're going through. Developing the befriending service in this way will help us to build more relationships with isolated carers."**

The current pandemic and continued restrictions can make everyone feel lonely and has meant that we continue to be physically distanced from each other. This leaves many carers feeling further disconnected.

Our volunteer befrienders are matched to carers to provide companionship and emotional support and give them information on a range of activities and services that can help them increase their confidence and sociability."

The feedback we get from carers about this service is overwhelmingly positive. Befriending makes an impact on their lives and helps them to sustain the role of carer for longer.

To benefit from any of our befriending services, please contact us to get started.

Email: chat@wlcccarers.com. Tel: 01942 705959. Wigan and Leigh Carers Centre, 3-5 Frederick Street, Hindley, Wigan, WN2 3BD.

Holiday Lodge Update

Sadly, with the Covid-19 pandemic still ongoing and no clear idea if the Holiday Lodge will be able to open in 2021, the management have taken the difficult decision to cancel all bookings carried over from last year and refund any monies paid. If you have a booking and paid a deposit/balance, please can you send your name and bank details to Nicola at holidaylodge@walyc.org.uk.

We are waiting to hear from Haven Leisure, before any further decision can be made about the Holiday Lodge. Until further announcement, we are unable to take any new bookings or answer any queries as we simply don't know.

If we are able to open the Holiday Lodge this year, we will launch a new short break offer. Full details will be published at the time on the Wigan and Leigh Carers Centre website and social media channels. We expect the number of breaks offered to be reduced and for this reason we cannot prioritise or honour any dates previously booked.

We understand this news will come as a disappointment but ensuring everyone's safety must be our first priority.

Covid advice

To assist you and those you care for during this difficult time, Carers UK have compiled some of the latest information about the Covid-19 vaccine to answer your most common queries. They will be updating this content regularly in line with government guidance. To view the most up-to-date guidance please visit: www.tinyurl.com/Carers-Covid.

Farewell and thanks to Rebecca

We recently said a fond farewell to Rebecca, our fantastic Social Work student who has been on placement with Wigan and Leigh Carers Centre. Rebecca is studying for a BA in the challenging and rewarding field of social work at Edge Hill University.

Whilst she has been on her 70 day placement with WLCC she has delivered one-to-one support to carers, facilitated respite events, established a bereavement pathway and developed a welcome presentation for carers, all throughout a global pandemic.

Chief Officer, Angela Allison says **"Rebecca has an infectious smile and instantly fitted into the team with her bubbly personality. Her ideas were innovative and she has put several pathways in place to support carers. She has a brilliant future ahead of her."**

Training and Support Officer, Dionne Carroll says **"It has been our absolute pleasure supporting Rebecca whilst she has been with us on placement. She is incredibly hardworking, organised and adaptable. I have enjoyed getting to know her and she has completed all the projects that she has given with enthusiasm and has contributed in so many ways. I am certain that she will continue to develop and become an accomplished Social Worker and help to make a positive, significant difference to the lives of the people that she supports. She has become a valued member of our team and we will all miss her!"**

Rebecca, we will all miss your beautiful smile and the warmth and compassion you have brought to our team and the carers we support. All the very best!



WLCC Training

Mindfulness Walk Tyldesley Area

The next mindfulness walk will be taking place on the 24th February in Tyldesley and the meeting place will be James Street car park, off lodge road M46 9BS. 10:00am - 11:00am. If you would like to bring the person you care for please book 2 tickets.

Mindfulness Training 23rd February – Tuesday 13th April 1pm - 3:30pm

We are proud to support Cath Hawkins who has recently applied for training grant funding to complete her advanced mindfulness training and has now completed this. She has kindly offered to provide 8 sessions of mindfulness training for carers. There are 6 places available for carers to come into the centre if they don't have a digital device as the trainer will be delivering this virtually online and there will be 6 online places.

Carers in Mental Health

For carers who are supporting someone with mental health needs and want to understand what mental illness is and learn coping strategies to help with caring role.
Carer must attend both sessions (Part 1 and Part 2).

Important! Zoom Invitation Part 1 (9th Feb)

Carers will need to have Zoom installed on either a computer or tablet to access this training.
Zoom invitation details for both sessions are below.

John Chiocchi is inviting you to a scheduled Zoom meeting.

Join Zoom Meeting - <https://nwbh-nhs-uk.zoom.us/j/96570753754>

Meeting ID: **965 7075 3754**

Passcode: **PMquh?G8**

Important!! Zoom Invitation Part 2 (23rd Feb)

John Chiocchi is inviting you to a scheduled Zoom meeting.

Join Zoom Meeting - <https://nwbh-nhs-uk.zoom.us/j/96976585524>

Meeting ID: **969 7658 5524**

Passcode: **2#PQ\$Z6y**

Dementia Activity Programme 25th February , 4th March and 11th March

Wigan and Leigh Carers Centre are excited to be providing a new dementia activity programme where you the carer and the person you care for can both join in with activities for dementia. Help your cared for think about their past experiences, and you might learn something new about them too.

Week One: "About my past"

Looking at past life experiences from childhood to adulthood to gain an understanding of personality, likes and dislikes. This session will guide you to think about, write and draw pictures of the person with dementia's life experiences and will explore childhood and school, teenage years, family, work, relationships and other significant events throughout life.

Week Two: "Foods we enjoy"

Reminisce looking at the cared for's favourite meals and how we would make those meals. Create 3D meals with coloured salt dough on plates. Take part in a smelling and tasting quiz and look back at cooking utensils and foods from different eras.

Week Three: "Music"

Take part in a music quiz, usually popular songs from different eras. Make musical instruments and sing along to songs.

Visit www.ticketsource.co.uk/wigan-and-leigh-carers-centre to find out more and book.

Follow us on:    

Carer's Mindfulness Walks

It was a dry and crisp day for our Mindfulness Walk around Haigh Woodland Park at the end of January. Haigh Woodland Park is one of the North West's most treasured natural attractions, a perfect opportunity for a winter wonderland walk in the fresh air.

The small group wrapped up warm as they took a gentle stroll around the stunning parkland, woodland and plantations. It was a lovely place to relax and unwind.

Our next Mindfulness Walks for Carers (and cared for) are:

Wednesday 10th Feb at Pennington Flash in Leigh 10.00 am

Wednesday 17th Feb in Tyldesley (James Street) 10.00 am

Wednesday 24th Feb at Colliers Wood, Higher Folds, Leigh 10.00 am



Please book online to secure your place: <https://www.wlcccarers.com/events-booking2/>.

Census 2021

Every household in Wigan will be asked to take part in Census 2021 in March which is being run by the Office of National Statistics. The census gives the most accurate estimate of people and households in England and Wales so national and local government can put services and funding where they are most needed (including those for carers).

The census takes place every 10 years and this year Census day will be on 21st March 2021 and this will be the first census to be run predominantly online. Most households across the country will receive a letter with a unique access code from early March allowing them to complete the questionnaire on their computers, phones or tablets. The rest will receive paper forms.

We know that there may be many carers who need support to complete online or need access to devices to complete the form, so please get in touch if you require any support. It's a chance to help your community get the services you need.

census
2021

Co-op and WLCC join forces

We're delighted Wigan and Leigh Carers Centre has been selected to take part in the Co-op Local Community Fund. We like to say thank you to Co-op Platt Bridge for picking our charity as one of their local community causes for the year. We are so very grateful.

Every time members buy selected Co-op branded products and services, the Co-op give us a helping hand. Sign up, or select us on your existing account: <https://membership.coop.co.uk/causes/49181>.

With your help we will continue to support both young and adult carers to recognise their own needs, have their voices heard, help with their physical and mental wellbeing and ensure they are fully understood, valued and supported in their caring role. **#ItsWhatWeDo**. Thank you.



Student Volunteering Week Monday 8th - Sunday 14th February 2021

Student Volunteering Week is an annual event that celebrates student volunteering in all its glory and for students to get involved with good causes across the country. This national campaign celebrates students making a change in their communities and connecting young people with opportunities to get involved with volunteering.

Wigan and Leigh Carers Centre are joining onto the nationwide celebration and offering students the opportunity to find out more about volunteering opportunities. If you're interested in getting involved, drop in at our Student Volunteering 'Zoom Meet' on Friday 12th February at 11.30 am. Meet Catherine, our friendly Volunteering & Befriending Co-ordinator who will be happy to answer any questions and talk about the types of volunteering we can offer you.

To sign up, please email lisa.fletcher@wlcccarers.com and the Zoom code will be emailed to you to join.

WIGAN AND LEIGH CARERS CENTRE

STUDENT VOLUNTEERING WEEK 2021

MONDAY 8TH - SUNDAY 14TH FEBRUARY

Join us via Zoom for an informal chat about volunteering opportunities at Wigan and Leigh Carers Centre Friday 12th February at 11.30 am.

VISIT WWW.WLCCCARERS.COM
CALL 01942 705959
OR EMAIL CATHERINE@WLCCCARERS.COM



Students! Volunteering with Wigan and Leigh Carers Centre provides a great opportunity to contribute in a positive way to carers lives and for you to gain new skills and experience.



Carers are the hidden heroes of our community. Across Wigan so many people rely on the compassion, kindness and devotion that you bring each day.

We know many of our carers have little respite from their caring role. As ever they remain dedicated to the person they care for.

You are amazing. Be proud of you.

#TODAYSQUOTE

BE PROUD OF THE
PERSON YOU ARE AND
THE DIFFERENCE YOU
MAKE TO THOSE YOU
CARE FOR.

I AM A CARER



Why not volunteer for us?

To discuss our volunteering opportunities contact catherine@wlcccarers.com or ring 01942 705959.

TfGM Concessionary Pass renewal

If you have a TfGM-issued pension-age concessionary pass or a Women's Concessionary Travel pass, to benefit from unlimited off-peak travel on trams and trains in Greater Manchester there is an annual £10 fee. Everyone should be staying at home to help protect the NHS and save lives, and only making journeys for legally permitted reasons, so please don't travel to renew.

We want to avoid unnecessary trips on public transport and to TfGM Travelshops or PayPoint stores during lockdown, particularly as passholders are at higher risk from Coronavirus (Covid-19). Accordingly, we're allowing concessionary passholders, whose tram and train add-on is due to expire in February or March, to carry on travelling for essential off-peak journeys. If you need to travel, you can continue to use your pass, without renewing, until 31st March 2021.

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

Film Club Nights

In December, we started to hold Film Club Nights for young carers of different age groups at the Carers Centre. A chance to eat pizza, watch a film and make friends. Unfortunately, going into lockdown in January meant we had to postpone the Film Club Nights for the time being but we hope to bring them back as soon as we possibly can. Keep a look out for these and other events on our social media and website.

Future planned events include online sessions from Kooth and Comic Club – a cartoon art workshop.

CARERS
TRUST

Half Term Carer Support

A series of employability workshops and 121 support open to young carers and young adult carers 15-25



Over half term Carers Trust are delivering two workshops 'Building Confidence and Budgeting' and '121 support' for young and young adult [#carers](#) - taking place on 15th and 17th Feb. For more details and to sign up, contact dfalconer@carers.org.

Accredited First Aid Training

In February we will be running an Accredited First Aid Training course for Young Adult Carers aged 16 and over.

Due to limited availability of places we will initially target the training but remaining places will be offered on Ticket Source.



How To: Cope with Stress & Anxiety

Introducing our Stress & Anxiety session with Kooth.



This session will cover the following:

- What's the difference between stress and anxiety?
- What is the Stress Bucket?
- How to develop coping mechanisms
- Anxiety myth busting
- Finding the right anxiety zone for you

Tuesday 9th February @ 5-6pm

If you are interested in attending this session, register at:
www.ticketsource.co.uk/wigan-and-leigh-carers-centre/t-ronly

Support for Wellbeing

Introducing our Wellbeing session with Kooth.



This session will cover the following:

- What is wellbeing?
- Developing a selfcare routine
- Exploring the Five Ways to Wellbeing

Wednesday 3rd March @ 5-6pm

If you are interested in attending this session, register at:
www.ticketsource.co.uk/wigan-and-leigh-carers-centre/t-drnam

kooth
Free online counselling support for young people! Discover everything Kooth has to offer

Sign up for free at Kooth.com

kooth
Free online counselling support for young people! Discover everything Kooth has to offer

Sign up for free at Kooth.com

UPS road code training

UPS ROAD CODE TRAINING

EMPOWERING 13-19 YEAR OLDS TO BE SAFE
IN AND AROUND CARS

CALL 01942 705959
WWW.WLCCCARERS.COM
INFO@WLCCCARERS.COM

FRIDAY 19TH FEB
1 PM
DELIVERED ONLINE



Road Code is a training programme designed to teach young people who are pre-driving age about the hazards of driving and raise their awareness of road safety. The road hazard awareness programme engages 13-19 year olds and provides them with the skills and confidence to speak up in potentially dangerous driving situations. If you are a young carer and would like to book a place on this event, visit <https://www.wlcccarers.com/events-booking2/> or call 01942 705959.

EMPOWHER

Inspiring young women and girls to lead change

Learn about individual rights, empowerment and resilience with the aim to raising aspirations and confidence.

You choose the topics we learn about

Make a positive change in your local community through a social action project entirely young person led.

Work towards a UK Youth Achievement Award

Receive a coveted EmpowHER hoodie at the end of the programme and celebrate in style with your group.



EMPOWHER

Created by
UK YOUTH

In partnership with
British Red Cross



WLCC Young Carers service working in partnership with Wigan Youth Zone

In September last year a number of female young carers attended Wigan Youth Zone for Sound Creators, a 12 week programme which provided an opportunity to get creative and experiment through sound and music. The sessions proved to be a big success and thanks must go to Ian at Wigan Youth Zone who delivered a fantastic programme, along with Nicola, Trevor and Joanne (volunteers) from WLCC Young Carers team who supported the sessions.

Following on from this success, in late January two groups of young carers started the EmpowHER programme at Wigan Youth Zone being delivered by Hannah and Ian. The EmpowHER programme is a 12 week project that empowers young girls and women aged 10-18 to lead to change in their communities, increase their self-esteem and build their wellbeing. It's all entirely young person-lead and an accredited award from UK Youth.

If you are a young carer and are interested in attending any future EmpowHER courses please drop us an email or look on the website for online booking.

To book a place on these events, you need to be a young carer or young adult carer (16-24) living in Wigan borough and registered with WLCC's Young Carers Service. Please contact the Young Carers team if you would like to register with us. Please note children under the age of 16 will need parental consent. For some events you can book tickets directly yourself on WLCC's website using our online booking system. If you need help with the online booking system, please call, we are here to support you.



Welcome to the newest members of the WLCC team

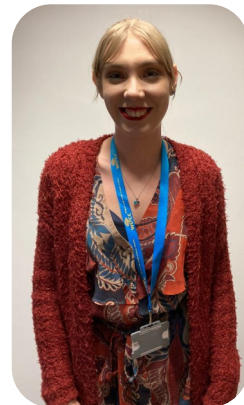
We would like to introduce you to three new Social Work Students who have recently joined the WLCC team on placement. Students are an integral part of WLCC. Their contribution of energy, skills and compassion help us provide the best possible services to unpaid carers in Wigan.



Rowan is studying MNSW Adult Nursing and Social Work at Edge Hill University, an innovative and intensive integrated Masters degree which will provide her with the skills, knowledge and practical experience required for a career in a range of health and social care settings.

Rowan said **"This is my first Social Work Placement; however, I have worked in a range of both health and social care-based services."**

Tammy is a first year Student Social Worker who started her MA Social Work Degree last September with University of Bolton. Social work is a varied and rewarding profession centred on people. It offers careers working with children, young people and adults, supporting families, care leavers and older people, as well as those with mental health issues, learning difficulties or physical disabilities.



Tammy said **"My previous job role was a Pastoral Manager in a local primary school which is where my passion for supporting children and families began. I am also a befriender for Wigan and Leigh Cares Centre, which I thoroughly enjoy and I feel supports my social work role as well. I am hoping to broaden my knowledge and understanding of how adult services operate and after completing my degree, become a qualified Social Worker."**



Chloë is a Student Social Worker who started her MA Social Work Degree last September with Liverpool John Moores University. The course is geared to training and supporting knowledgeable and skilled practitioners, who are aware of the importance of service users, and to giving them a genuine voice and choice in the services available to them.

Chloë said **"This is my first social work placement however, from my undergraduate I have volunteering experience in health and social care settings. Within my placement I am hoping to expand my knowledge and gain first hand experience working with service users and within a multi-agency setting. I am also hoping to gain new skills which I able to take away with me and apply them to my future practice."**

Chloë will predominately be working with our Young Carers Team and will be part of our integral service, supporting young carers in Wigan.

Welcome to the team Rowan, Tammy and Chloë, we hope you enjoy your placement at Wigan and Leigh Carers Centre.

Recovery Academy
free Webinar

NHS
Greater Manchester
Mental Health
NHS Foundation Trust

Living with Bipolar Disorder
11 February 2021 10am to 3pm

The aim of this interactive session is to describe the symptoms of bipolar disorder and equip you with a better understanding of what it's like to have bipolar disorder.



Book now: visit www.gmmh.nhs.uk/recovery to register today



Improving Lives

Learn about Living with Bipolar Disorder with Recovery Academy.

This interactive session takes place on Thursday 11th February 2021, 10am-3pm.

Please visit: <https://buff.ly/39qahQS> and follow the link how to register and book on courses.