



Carers Week 14 – 18 June this year's theme

“ a life of my own ”

This year the new Carer Centre which is due to open in the near future in Hindley will be the focal point for activities for carers week.

Information/activity sessions will take place on Monday, Wednesday and Friday from 10am – 3.30pm with a late session on Wednesday evening finishing at 8.00pm.

Light refreshments (tea/coffee) will be available throughout each day and carers are welcome to drop in at any time to have a look round the new centre and to take part in the various activities which will be available e.g.

- Relaxation
- Active living
- Art and craft
- Flower arranging
- Health checks

If you are interested in attending an activity session you can book in advance or just turn up on the day.



In addition to raising awareness at a local level and promoting existing carer support services within the borough, Carers Week 2010 highlights issues raised by carers at a national level e.g.

- Access to relevant and practical information to help them with their caring role
- The opportunity to take a break when they need it
- Support at times of crisis
- Financial support

To book contact Elaine on 01942 705959.

New patient rights

From 1 April 2010, all NHS patients in England have new legal rights to fast treatment, enshrined in the NHS Constitution.

The Department of Health published a consultation on new patient rights on 10 November 2009. The consultation closed 5 February 2010. Over 8,000 people responded to the consultation which involved both local engagement activities carried out by PCTs, and a national consultation process. Following the consultation, a revised NHS Constitution has been published, including a new right to start non-urgent treatment within 18 weeks, and to see a specialist where cancer is suspected within 2 weeks of referral, or for the NHS to take all reasonable steps to offer a range of alternative providers where this is not possible.

A copy of "The NHS Constitution: Government response to consultation on new patient rights" can be downloaded from the web site:

www.dh.gov.uk/prod_consum_dh/groups/dh_digitalassets/@dh/@en/@ps/documents/digitalasset/dh_113646.pdf

Launch of the National Care Service

In the biggest change to the welfare state since the creation of the NHS, The White Paper "Building a National Care Service" sets out the Government's proposals to build a comprehensive National Care Service for all adults in England with an eligible care need and will ensure everyone who needs care when they are old or disabled will get it.

A copy of the document can be downloaded from:

www.dh.gov.uk/en/Publicationsandstatistics/Publications/PublicationsPolicyAndGuidance/DH_114922scheme.



Fair Play Charter

Looking for a car? Need a service?
Not sure where to go?

The Fair Play Charter is designed to identify businesses which trade fairly and meet our standards, and help consumers to know whether they are dealing with reputable traders. The scheme covers the sales of new and second hand cars as well as servicing and repairs.

Check out Wigan's Good Garage scheme.

For details contact: Wigan Council Trading Standards 01942 827476 or on the web at <http://www.wigan.gov.uk/Services/BusinessRegeneration/TradingStandards/FairplayCharter/>

We need volunteers

The brand new, purpose built Carers Centre is due to open in Hindley in Spring 2010.

Do you want to meet new people, learn new skills, gain useful work and life experience while having fun and keeping busy?

Whatever skills or experience you have there is something you can do. Training will be given.

If you want to take the step to make a positive difference then please contact: Elaine at the Carers Centre on 01942 705959 or email: e.burgoynes@wigan.gov.uk

New Outreach Service

Wigan and Leigh Carers Centre offers a wide range of services and support for carers including an outreach service which aims to provide support to carers in their own locality.

The Outreach Service is currently undertaking promotional events in libraries across the borough (Ashton, Marsh Green, Leigh, Atherton, Beech Hill, Shevington, Golborne, Aspull and Standish) to reach as many carers as possible, providing information to help and support carers.

If you would like an event/activity including e.g. coffee morning or information session set up in your area or if you would like to speak to someone for further information contact Pat Millward at the Carers Centre on 01942 705959 or e-mail p.millward@wigan.gov.uk.

Wii Fit activity sessions



Are you interested in keeping fit, meeting people and having fun. If so this may be the sport for you? Wii fit sessions will be running at the new carer centre on a regular basis so if you would like to take part or find out a bit more about it contact Elaine on **01942 705959**.

“Swing into spring” golf sessions for carers

As the better weather is approaching carers who enjoy a round of golf can now access sessions at Hindley Golf Course. If you are a keen golfer or interested in finding out more about the sport contact Louise for further details **01942 705983**.

Who I am

A partnership between Wigan Council and Wrightington, Wigan & Leigh NHS Foundation Trust, is helping support carers within the Wigan Borough.

Outpatient or inpatient contact with the hospital's Carers Project Worker means carers can be identified and given access to advice, support and information to help with their caring responsibilities.

The Carers Support Team Hospital Project Worker is in the process of looking at developing a new service which enables carers to complete a booklet full of relevant information about the person they care for. This booklet titled ‘Who I am’, will follow the cared for person through hospital and/or respite care, enabling all professional staff access to current and relevant information on the person they are looking after.

If you would like to become involved in the consultation process, please contact Amanda for further details 01942 705983 or email a.allinson@wigan.gov.uk



Carers Directory

The Carers Support Team is producing a local information directory containing contact details and information on a wide range of carer relevant issues. We expect that paper copies of the directory will become available during April, but you can access an electronic version right now by going to **www.wigan.gov.uk/carers** and clicking on the 'Carers Information Directory' tab (at the top left hand corner of the page). Each of the main sections of the directory has been published as a PDF document, so that they can be easily viewed and downloaded looking after.

Working carers

As a carer have you ever tried looking for work or combining your caring role with a full or part-time job? If so we would like to hear from you. The Carers Support Team is in the process of updating some of the material currently available to carers wanting to take up employment and your experiences, whether positive or negative, are extremely important. Please contact Glyn Loveday on 01942 488190 for further information or to share your experiences.

Carer Emergency Card Scheme

Many carers often worry a great deal over the issue of 'if I go out and something happens to me, what will happen to the person I care for?' The Carers Emergency Card Scheme aims to reduce this worry and concern and provides the carer with peace of mind that if they do go out and something does happen, there is back up care that can be put in place. This ensures carers get the support they need when they need it.

Access to the scheme is through a carer assessment. This is an assessment based on individual needs. A social worker will visit you and talk to you and the person you care for. It's your opportunity to tell us about help and support that would need to be put in place to support the person you care for in the event of an emergency. This plan is then recorded and the carer is issued with a 'Carers Emergency Card' and keyring. The card is designed to fit in a wallet, purse or pocket to make it easy to carry at all times. The card does not contain personal information; it has a unique I.D. number and the telephone number to access the scheme in an emergency.

When a call is made to the scheme the operator will ask for the I.D. number and use this to access the 'back up' plan ensuring the appropriate support is then put in place. This can be anything from informing a named friend or relative right through to providing professional care in the home. This ensures the person being cared for receives the care they need until the emergency is over or until other arrangements can be made.

There is no cost to sign up for a Carers Emergency Card and the first 48 hours of care are provided free of charge.

If you would like further details please contact Charlotte on 01942 705983

Carer Forum

The forum meets on the second Monday of the month and is always looking for new members. If you are interested in getting involved contact the forum on: 07985 439049.

Chair – Alan Kendrick
Vice Chair – Jim Barton
Treasurer – Margaret Robinson
Secretary – Claire Waring

The Big Tidy Up

Wigan Council has joined forces with Keep Britain Tidy on the Big

Tidy Up – a national campaign that calls on councils, residents, businesses, schools and community groups to join forces and tackle the rubbish and dog mess that blights our boroughs. Throughout April, teams from across the council will be working together to help encourage everyone in the borough to have a good old spring clean.

As part of the campaign there will be plenty of high-profile events including scores of community clean-ups thanks to the Neighbourhood Teams and town centre tidy-ups.

Hundreds of Wigan Council employees have already made a personal pledge to pick up a piece of litter every day – if you want to get involved pledge your support now by registering on the official Big Tidy Up website. Go to **www.thebigtidyup.org**, fill in your details and in the Tidy Up Name box insert 'Pick up a piece of litter every day for Wigan Borough'.



Wigan and Leigh Housing Project

Are you aged over 55? Do you live in the Hag Fold or Atherton area? Would you like to know about an exciting new project in your area? If the answer to these questions is 'yes' then read on...

Wigan and Leigh Housing is managing a health and wellbeing pilot project in your area which aims to promote independence and improve wellbeing by providing a programme of stimulating events and activities working in partnership with other agencies.

The project is already proving to be a great success. A number of events and activities have been arranged through the project such as chair-based exercise classes, reminiscence talks and a rugby themed talk. Recently, the Health and Wellbeing Co-ordinator organised a reminiscence event with 'Superstitions' as its theme. One local lady, Mrs Harrison, attended this event and found it to be, "very informative, amusing and enjoyable", as it was about things she could relate to. Mrs Harrison also said that she enjoyed the opportunity as it gave her to meet with different people in a nice environment.

More events are planned and these include talks about, Lancashire life, family history workshops as well as Active Living physical activity sessions.

The project also aims to:

- Ensure that people are receiving all of the welfare benefits they are entitled to (if necessary)
- Offer a range of different organised social activities and events and healthy living initiatives such as exercises, themed talks and social groups.
- Provide information to people about staying safe and secure within their homes to reduce the risk of accidents
- Offer opportunities to become involved and make a difference.

We are hoping to extend the project to another area in the near future and we will be promoting this shortly.

If you would like more information or would like to become involved, please contact Andrea (Tel: 01942 882732)

Stars to perform at Wigan Life concerts



Pop superstar Ronan Keating and Welsh mezzo-soprano Katherine Jenkins have both confirmed they will be appearing at this summer's Wigan Life "Tuned-In" concert series.

In February, it was revealed McFly and The Saturdays had signed to appear as part of a five night open air concert series in the grounds of Haigh Hall on the outskirts of Wigan. McFly will perform on Monday 5 July, Katherine Jenkins on Wednesday 7 July (Katherine will be joined by the National Symphony Orchestra conducted by

Steve Sidwell), the Saturdays on Thursday 8 July and Ronan Keating on Friday 9 July.

Tickets for Ronan Keating cost £32 and Katherine Jenkins cost £33 and will go on sale Friday 26 March.

Call national ticketing partner **Ticketmaster** on **0844 847 2386** or visit ticketmaster – usual ticketmaster booking fee applies.

Tickets can also be bought over the counter at Wigan Tourist Information.



Older people and hospital discharge

Health & Care Together, your Local Involvement Network, is an independent monitor of local health and social care services. They are gathering some information on older people and hospital discharge. The remit is to:

- To identify the experience of older people following hospital discharge;
- To consider whether the discharge process is focussed on the individual and meets the needs of older people;
- To consider whether the discharge arrangements meet current local and national policy.

If you are 60+ and during the last 12 months, you have been an inpatient of Wrightington, Wigan & Leigh NHS Foundation Trust or you are a relative or carer of somebody who has, we would be grateful if you would share your experience

confidentially by contacting us on **01942 705522 / 705839** or by **email** info@healthandcaretogether.co.uk. **Information can be found on web site at** www.healthandcaretogether.co.uk

Crossroads – Wigan and Leigh

Training opportunities for carers in May, contact Pauline Middlehurst on **01744 612920** to book a place. Carers Week 2010 highlights issues raised by carers at a national level e.g.

Course	Dates	Venue	Times
First Aid Accredited	Friday 14, 21 & 28 May 2010	Abram Community Centre, 17 Vicarage Road, Abram, WN2 5QX	9.30am – 4.00pm
Sexual awareness (course for parents of children with autism)	Friday 7 May	The Pavilion, Hurst St, Hindley	9.30am – 3.00pm

Future training

The dates and venues for the training listed below will be advertised on the website and in the next newsletter as the details are firmed up.

If you are interested in taking part in any of the training please contact Pauline Middlehurst on **01774 612929**.

Course	Dates	Venue
Mental Health Awareness: training specific to carers looking after someone with mental health illness.	Date to be confirmed	Venue to be confirmed
Stress Management	Date to be confirmed	Venue to be confirmed
Computers Made Easy	Date to be confirmed	Venue to be confirmed
Confidence Building	Date to be confirmed	Venue to be confirmed
Challenging Behaviour	Date to be confirmed	Venue to be confirmed
Jewellery Making	Date to be confirmed	Venue to be confirmed
Reiki	Date to be confirmed	Venue to be confirmed
Medication	Date to be confirmed	Venue to be confirmed
Family Tree	Date to be confirmed	Venue to be confirmed
Card Making	Date to be confirmed	Venue to be confirmed

Contact Details:

Crossroads Wigan and Leigh, Tudor House Community Centre
8 Liverpool Road, Hindley, Wigan WN2 3HD

Lynda Harrison – Training & Liaison Coordinator

Mob: 07973257332 Email: Lynda.harrison@sthelenscrossroads.org.uk

Pauline Middlehurst – Project Administrator

Tel: 01744 612929 Email: Pauline.middlehurst@sthelenscrossroads.org.uk

Louise Boland – Publicity & Development Worker

Tel: 07973290986 Email: Louisa.boland@sthelenscrossroads.org.uk

Web: www.crossroadswiganandleigh.org.uk

Other help

- Carers Helpline - the local helpline can be contacted for information and is able to offer support to carers – phone 01942 606086.
- Carers Direct - the national information service for carers - **0808 202 02 02** or visit their website for further information www.nhs.uk/carersdirect

This information update was produced by Wigan Council's Carer Support Team, Wigan Council, Hyndelle Lodge, King Street, Hindley, and Wigan, WN2 3AW.

Phone: 01942 705983 Email: ssdcarers@wigan.gov.uk

A summary of this information can be made available in other formats and languages on request.

Contact us at:

Media and Communications Team,
Wigan Council, Chief Executive's Services,
Town Hall, Library Street, Wigan, WN1 1YN.

Phone: 01942 827173

Email: mct@wigan.gov.uk