



Local groups

This section contains information about local groups and organisations that provide support and (often) social opportunities for carers. If you know of, or are a member of, a group not listed here please contact the Carers Support Team on 01942 705983 so that we can try to include them in future editions of the directory.

Alzheimer's Society Ashton, Wigan and Leigh

**Wigan Investment Centre
Waterside Drive
Wigan
WN3 5BA**

Telephone: **01942 247837** (Annette Goodfellow)

Helpline: **0845 300 0336** (08:30 to 18:30 Mon – Fri)

Email: wigan@alzheimers.org.uk

Web: www.alzheimers.org.uk

Who is the service for: **Family and carers of people with dementia**

Service details: **We have a number of carers groups which meet at locations throughout the borough. The groups are:**

- **Specific to Dementia and Alzheimer's related subjects;**
- **Provide information on local and national initiatives;**
- **Informal – friendly – confidential;**
- **Supportive – addressing individual issues.**

Meetings generally take place over lunch or tea and biscuits and are sometimes attended by a guest speaker. If you would like to know more about the local support that we provide for carers or about the Alzheimer's Society call: 01942 247837.

**Wigan Carers Support Group
Sunshine House Day Centre
Wellington Street
Scholes
WN1 3SA**

1st Thursday of each month 6.30pm – 8.00 pm

Leigh Carers Support Group
Pensioner's Link
27 Charles Street
Leigh
WN7 1DB

1st Friday of each month 2pm – 4pm

Shevington Carers Support Group
Shevington Methodist Church
Gathurst Lane
Shevington
Wigan
WN6 8EA

1st Monday of each month 11am – 12.30pm

Platt Bridge Carers Support Group
Belong
Millers Lane
Platt Bridge
Wigan
WN2 5DD

1st Wednesday of each month 1.30pm – 3pm

Ashton, Leigh & Wigan Diabetic Support group

**St Thomas Church Hall
Warrington Road
Ashton in Makerfield
Wigan**

Wheelchair access Disabled toilets Parking Public transport

Telephone: **01942 202956** (Mrs. Ann Cunliffe)

Email: anncunliffe@sky.com

Who is the service for: **Anyone who either has diabetes, or carers for someone with diabetes.**

Service details: **We are a group of people (male and female) who either have diabetes, or care for someone with diabetes. Our aim is to help people cope with this condition.**

Meetings take place on the 2nd Monday of each month (February to November) 7.30pm to 9pm. Most evenings we have a speaker to talk about some aspect of Diabetes care.

Charges / membership fees: **£1 per meeting.**

Referral method: **Self or health professional.**

CIMH Carers in Mental Health

**C/o Wigan and Leigh Pensioners Link
27 Charles Street
Leigh
WN7 1DB**

Wheelchair access Disabled toilets Parking Public transport

Telephone: **01942 606086** (Carers Helpline)

Who is the service for: **Carers who care for people with severe mental health problems i.e. bipolar, schizophrenia, schizo-affective disorder, clinical depression.**

Service details: **CIMH gives help and support to carers. The group provides an opportunity for people to get together and know that they are not alone.**

Meetings take place every third Tuesday in the month. Invited guests provide support and information about services. There are also breaks for carers if grants are available.

Charges / membership fees: **Membership fee £1 per person when we meet.**

Referral method: **Self or health professional.**

Crossroads Carers Support Group

**Kingsleigh Methodist Church
King Street
Leigh
WN7 4LR**

Wheelchair access Disabled toilets Parking Public transport

Telephone: **01942 701692** (Alan Kendrick)

Helpline: **07807210913**

Email: ccsg.group@hotmail.com

Web: www.ccsgsupport.com

Who is the service for: **All carers.**

Service details: We provide a signposting service for all carers in the borough for help with benefits checks, respite care provision, access to training, access to respite breaks for themselves, a monthly newsletter and a monthly coffee morning to enable carers to have a social outlet.

Meetings take place on the second Wednesday in the month, 11am to 2pm.

Charges / Membership fees: **None.**

Referral Method: **Any.**

Home visiting service

Outreach facilities

Should a carer require visiting at home, one of our committee members will arrange to see them at a convenient time.

Directions Carers Support Group

**Salem Church Hall
Church Street
Orrell**

Wheelchair access Disabled toilets Parking Public transport

Telephone: **01942 620860 / 01695 625403**

Email: **jodufeu@hotmail.co.uk**

Who is the service for: **Any carer.**

Service details: **Drop ins: Monday every 2 weeks 10am to 2pm**

Day trips, pamper days, craft days, computer days, relaxation therapy, weekend breaks.

Charges / Membership: **None.**

Embrace Wigan & Leigh

**81 Ribble Road
Platt Bridge
Wigan
WN2 5EG**

Wheelchair access Disabled toilets Parking Public transport

Telephone: **01942 513053**

Email: Via website

Web: www.embracewiganandleigh.org.uk

Who is the service for: **People with disabilities and their families.**

Service Details: Embrace is open 9am to 5pm, Monday to Friday. For a full description of the services offered please see our web site.

Charges / membership fees: **£30 per Year.**

Referral Method: **Any.**

Famfair

**Tudor House Community Centre
8 Liverpool Road
Hindley
Wigan
WN2 3HU**

Wheelchair access Disabled toilets Public transport

Telephone: **01942 858950** or **07743317876** (Elaine Delaney)

Email: elainedelaney1@hotmail.com

Who is the service for: **Women and men who are concerned about someone else's drinking.**

Service details: Famfair is a support group, based in Hindley. They have a drop in at Tudor House in Hindley on Thursdays, where concerned others can go for a chat, advice and a cup of tea or coffee. People can also telephone for help, advice and support at any time.

For those who have alcohol problems themselves there is a support network, called BRAG, which meets regularly in Hindley and Wigan. Contact Brendan on 07809 833883 for more details.

Charges / membership fees: **None.**

Referral method: **Any.**

Family and Carer Support Service – The Stroke Association

**Pemberton Clinic
Sherwood Drive
Pemberton
Wigan
WN5 9QX**

Wheelchair access Disabled toilets Parking Public transport

Telephone: **01942 775826** 09:30 to 17:00 Mon – Fri (Jim Brown, Elaine Pye)

Email: northwest@stroke.org.uk

Web: www.stroke.org.uk

Who is the service for: **Stroke survivors and their carers and families who live within Ashton, Leigh and Wigan.**

Service details: Family and Carer Support is a visiting service that gives practical information and emotional support to the families and carers of people who have had a stroke. We help families prepare for the changes that inevitably happen because of a stroke, and make sure they are able to cope – both physically and emotionally. The service can also help people who live alone.

Charges / membership fees: Family and Carer Support is free to individuals and their families, as it is paid for by local health or social services authorities. Unfortunately, not all authorities pay for the service, so it is only available in certain areas.

Referral method: A Family and Carer Support Co-ordinator may regularly visit hospital wards, or hospital staff can refer new stroke patients. In the community, GPs, district nurses and social workers can refer families.

Heads Up

Telephone: **01942 523083** (Janet Ashton)

Email: **janetashton@talktalk.net**

Who is the service for: **Carers and their disabled partners, friends or family members, aged 18+.**

Service details: **Heads Up is a group of stroke and acquired brain injury people and their carers. It provides friendship and a means of getting back into the community.**

The group meets Wednesdays between 12noon and 5pm at various, disabled friendly venues.

Charges / membership fees: **None (contributions towards the annual trip to Blackpool).**

Referral Method: **Self.**

Hope for Carers

**Hope School
Kelvin Grove
Marus Bridge
Wigan
WN3 6SP**

Wheelchair access Disabled toilets Parking Public transport

Telephone: **01942 824150** (Win Davies)

Email: Hope_cc@wiganmbc.gov.uk

Who is the service for: **Parents of children and young people at Hope School.**

Service details: We provide a term time weekly support group offering friendship, emotional and practical support.

The group meets on Wednesday mornings 10am to 12 noon during term time. We have regular speakers to update us on services available.

Training is available through the school or other outside agencies. We hold social events e.g. overnight stays, theatre trips, meals etc. We are a very warm, friendly group where you'll be made to feel very welcome.

Referral method: **Any.**

Lancashire Asian Carers Forum

**Preston Carers Centre
28 Church Street
Preston
PR1 3BQ**

Wheelchair access Disabled toilets Parking

Telephone: **01772 200173** (10:00 to 16:00 Mon – Fri)

Email: info@prestoncarers.org.uk

Web: www.prestoncarers.org.uk

Who is the service for: **All black and minority ethnic carers.**

Service details:

- **One to one support;**
- **Monthly support group meetings;**
- **Drop-in sessions;**
- **'Time For Me' funding;**
- **Mail out / newsletter / information on events;**
- **Days out;**
- **Courses.**

Home visiting service

Outreach facilities

Landgate Parent Support Group

**Landgate School
Landgate Lane
Ashton in Makerfield
Wigan
WN4 0EP**

Wheelchair access Disabled toilets Parking Public transport

Telephone: **01942 776688** (Mrs Janet Sharps)

Email: landgate@wiganmbc.gov.uk

Who is the service for: **Parents of autistic children in any school in the borough.**

Service details: **Parents of autistic children meet to discuss issues, support each other, inform each other of resources available, funds etc.**

Meetings take place Wednesday mornings 10am to 12 noon.

Referral method: **Contact school.**

Leigh Healthy Heart Club

**Leigh Conservative Club
Railway Road
Leigh
WN7 4AX**

Telephone: **01942 601696** (Mr Ken Tootill)

Who is the service for: **Those with heart problems, their relatives and carers.**

Service details: Leigh Healthy Heart Club cardiac support group was founded in September 1988 by members of the community who had suffered from heart problems.

The aim of the group is to provide support, help and guidance to people who suffer from heart disease, and also their relatives and carers.

Meetings of the group are usually attended by a guest speaker who gives a talk lasting about an hour. Afterwards, there is the opportunity to ask questions and to talk to other members of the group who have undergone similar experiences.

Leigh Healthy Heart Club works closely with specialist cardiac nurses who attend many of the meetings.

Charges / membership fees: **None.**

Referral method: **Any.**

Lowton, Golborne and Ashton Mencap Society

**Broadmead Centre
Golborne Road
Lowton
WA3 2ER**

Wheelchair access Disabled toilets Parking Public transport

Telephone: **01942 723781** (Geoff McCourt)

Web: www.mencap.org.uk

Who is the service for: **Families and carers of learning disabled persons and the learning disabled themselves.**

Service Details: The society meets on the fourth Thursday in the month (except June, July, August and December) 7.45pm to 10pm. Some meetings are attended by topical guest speakers whilst others are given over to social activities, including entertainers. We also hold information evenings for carers, trips out, visits to places of interest and theatre trips. We arrange a community carol concert each year.

The Mencap Linc Gateway Club is for learning disabled persons 17 years and over. The club holds many activities throughout the year and meets every Monday evening 7pm to 9pm at the Golborne Linc Centre. The club has a short summer break.

Charges / membership: £2.00 per person- £5.00 family subscription.

Referral method: Self.

Making Space Carers Support Group

**Church of Christ
Coop Street
Longshoot
Whelly
Wigan**

Disabled toilets Parking

Telephone: **01942 510371** (Mrs M. Robinson)

Email: br0018385@blueyonder.co.uk

Who is the service for: **Mental health carers.**

Service Details: Making Space is a support group for carers of people with mental health problems. The group meets every second Friday of each month 1pm to 3pm to provide support and share information.

Charges / membership: **None.**

Referral method: **Self or health professional.**

Motor Neurone Disease Association

**Thistle Hotel
Penny Lane
Haydock
St. Helens
WA11 9SG**

Wheelchair Access Parking

Telephone: **01744 638298** (Mrs J. Challinor)

Who is the service for: **People living with Motor Neurone Disease and their carers.**

Service details: The Motor Neurone Disease Association was set up to provide help, support and information for people living with MND and their carers. Also to raise funds for necessary equipment and a variety of aids.

Meetings of the local group take place at the Thistle Hotel on the third Thursday of every month, starting at 7.30pm.

Home visiting service

We have 'Association Visitors' who will call at the homes of our members living with MND and their carers if they so wish.

Parkinson's Disease Society – Leigh Branch

**Kingsleigh Methodist Church
King Street
Leigh**

Wheelchair access Disabled toilets Parking Public transport

Telephone: **0844 225 3654** (Gill Carberry)

Helpline: **0808 800 0303** (09:30 to 21: 00 Mon – Fri, 09:30 to 17:30 Sat)

Email: gcarberry@parkinsons.org.uk

Web: www.parkinsons.org.uk

Who is the service for: **Anyone with Parkinson's Disease, their carers, family and friends.**

Service details: **Branch meetings are normally held on the 1st Monday of the month at 2pm but this may vary depending upon the annual programme arranged by the committee.**

Meetings are open to anyone with Parkinson's Disease, their carers and family. There will always be an opportunity to chat with others who understand and to access information about Parkinson's Disease and the Parkinson's Disease Society.

Charges / membership fees: **Annual membership of the Parkinson's Disease Society costs £4.**

Referral method: **Any.**

Support for Wigan Arrivals Project (SWAP)

28 Upper Dicconson Street
Wigan
WN1 2AG

Telephone: **01942 235022; 07872 824974** 10:00 to 16:00 Mon, Weds, Thurs, Fri

Email: info@swapwigan.org

Web: www.swapwigan.org

Who is the service for: **Support and help with social integration to new arrivals in the Wigan Borough, including refugees, asylum seekers and migrant workers.**

Service details: **Support for Wigan Arrivals Project – SWAP – is a community organisation in Wigan and works across the borough. SWAP provides support to the members of our newest communities and has a particular focus on helping refugees, asylum seekers and migrant workers from the new European states.**

As well as giving practical support and help with social integration to new arrivals, SWAP also offers training, support and signposting to service providers working with migrants in the borough who need to increase their understanding of the regulatory framework and social / cohesion issues affecting new communities in Wigan.

The services are jointly delivered by paid staff and volunteers many of whom are from the new communities themselves. Enquiries from new potential volunteers are welcomed.

SWAP does not give legal advice on immigration issues and whilst we are not able to support clients to complete legal forms, we can signpost to other agencies who can provide this help.

Charges / membership: **None.**

Referral method: **Self referral, friend or family, statutory and third sector organisations. Consent must be gained from the client.**

Home visiting service

The Visionaries

**The Conservative Club
Railway Road
Leigh**

Wheelchair Access Disabled Toilets Parking Public Transport

Telephone: **01942 523859** (Secretary)

Email: thevisionaries@visionvip.net

Website: www.visionvip.net

Who is the service for: **Blind and visually impaired people and their carers.**

Service Details: We offer information and advice, social activities, and outings to blind and visually impaired people and their carers. Meetings are held on the 2nd, 3rd and 4th Tuesday of each month in the afternoon.

Charges / membership fees: £48.00 per annum, collected at £4.00 monthly.

Referral method: Self.

Think Ahead Community Stroke Group

**28 Leigh Street
Wigan
WN1 3BE**

Wheelchair access Disabled toilets Parking Public transport

Telephone: **01942 824888** (09:00 to 17:00 Mon – Fri)

Helpline: **01942 824899** (09:15 to 16:00 Mon – Fri)

Email: info@think-ahead.org.uk

Helpline email: cs@think-ahead.org.uk

Web: www.think-ahead.org.uk

Who is the service for: **Stroke survivors and their carers and families.**

Service details: The Think Ahead Community Stroke Group offers help to stroke survivors, their families and carers across Wigan and Leigh, to improve the quality of their lives by providing friendship, information, advice, support and education, together with opportunities for interaction with other members by organising outings, respite breaks and appropriate social activities.

The Peer Support Programme partners stroke survivors and their carers with a specially trained ‘peer supporter’ to provide one-to-one information, advice, emotional support and practical support about living and recovering from a stroke. Each peer supporter is someone who has experienced the effects of a stroke on a survivor’s life.

Charges / membership fees: £10 on initial registration to group – optional.

Referral method: Any.

Outreach facilities

Outreach facilities are provided through the Stroke Peer Support Programme.

Wigan and Leigh Breathe Easy Group

**Leigh Miners Club
Kirby Road, Twist Lane
Leigh
WN7 4EF**

Parking Public transport

Telephone: **01942 273820** (Teresa Garland)

Email: teresa.garland@talktalk.net

Web: www.lunguk.org

Who is the service for: **People living with lung disease and their carers.**

Service details: **We are a support group for people living with a lung condition and those who look after them. 'Breathe Easy' is part of the British Lung Foundation.**

We meet on the third Monday of each month in Leigh Miners Club at 1.30pm.

Charges / membership fees: **None.**

Referral method: **Self or health professional.**

Wigan and Leigh Carers Forum

**Allan Taylor House
27 Charles Street
Leigh
WN7 1DB**

Wheelchair access Disabled toilets Parking Public transport

Telephone: **01942 239135**

Helpline: **01942 606086**

Email: info@carershelpline.co.uk

Who is the service for: **Carers groups, individual carers and former carers.**

Service details: **The Carers Forum represents the views of carers from across the borough. It aims to:**

- **Raise awareness of carers and carers issues;**
- **Work in partnership with statutory and voluntary sectors to influence changes that affect carers;**
- **Lobby and advocate for change;**
- **Make things fairer within all services;**
- **Challenge discrimination and promote equality.**

Meetings of the Forum are held on the 1st Monday of every month between 6pm and 8pm.

The Carers Forum: 'a united voice for carers'.

Charges / membership fees: **None.**

Referral method: **Any.**

Wigan and Leigh Family Support Group (FSG)

**24 Hallgate
Wigan
WN1 1LR**

Public transport

Telephone: **01942 497899** (Mary Atkins)

Helpline: **0800 4581092** (19:00 – 21:00 Mon & Thurs)

Email: maryatkins@blueyonder.co.uk

Who is the service for: **Families and concerned others of substance misusers.**

Service details: **Supports families of substance users, helps them to set boundaries, detach with love and eventually discover how to enjoy life again whether their loved ones find recovery or not.**

The group meets on Wednesdays between 6.30pm and 8.30pm.

Charges / membership fees: **None.**

Referral method: **Self.**

Wigan and Leigh Hospice telephone advice line

**Kildare Street
Hindley
Wigan
WN2 3HZ**

Telephone: **01942 525566**; **01942 524205** (out of hours)

Web: www.wlh.org.uk

Who is the service for: **Patients, carers and healthcare professionals who are seeking advice about palliative care issues.**

Service details: **The service operates 24/7. It aims to provide advice about:**

- **Pain control;**
- **Symptom control;**
- **Hospice services and referral information.**

When you ring the advice line your call will be taken by a professional who will ask for information about diagnosis, medication and current problems. Your query may be answered immediately, or in some instances additional information may be required and under those circumstances we would offer to call you back again regarding your problem.

During office hours you can contact the advice line via the main Hospice switchboard number. At other times (including weekends and public holidays) there is an out of hours service available on: 01942 524205.

Charges / membership fees: **None.**

Referral method: **Any.**

Wigan, Leigh and District Society for the Blind

**4 Scarisbrick Street
Wigan
Lancs
WN1 2BS**

Telephone: **01942 242891** (Anne Fairhurst)

Email: wiganleighblind@hotmail.co.uk

Who is the service for: **Blind and visually impaired people in the Wigan, Leigh and surrounding areas.**

Service details: We are here to offer help and advice for all blind and visually impaired people in the Wigan, Leigh and surrounding areas. We hold weekly social group meetings in Wigan and Atherton. We organise summer day trips to the seaside at no cost for the blind and a guest. At Christmas we give all people on our register a cash gift. Weekly escorted holidays are arranged with transport provided at no cost. The cost of the holiday is paid by the individual.

Charges / membership fees: There is no charge to be on our register.

Referral method: Registered blind can refer themselves. Referrals are also taken from other agencies.

Wigan MDF Bipolar Support Group

Hyndelle Lodge
King Street
Hindley
Wigan
WN2 3AW

Wheelchair Access Parking Public Transport

Telephone: **07734 650859** (Charlotte Lowe)

Helpline: **08088021983** (for members of MDF The Bipolar Organisation)

Email: **charlotterlowe@yahoo.co.uk**

Web: www.mdf.org.uk

Who is the service for: **Individuals with bipolar (manic depression) and their family and friends).**

Service Details: The MDF bipolar support group aims to provide peer support to individuals affected by bipolar disorder.

Meetings take place on the third Thursday of the month from 7pm to 9pm. The group welcomes not only those with bipolar, but also carers, family members and friends. We try to arrange for various speakers to frequently attend group meetings and have built up a collection of books which members can borrow.

Charges / Membership: Membership of the group is free. An individual subscription to MDF The Bipolar Organisation costs £18 per year.

Referral Method: Any.

Wigan Rugby League Disabled Supporters Club

**Upper Morris Street Working Men's Club
Morris Street,
Wigan
WN1 3RB**

Telephone: **01942 862552** (Raymond Simms)

Who is the service for: **Disabled RL enthusiasts and their carers.**

Service details: The group meets every other Wednesday at Upper Morris Street Working Men's Club in Wigan. Members attend most matches, home and away.