A happier and healthier you
Seventy years ago this year one of the greatest political achievements of the modern era was accomplished. The establishing of the NHS by the Labour government of 1948, with Aneurin Bevan as health secretary, forged one the world’s greatest institutions pledging to care for every citizen from the cradle to the grave.

Today we have a health service which is the envy of the world and we are incredibly proud of our local services and the staff who help deliver them. There is no doubt that the NHS now is a far larger and more complex organisation than even Bevan could have envisaged. It is one which faces significant challenges with increasing financial adversity.

We can help the NHS by taking steps to look after our own health. By doing simple things such as doing more exercise and eating healthier we can reduce demand on its services as well as helping improve our own health and wellbeing.

Like The Wigan Deal it’s a win-win! This edition of Borough Life has plenty of ideas to help you become that little bit more healthy, as well as moving stories from real people of our borough to inspire you in that journey.

We also highlight how Wigan is trailblazing new approaches to health care with much more joined up services centred around the patient. We all have a special connection with the NHS and I’m sure you will join with me in celebrating its 70th anniversary this year and wishing it many more years of success improving and saving lives.

By Peter Smith
Leader, Wigan Council
@lord_petersmith
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Borough Life / Spring 2018

Green-fingered residents who have a garden, allotment plot or neighbourhood to be proud of are being encouraged to enter this year’s borough-wide gardening competition.

Applications for the In Bloom competition are now open with six titles up for grabs:
• Best fruit or vegetable garden/allotment
• Best hanging basket or container
• Best communal garden
• Best traditional garden
• Best ornamental garden
• Best junior garden

Residents can also nominate a neighbour or friend with their permission.

The closing date for entries is Monday 2nd July. To enter email inbloom@wigan.gov.uk or download and complete an application form from the website www.wigan.gov.uk

Full terms and conditions are available online.

Congratulations Margaret!

Congratulations to Margaret Dewhurst from Ashton who won the prize draw in the last edition of Borough Life.

Margaret, aged 70, was one of hundreds who filled in a questionnaire to help us improve Borough Life and our council communications.

“I never realised there was a prize when I filled in the questionnaire,” said Margaret who won £250 Grand Arcade vouchers.

“It was a lovely surprise!”

Say hello to Lionel!

Pop superstar Lionel Ritchie is coming to Leigh Sports Village on Saturday, 16th June.

To celebrate we have five pairs of tickets for Borough Life readers to win in a prize draw.

To enter simply register for the Borough Life e-newsletter on www.wigan.gov.uk/boroughlife

The closing date is 1st May and the prize draw will take place on 4th May. Terms and conditions online.

Care homes improve

Wigan Borough’s residential care homes have been ranked as the third most improved in the UK over the last 12 months.

Currently 82 per cent of care homes in Wigan Borough are rated good compared to 55 per cent last year.

An ongoing programme of care home reform has been in place since 2016 to improve quality and service.

A £2m investment fund from the council has supported the sector to address some of the issues it is facing including an ageing population and difficulties retaining staff.

Blooming garden success

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Leigh’s new town centre a hit!

Hundreds of people enjoyed a family fun day in Leigh town centre to celebrate its new look. The event marked the official opening of the regeneration of Bradshawgate and Albion Street with new paving, seating and trees giving the centre a modern and attractive feel. The £1m investment by Wigan Council is part of £5m ‘Believe In Leigh’ fund which the council is investing in Leigh Entertainment delighted families with stilt walkers, jugglers, face painters and balloon modelling!

Armed forces hub to open

Wigan Borough’s eagerly anticipated armed forces hub is set to open. The ground-breaking hub will provide tailored services for serving personnel and armed forces veterans and is being delivered as part of Wigan Council’s commitment to its armed forces covenant. Veteran’s groups and the Royal British Legion welcomed work starting on the hub and said it will be a “real asset” for Wigan Borough. David Drury from LCT Forces, which supports veterans in the Leigh area, said: “It’s great that the council have worked with the community to make this ambition a reality. “It’s a fantastic asset that the armed forces community borough-wide can benefit from.” The hub, which will double up as a meeting point for the Wigan Sea Cadets, will now be based at Withnall House near Wigan Little Theatre.

Arts and culture boost

Wigan Borough’s growing reputation as a hotbed for arts and culture has been underlined with a major funding boost and a visit from a national leading arts figure. Wigan S.T.E.A.M. has received £99,000 from the GMCA Cultural and Social Impact Fund. It is the first time a Wigan arts organisation has received funding from the Greater Manchester fund which aims to ensure the region’s cultural, arts and leisure offer is vibrant and attracts visitors. Wigan S.T.E.A.M., is based in Library Street, Wigan, and aims to build connections between science, technology, engineering, art and maths with culture and heritage. It works with young people to provide exciting learning opportunities, workshops and exhibitions as well as creative heritage-based projects.

A great Deal for residents

Residents of Wigan Borough have had the lowest council tax increase in Greater Manchester. Wigan Council is freezing general council tax as part of The Deal. It has also revealed that no further efficiencies to frontline services will need to be made for the council to reach its total saving of £160m by 2020. While many councils across the country announce plans to increase council tax by the minimum amount, Wigan has pledged once again to freeze general council tax as part of The Deal and will not be adding any extra increases apart from the 3 per cent precept to fund adult social care services. Lord Peter Smith, leader of Wigan Council, said: “By setting out our strategy through The Deal we have been able to achieve our savings targets while improving the services we deliver to residents.”
A whole new state of mind
One injury changed Danny Sculthorpe’s life forever. He slipped a disc while undergoing pre-season training with Bradford Bulls seven years ago. What initially seemed like a straightforward surgical fix turned into a complex injury, eventually taking its toll on his mental health. During recovery, Danny felt a searing pain in his leg and was told he had picked up two major infections, septicaemia and osteomyelitis, affecting the blood and the bones. “I was told the recovery period would be months and I remember feeling pure panic because I don’t have any school qualifications. Rugby was my life,” Danny explains. Danny was discharged after three months in hospital and was allowed to recuperate at home. But even there, he was unable to move much further than from his bed to the couch. “I felt like I had gone from being an elite sportsperson to nothing. I couldn’t even take my kids to school or spend time with my wife. “The only thing keeping me going was the fact I was still in contract with Bradford, so I was financially secure.” Danny remembers. But, five months after being at home, the club released Danny meaning he had lost the game he loved, his mobility and his income all at once. This led to the loss of the family home, which sent Danny to a downward spiral of depression, negativity and feelings of uselessness. “Although I managed to recover and signed with Widnes for a short while, I still felt so empty. I was taking a lot of pain relief, even wearing fentanyl patches when I played, which I didn’t know at the time are banned. Widnes suspended me and I couldn’t take it anymore.” Danny became more and more withdrawn and began experiencing feelings of suicide, strongly believing that his family would be better off without him. “I’d had enough,” he said. “I couldn’t bear what I was going through and what I was putting my family through. I wanted to end it all and put everybody out of pain. “I drove to a nearby car park one night with the intention of taking an overdose. I sat for a while just crying and thinking. “Thankfully, I made a different decision. I wish I knew what it was that changed my mind but I just didn’t do it.” Danny bravely recalls. Two days later, Danny’s wife and parents sat him down to ask what had been going through his mind and seeing this as his opportunity, Danny shared his torment. “I felt like that was my chance and even though there was so much more to come, I knew that I had done a great thing by opening up.”
After hours of talking with family members, a counsellor and his GP, Danny was prescribed anti-depressants and the RFL gave him help from Sporting Chance.

“Shortly after finding myself in that car park, I saw photographs of myself in the paper and it really put things into perspective. My photo could have been in the paper for a completely different reason.” Danny reflects.

Since surviving his depression and learning how to manage his thoughts, Danny started working with State of Mind, a charity that teaches people of all ages and backgrounds about how the mind works. The charity was set up in 2010 after Danny’s best friend and former rugby player, Terry Newton, took his own life aged 32.

“I got involved in the charity in 2012 and it has definitely been my main source of therapy. I tell my story to raise awareness about the importance of mental health and to show people that it really can get better.

“I can’t express how different my mindset is now. I didn’t know the signs of mental illness before so I didn’t associate my behaviour with depression. I want everyone else to be aware so they can spot the signs before it’s too late.

“Talking really is the biggest way out and it costs absolutely nothing. I also want people to understand that the key to recovery is different for everybody but if medication is on the cards, don’t be scared of it or of how long you may need it for. It could be the thing that saves your life.”

Danny hopes telling his story will encourage people to think differently as everybody is fighting a battle that others know nothing about. Danny is also proud to support the Wigan Council campaign, #TogetherWeCan, which raises awareness about the importance of mental health by focusing on life events and triggers that can cause difficult times for people.

### 5 signs of poor mental health

1. **Prolonged depression (sadness or irritability)** - feeling down or depressed from time to time is normal. But if these feelings last two weeks or more or start to affect everyday life, this can be a sign of depression.

2. **Excessive fears, worries and anxieties** – it’s not unusual to feel worried or anxious but if you find that you’re constantly feeling that way then it may be worth speaking to someone to help you manage these feelings.

3. **Social withdrawal** – if you’re experiencing a loss of interest in things that you used to enjoy, are avoiding contact with friends and taking part in fewer activities this could be a sign of depression.

4. **Seeing or hearing things that aren’t there (hallucinations)** – hallucinations are where someone sees, hears, smells, tastes or feels things that don’t exist outside their mind. They can be frightening, but there’s usually an identifiable cause. See your GP straight away if you’re experiencing hallucinations and you’re worried about them.

5. **Growing inability to cope with daily problems and activities**. Life can be challenging sometimes and we all have days where things seem hard. If you find that you are struggling to manage and feel overwhelmed by daily tasks that previously you didn’t find challenging then this could be a sign that you need some support.

Some symptoms of mental illness are also daily feelings such as tiredness, stress and change in appetite but if these feelings don’t go away or are particularly extreme, speak to your GP or someone you trust. This list is not exhaustive and signs and symptoms vary across health conditions and personality types.

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If you’re interested in finding out more about Danny’s story, you can buy his new book ‘Highs, Lows and Hypos’ on Amazon or in any major book shop. Find out more about State of Mind at: www.stateofmindsport.org

For more information or to get involved in the campaign, visit www.wigan.gov.uk/togetherwecan
Get active

It's easy to do and has an immediate effect on your health – exercise! You don’t have to join a gym to get the benefits. Now the nights are getting lighter why not go out for a walk, cycle or light jog after work? Or if you've always wanted to take up a sport, have a look at what's on offer from Inspiring Healthy Lifestyles: (web)

Socialise

Connecting with people around you is great fun and can boost your mental health. If your friends or neighbours aren't free for a catch up, there are lots of fantastic community groups across the borough. Find an activity near you at www.communitybook.org

5 Ways to relax instead of wine o’clock

It might feel relaxing after a busy day but wine o’clock isn’t good for our physical or mental health. If you’re struggling to de-stress or want to try something new for 2018, here are five ways to ditch the booze and get started.

Make some you time

Find out where your happy place is, whether it’s reading a book, being out in the countryside or listening to music, and make some time for yourself to do what you enjoy.

Be mindful

According to the NHS, being more aware of the present moment, including your thoughts and feelings, your body and the world around you, can positively change the way you feel about life and how you approach challenges. Some people call this ‘mindfulness’ and it can be practiced in different ways including meditation or breathing. There’s also research that yoga and tai-chi have positive effects on your mind and body.

Do something different

Have you always wanted to learn a language or take up a skill? There’s no better time to start than the present! There are apps on your mobile phone or tablet that let you learn a language in just 15 minutes each night. Or if you’ve got a passion for gardening, history or books, there are lots of opportunities to join a local group: www.wigan.gov.uk/volunteering
Sweet temptation

Struggle to shake off your craving for something sweet in between meals?

If you’re trying to lose weight or want to feel healthier and need an alternative to crisps and sweets to keep you full, here are some ideas for healthy snacks to get you through the day.

- **A whole piece of fruit**
  Handy to have when you’re on the go.

- **Greek yogurt with berries**
  Feels like a dessert!

- **Vegetable sticks**
  Try them with hummus for a filling snack.

- **Rice cakes**
  Can have sweet or savoury toppings from tuna to peanut butter.

- **Nuts**
  A small handful or 30g is the recommended serving.

- **Square of dark chocolate**
  An occasional treat to curb your chocolate craving.
Healthy food

Breakfast: Three bears breakfast

- 200g high-fibre porridge oats
- 1 litre 1% fat milk
- 80ml cold water
- 4 tbsp low-fat natural yoghurt
- 1 apple, cored and thinly sliced
- 40g raspberries

Put the porridge oats into a saucepan with the milk and water. Heat, stirring constantly, until the porridge thickens. Reduce the heat and simmer for 3-4 minutes, stirring. Share the porridge between four serving bowls and top with the yoghurt, apple and raspberries. Serve immediately.

Lunch: Baked tomatoes on toast

- 8 tomatoes, halved
- 3 handfuls cherry tomatoes, halved
- 1 tsp dried mixed herbs
- 2 tsp fresh chives, chopped (optional)
- 2 tbsp white or wholemeal breadcrumbs
- 4 tbsp parmesan cheese, finely grated
- 4 slices wholemeal bread
- 1 pinch ground black pepper

Preheat the oven to 190°C/fan oven 170°C/gas mark 5. Arrange the tomatoes, cut sides up, on a baking sheet. Sprinkle with the dried herbs and chives (if using) and season with black pepper. Roast for 10 minutes, then sprinkle the breadcrumbs and parmesan cheese over them. Roast for 5 more minutes. Meanwhile, toast the bread. Place the toast on warmed plates and share the tomatoes between them. Sprinkle with a little extra black pepper, then serve.

Dinner: Turkey stir-fry

- 125g dried egg noodles, medium
- 1 small orange, juiced
- 1 tbsp reduced-salt soy sauce
- 1 tbsp cornflour
- 1 tbsp vegetable oil
- 350g skinless turkey breast
- 5 spring onions, thinly sliced
- 1 pepper, any colour, thinly sliced
- 1 carrot, cut into thin strips
- 2 celery sticks, thinly sliced
- 1 handfuls mushrooms (cup or button), sliced
- 1 pinch ground black pepper

Put the noodles into a heatproof bowl and cover with boiling water. Soak for 6 minutes, or follow the instructions on the packet. Next, mix together the orange juice, soy sauce and cornflour until smooth. Set to one side. Heat the oil in a wok or very large frying pan. Add the turkey and stir-fry briskly for 3-4 minutes. Add the spring onions, pepper, carrot, celery and mushrooms. Stir-fry over a high heat for another 3-4 minutes, until the turkey is cooked. The vegetables should remain crisp and crunchy. Give the orange juice mixture a good stir, then add it to the stir-fry and cook for a few moments until thickened. Drain the noodles well, then add them to the turkey mixture. Serve at once.

Remember… eat everything in moderation and if you’re trying to lose weight try to stick to two 100 calorie snacks each day.

For more healthier snack ideas visit: www.change4life.co.uk
Borough Life / Spring 2018

Weigh to go!

Want to lose a few pounds, or stone, and transform your life?
Here are three inspirational stories from the borough to help you take that first step.

Nikki lost weight and is feeling great!
Like many women Nikki Gagne, aged 41, had tried diets but failed to stop any weight loss from coming back.
“If I’m not good at something right away, I tend to give up,” she explains.
“With both my pregnancies I weighed about the same when I gave birth as I did before I got pregnant. Hyperemesis meant that after I had given birth, I was a lot lighter than most women would be.
“This and breast feeding gave me licence to eat Nutella like you’d eat a Muller Light. The weight piled on and after my last maternity leave ended, I was still wearing my maternity clothes.”
For Nikki her low self-esteem and lack of confidence started as early as eight years old.
Nikki explains: “I always shied away from photos due to an ingrained lack of self-esteem.”
Over the years Nikki has had several failed attempts to change her lifestyle.
A turning point for Nikki to make drastic changes was when she attended a friend’s wedding.
Nikki explains: “In August last year I was invited to a friend’s wedding, so I bought a new dress, it was bigger than anything I had bought before, basically a posh tent.
“Being at a wedding and hiding from the camera was difficult. My skin hurt the dress was so tight, it felt like wearing a corset. I knew then I had to do something, so I took the opportunity to sign up to Lose Weight Feel Great.
“I instantly felt at ease when I turned up to find a group of really friendly people sharing their stories and struggles together, and I didn’t have to tell everyone what I weighed which was a bonus!”
Nikki continued to push herself and now twelve months in is reaping the benefits after losing five and a half stone.
“Diets are temporary, LWFG is an education and a lifestyle change!” said Nikki.
Eight stone weight loss for Steve
When Steve Johnson swapped fry-ups for sit-ups he started an amazing transformation that's made him healthier and happier. He ditched the chippy teas, passed up on the afternoon pints and headed for the gym instead. And in just one year, 59 year-old Leigh local Steve has gone from 19st, 5lbs to 11st, 2lbs, his body fat has plummeted and he's shed a whopping 16 inches from his waistline. Crucially, Steve's new lifestyle has helped to side step some pretty major health problems like hypertension and diabetes. In fact, Steve's weight loss has been so impressive it's earned him an award at Wigan Borough's recent Believe Sports Awards. It was Christmas 2016 when Steve decided to make the change. “It was the same old thing,” he said. “Fried breakfast, chippy lunch, late afternoon pub and home for tea, which was a microwave meal. This had been the sum total of my daily life for many years and it had take its toll on my body.”

He also booked an induction at Inspiring healthy lifestyle's gym at the Leigh Leisure Centre. It was a new experience and Steve admits that at first he was nervous. “I had to push myself and confront my fear of being looked at and generally not fitting in,” he said. “But after those first two minutes on an exercise bike, I was hooked.” Steve, who works as a Site Manager at the Wigan University Technical College, added: “Before I started I was being treated for hypertension, had stomach issues and knew I was on the verge of being diabetic,” he said. “So this really has transformed my life.”

David's Done It!
Gym Sessions Make Light Work Of Weight Loss

David Maggs' has been out to buy a whole new wardrobe. Well, when you’ve dropped a whopping four stone thanks to a regular regime of diet and exercise, you’re going to need some new clothes. The fighting fit 62 year-old from Billinge has plenty of reasons to be thrilled with his new size. These days you’ll find David down at Ashton Leisure Centre, pounding away on the treadmill or exercise bike. But a few short years ago, it was very different story. It was a stroll up Billinge Hill that first gave David the inkling that all was not right. “I arrived in a terrible state, sweating and struggling to breathe,” David said. “I walked back home slowly, had a shower and dug out the bathroom scales.”

David weighed 14st, 2lbs. “When you’re 5ft, 3ins tall that’s not good,” he added.

David, who was also diagnosed with diabetes, piled the pounds on when he left work to care for mum Edna. David's first move was to buy a bike and he was soon eating up the miles on the roads around his home. But it was at the Inspiring healthy lifestyles gym that he found everything he needed. “I love going to the gym,” said David. “It’s a complete mix, there’s people of all ages and all levels of fitness. We spur each other on.” Over the past three years David has seen his weight fall to a nimble 10st, 4lbs and he is controlling his diabetes naturally. “I have loads of new friends thanks to the gym and I really do feel fitter than ever,” he said.

For more details regarding weight management please call 01942 496496 or search Lose Weight Feel Great at www.wigan.gov.uk
Carly’s memory lives on

There are around 7,500 domestic abuse incidents each year in the borough. Over a decade since their daughter’s death, we spoke to Trevor and Sheila Fairhurst who continue to work tirelessly to raise awareness of domestic violence.

In 2006 Carly Fairhurst was tragically killed at the aged of 19 by her boyfriend in a domestic violence incident. Carly’s parents Trevor and Sheila Fairhurst have been campaigning ever since to raise money for The Carly Fund, a charity set up to support other families affected by domestic abuse.

Before her death they said they weren’t aware anything was going wrong in Carly’s relationship. Sheila said: “We hadn’t a clue what was happening. Carly was from a loving family and she had such a strong personality, we never thought that she would put up with that type of behaviour.”

The couple set up The Carly Fund when they realised a local service to support families affected by domestic abuse was at risk of closing. Sheila continued: “I remember thinking we need to try and do something so that people in Wigan and the surrounding areas have somewhere to go when they need help.”
To date the couple have raised more than £60,000 and have been presented with numerous awards – the latest being an MBE. Trevor said: “A friend of mine collated lots of evidence from the work we have done over the years and wrote to a number of people including local police stations and MP’s. The following May we received letters from the Cabinet Office, asking us whether we would like to accept an MBE. It was such a special day.”

Darren Pilkington, who was convicted of Carly’s murder in 2006 was released from prison in 2016, but breached his licence conditions and was sent back to jail. He is up for parole again at the end of February 2018.

Trevor said: “Along with many other times this is an immensely tough time for us and wouldn’t be able to get through it without the support from our friends and family. I’d like to thank every single person who has helped and supported us over the years.”

Sheila said: “I still get lots of people contacting me who are in abusive relationships or know people in an abusive relationship who tell me their stories and want help. Often people think that it will never happen to them but it can.”

The pair said: “We will never stop fighting to keep Carly’s name alive and will continue to raise money for The Carly Fund in the hope to stop this happening to other families like us.”

A new multi-agency hub to tackle domestic abuse in the borough launched last year. The team includes police officers, independent domestic abuse advisors, Citizens Advice workers and volunteers as well as victim support officers.

If you have any concerns that someone is suffering abuse, whether you are a neighbour a friend or a relative, please come forward. Any disclosures will be channelled through to local services. www.endthefear.co.uk or phone 0161 636 7525 (10am-4pm – Mon-Fri except Bank Holidays) National Helpline 0808 2000 247 (24 hours a day) www.victimsupport.org.uk, 0330 303 0162 or 0161 200 1950
Dawn of a new age

For most of her adult life Dawn O’Neil was confused, disorientated and alone. But a diagnosis of autism at the age of 46 changed everything - and now Dawn is helping to change the world for the better.
“It was immense to know what was ‘wrong’ with me,” says Dawn who is sat in Wigan Town Hall sipping black coffee and describing how her life has changed in a year.

“I felt so different to everyone all my life.

“I didn’t know why I hadn’t found a good job or had 2.4 children.

“I’d had a diagnosis of depression and bi-polar from the doctors but I knew they were wrong.”

Last January, at the age of 46, Dawn received the diagnosis of Asperger’s, a type of autism, and suddenly everything made sense.

What had been unexplained habits, such as the need to avoid noisy and busy areas, the fear of the unknown, the meticulous planning for simple tasks and much more could all be accounted for.

This was a spring board for a new chapter in Dawn’s life – one dedicated to helping others.

“I turned my diagnosis of autism immediately into a passion,” she said.

“Because I wanted to help all the other people and young people who are autistic to have a better life than I did.”

And Dawn, an irrepressible bundle of positive energy, wasted no time in making that happen.

Within weeks she had set out her own manifesto in her notebook to make Wigan Borough an autism-friendly borough.

Dawn saw that Wigan had an Autism Partnership Board and contacted them to volunteer.

Remarkably in just over a year Dawn, now an official Autism Advocate, has achieved many of her aims.

This includes training thousands of people to become ‘Autism Friends’ so they understand much more about the condition.

Businesses in the borough are now having autism-friendly hours where they turn down music, dim lights and share information about autism.

Digital technology has also helped with Leigh-based company iRoam creating virtual tours to help reduce anxiety and increase independence.

She has delivered, alongside the council’s Danny Dowd, upwards of 100 awareness sessions for businesses including the Grand Arcade, the Galleries, the DW Stadium, Tesco as well as Wigan Council staff.

She is also the proud mother of Keegan, aged 14, currently Wigan’s Member of the Youth Parliament.

“It’s been an amazing year,” reflects Dawn.

“But I don’t want it to stop. There’s still so much to do.”

Autism awareness

Autism Friends are sessions which help people to understand how people living with autism will encounter situations. The training encourages people to think differently about autism. The awareness sessions help to break down barriers for people with autism and help them be better connected into their community.
One of the simplest things to do to improve air quality is to ditch the car and travel on foot or by bike. Not only does this contribute to less pollution but walking or cycling are great forms of gentle exercise that can help you lose weight and live a healthier lifestyle.

At St Peter’s C of E Primary in Hindley more than half of the 311 pupils currently travel to school by walking, cycling, scooting or through their park and stride scheme, where parents park further away from the school and walk the final distance. It’s the only primary school in the borough to be recognised as having a silver award in a national scheme which recognises eco-friendly travel initiatives.

Headteacher Nicola Green said: “We are committed to supporting any initiative that encourages healthier lifestyles for children. “We particularly promote being in the fresh air, talk time with an adult, reducing obesity and supporting the local environment and children’s health by reducing traffic fumes around the school. “Many parents support the initiatives we run and have commented on the improvements to stop parking problems around the school gate.” The children are also encouraged to track how they travel to school and are rewarded with special badges each month for clocking up miles.

And Nicola thinks that the success of the campaign to promote more sustainable ways of travelling to school is down to it being led by the children. She said: “Engaging with our pupils and the Junior Leadership Team and promoting the initiatives from their point of view really helped parents to see it differently. We also advertised safer parking outside the school using signs and banners and the team monitored the success.”

Modeshift STARS is the national schools awards scheme that recognises a school’s excellence in supporting cycling, walking and other forms of sustainable transport.
Investing in sustainable travel

We’re making improvements so that cycling is safer, and more enjoyable in town centres and along routes linked to residential areas. We’ve been awarded £2.2m from the Department for Transport’s Cycle City programme to invest in new cycle routes to make it easier and safer for people to travel by bike. The plans include dedicated cycle and pedestrian facilities on Robin Park Road, Wallgate, around Saddle junction and in Newtown and work has already started.

Work will also be starting later this year to upgrade the old mineral line in Standish. ‘The Line’ will undergo a full upgrade from a muddy, disused path to a fully surfaced and lit walking, cycling and bridle path. This will provide a key route into Standish and encourage more people to leave the car at home for short journeys into the village.

To find out more information about healthier ways to travel and reduce air pollution visit www.wigan.gov.uk
The power of memories

A diagnosis of dementia doesn’t mean that someone stops being able to make their own choices or play a role in their community.
Across the borough there’s lots of work going on to make sure people with dementia and their families feel supported and included in their neighbourhood.

And the work hasn’t gone unnoticed with Wigan Borough being crowned the most dementia friendly town in the UK by The Alzheimer’s Society in 2016.

From creating dementia friends, developing dementia friendly communities, and bringing together people affected by the condition, we want to make sure people can remain independent and still be part of the community around them.

There are activities across the borough including swimming, cafes, reading groups and singing sessions where people living with dementia and their carers can learn new things and harness the power of nostalgia and music as they reminisce.

And at Heathside residential home, where the residents have all been diagnosed with dementia, there is a wide range of activities to stimulate the residents. They were even transported back to the seaside with a visit from Rusty the donkey who helped bring back powerful memories of childhood holidays.

There is a wealth of services across the borough which mean people with dementia can remain independent and in control of their own care. For more information visit www.wigan.gov.uk/dementiaactivities
Learning to love who you are

Body image can be a major worry for a lot of young people in Wigan Borough and across the country. Borough Life met a number of teenagers to discuss the issue and ask why there’s so much pressure to look perfect.

Sydney, 16, Lauren, 16, Jack, 16, Curtis, 17 and Alex, 15, are from Atherton.

Is there pressure on young people today to look a certain way?
Lauren: “There used to be a time when I cared about what people thought, but now I’m in Year 11, I don’t mind as much. I know I’m overweight…” Sydney: “You’re not overweight.” Lauren: “I know I’m a bit chubby and that does sometimes affect my confidence. And I don’t like going out of the house without make up on because I’ve got spots.” Sydney: “You can’t see them.” Lauren: “That’s because I’m wearing five hundred layers of foundation!” Alex: “I’m happy with the way I look. I used to be fatter in primary school so that’s probably why I’m quite happy now. I don’t care what people think, but a lot of people my age do.” Sydney: “I don’t wear make-up at school but the Year 8’s and 9’s all wear make-up and have their hair done up really nice. I worry that the younger generation are feeling under pressure to look perfect.”

Where does that pressure come from?
Lauren: “Boys!” Alex: “Girls. Girls want guys to look a certain way. They want us to have good bodies, be tall, have nice hair…” Jack: “They want us to be hard, not scared of standing up for yourself.” Lauren: “We don’t! We want a nice personality basically. Someone who is going to treat us well.”

Does social media add pressure?
Lauren: “No. I put whatever I want to on social media.” Alex: “I think it does for some girls. It bugs me when a girl puts a picture of herself on Instagram showing cleavage, because you know she doesn’t really want to do that. But then guys comment because they think that’s what they’re supposed to do so then other girls do it because they think guys want that. Some guys might want that but for me it’s always been more important to be able to talk to girls.”

You all seem quite confident. What message would you give to other young people who might not feel as confident?
Sydney: “I did just decide to be confident. In primary school I wasn’t confident but then I went to a high school where no-one knew me and I thought; this is the time to change.”

Curtis: “Live your life the way you want to live it. Not how other people want you to live it.”

Lauren: “Just do what makes you feel good about yourself. And if it doesn’t make you feel good about yourself, don’t do it!”
Chenice Robinson, 14, is from Standish and Louise Ruddy, 16, is from Wigan.

Why is body image such a concern?
Louise: “Girls are expected to be flawless. For example, it’s common to think you have to shave everything off. I’m even starting to worry that my arms are too hairy.”
Chenice: “And we’re supposed to have perfect skin. At the minute I’ve got acne and I’ve tried all sorts but nothing is getting rid of it and everyone takes the mick.”

Where does the pressure to be flawless come from?
Chenice: “Other people. I would like to have shorter hair than this. I had it cut short once and I really liked it. But other people’s comments made me feel like I shouldn’t have short hair, girls have to have long hair, so I’ve grown it back to this length and I won’t go any shorter now.”
Louise: “I’ve had people I don’t know shout things at me in the street. It’s made me hate the fact that I have a bigger chest. I feel like it’s the only thing people see, especially males.”
Chenice: “Mostly the pressure does come from lads. You feel like you’re never going to be perfect enough. So you’re never going to be happy.”

Is how someone looks the most important thing to you?
Louise: “No. I just want someone to be smart, clever and romantic. Someone who is considerate and mature and open minded.”
Chenice: “Yes, kind and non-judgemental are the most important qualities to me.”

Are body image and self-confidence linked?
Chenice: “Of course. You can’t go out wearing what you actually want to wear because you think, is this too short, will someone comment, so you wear things no-one will notice but that you don’t feel comfortable in, so you don’t feel very confident.”

What would you say to young people who are worried about their body image?
David: “You’ve got to ask yourself how you really feel about how you look. If you’re genuinely unhappy and want to change then do it in a safe way such as eating healthily or doing a sensible amount of exercise but make sure you’re not setting unrealistic standards. And if you feel under pressure to change to meet other people’s standards, don’t!”

What could adults such as your parents, carers or teachers do to help young people feel good about themselves?
Chenice: “Just tell us something good every now and then, such as something we’ve done well at. My mum always tells me my eyes look nice when I wear blue and that helps me feel good about myself.”
Louise: “Adults just need to be patient with young people. Sometimes we have a lot going on.”

David Higginbottom, 15, from Shevington, is a member of Wigan and Leigh’s Youth Cabinet and is raising the issue of body image through his position.

What would you say to young people who are worried about their body image?
David: “You’ve got to ask yourself how you really feel about how you look. If you’re genuinely unhappy and want to change then do it in a safe way such as eating healthily or doing a sensible amount of exercise but make sure you’re not setting unrealistic standards. And if you feel under pressure to change to meet other people’s standards, don’t!”
Our 5 tips to great sexual health

Being educated about sexual health is key to not only keeping physically well but also has a positive impact on mental wellbeing. Here’s our best tips for forming healthy and positive sexual relationships which may help you or a young person in your family.

1. **Realistic expectations of sex**
   A lot of people feel under pressure to live up to unrealistic body images and sexual expectations due to a higher availability of online porn. Porn often makes young people view sex in a negative and unrealistic way. It’s important not to do anything that you don’t feel comfortable doing, sex should be an enjoyable experience for both people.

2. **Don’t feel pressured**
   Don’t feel under pressure to have sex for the first time before you are ready. Your partner should respect your feelings and decision to wait until you are comfortable. Even if you’ve had sex before don’t feel like you can’t say no.

3. **Contraception**
   Contraception is not only used to stop unwanted pregnancies but also to prevent you contracting an STI. There are many options available to you from using a condom to the contraception pill. Your local sexual health advisor can help decide which is the best option for you.

4. **Relationships**
   Understanding what a healthy relationship is can be crucial to ensuring you live a happy and fulfilled life with your partner. Being with someone should be a positive experience. Of course all relationships have their ups and downs and it won’t be romance and roses every day. But you should feel good about yourself and each other. A positive relationship is one based on respect, trust, honesty, support, fairness and good communication.

5. **STIs**
   Anyone who has sex can catch a Sexually Transmitted Infection (STI) so you need to remember, to practise safe sex and always use a condom to reduce the risk of infection. If you think that you may have an STI you should visit a sexual health advisor to get tested and speak about treatments available to you, this can prevent health complications for you and your sexual partners.

Spectrum CIC has just been awarded a five year contract to deliver sexual health services across the borough replacing The Brook. To book an appointment or to speak with an advisor call 01942 483188, www.sexual-health.co.uk
HIIT your way to fitness

Getting fit is always a HIIT but now you can do it in double quick time. Andy Leonard, a Personal Trainer at Leigh Leisure Centre has put together a quick 15 minute HIIT session for you to try in the comfort of your home.
HIIT sessions have become increasingly popular over the last couple of years with the likes of Joe Wicks leading the way. High-Intensity Interval Training involves short bursts of high-intensity exercise with short recovery period in between, which can help you burn a lot of calories in a short period of time, increase your metabolic rate and also help you lose fat quicker than with other forms of exercise. Why not give it a go!

High intensity 30 minute workouts near you!

- **Howe Bridge** Tuesday 5pm and 5.45pm, Wednesday 7pm and 7.30pm
- **Hindley** Monday 5pm, Thursday 6.30pm and 7pm, Saturday 10am
- **Leigh** Monday 7pm, Wednesday 7.30am and Friday 7.30am
- **Robin Park** Tuesday 6.30am and 7am, Thursday 6.30am and 7am, Saturday 9am
- **Ashton** Every night between 7pm and 7.40pm.
- **Wigan Life Centre** Tuesday 12.30pm, Wednesday 7.45am, Thursday 12.30pm, Friday 6.30pm

Unsure if you have your technique right? Watch Andy in action for top tips [www.wigan.gov.uk/boroughlife](http://www.wigan.gov.uk/boroughlife)

Classes are chargeable to pay as you go members. But included in IHL memberships. For more information visit [www.inspiringhealthylifestyles.org](http://www.inspiringhealthylifestyles.org)
Take one 30 minute walk, repeat three times a week...

Walking is simple, free and one of the easiest and pleasantest ways to exercise. It's so beneficial even doctors are now prescribing a regular brisk walk as a simple way to improve your health.

In Wigan Borough, we are fortunate to have beautiful, well-kept parks, nature reserves, country parks and plenty of green space for everyone to enjoy. Every walk you take makes a difference to your health, but regularly heading out on a walk three or more times a week brings added benefits. People who are more active find that they feel better about themselves, they sleep better and suffer less from stress and fatigue. Being physically active reduces your chance of becoming depressed by 30% and helps those who are depressed recover. Going for a brisk walk regularly reduces your chance of getting diabetes, dementia, heart disease, strokes and some cancers. By helping you to be fit and healthy, it also reduces your chance of dying early by up to 30%.
In the UK more than 73% of women start breastfeeding after giving birth. Choosing how to feed your baby is a big decision and there are lots of different factors to consider. If you choose to breastfeed there is lots of support available to you in Wigan Borough. We have experienced breastfeeding supporters on hand to offer you tailored support to meet your needs. It’s important to note that some mums make an informed choice not to breastfeed and are supported in their decision.

Medical studies show that breastfeeding has lots of benefits for both baby and mum. Not only is breastmilk good for the bank balance, but it’s also proven to protect babies from infections and diseases and can help create a strong bond between mum and baby. It’s also good for mum’s health too with studies showing it can lower their risk of breast cancer, ovarian cancer, osteoporosis, cardiovascular disease and obesity. Did you know that breastfeeding can help you lose around 500 calories a day? This is great news for those mums trying to get back in shape after giving birth. A factor that tends to put women off breastfeeding is privacy. The idea of having to breastfeed in public can be daunting. Feeding your baby is the most natural thing you can do and women should feel comfortable doing so in public. Lots of our local businesses encourage women to breastfeed in their premises with more than 150 businesses in Wigan Borough signed up to Breastfeeding Together’s Breastfeeding Friendly Award scheme.

The public health practitioner in me would always encourage women to breastfeed their newborn because breast milk has all the nutrients and antibodies to help baby fight off viruses and bacteria, helping to give them the best start in life. But ultimately, it’s great to have choice and as technology advances as does our formulas. So ‘is breast best’ isn’t the question we should be asking. What we should be asking is: ‘is breast best for me?’
Universal healthcare is a right for all in the UK thanks to the NHS. But what about those on the very margins of society? Borough Life visited the borough’s own health outreach and inclusion service which improves the health of those who are homeless and vulnerable.

Homelessness is distressing for anyone to see. On the street, in doorways and down alleyways – glimpsing a human without a home stirs up strong emotions. A vast amount of energy and resources is dedicated to addressing this most complex of problems in the borough – £4m annually from Wigan Council alone.

Yet the health needs of homeless people is one area that perhaps goes under the radar in comparison to the more pressing and obvious housing need. However one service, delivered by Bridgewater NHS Care and commissioned by Wigan Council, does just that.

In fact health support can very often be a crucial factor in helping someone retain accommodation for the long-term. On a drizzly Friday morning upstairs at The Brick homeless charity in Wigan half a dozen people without a home drop in for a nice hot brew, a couple of biscuits and a health check.

As well as a chance to chat to health staff and each other, the session includes blood pressure checks, provide immunisations as well as alcohol, tobacco and drugs advice. Most of those in attendance are sleeping rough or ‘sofa surfing’.

Leading the session is Mags Sanders, a community link worker for the Bridgewater Community Healthcare NHS Foundation Trust.

The outreach service aims to improve the health and wellbeing for people who are vulnerable including homeless people, asylum seekers and sex workers.

Mags said: “We get a lot of variety in our job and meet a huge range of people. We recently helped a man who was 74-years-old and sleeping in his car.”

The regular sessions at The Brick are always popular. “People come for a brew and the warmth. While they are here they are supported with vital healthcare,” explains Mags.

The benefits of the sessions become clear very quickly with one of the group being identified as having very high blood pressure. It turns out they are not having their medication which could put them at risk of a stroke or heart attack.

Their GP is quickly contacted and a prescription is arranged to be delivered.

The sessions are genuinely appreciated by the attendees.

“We are not pariahs,” says one 58-year-old. “None of us have chosen this life. He describes the sessions as “informative and helpful”.

“On the streets you put yourself at risk. Coming here really helps,” he adds. “When you get this low the only way is up.”
Carl Adams, aged 47, is originally from Liverpool. After experiencing family problems, violence and alcoholism he moved for a fresh start to Wigan. Here he tells his story...

"The sequence of events which led me to being here started when my mum became ill and was ill for over 10 years. "I was looking after her and was drinking sometimes four bottles of Strongbow a day. "My mum died and I had a broken heart and I couldn’t function. "I was targeted by people on my estate and they picked on me because I was always drunk. "I was badly beaten up and left Liverpool to come to Wigan. "I have been here 10 months. It took seven months to get my flat. "I slept rough. I slept right here where we are talking. I’ve slept behind bins. "When you are homeless to start with it is really traumatic. "After a while you get used to it and there is a sense of freedom. "People say I’m the happiest homeless person they have ever met! "I read the Bible a lot. God has helped me. Jesus was a homeless fella. If he could do it so could I. "There are a lot of good people in Wigan who have helped me.”

“People say I’m the happiest homeless person they have ever met.”

- Carl Adams
Know your balls!

So we all know that occasionally we need to rearrange the tackle, but how often do we actually take the time to check the health of our balls? Testicular cancer is the number one cancer for men aged 20-35, so it is something all men should take seriously. The good news is that it is very curable with a 98 per cent success rate.

Most of the problems men find are not caused by cancer, but why take that risk? No one wants to pull their pants down in front of a complete stranger, but being embarrassed is not a good reason to risk your health.

It is also worth putting some effort into staying healthy to reduce your chances of getting cancer. It’s obvious, but doing a bit of exercise a couple of times a week, eating healthy foods most of the time and making sure you don’t drink too much are the best things you can do to keep your body healthy and reduce your risk of cancer. You’ll reduce your risk of developing diabetes, heart disease and many other conditions that seriously impact on how you live your life. And you could end up in pretty good shape too. Why wouldn’t you?
Men's health

1. Give them a good feel and spend 2-3 minutes really getting to know your balls
2. Then give them another good feel every month
3. Look for a lump inside, an increase in size, any hardness or pain or the feeling of heaviness
4. If you notice any of these, get an appointment with your doctor to get checked.
5. Do it now and don't score an own goal.

If you have any concerns, visit your GP.

Here are some quick tips to check for signs of testicular cancer:

Wigan Rugby Union Club welcomes new players for junior and senior rugby. Contact Ian Jeffrey on 07463 392292
A healthy career

There are more than 350 different roles in health and most of them can be found right here in Wigan Borough. For anyone thinking about a new career the options in health and social care are rich and varied. The NHS is the fifth biggest employer in the world and is a highly valued and much-loved organisation. Working in the NHS can be one of the most fulfilling and rewarding careers anyone can choose with health practitioners making a real difference to people's lives every single day. Careers include a doctor or a nurse, an art therapist or physiotherapist, a dentist, optician, radiographer, paramedic, microbiologist or a counsellor. Or even an accountant! Settings include a hospital, a laboratory, a care home, a school, in the community, in a GP or dental practice, or in an office. Here are four alternative careers to give an insight into the variety of careers available.
1. Paramedic or Emergency Medical Technician

Skills needed:
Paramedics and the Emergency Medical Technicians who support them offer a mobile healthcare service in emergency situations so they need to be able to stay calm, think quickly and be observant.

Entry requirements and training:
Paramedics study a degree in Paramedic Science. Emergency Medical Technicians need 5 GCSEs to do a 13 month course with the Ambulance service themselves.

Career Growth:
There are lots of opportunities to do additional training to learn specialist skills in both these jobs.

2. Theatre Support Worker

Skills needed:
Theatre Support Workers support operations and need to be willing to be in an operating theatre. They also need to be organised and be able to follow procedures.

Entry requirements and training:
You don’t need lots of qualifications for this job, but experience working in healthcare either voluntary or paid is helpful. The training is given whilst you work.

Career growth:
With experience you can move on to more senior roles, for example managing a team of theatre support workers.

3. Pharmacist

Skills needed:
Pharmacists are experts in medicines so they need to have good analytical brains and be very accurate and methodical.

Entry requirements and training:
Pharmacists need a Masters in pharmacy which is a 4 year degree requiring three A-B grade A-Levels in relevant sciences.

Career growth:
Pharmacists need to update their training every year and they can do additional training and courses to allow them to prescribe medicines.

4. Healthcare Assistant

Skills needed:
Healthcare assistants support nurses to look after the needs of patients and have lots of contact with patients so you need to be a hands-on person.

Entry requirements and training:
You don’t need lots of qualifications to be a healthcare assistant. They often do their training on the job and their employer helps them work towards the Care Certificate. Some places offer these roles to new apprentices.

Career growth:
Once you have your Care Certificate there are other qualifications and training available including diplomas in Clinical Healthcare Support.

For more information, visit www.healthcareers.nhs.uk or for local jobs visit www.jobs.nhs.uk
Jonathan Mulvey, 27, Springfield, is passionate about changing mental illness perceptions since finding himself in poor mental health in 2016. He was diagnosed with depression and anxiety after experiencing a number of sudden bereavements in close succession and compares living with the illness to the popular Netflix series, Stranger Things, which depicts an underworld monster controlling an innocent boy’s thoughts. At first, Jonathan began to feel self-conscious and anxious around friends and family, slowly becoming more withdrawn and unable to even answer his phone calls and text messages. “It was the complete opposite of my personality.” Jonathan recalls. “I was too scared to speak to people, especially about how I was feeling because it was so scary and brand...”
**Mental health**

Rachel Richardson, 29, is Jonathan’s fiancée, she said: “I did notice a change in Jonny – he’s been a loud and bubbly person since we met! I was expecting a conversation but I didn’t realise the extent of his mind set. “Some advice I’d give to anybody who knows a person dealing with poor mental health would be to remain patient and support them in their recovery. It’s really hard for them to talk about so it could take a while for their guard to come down. It’s really important we try and understand the vulnerability this illness brings with it.”

Jonathan then offloaded to his fiancée and mum, who told him they were proud of him for coming forward but even during these conversations, Jonathan kept the extent of his dark thoughts to himself in a bid to prevent his loved ones from worrying.

After speaking with his GP and a counsellor, Jonathan decided to find alternative ways of dealing with his depression and anxiety and began researching into the conditions.

"For me, understanding what was happening in my mind helped me to accept it and think of ways to deal with it. Now, when I see a dip in my mental health, I do something about it such as resting or speaking with my manager about flexibility in work. I also recently started writing about my experiences in the hope that another person going through what I did will see it and realise they can find help. I also work with local charities and a mental health awareness clothing brand to come up with new ways to stop the stigma attached to mental illness. “If I could give any advice, it would be to stay persistent. Everybody has different experiences but for me, research really helped. There were many times I felt like giving into the illness but I found my strength from the thought of causing more pain to the people I love. “To those who know someone who needs support, I would say just be there for them. My biggest gripe was when people said ‘I understand’ because it’s impossible when you don’t fully understand yourself. “It might take a while to find a therapy right for you. Just stick with it – it might seem impossible now, but you’ll get there!” Jonathan is also an advocate for the council’s #TogetherWecan campaign to help tackle the stigma still associated with poor mental health.
Changing lives through better care

With so much in the media about how healthcare is struggling nationally we look at what’s happening in the borough to improve health and social care services for you.

Since October 2016 staff from different health and social care teams have been working together through an integrated local service. Working in this way means an improved service for residents and a reduction in unnecessary stays in hospitals. The ability to treat people in their home rather than in hospital is essential to reducing waiting times and bed shortages.

Through different organisations working together, staff can have different conversations with patients and use local knowledge to find local services that will best support someone’s needs. Colin Pattison, aged 78, has had first-hand experience of how this new service is having a big impact.

After a fall at home, Colin found himself in A&E at the hospital. After a few hours of being discharged he had a visit from a community matron to see what he needed to get back on his feet. Colin said: “I was amazed by the service I received within the first day after I left hospital, especially given it was over a weekend. That morning I received a call from the community matron who sorted out some stronger pain medication and brought them to the house as I was in a lot of pain. “Then another visit followed and I was given a walking frames and walking aids and they made sure I could get upstairs and downstairs safely.”

The matron identified what Colin needed to regain his independence in his own home after his fall and worked with staff from different organisations, including the council and community services, to put plans in place so Colin could stay at home and didn’t need to go back into hospital.

Colin said: “I was very pleased and couldn’t fault the service. All the services were joined up from leaving hospital and returning home and everything that I needed was put in place quickly. I am now attending appointments with community physiotherapy to help improve things.”

The Healthier Wigan Partnership has been formed with representatives from lots of different local organisations who are working together to help people live healthy, happy and fulfilled lives. The partnership includes Bridgewater Community Healthcare NHS Foundation Trust, North West Boroughs Healthcare NHS Foundation Trust, Wigan Council, Wigan Borough Clinical Commissioning Group and Wrightington, Wigan and Leigh NHS Foundation Trust, working closely with GPs to ensure they are at the heart of your healthcare. It means you get the right treatment at the right time, and we can support you to manage your own care.

If you want to have your say about local health services the Healthier Wigan Partnership want you to get involved – your local GP surgeries should all have patient groups or contact shapeyournhs@wiganboroughccg.nhs.uk
New life of Brian

For 54 years Brian Lowe smoked 30 cigarettes a day. But with the support of the health services in Wigan Borough he has finally given up.

At just 13 years old Brian started smoking.

Five decades later and a health scare from his habit meant he almost missed his daughter’s wedding.

Having to go into hospital with a lung condition and a stern word from his trusted GP gave him the motivation to quit for good.

Brian, 67, from Shevington, said: “I was taken ill and my doctor in a private moment told me the way it was and for once in my life I listened.”

After more than five decades of smoking Brian has finally given up.

Success came thanks to the support of Vicky Hart from Healthy Routes at Shevington Library.

Brian had his first appointment with Vicky at Shevington Library and set a quit date of two weeks from his first appointment.

He’s now gone several months smoke-free and is full of praise for the service. “The support I got was absolutely amazing,” she said.

“After my failed attempts over the years I really lost confidence in myself that I could actually do it. Vicky really encouraged and supported me and I’ve managed to do something that I haven’t been able to do in 50 years.”

Brian is also an awful lot better off to the tune of £240 a week on cigarettes. With the money he has saved he bought a painting of Wigan by a local artist.

He now looks at it every day and thinks about how far he has come.

For help in giving up smoking contact Healthy Routes on 01942 489012 or visit www.healthyrouteswigan.co.uk
April

Much Ado about Nothing
Shakespeare’s enduring comedy.
Wednesday 11th April – Saturday 21st April, 7:30pm.
Wigan Little Theatre. Contact: 01942 242561

Bryan Kay – Art Exhibition
Artwork produced during the artist’s time in Provence
Saturday 14th April – Friday 20th April, 11am – 4pm.
Bridge Farm, Moss Lane, Glazebury. Free entry.

Arts Exhibition Mary Griffiths Wild Honey
The Turnpike Leigh
14 April – 26 May
Astley Green Colliery inspires Mary Griffiths’ works of art.
Includes artists talk and exhibition tour Saturday 14 April 12pm. Free.

Family art workshop
Art explorers – clay and play
The Turnpike Leigh
Learn about Mary Griffiths’ artwork and celebrate Earth Day with this playful workshop using natural materials.

May

An evening with Jake Quickenden
X factor, I’m a Celebrity and Dancing on Ice star.
Wednesday 2nd May, 7pm – 10:30pm.
Rigalettos Restaurant, DW Stadium, Loire Drive, Robin Park, W51 0UR
Tickets £52 from www.dwstadium.com

Pantonic All-stars steel orchestra
Caribbean music in the town centre.
Saturday 12th May.
Market Place, Wigan.

Orpheus in the Underworld opera
St. Joseph’s Hall, Chapel Street, Leigh.
Tuesday 15th May – Saturday 19th May, 7:30pm
Tickets £11 & £13
Contact 01942 676594 or visit www.thethreetowns.net

Children in the Mines
Shocking historical evidence mainly from the Lancashire coal industry.
Thursday 17th May, 1pm – 2pm
Museum of Wigan Life
Tickets £2.50 including tea/coffee
Limited places. Contact: 01942 828128 or email: wiganmuseum@wigan.gov.uk

ABBA Forever
ABBA tribute band and dinner.
Saturday 19th May, 7:30pm – 1am
DW Stadium
Tickets £28, available from www.dwstadium.com

Wigan and Leigh Hospice Ball
Champagne reception, meal and entertainment.
Saturday 19th May, 7pm – 1am
DW Stadium
Tickets £50, contact 01942 525566

Bazaar and Rummage
Sue Townsend’s heartfelt comedy.
Wednesday 23rd May – Saturday 26th May, 7:30pm each evening.
Wigan Little Theatre
Contact 01942 242561.

The Old Courts Presents Lioness – The Amy Winehouse Experience
Friday 25th May: 7:30pm
The Grand Vault, The Old Courts, Crawford Street, Wigan
Tickets: £13 Advance or £15 on the door.
Ages 18+
Available from www.THEOLDCOURTS.com or call 01942 834747

All information correct at time of going to press. Please contact the venue in advance to confirm details.
Leigh Film Society

**Afternoon Classic Cinema Club**
Free to attend. Starts at 1pm

**A Day to Remember**
27th April The Turnpike, Leigh
30th April The Pelican Centre, Tyldesley

**The Birds**
25th May The Turnpike, Leigh
28th May The Pelican Centre, Tyldesley

**Meet me in St Louis**
25th June The Turnpike, Leigh
29th June The Pelican Centre, Tyldesley

**Film Listings**
The Turnpike, Leigh. Doors open 6.30pm for 7.30pm start.

**Land of Mine**
27th April

**Three Billboards Outside Ebbing, Missouri**
25th May

**The Shape of Water**
29th June

June

**A night with the World’s Strongest Man Eddie Hall**
Unique night with ‘The Beast’
Saturday 9th June, 7pm – 11pm
DW Stadium, Loire Drive, Robin Park, Wigan, WN5 0UH
Tickets £25 or £45, available from www.dwstadium.com

**Leigh Carnival**
Town centre procession and entertainment on the civic square.
Sunday 10th June
Leigh Town Centre

**Love your Local Market**
National markets event
Sunday 17th June – Sunday 1st July
Leigh and Wigan Markets

**Invasion of the Body Snatchers**
A look back at the history of how the deceased were treated.
Thursday 28th June, 1pm – 2pm.
Museum of Wigan Life.
Tickets £2.50 each.
Wigan Little Theatre
Contact 01942 242561.

**Car boot and table top sale**
Saturday 30th June, 8:30am start.
St Mary’s Community Hall, Newton Road, Lowton.
Contact: 01942 275507.
#Believe in Wigan
#UpTheTics

Wigan Council