



Carers Training and Information news

Wigan and Leigh Crossroads
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Carers Week - Pampering Taster Sessions held at Central Day Centre, Sullivan Way, Wigan

The 2 days held at Central Day Centre during Carers Week proved to be a huge success, the sessions were attended by almost 40 carers who collectively received over 100 treatments.

We were also pleased that Carers not previously known to Crossroads Wigan and Leigh, attended the sessions and have now referred themselves for a selection of different types of training, we look forward to meeting them again in the future.

Our thanks to Central Day Centre for hosting the event, to the tutors who facilitated and last but by no means least the Kitchen Personnel who provided us with an excellent buffet.

Letter of thanks received

I am writing to thank you for my invite to the pamperers sessions. I had a very relaxing day. All the treatments I had were wonderful and so was the buffet. I would like to say once more a very big thank you.



Letter of thanks received

Just a quick note to say thank you for a wonderful day at Central Day Centre. The treatments were fantastic.

Thank You



Feedback received

A very enjoyable day. The sessions were very good especially the Tai Chi, also the centre staff were lovely and the food excellent

Chill Factor^e

On the 22 July we took a group of 9 young carers on an activity day to Chill Factor^e

This day out was great fun and was enjoyed by all. The Young Carers had lunch and took part in Luge and Snowboarding.

Photos of the day



Group Photo

Our young Carers on the slope snowboarding



Crossroads Word Search Competition

Prize is a DOLCE & GABBANA gift set kindly donated by Proctor and Gamble.

If you're an unpaid Carer you are eligible to enter our Word Search, entries need to be posted to our office, (address details are on the back page of the newsletter) the deadline for entries is Friday 18th September when a winning entry will be drawn. **Good Luck**

Name: _____

Address: _____

Postcode _____ Contact telephone number: _____

Would you like to receive future copies of our newsletter? Yes No

Please Note: Your details will not be passed to any other organisation/company, your details will only be held by Crossroads Wigan and Leigh for the purpose of the Newsletter.

S	D	C	N	A	E	E	S	E	S	T	H	O	V	C
L	U	G	P	N	O	I	L	E	D	N	A	D	R	P
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B	I	E	I	L	S	S	T	I	T	U	D	E	E	G
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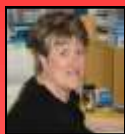
Words to find:
 SUNFLOWER, CROCUS,
 CARNATION, PANSY,
 DANDELION, TULIP,
 SNOWDROP, POPPY,
 BLUEBELL, DAISY,
 HEATHER, LILY,
 IRIS, ROSE, FERN.



**Congratulations to the winner of our last word search
 Gillian Whatley from Aspull who won £10 of Marks & Spencer's vouchers.**



Big Lottery Fund project—Staff & Job Vacancy



Lynda Harrison has now taken over as the Training & Liaison Coordinator and will now manage the project. Tel: 07973257332



The post of Publicity & Development Worker is to be advertised and recruited, person spec and job description can be found on our website.



The post of Project Administrator remains unchanged Pauline Middlehurst
Tel: 01744 612929

Every day do something that will inch you closer to a better tomorrow - Doug Firebaugh

Stress management Training



The Stress Management Training went extremely well, and an intermediate course is planned for the new year.

This group of Carers enjoyed the course, meeting and forming friendships with each other, so much so they have now set up their own 'friendship group' and are now meeting up each month to have lunch and a chat together.

A fantastic 'added value' to what was an informative course which gave all the Carers a new perspective on how to share problems, ask for help and how to deal with stress.

Feedback Quotes Received

Learned to relax and take time to think about what I would like to do first, and put myself first so I can help people that I care for

I have learned how to be more stress free, and relaxed about life in general

I feel I have gained the ability to recognise what I don't have to do and don't need to feel guilty about what I can't do

Definitely time for me, meeting new people in similar situations making friends and tips from people

Holmescales Activity Centre

On the 6th August we took a group of 7 young carers to Kendal on an activity day, which was great fun and included, archery, tank & paintballing to name just a few of the activities. The day was enjoyed by everyone

Well Done to all the young carers who attended

Photos of the day



Introduction to First Aid Course

An 'introduction to first aid' course was facilitated at Abram Community Centre for a group of 13 Carers. The day was both informative and fun and as result this group of Carers have requested some accredited training courses in the near future.



Future Planned & Scheduled Training.

Challenging Behaviour	10th, 17th 24th Sept & 29th Oct	St Peters Pavilion Hindley	Buffet Lunch
Salsa Tuition (requested by Carers Group)	To Commence early Oct Date TBC	Mirus Bridge	10.00am 12.00 noon
Make Up Application	7th October	St Peters Pavilion, Hindley	Buffet Lunch
Pamper Taster Day (Requested by Pensioners Link)	5th September	Alan Taylor Centre Leigh	Buffet Lunch
Computers Made Easy	16th Sept—running for 10 weeks (dates provisional)	Platt Bridge Community Zone	1pm—3pm
Pamper Taster Day (Requested by Carers Group)	14th October—Evening	Etherstone Day Centre Leigh	
Meditation/Alternative Therapy	To start in October 4 x Wednesday TBC	Venue TBC	Buffet Lunch
Light Exercise & Nutrition day (requested by Carers Group)	October TBC	Alan Taylor Centre Leigh	Healthy Options Buffet Lunch
1st Aid For Young Carers	Date TBC	Venue TBC	
1st Aid Accredited (requested by Carers Group)	11th, 18th, 25th Sept & 2nd Oct	Platt Bridge Community Zone Platt Bridge	Buffet Lunch
Health & Safety Accredited (requested by Carers Group)	16th October	Platt Bridge Community Zone Platt Bridge	Buffet Lunch
Stress Management Intermediate	Jan 2010 4 x Wednesday Dates TBC	St Peters Pavilion Hindley	Buffet Lunch
DVD project for young carers	Jan 2010 Dates TBC	Platt Bridge Community Zone Platt Bridge	

Would you like to join us on Friday 18th December to see Cinderella which is being performed at the Albert Halls in Bolton?

Places are limited please book early in order to avoid disappointment, please fill in the booking form on the back of the enclosed poster and return to us asap

FREE TRAINING

If you are an unpaid carer and would like to access Free Training please let us know. The training can be accredited, vocational or non vocational. Crossroads Wigan & Leigh offers a wide range of training opportunities some examples are given below. However, if the type of training you would like to access is not listed please fill in the section for non listed training and we will see if we can arrange this for you. When we have enough names for a particular type of training we will arrange it and contact you with the details.

Examples of training available:

Alternative Therapies:

Reflexology

Aromatherapy

Health & Beauty

Non Vocational:

Make Up Application

Times gone by—history session

Presentation Skills

Researching your Family Tree

Digital Photography

Accredited:

First Aid

Health & Safety

Food Hygiene

Communication Skills (4 days)

Manual Handling

Specialised:

Personalised Budgets

Wills & Trust

Sign Language

Welfare Benefits

Please tick to indicate any training you are interested in and return the form to Crossroads Wigan & Leigh (address can be found on the back page of the news-letter.)

If there are any types of training you would be interested in which are not listed please let us know:

Types of training I would like are:

1, _____

2, _____

3, _____

4, _____

5, _____

Name:.....

Address:.....

Postcode:.....Tel No:.....

Would you like to receive regular copies of our newsletter? Yes No

Please note: your details will not be passed to any other organisations or companies.



Registered Charity Number: 282102

We do hope you have enjoyed our 6th edition newsletter, if you have any information you think would be of value to other Carers please let us know let us know and if we have space in our next newsletter we will endeavour to include it.

Our 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

Web: www.crossroadswiganandleigh.org.uk

New Support Groups for Stroke Survivors

The stroke association is pleased to announce the launch of 3 new fortnightly long term support groups in Abram, Ashton and Westleigh.

The groups will include social, leisure, education and preparation for employment support for stroke survivors of all ages, including the young stroke population.

Anyone wishing to join the groups or would like further information, please contact Heather Meekin on 01942 863934 MB 07944499952 or by email at heather.meekin@stroke.org.uk.

Volunteer Opportunities

Crossroads Wigan & Leigh have several volunteer opportunities for individuals with caring experience. We are currently looking for volunteers who would be willing to support carers in accessing training, accompanying carers to training, supporting tutors who provide training, supporting staff, volunteers and carers at various events. We are looking for volunteers who will understand the carers needs, empathise and encourage carers to take a break and do something for themselves. The aim of this project is to promote learning for equality and inclusion for carers and by volunteering you can help us reach our goal.

If you are interested please contact us, our contact details are at the top of this page.

In all things let reason be your guide - Solon



“Learning for Equality & Inclusion for Carers”