



HELPING HANDS NEWSLETTER

Welcome to the bi-monthly newsletter for Paveways Plus and Starting Point at Age UK Wigan Borough. This issue contains information on staying safe when using public transport, important information for carers, support networks plus forthcoming events.

Who are We?

Paveways Plus is an information, advice and signposting service for people with a disability and their carers. If you have a disability, or if you are a carer for someone who has a disability we can support you.

Starting Point is a prevention service which provides helpful, reliable staff who are here to advise and help with your everyday needs.

Shaun completes another marathon challenge

Paveways Plus volunteer Shaun Fallows once again proved that having a disability does not prevent him from having an active life. As we reported in the last issue of *Helping Hands*, Shaun recently undertook a 526 mile sponsored handbike challenge, 'cycling' to Wigan's twin town of Angers in France.



We are now delighted and extremely proud to announce that Shaun completed his challenge in just 22 days and has so far raised £300 for Age UK Wigan Borough. In honour of his achievement Shaun recently received a visit from Grégoire Humeau the ambassador from Angers who presented Shaun with a number of generous gifts from the people of Angers.

Reflecting on his challenge, Shaun who fails to let his Cerebral Palsy stand in his way said "I just wanted to raise some money, if you don't nobody else will".

Contributions can still be made at any of the Age UK Wigan Borough offices.

Wigan & Leigh Carers Centre launch Internet Site

Wigan and Leigh Carers Centre have recently launched a new internet site to enhance their support work for the carers of Wigan Borough. In addition to the telephone support currently offered, information relating to the centre can now be accessed via the internet and email. **01942 705959.**

<http://www.wiganandleighcarerscentre.org.uk/>. carerscentre@live.co.uk.

DVD Celebrates Wigan Heritage

A new film has been released celebrating the heritage of Wigan Borough and the role of volunteers in grassroots local history groups. 'Our Heritage' is a DVD featuring the stories of Howe Bridge mining village, Astley Green Colliery Museum, Chowbent Chapel in Atherton, the Marsh Gymnasium in Leigh, St Wilfrid's Church in Standish, and the Abram Morris Dancers, along with many others.

The film—produced by Wigan Borough Environment and Heritage Network—tells the untold story of many of the historical buildings and traditions of the Wigan area, and highlights the efforts of grassroots groups and individual volunteers to preserve heritage in their own local area. Viewers get the chance to see inside places such as Astley Green Colliery Museum, the bell tower at Standish, the chapel at Birchley Hall and Howe Bridge school, as well as watching a traditional Walking Day around Poolstock Lane and the annual Morris Dance in Abram.

The DVD is available to buy for £10 in various shops in the Wigan area, including the Museum of Wigan Life shop, or online at www.traditionfilms.co.uk.

Support Groups

Alzheimer's Society Support Group for Carers of people with Alzheimers.

Monthly meetings at Shevington and Leigh. For further info contact Roger March on 01942-247837 or by e-mail on roger.march@alzheimers.org.uk.

CIMH — Carers in Mental Health. CIMH supports carers of people with severe mental health problems (bipolar, schizophrenia, schizo-affective disorder, clinical depression). 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. Membership is £1 per person when the group meets. Contact Wigan And Leigh Pensioners Link, Resource Centre, 27 Charles Street, Leigh, WN7 1DB. Telephone 01942 606086 (Carers Helpline). Meetings are every third Tuesday in the month.

Making Space Carers Support Group — Making Space is a support group for carers of people with mental health problems. Meetings are the 2nd Friday of each month, 1pm to 3pm. There are no charges for this service. Contact Church Of Christ, Coop Street, Wigan. Telephone- 01942 510371.

br0018385@blueyonder.co.uk

SCOPE continue to serve your needs

Time to get equal

scope

In the last edition of *Helping Hands* we profiled the work of Ian Jones, Regional Response Worker for SCOPE. As a clarification to this story, Ian covers the North West of England as well as North Wales. www.scope.org.uk www.dialuk.info.



Events Calendar



November Events

24th Atherton & District Photographic Society. The Clubroom, Back Stanley Street, Atherton. 20.00.

26th Christmas Craft Workshop. Get ideas for making Christmas decorations inspired by European folk costumes.

26th Pensioners Link Christmas Fayre
Doors open 11.00 from 11.00am at Allan Taylor House, Pensioners Link Centre, Charles Street, Leigh. WN7 1DB.

27th Santa Sunday. Visit Santa in his grotto at Haigh Hall. Each child receives a special gift. 11.00am-3.30pm £5.

December Events

4th, 11th, 18th Santa Sunday. Visit Santa in his grotto at Haigh Hall. Each child receives a special gift. 11.00am-3.30pm £5 per child.

13th & 14th Christmas Concert. Enjoy a Christmas carol concert with the Choir of the Liverpool Metropolitan Choir. £16 including mulled wine. 01942 832895.

18th Wigan Weekend Fayre. Wigan Investment Centre, Wigan, WN3 5BA. 10am-4pm. Large indoor arts and craft fayre. Over 30 local traders and crafters. Workshops and on-site bistro.

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Shaun's outstanding contribution recognised

In addition to meeting the ambassador from Wigan's twin town, Paveways Plus volunteer Shaun Fallows recently had a meeting with the Mayor of Wigan, Councillor Joy Birch and was awarded with the Mayor's Award for Community Service in recognition for his outstanding contribution to the Borough of Wigan.



 Wigan Borough Reg. Charity No. 1103022



Age UK will be at the following life centres offering help and advice.

Ince Life Centre

Monday

1.00pm-3.00pm

Platt Bridge Life Centre

Tuesday

9.30am-11.30am

Atherton Life Centre

Wednesday

9.30am-11.30am

Marsh Green Life Centre

Thursday

2.00pm-4.00pm

Leigh Life Centre

Friday

2.00pm-4.00pm

Generous donation helps us to help others

Age UK Wigan Borough recently received a very generous donation from Joe and Yvonne Lyons of Whelley.

Raising money by opening their garden to members of the public, Joe and Yvonne donated £250 to us here at Age UK Wigan Borough.

Donations such as this are crucial in enabling us to continue our vital work in making a difference to older people and people with disabilities across Wigan borough.

Joe and Yvonne pictured with Chief Officer John McArdle, Board Member Tom Walsh, and Starting Point Officer Kathy Cooper.



Stay safe on public transport



Transport for Greater Manchester has launched a scheme to improve the safety of public transport.

Aimed at helping vulnerable travellers, TfGM offers the following advice

- Allow plenty of time and avoid rushing.
- Plan your journey in advance.
- Look out for trip or slip hazards.
- Tell the us driver if you need time to find your seat.
- Never attempt to board a moving vehicle or when the doors are closing.
- Wait for the vehicle to stop before attempting to leave.
- Remain vigilant to your surrounding and your belongings.
- If in doubt, ask your driver, guard or appointed member of staff.

For more information tel: 0161 244 1000 (9am - 5pm, Monday to Friday) or visit <http://www.tfgm.com/>

Paveways Plus

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INVESTORS
IN PEOPLE

