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Registered Charity Number 1123043

C.C.S.G. Newsletter Summer Issue 2013

FREE COPY

C.C.S.G.
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www.ccsupport.com

We would like to say a big Thank you to everyone who supported Our Summer Fayre which raised the grand total of £308. A special Thank you to Pauline McCormack and Gillian Gaskell who organised the day with myself. Thank you also to Gillian and Paul, Janet, Terry, Jean, Pamela, Dorothy and Wendy for raising money on their stalls on the day. Thanks also to Barbara for the catering.



**Winners of our Raffle
Isabella and Mia**



WHY NOT COME ALONG TO OUR INFORMAL COFFEE MORNING
AT KINGSLEIGH METHODIST CHURCH, KING STREET, LEIGH
AND ENJOY A WARM WELCOME AND AN OPPORTUNITY TO CHAT
WITH OTHER CARERS. WE OPEN AT 11.15 A.M.
ON THE SECOND WEDNESDAY OF EVERY MONTH.

Website address: www.ccsupport.com

Leigh Dementia Cafe

Leigh Cricket, Tennis and Bowling Club
Beech Walk (off St Helens Road)
Leigh WN7 3LH
On the third Wednesday of every month.
10.30 a.m. To 12.30 p.m.

DATES

18th September
16th October
20th November

Protect your state pension

If you have given up work to care for Someone make sure you don't lose Out on your state pension. The amount of state pension usually Depends on the number of years you Have been paying National Insurance.

There is a weekly National Insurance Credit known as carer's credit. You Will automatically get it if you receive Carer's allowance. If not apply at by Calling the Carer's Allowance Unit on 0845 608 4321

Carers Allowance

Telephone: 01253 85 61 23

Lines are open between 9am and 5pm

Monday to Thursday, 9am to 4.30pm on Fridays

Disability Living Allowance and Attendance Allowance

Telephone: 0845 7 12 34 56

Lines are open between 7.30am and 6.30pm Monday to Friday

Personal Independent Payment 0800 917 2222

Mental Health and Benefits

Rethink the mental health charity can offer advice on benefits and debt. You can contact them on 0300 500 0927

or by email at advice@rethink.org.

MONEY MATTERS

Crossroads Wigan and Leigh Training

Sign Language

DATE

3rd, 10th, 17th & 24th September 1st & 8th October 2013

10.00am to 12.00pm An introduction course into Sign Language.

Young Carers Leadership Skills

DATE 30th & 31st October 2013

9.00am to 4.00pm Indoor and Outdoor activities

If you wish to book on any of the training you see please give Crossroads a ring on: 01744 612929

YOUNG CARERS RIGHTS

The Government have committed to introducing an amendment to the Children and Families Bill which will give young carers a legal entitlement to assessment and support so that they have the same right to help from local authorities as adult carers. The National Young Carers' Coalition, which has been campaigning for the change with the Children's Society, welcomed the announcement

POSTCARDS FROM THE EDGE

United Response have launched a creative project to celebrate its 40th anniversary. The 'Postcards from the edge' project encourages people with learning disabilities, Physical disabilities and mental health issues to express what is important to them through Poetry, art photography or writing in the space of a postcard. The postcard can be created Online or submitted by post. To view the postcard, or find out about creating one of Your own, visit www.unitedresponse.org.uk

Challenging a Bedroom Tax decision

The way the Government provides support to people who need help with their rent through Housing Benefit has changed. One of these changes is called the Housing Benefit Size Criteria Rules, commonly referred to as the 'Bedroom Tax'. The change means that social housing tenants of working age who get help towards their rent through Housing Benefit will have the amount they receive restricted if they are considered to have too many bedrooms.

Challenging the decision - toolkit

If you are affected you will by now have received a letter from your council telling you about the decision. You have one month from the date of the letter to challenge the decision and Carer's UK have Put together a toolkit to help

The kit consists of a standard letter and six arguments from which you must choose the reason or reasons why you think the decision is wrong. You may choose one or more of these arguments - whichever are relevant to you.

See <http://www.carersuk.org>



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FUN PAGE



Quick Crossword

Across

1. A large cylindrical bag
7. Pass into or through
10. Not young
11. Water lily
12. Consider
14. Words
15. Comedian
16. Den
18. Outlay
21. Eagerness
23. Adult males
24. Leader of the United States
26. Kick out

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Down

1. Expunge
2. Indecisive
3. Symbol for iron
4. Faster than light
5. Arousing
6. Recent arrival
7. Detachable container
8. Formalwear
9. Eastern Standard Time
13. Sullen
16. One time around
17. Arrive (abbrev.)
19. Dispatched
20. Explosive
22. Tear
25. Accomplish

Solution page 7

WHY

Why do we leave cars worth thousands of pounds in our driveways and put our useless junk in the garage.

Why don't you ever see the headline 'Psychic Wins Lottery'?

Why is it that doctors call what they do 'practice'?

Why is the time of day with the slowest traffic called rush hour?

RECIPE

Chocolate fridge cake

Ingredients

- 250g (9 oz) digestive biscuits
- 150g (5½ oz) plain chocolate
- 150g (5½ oz) milk chocolate
- 100g (3½ oz) unsalted butter
- 150g (5½ oz) golden syrup
- 100g (3½ oz) dried apricots, chopped
- 75g (2½ oz) raisins
- 60g (2 oz) chopped pecans, (optional)
- Makes: 12-24
- Prep time: 30 mins plus chilling time
- Skill level: Easy
- Costs: Cheap

Method

Put the biscuits in a plastic bag and bash them into pieces with a rolling pin.

Melt both kinds of chocolate, the butter, and golden syrup in a heatproof bowl set over a pan of simmering water. Stir well.

Remove the bowl from the heat and stir in the broken biscuits, apricots, raisins, and pecans (optional).

Line a 20 cm (8 in) shallow, square-shaped tin with clingfilm. Spoon the mix into the tin and level it by pressing down with a potato masher.

Set the cake in the fridge for 1–2 hours. Then turn it out and peel off the clingfilm. Cut into slices and serve.

WHY NOT SEND YOUR FAVOURITE RECIPE TO THE GROUP NEWSLETTER

GET WALKING TO BEAT DIABETES

People are being urged to walk for at least 15 minutes a day to ward off the threat of type-2 diabetes. A study has found that post-meal walks control blood sugar as well as one long walk and the Diabetes UK charity has backed the findings

Dr Kate Ardern, executive director for public health for the borough of Wigan, said: "Diabetes is a long term condition that, if poorly managed, may result in long term illness or premature death.

"However, a healthier lifestyle that includes healthy eating, weight management and exercise can help reduce symptoms and prevent diabetes. A free NHS health check is available from local GPs

AN EVENING OF MEDIUMSHIP WITH JENNY MOORE

NEWTOWN LABOUR CLUB Scott Lane Wigan

20TH SEPTEMBER 2013 Doors Open 7 pm

TICKETS £5 OR £7.50 ON THE DOOR

BOOK YOUR TICKETS NOW 07707207279
OR

RING THE GROUP PHONE OR COME ALONG TO
OUR COFFEE MORNING.

How do I start a conversation about mental health?

You don't need to be an expert on mental health to talk about it.

It's often the everyday things that make a difference – like asking ‘How are you?’ or sending a text.

<p>You don't have to be an expert to talk about mental health.</p> <ul style="list-style-type: none"> Talk, but listen too: simply being there will mean a lot. Keep in touch: meet up, phone, email or text. Don't just talk about mental health: chat about everyday things as well. Remind them you care: small things can make a big difference. Be patient: ups and downs can happen. <p>Find out more about mental health and how to be there for someone at time-to-change.org.uk</p>	<p>Someone you know has a mental health problem.</p> <p>Ready to start your conversation?</p> <p>it's time to talk. it's time to change</p> <p><small>let's end mental health discrimination</small></p>	<p><u>NEW PREMISES</u></p> <p>THINK AHEAD'S STROKE INFORMATION CENTRE</p> <p>ASHLAND HOUSE MANCHESTER ROAD INCE WN2 2DX</p>
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Airport Awareness for Children on the Autistic Spectrum

The booklet is available online at www.manchesterairport.co.uk.

Internet Safety for Children

Download the guide from www.cerebra.co.uk

Copies will be available at our coffee mornings.

FOR DETAILS OF UPCOMING TRIPS KEEP AN EYE ON OUR WEBSITE OR COME ALONG TO ONE OF OUR COFFEE MORNINGS

11th SEPTEMBER

9TH OCTOBER 13TH NOVEMBER



- Greater Manchester Police ring 0161 873 5050 Non Emergency
- For fire, police, ambulance emergencies ring 999 **Emergency**

• **USEFUL NUMBERS**

- **Adult Services out Of Hours 0161-834-2436**
- **Social Services (Daytime) 01942 244991**
- **Gas Escapes - Transco 0800 111 999**
- **Gas - Greater Manchester Fire and Rescue 01942 650 127**
- **Electricity Supply - United Utilities 0800 195 4141**
- **Water Supply - United Utilities 0845 746 2200**
- **Wigan Infirmary Accident and Emergency 01942 822 440**
- **GMPTE - Travel Line**
Opening Hours 7am to 8pm, 7-days a week
Phone Number 0161 228 7811
- **Ring and Ride (bookings and cancellations)**
Opening Hours 9.30am to 12.45pm, 7-days a week
Phone Number 01942 829400 (Leigh area)
- **Ring and Ride - enquiries**
Opening Hours 8am to 10.30pm, 7-days a week
Phone Number 01942 492252

If you have anything you would like to see in the next newsletter, a poem or a story, an article, your favourite recipe.

Please Email it to:

ccsg.group@hotmail.com

or contact us on **07807 210913**

All the views expressed in the publication are individual and not necessarily the view or policy of the support group or its supporters.

Editor. Andrew Shacklady

This service is supported by Wigan Council.



You can receive this Newsletter by email. You will get it a few days earlier, and we can save a little bit of money too.

If you would like to receive it by email you can Let me know by emailing the \group ccsg.group@hotmail.com or telephone me on 01942870364

ccsg.group@hotmail.com

contact us on **07807 210913**

