



C.C.S.G. Newsletter Christmas Issue 2013

FREE COPY

**Registered Charity
Number 1123043**

Tel: 07807 210913

E-mail: ccsg.group@hotmail.com



Merry Christmas to all our readers

Another fabulous year for the Group and without your support this would not have been possible.

Lets hope 2014 will be even better as the number of members grow each year.

In the new year we will be looking to raise additional funds to help the group move forward.

If anyone wishes to help with fundraising or has any ideas they would be welcomed.



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

WE OPEN AT 11.100A.M.

ON THE SECOND WEDNESDAY OF EVERY MONTH.

Website address: www.ccsupport.com



HEALTH

What to expect from your Doctor

The General Medical Council has produced a guide "What to expect from your Doctor" The guide explains how you can help create a partnership with your Doctor. It may help you to get the most out of your Doctor.

If you would like a copy of the guide contact the Group or come to the Coffee morning.

The Triangle of Care

Carers included. A Guide of Best Practise in Acute Mental Health Care

This Guide recommends that family members are more involved and get the information and support they need. It highlights the issue of confidentiality as an issue. It further recommends that staff are given clear guidance about the issue of confidentiality, and the need to share non confidential, general information Even if they cannot give information specific to an individual.

You can get a copy from the Group or Download it at static.carers.org/files/caretriangle-web-5250.pdf

THE SILVER LINE

The Silver Line is being set up to provide a service whereby lonely, older people in the community can ring up to speak to someone who understands their problems, can provide information on a variety of subjects, or just be there for a chat.

The Silver Line Helpline provides three unctions to support older people:

- a sign-posting service to link them into the many, varied services that exist around the country
- a befriending service to combat loneliness
- and a means of empowering those who may be suffering abuse and neglect, if appropriate to transfer them to specialist services to protect them from harm.

The confidential 24 hour free phone helpline for older people is **0800 328 8888**

PALS (Patient Advice & Liaison Service)

The PALS is one of the services Ashton, Leigh and Wigan PCT NHS Trust

Offers to help patients tell us of their experiences so that the services provided are improved to best meet their needs.

PALS (Primary Care e.g. GP, Dentists, Physiotherapy)

Tel: 01942 482 956

Email: pals@alwpct.nhs.uk

PALS (Hospital)

Tel: 01942 822 376 or 01942 822 323

Email: pals@wwl.nhs.uk



BACKCARE

Healthcare provider Simplyhealth has launched a free app to provide support to back pain sufferers.

The Back Care app is an easy way to find information, practitioners, exercises and videos to help you manage and prevent back pain. All information and exercises are provided by BackCare. You can search for a practitioner close to you from physiotherapists, osteopaths, chiropractors and acupuncturists.

The app is available for smartphones and tablets.

Support BackCare today by downloading the app. Available from the App Store and on Google Play.





FUN PAGE

WORDSEARCH

Santa Claus

Find and circle all of the words that are hidden in the grid.

The words may be hidden in any direction.

- BLITZEN
- CHIMNEY
- COMET
- CUPID
- DANCER
- DASHER
- DONNER
- HO HO HO
- MRS CLAUS
- NORTH POLE
- PRANCER
- PRESENTS
- RED SUIT
- REINDEER
- RUDOLPH
- SLEIGH
- SNOW
- TOYS
- VIXEN



JOKE CORNER

Q: What did Mary Poppins want from Santa?

A: Supercalifragilisticexpialisnowshoes!

Q. What do you get if you cross mistletoe and a duck?

A. A Christmas Quacker.

Q. What do call Santa when he stops moving?

A. Santa Pause!





TV licence

Concessions are available for the following reasons:

- You're aged 75 or over (or your household includes an over-75)
- You're registered as blind or severely sight impaired
- You are retired or disabled and live in certain accommodation

A free licence is not given out automatically - you need to apply for it. You will need to provide; Your date of birth and National Insurance number (If not your passport or driving licence will do) If you share your house with someone younger than 75, you can apply in your name. Once you have your free TV licence, it will be automatically renewed annually.

WINTER FUEL PAYMENTS

Winter Fuel Payment is an annual payment to help with heating costs to households with someone over Pension Credit age.

You will normally receive £200 if you are under 80, and £300 if you are 80 or over.

You may get less if you live with other people who also qualify.

You will be eligible if you are born before 6 January 1952 (the date changes every year).

You only need to claim once. After this, you should get it automatically each year.

The payment is made directly into your bank account in November or December.

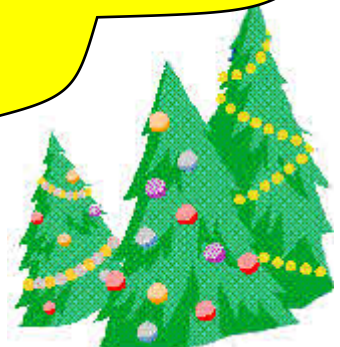
If you don't receive your payment, call 0845 915 1515.

This is a helpline run by Age Concern. They provide information regarding local services that enable people to live independently.

Liaison officers can also visit you at home to help you to complete benefit forms, or arrange for care services (when you don't qualify for help from the council).

Starting Point & Age Concern Wigan Tel: 01942 826 079 or 01942 825 594

Starting Point



YOUNG CARERS

National Apprenticeship Scheme
0800 0150 600.

www.apprenticeships.org.uk

Skills Solutions

Skills Solutions is the largest work-based learning provider in Greater Manchester, and is one of the largest providers of Apprenticeships in the North West. Call them on **0161 233 2656** to see if they have an apprenticeship that's right for you.

Looking
For
WORK

Connexions Wigan
0800 953 0109

National Careers Service
0800 100 900.

www.nationalcareersservice.direct.gov.uk

Historic amendment to The Children and Families Bill.

This signals the start of a new era of support for 160,000 children in England caring for their parents, siblings and family members.

For too long, young carers have been slipping through the net between children's and adult's support services.

What does this mean for young carers?

Now, when a child is identified as a young carer, the needs of everyone in the family will be considered.

This will trigger both children's and adults support services into action – assessing why a child is caring, what needs to change and what would help the family to prevent children from taking on this responsibility in the first place.



Young Carers enjoying a day out at Scotsman Flash. A joint Funded project with Friends of Young Carers.



Carers Weekend Away Lion Quays Waterside Hotel



Everyone thoroughly enjoyed the weekend.
There was time to relax and socialise.
The food was delicious and the staff were brilliant.
Everyone wants a return visit.



THINK AHEAD LAUNCH NEW 'SELF CARE FOR STROKE'

Think Ahead's Self Care for Stroke Programme is a course of six, two hour weekly sessions, for Stroke Survivors and Carers which provides practical and emotional support, advice and information to help them gain knowledge, confidence and independence.

Each individual session is delivered by local partner organisations with the support of our volunteer Buddies and Stroke Supporters. The aim of the sessions is to inspire and prepare people to make life choices and changes following a Stroke and will focus on a wide range of topics

For more information visit news@think-ahead.org.uk |

FUNDRAISING

The Demonstration of Mediumship Night

This was a must needed boost to our funds.
The night raised over £300 on the night.

October Sponsored Walk

Thanks to David and Charlie
for their sponsored walk
which raised £270 for the
Group funds.



Group Library

The Group has some books which carers can lend from our library.
Hopefully this list will grow as time goes on.
The books will be available at our coffee mornings.
A full list will be available on the Website shortly.



**Together, we can help feed
people in need and build
a stronger neighbourhood.**

**Simply donate items from
this list and Tesco will add
30% to the total given.**

- Milk (UHT or powdered)
- Sugar (500g)
- Fruit juice (long life carton)
- Pasta sauces
- Tinned sponge pudding
- Tinned tomatoes
- Tinned vegetables
- Cereals
- Tinned rice pudding
- Tea bags/instant coffee
- Instant mash potato
- Tinned meat/fish
- Tinned fruit
- Jam
- Biscuits or snack bars

Thankyou!

#everycanhelps



Telephone Contacts For Carers

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

UTILITIES

- 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

HEALTH

Dental Emergency - In Normal Hours 0845 603 8504

Dental Emergency - Out of Normal Hours 0845 603 8504

WIGAN COUNCIL

- (General Enquiries) Phone:01942 244991 **Minicom: 01942 404141**

By Post: Wigan Council, Town Hall, Library Street, Wigan, WN1 1YN

- Web: www.wigan.gov.uk
- **Housing Benefits & Council Tax Benefit - 01942 828644**
- Council Tax - 01942 828696
- **Adult Social Care - 01942 828777**
- Children & Young People's Services - 01942 486123
- **Housing Repairs - 01942 705040**
- Family Information Service - 01942 828644
- Wigan Environmental Services - 01942 404364
- Adult Services out Of Hours 0161-834-2436

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

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You can receive this Newsletter by email. You will get it a few days earlier. 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

You can access the Website by scanning the QR Code below.

