

Comfort Calendar - Month of Hope

You're not alone. Today, or any other day.

Month of Hope runs from World Suicide Prevention Day (10th September) to World Mental Health Day (10th October). It's a time to open up honest conversations about mental health, break down stigma, and come together as a community to help prevent suicide. It's all about sharing hope, building connections, and supporting resilience across our neighbourhoods.

At Age UK Wigan Borough, we're proud to support Month of Hope by sharing our **Comfort Calendar**. Each day of the calendar highlights a resource, group, or activity that's suitable for people aged 50 and over. Whether you're looking to boost your wellbeing or you're finding things tough and need professional support, our Calendar of Comfort is here to remind you: **You're not alone.**

World Suicide Prevention Day - 10th September

11 <u>SupportLine</u> Confidential emotional support by telephone, email and post. Work with callers to develop healthy, positive coping strategies, an inner feeling of strength and increased self esteem to encourage healing, recovery and moving forward with life. 01708 765200	12 <u>Age UK Wigan Borough- Steps To Success</u> Helping isolated people tackle social anxieties, make friends and learn new hobbies. 01942 615880	13 <u>Andy Mans Club</u> A men's suicide prevention charity, offering free support groups. Locally there are groups in Wigan, Standish, Hindley and Leigh and online. Visit website or social media	14 <u>Crisis Harbour</u> Immediate support if you're going through a mental health crisis, including feeling suicidal. Provide an alternative to A&E and can help connect you to other support once the immediate crisis has passed. Drop in clinics in Wigan and Leigh. Website for more info	15 <u>Silver Line Helpline</u> Run by Age UK is a free, confidential telephone service for older people, providing friendship and support 24/7. 0800 4 70 80 90
16 <u>Wigan Wellbeing & Resilience Services</u> Advice and guidance, with a focus on accessible support for autistic adults. Help with diagnosis, support with benefits and financial sustainability, Skill-building for daily living and social situations, Peer support and community connections. 01942 862755	17 <u>Mindful by Nature</u> A 4-week journey combining mindfulness, creativity, healing of the outdoors. Starts 19 th September. 07562 933307 or book online	18 <u>Imagine Independence</u> Supports mental illness, neurodiversity, learning disabilities, and ex-offenders. Services include housing, employment help, social inclusion, and training. Focuses on wellbeing, reducing stigma, and person-centred care. 0151 709 2366	19 <u>Combat Stress</u> Veterans' mental health charity that provides treatment for ex-service personnel and their loved ones or family. 0800 138 1619	20 <u>Anxiety UK</u> Support if you've been diagnosed with an anxiety condition. 03444 775 774 support@anxietyuk.org.uk Text: 07537 416 905
21 <u>Wigan Talking Therapy</u> Offers free NHS therapy for anxiety or low mood, panic attacks, phobias, PTSD. To help you change the way you feel, by changing the way you think. Visit website, or call 01942 764 450	22 <u>Mindfulness and Movement Leigh</u> Restful meditations and gentle tension releasing movement, chance to socialise, tea and coffee included. cathhawkins@yahoo.co.uk 0798412 3445	23 <u>Wigan and Leigh Carers Centre</u> Carer health and wellbeing, Carer support groups / activities, Carers of people with mental health issues. Education training and carers in employment. Older carers including carers of people with dementia Parent carers. Personal budgets and direct payments. Respite and carer breaks 01942 705 959	24 <u>Wigan Warriors Health and Wellbeing</u> Community Garden - Inclusive outdoor space supporting wellbeing. Rugby Memories A dementia-friendly group tackling loneliness through rugby chats, photos, and social connection. 01942 762880	25 <u>BEAT Eating Disorders</u> UK's national eating disorder charity. The service is free, confidential and available 365 days a year. 0808 801 0677 help@beateatingdisorders.org.uk and the one-to-one web chat
26 <u>Samaritans</u> Samaritans help people who feel sad, worried, or overwhelmed. They listen without judging and are there 24/7 by phone, email, or in person. Their goal is to help people feel less alone and more able to cope. 116 123 or Jo@samaritans.org	27 <u>Wigan LGBT+ Group</u> Monthly meetings for the Wigan LGBT+ community and surrounding areas. Range from events such as bowling, coffee meet-ups, watching live local artists. Provide a safe platform for the community where people can ask questions, seek advice and make new friends. wiganlgbt@hotmail.com or facebook page	28 <u>Movement Mondays by Wigan Athletics</u> Seated Exercise and social Session for over 55's 01942 318090	29 <u>Age UK National Helpline</u> Free, confidential support for older people, carers, families, and professional around housing, health, benefits and care. 0800 678 1602	30 <u>Qwell</u> Free, safe online service for adults needing mental health support. Chat live with trained professionals, use tools like mood tracking and journaling. Read helpful articles, Join forums to talk with others No referral or waiting list, open every day of the year. Accessible via their website
1 <u>Embrace Wigan and Leigh</u> Sensory Rooms Two sensory rooms that provide specialised equipment to support relaxation and stimulation in a quiet safe for all ages. Therapeutic Fridays Relaxation sessions for people to get tips, meditate and make art. 01942 233323	2 <u>Salvation Army</u> Supports dedicated mental health lounges like Crisis Harbour, crisis support in Lifehouses (hostels) and night shelters, floating support services connecting people to mental health services, creative and community-based activities to reduce isolation, and programs addressing the mental health impacts of homelessness, addiction, and war. 01942 826461	3 <u>Cruse Bereavement Support</u> Helps anyone affected by a death They offer free, private support by phone helpline, in-person and group sessions, online tools and advice. Provide help with feelings, coping, and practical issues like money. All support is given by trained volunteers and is confidential. 0808 808 1677	4 <u>Wigan and Leigh Menopause Support Group</u> Group offering support in Wigan areas to navigate the maze that is menopause. A safe place to ask questions, listen to others and to gain information and knowledge. Wiganmenopause@outlook.com	5 <u>Pensioners Link</u> Charity for people aged 50 and over that provides a range of services, including I&A, welfare support, counselling, and various activities like exercise classes, coffee mornings, and social groups. Also offer practical support through schemes like HomeSafe for hospital discharge and shopping assistance. 01942 261 753 contact@pensionerslink.org.uk
5 <u>Mental Health Link Workers</u> Provide mental health advice, guidance and support on how to access services. Knowledge of mental health services and the resources available locally to assist your mental health needs. Help to develop resilience and look at ways to help you better manage your own health and wellbeing to help keep you well. Contact GP for referral, or call 01942 764429	6 <u>Daffodil Dreams - Community Lounge</u> A warm, welcoming space where laughter, conversation, and sometimes even singing and dancing fill the room. We've created a relaxed and friendly environment where everyone is treated with kindness and respect—no judgement, just genuine connection. +44 7896 811178	7 <u>NHS Urgent Mental Health Helpline</u> Support and help to recover for people experiencing significant psychological/emotional distress. The team includes a number of mental health professionals, such as psychiatrists, mental health nurses, social workers and support workers. 0800 051 3253	8 <u>Age UK Wigan Borough - Bright Days</u> Variety of different groups and activities for over 50's of all abilities to have fun, socialise, learn new skills or share their hobbies. 01942 615880	9 <u>SANELine Services</u> SANELine is a national out-of-hours mental health helpline offering specialist emotional support, guidance and information to anyone affected by mental illness, including family, friends and carers. 0300 304 7000

World Mental Health Day - 10th October