

Welcome to  
**Link  
Line**  
Summer Edition

**Welcome to the Summer**



# What's on?

## Mesnes Park

Since the £6M restoration of the park recently, it's really become a really great chilled out place to spend a sunny day, and it's only a few minutes' walk from the town centre.



There's a large new area for children to play, an outdoor gym area, the beautiful pavilion (which sells fantastic ice creams), and plenty of open space to take the dog for a walk or play a little game of football, as well as well-kept formal gardens and a few courts.

In the Summer there's quite a few gigs and events at the bandstand in the park – so keep your eyes peeled for listings!

Café in the Pavilion. Frederick's Quality Ice Cream is sold here. The grandchildren will enjoy a restful time here at play on a sunny afternoon.

Mesnes Park Terrace, Wigan, WN1 1TU

## Haigh Hall & Country Park

Haigh Hall Country Park will always be in the top list of things to do in Wigan. With extensive land and woods surrounding, as well as the Georgian stately home itself – you can spend a full day there wandering around this 200-acre park. There's a number of woodland and historical walks you can take.



While they are upgrading the amenities – to preserve the house and keep from becoming too damaged, it will be still open to the public and always free to visit.

There's a great park area for kids, as well as a cafeteria, crazy golf, multiple gardens, and the miniature railway. There's also a great view of Wigan from the hall itself – see if you can spot your house! Haigh Hall and Country Park, School Lane, Haigh, Wigan, WN2 1PE

## Scotsman's Flash

Scotman's Flash is the closest and the largest of the Wigan Flashes to the town centre – and it's a real beautiful escape from busy town – an oasis right near the heart of Wigan.



It's now a nature reserve and there's a variety of birdlife (over 200 species!), mammals and amphibians for you to see as you walk around the water.

During the Summer there are several inexpensive activities on the lake, such as canoeing and sailing (for all age groups), but it's also just nice to walk around and try to spot wildlife and have a picnic by the water.

Carr Lane off Poolstock Lane (B5238), Wigan, Lancashire, WN3 5NY

# Leeds Liverpool Canal

It's an easy walk down the canal and great for a quick cycle.

If you're feeling fit, then going all the way to Appley Bridge or even Parbold is a very beautifully green and quiet, peaceful journey (you can also catch the train back if you're not up for the walk home!). But, if you just want a quick walk, finishing at with a little drink or snack at The Crooke Inn is still lovely and great for kids, as there's a little park there.

It's easy to access by the Wigan Pier, or behind DW Stadium.



Pennington  
Flash Nature  
Reserve

## Welcome to a National Treasure

Pennington Flash Nature Reserve is one of the jewels in the crown of Wigan Borough and one of eight local sites comprising The Flashes of Wigan and Leigh: the only National Nature Reserve (NNR) in the whole of Greater Manchester.

Officially designated an NNR by Natural England in October 2022 in recognition of their remarkable natural beauty and immense ecological importance, these precious wetland habitats were originally and uniquely formed by the 'flash' flooding of former coal mining sites. Collectively they are now home to nationally significant wildlife populations including UK's most endangered small bird, the wonderful willow tit.

A legacy of Wigan Borough's proud industrial heritage, the Flashes are now rightly recognised as a national treasure and are a stunning example of nature in recovery. Connecting people with nature

Connecting with nature brings huge benefits for our physical and mental wellbeing, which is why we're passionate about providing more opportunities for people to get closer to nature and to explore the beauty of their surroundings.

Pennington Flash's tranquil waters and surrounding marshland boast a diverse group of mammals, birds and insects, including no fewer than five RSPB red-listed birds as well as the protected water vole. More than 230 bird species have been recorded on site, including the black-faced bunting, nightingale, cattle egret, whiskered tern and Leach's petrel.

What you'll find at the Flash

Wigan Council is investing £2.7m into improving the experience of visitors to Pennington Flash with a new visitor information point and café, new accessible toilet facilities, improved parking, and a new adventure play area all designed to help you enjoy the perfect day out.

Visitor Information Point

For general information, car parking and golf admission/enquiries please visit our Visitor Information Point located within The Hide Coffee House.

# Groups and activities

At Pensioners Link, Leigh

Monday

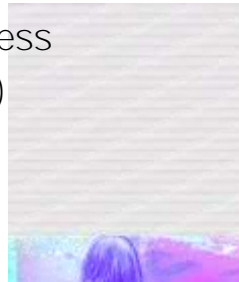
I/T Drop-in Group

10:00—12:00

Mindfulness  
(monthly)

9:30,

First Monday of each month



Exercise class



11:00—12:00

1:00—2:00pm

Tuesday

Coffee Club



10:00—12:00

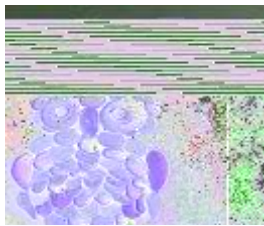
Poetry



1:00—3:00

Wednesday

Arts and Crafts



10:00—12:00

Knit and crochet

1:30—3:30

Coffee Mornings

at Elmridge Court,  
Lowton

meet fortnightly.

Ring 01942

261753 for details

Thursday

Art Gang



10:00—12:00

Movement & Balance



1:00—1:45

Genealogy



1:00—4:00

Friday



Coffee morning here — Fridays 10:00—12:00.



Dates arranged monthly for our  
Walk and Talk Group.

For further details, contact  
Pensioners Link on 01942 261753

[www.pensionerslink.org.uk](http://www.pensionerslink.org.uk)

## Come, jump int the World of Poetry

Sometimes you meet someone you know quite by chance while out shopping or in the street. Someone you haven't seen for many years, but who was a part of your past life. That's what happened to me when I was invited to Pensioners Link for the first time. I remember that first visit, it was a wet and miserable afternoon sat at home, so, on impulse, I plucked up the courage and decided to take the advice given and go to the Pensioners Link Poetry Club. I didn't recognise anybody at first, but everyone was so welcoming, and the conversation was so interesting.

Someone suddenly said to me, "what about you?" what kind of poetry do you like? What have you been doing with your life? This caught me completely off guard and I found myself reciting and telling my life story of changing jobs, moving house, getting married, retiring, and moving to Leigh, and on and on until it was time to go home. I never realised how much I would enjoy being there and was sorry when the session ended. I would never have realised how much poetry can help express yourself and share how you feel, or to tell a story, and I recommend everyone who can to join.

Things can be difficult at the moment for everyone, and poetry can be a great way of helping cope with how you feel. You can write a poem about absolutely anything you want. It can be serious, funny, happy, or sad.

There are no boundaries to poetry.

### Looking for poetry

It's in those moments that make us smile while we cry, we can find friends in poetry.

It can be found as the sun leaves behind a sky made of happiness.

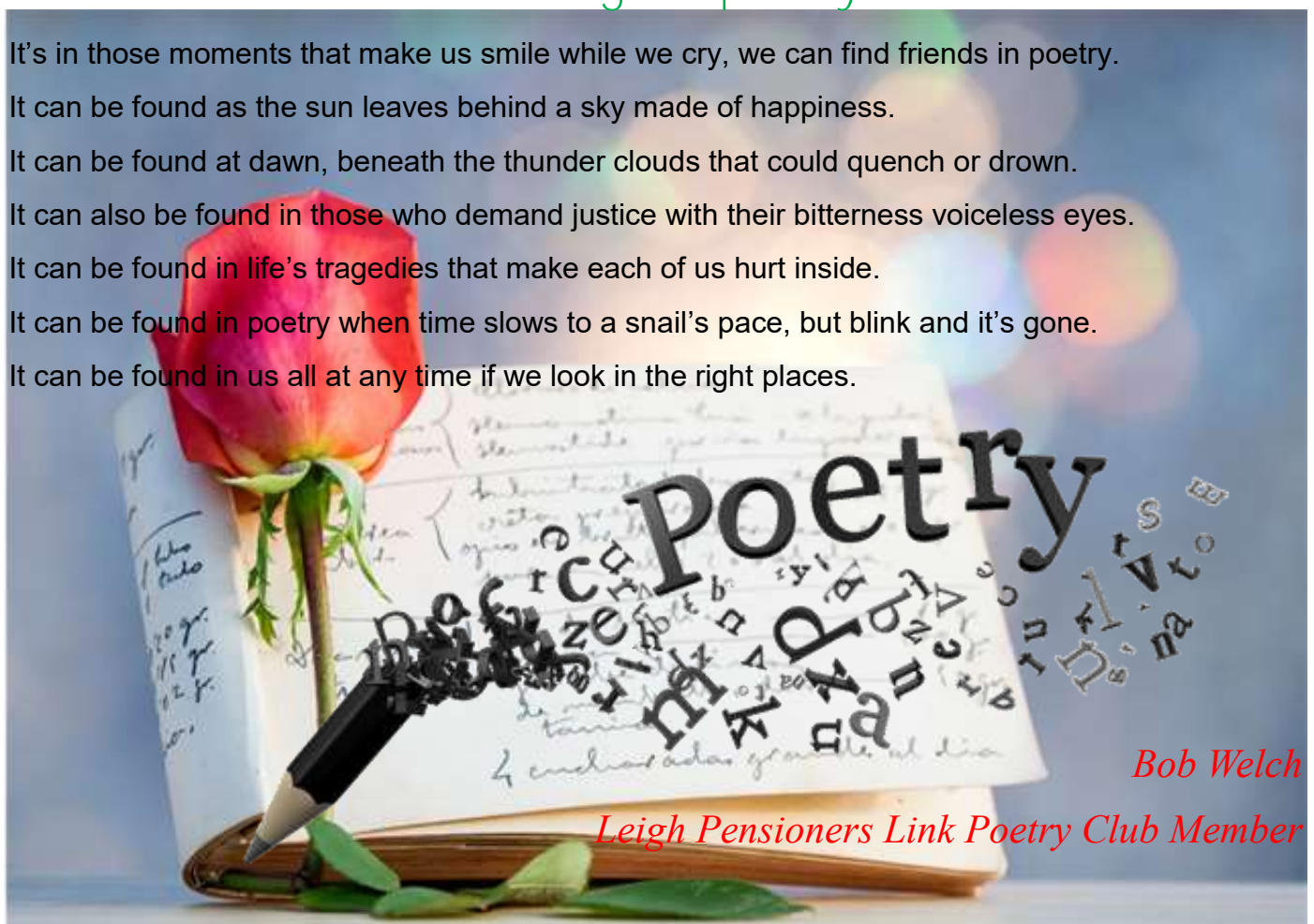
It can be found at dawn, beneath the thunder clouds that could quench or drown.

It can also be found in those who demand justice with their bitterness voiceless eyes.

It can be found in life's tragedies that make each of us hurt inside.

It can be found in poetry when time slows to a snail's pace, but blink and it's gone.

It can be found in us all at any time if we look in the right places.



*Bob Welch*

*Leigh Pensioners Link Poetry Club Member*

# BOOKS AND MORE

Our Books & More service is a continuation of the library home delivery service that served our borough for many years. Working in partnership with Wigan Libraries, we offer a delivery and collection service to people across the borough who, perhaps, are unable to access their local library themselves.

In addition to delivering the books, our volunteers will stay and chat, if required, offering company and may identify other needs and can signpost for other services offered by Pensioners Link.

The service offers access to the library and, if needed, action to help reduce social isolation and wider social and community services.

Our brilliant volunteers help run this service and without them, we could not continue. For more information, please contact us (quoting Books & More):

Call us: 01942 261 753 Email us: [contact@pensionerslink.org.uk](mailto:contact@pensionerslink.org.uk)

## Bringing you home **Homesafe** safely from hospital

'HomeSafe' is one of our services available across the whole Wigan Borough. Working in partnership with Wigan Council and the Wigan, Wrightington and Leigh NHS Foundation Trust, we offer companionship and reassurance for patients when they are discharged from hospital.

The service is available to people who have been discharged from one of the foundation's hospitals who are over 50, live alone, or with a dependant, are mobile and live within the borough. We give the patients a follow up call with a few checks to make sure that they are comfortable and safe at home. We also provide one of our 'Welcome Home' bags that include essentials (such as tea, coffee, bread and soup) to help people get back into their usual routine. If appropriate, we can also help the patient connect to wider social services and events that they may need.

An important intervention that helps to reduce re-admission into hospital and social isolation.

This popular service relies on the help, support and commitment from our team of volunteers who - without their help - this service would not be able to function.

Please note that this service can only be booked by medical staff responsible for hospital discharges and cannot be booked directly by the public.

For more information, please contact us (quoting the Homesafe service)

Call Us: 01942 261 753 Email Us: [contact@pensionerslink.org.uk](mailto:contact@pensionerslink.org.uk)

# Summer foodie thoughts

A Summer tuna salad with grilled tuna steaks, bean and tomato



extract from BBC  
Good Food

Ingredients: 2 [fresh tuna](#) steaks, about 175g/6oz each,  
1 tbsp [olive oil](#)      1 tbsp [lemon juice](#),  
1 [large garlic clove](#), crushed,  
1 tbsp [chopped rosemary](#) leaves.      For the salad,  
410g can [cannellini bean](#), drained and rinsed,  
8 [cherry tomatoes](#), quartered,  
1/2 [small red onion](#), thinly sliced,      50g [bag rocket](#),  
2 tbsp [extra-virgin olive oil](#), 1 tbsp [lemon juice](#)  
1 tsp [wholegrain mustard](#)      1 tsp [clear honey](#)

## Meat lovers' pasta salad



Author: Sue Moran

Ingredients:      3/4 pound **Pasta** (**Fusilli** is good)  
half-inch slice **Salami** (cut in cubes, approx 1/4 lb)  
half-inch slice **Sopressata** (cut in cubes, approx 1/4 lb)  
half-inch slice **Ham** (cut in cubes, approx 1/4 lb)  
8 slices **Bacon** (cooked and crumbled)  
1 **Small Persian Cucumber** diced  
(A third of an English cucumber will do)  
A third of a **Red Onion** (diced)  
1 cup **Cherry Tomatoes** (halved)      1 **Bell Pepper** (diced)  
1 third cup **Black Olives** (sliced)  
add **Radishes** (if you have them, quartered)  
1 cup **Feta Cheese** (cut in small cubes)  
Add handful **Fresh Thyme And Oregano** (leaves)  
Half a cup **Good Olive Oil**      2 **Lemons** (juice of)  
6 tablespoons **Champagne Vinegar**  
Half a teaspoon **Dried Italian Herb Blend**  
1/4 teaspoon **Salt**, half a teaspoon **Red Pepper Flakes**

extract from BBC  
Good Food

## Summer Berry Trifle



Ingredients  
500g pack frozen mixed berry medley defrosted  
150g [red cherry](#) jam  
300-350g madeira cake, cut into large cubes  
500ml tub custard      250g tub mascarpone  
5 tbsp [caster sugar](#)      400ml [double cream](#)  
3 tbsp sherry  
Decorate with grated [chocolate](#) or rose petals.

## A Picture of Home

Come sit a while, close your eyes, and relax in a private world on a hot summer's evening quietly swinging in an old wooden rocking chair exchanging thoughts, feelings and memories by a scented rose bush planted with love.

Or just sit doing nothing after a long hard day, slowly rocking back and forth in the warmth of a summer evening as a gentle scented breeze tells you that there's many more flowers in the garden than first meets the eye, and your flowers attract the whole world of insects, bees, butterflies and birds that sing in the warm scented air and where everything leads to everything, and where in your mind you can hear long lost conversations and children playing in the distance.



Paint me a picture with fiery red clashing with sentimental blue.

Paint me a picture with orange dancing with mellow golden yellow.

Paint me a picture of faith, hope, life, the future, safety, and caring love.

Paint me a picture that shows passion, friends, and community support.

Paint me a picture that shows the sorrow of the world.

Paint me a picture with heavenly music coming from the trumpets.

Paint me a picture, just paint me a picture of hope.

Paint me a picture of a bright sunny day in my garden.

Paint me a picture that shows how we all care and support.

Or just show me a picture of home.

*Bob Welch*

*Leigh Pensioners Link Poetry Club*

*I hope that when I am old (much older than I am now) I shall still hold memories of sitting in my old rocking chair writing my thoughts and feelings of life down in my scribbling machine with the warm sun and the cool breeze on my face as the sun goes down.*





# A CORONATION GARDEN PARTY

A day to remember for everyone involved with Pensioners Link. The Mayor of Wigan Borough came along to unveil our new mosaic, designed by our Art tutor Mrs Debra Jones and created by our Art and Craft Group over a number of months. It was great to see their hard work recognised and celebrated in this way. Everyone agreed it Brightens up the wall.



A big thank you to U3A Leigh Ukelele band who came along to entertain us at the Party.



For more pictures from the day please visit our News section on the Website.

[www.pensionerslink.org.uk](http://www.pensionerslink.org.uk)

# WHATS NEW

HAVE YOU SEEN OUR NEW WEBSITE?

Visit [www.pensionerslink.org.uk](http://www.pensionerslink.org.uk)

Lots of information on our Groups and Services we offer,  
together with the latest news on what's happening at

Wigan & Leigh Pensioners Link

## A chance to revel in the great outdoors

Explore nature and pleasant scenery;  
boost your feelings of health and wellbeing;  
enjoy a good chinwag with others too

## Walk and Talk (monthly)

Phone 01942 261753 for details





**Working with  
people aged 50+**

**We are looking for volunteers!**

**Can you help us?**  
(for as little as one hour a month)

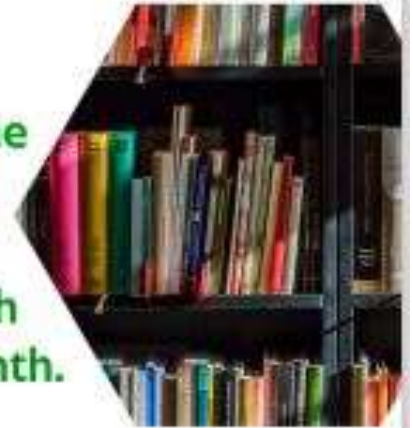
**Call: 01942 261753**



**Volunteers can choose to help us in one or more of the following services:**

## **BOOKS & MORE**

Our Books & More service can be a vital lifeline for lonely & isolated people. Our volunteers collect books from the library, deliver them to their reader in their home and sit with them for up to an hour for a chat. Once a month.



## **T.L.C. (Shopping Service)**

T.L.C. (Time Limited Contact scheme) is our shopping service. Volunteers assist people who are experiencing a time of change, by doing their shopping for up to 6 visits, to help them to get back on their feet.

## **HOMESAFE**

Our Homesafe service supports patients being discharged from hospital. As a volunteer you would collect the patient from hospital and accompany them home ensuring that they arrive safely and are signposted to additional support if needed.

