

Healthy School News for parents &

April 2024 carers



Youth Connect Five Parenting Training

The course gives parents and carers the knowledge, skills and understanding to help their children develop strong emotional wellbeing through resilience-building techniques. The course runs for five weeks and covers the following topics;

- Wk 1. Understand young people's mental health
- Wk 2. Think about what makes us thrive
- Wk 3. Develop family resilience
- Wk 4. Understand why we feel the way we do
- Wk 5. Develop skills to support your children.

There is a short video [here](#) which gives you an insight to what is involved.

The course will be offered at the following times and venues:

- Friday 19th April 9:30-11.30 Leigh Central
- Tuesday 23rd April 1pm -3pm Atherton Start Well
- Wednesday 24th April 5:30-19:30 Wigan Central Family Hub the Meadows

To book on please email parentingsupport@wigan.gov.uk

Solihull Understanding Your Child

Free nine-week course which will help parents to:

- Understand child's behaviour and how they communicate.
- Recognise how your child is feeling.
- Reduce the difficulties you face in everyday life.
- Improve how you communicate with your child.
- Understand the importance of play.
- Develop good routines and boundaries.
- Improve relationships between you and child for a happier and calmer home.

The course will be offered at the following times and Venues:

- A Team Hub Leigh 25th April 10:00am-12:00pm
- Wigan Central Family Hub the Meadows 2nd May 12:30 -14:30

Parents can book a place by emailing parentingsupport@wigan.gov.uk

MANCHESTER
1824

The University of Manchester

Participants Needed for research exploring people's views and beliefs on young people and vaping in Greater Manchester. The research is being completed as part of a masters dissertation at The University of Manchester. Participants need to be;

- Aged 18 years or older
- Play a significant role in the lives of young people (teacher/parent/other key roles)
- Have access to a device with a stable internet connection

Interviews will last approx. 30 minutes.

If you are interested in taking part or would like further details, please contact:

lauren.moore-5@postgrad.manchester.ac.uk



Transport for Greater Manchester is exploring the possibility of allowing non-folding bikes on Metrolink, as well as considering adapted bikes, scooters, and a wider range of mobility scooters.

The next crucial step is a guided pilot to assess the real-world impact of non-folding and adapted bikes on trams in various scenarios. Your participation in this research will contribute valuable insights as part of this research process, informing a final recommendation to the Bee Network Committee in the summer of 2024.

[Register your interest in volunteering for the bikes on trams pilot.](#)

[Research](#) shows that 16-24 year olds are the loneliest age group but also the least likely to take action to help themselves, the Every Mind Matters Loneliness campaign targets young people with the aim to normalise loneliness as a part of life and to reduce the stigma that often prevents people from accessing support. Please find a range of resources which are now available to download from the [Campaign Resource Centre](#)