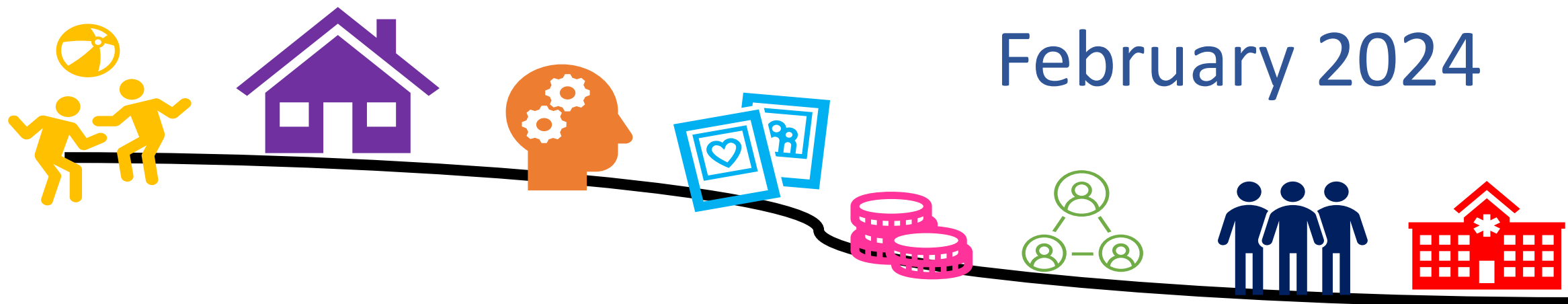


Healthy School News for parents & carers

February 2024



Lets Celebrate our newly improved tow path from Wigan to Appley Bridge.

Rides will start at Robin Park Arena where bikes and helmets are available to borrow and will take riders down the canal to Burscough Wharf. You'll not only be able to enjoy cycling down the resurfaced towpath in Wigan, but can also test out the new surface recently laid by West Lancs Council. Booking is essential for both rides and places will go fast.

Thursday 4th April, 10:30am - [Let's Ride - Let's celebrate the improved canal section to Burscough Wharf-Free cakes for all!](#) ([letsride.co.uk](#))

Friday 3rd May, 6pm - [Let's Ride - Let's celebrate the improved canal section to Burscough Wharf-Free cakes for all!](#) ([letsride.co.uk](#))

At **Making Space**, is a Psychological Wellbeing Service offering mental health assessments and low intensity CBT treatment. Includes digital CBT and 1:1 practitioners.

Online modules including **low mood** and **anxiety, work stress, panic attacks, low self-esteem, sleep and worry less**. We also have specific long term health condition modules including chronic pain and sleep.

Contact us today via email to make a referral for yourself, or if you are working with someone: masp.wellbeing@nhs.net or phone 01925 581755.

Our service is free and available to anyone with a Wigan GP over the age of 16. Please head to our website for more information <https://makingspace.co.uk/ccbt>

People volunteer for many different reasons. At Wigan Council we support volunteers to contribute to the work we do as well as help community organisations to recruit volunteers across the borough. You'll find a range of volunteering opportunities on the Wigan Borough Volunteering Hub, where you can:

Register and apply for volunteer roles

Submit and advertise a volunteer opportunity if you're a community group.

[Wigan Borough Volunteering Hub - Wigan Borough Volunteering Hub](#) (wiganboroughvolunteerhub.co.uk)

Community Noticeboard:

[Our Town Community Noticeboard](#) (wigan.gov.uk)

Wigan Central Family Hub are pleased to offer a parent workshop which outlines what anxiety is, the symptoms, and how this impacts children and young people. We will provide support strategies to help manage the physical and emotional feelings of anxiety. This workshop is 90 minutes long and will be delivered by the Mental Health Support Team as part of the Wigan Central Family Hub offer. If your child is struggling with anxiety, this will be a useful, informative workshop for you! We look forward to meeting you.

Click on the links below to book one of the dates;

20/02/2024, 10.00am-11.30am

<https://www.eventbrite.com/e/psychoeducation-for-anxiety-1-workshop-for-carersparents-in-wigan-central-tickets-790957032777>

20/02/2024, 1.00-2.30pm

<https://www.eventbrite.com/e/psychoeducation-for-anxiety-2-workshop-for-carersparents-in-wigan-central-tickets-790956802087>

20/02/2024, 3.00-4.30pm

<https://www.eventbrite.com/e/psychoeducation-for-anxiety-3-workshop-for-carersparents-in-wigan-central-tickets-790953331707>

20/02/2024, 5.00pm-6.30pm

<https://www.eventbrite.com/e/psychoeducation-for-anxiety-4-workshop-for-carersparents-in-wigan-central-tickets-785824842257>

We have great **Park Run** opportunities across the borough for both children (2km) and adults (5km) FREE to attend, you can walk, jog, run or roll along the lovely courses.

Volunteer opportunities too!!!

Haigh Woodland parkrun <https://www.parkrun.org.uk/haighwoodland/>

Pennington Flash parkrun <https://www.parkrun.org.uk/penningtonflash/>

Leigh junior parkrun <https://www.parkrun.org.uk/leigh-juniors/>