



Kooth Klass – Mental Health & Faith

This March we are running separate webinars on mental health and faith, offering webinars on Kooth's support for young Catholics and Muslims.

The session will cover:

- Hearing from young people on what their faith means to them
- How our faith can support our mental wellbeing
- What can make it challenging to reach out for support

These webinars could be perfect for PHSE lessons, form or tutor time, and can be shown on your classroom smartboard or any internet-enabled equipment that allows you to dial in to and broadcast a Google Meet video call. This session aligns with Health & Wellbeing and Relationships themes.

[Kooth's support for young Catholics \(primary schools\)](#)

[Kooth's support for young Catholics \(secondary and higher\)](#)

[Kooth's support for young Muslims \(primary schools\)](#)

[Kooth's support for young Muslims \(secondary\)](#)

Gambling / Gaming harms



Beacon Counselling Trust

Across the North West, Beacon Counselling Trust (BCT) deliver '**Sometimes It's More Than a Game**' an educational programme for young people and professionals working with young people.

Young people support:

BCT offer free interactive workshops for those aged 10 to 21 to examine the risks of gambling and gaming.

Covering areas:

- How gambling can affect the brain
- The role of advertising,
- How gambling can harm people
- Help and support available.

Each session can run between 45 minutes and one hour and can be delivered in schools and other youth settings.

Teachers support:

Training for professionals working with young people can be delivered online or face to face and runs for one hour and thirty minutes.

This session:

- Looks into further details as to how we identify gambling harms
- The evidence for the level of harm
- Digital harms such as gaming and unregulated forms of gambling
- The specialist services available.

To book any gambling/gaming support for staff and/or pupils, please contact James from Beacon Counselling Trust, [Email here.](#)

February 2025

For Schools



E-Bug

E-Bug platform support schools to embed hygiene messages to create a healthier school. The platform has created educational guidance on how to prevent and control spread of infections within settings, by supporting students to adopt behaviours that can help create a safer environment for all.

Take a look at how some of our local schools are using e-bug:

St Bernadettes Primary School – [Click here](#)

Rowan Tree – [Click here](#)

Want your school to use e-bug? Take a look [here](#).

Healthy Schools Celebration Event 2025 - [sign up here.](#)

16th October

The Edge, Wigan

9:15am – 12pm



Locala – Women’s Health

Locala Sexual Health are delivering a **30 minute session** aimed at **professionals** for International Women’s day 2025- The focus this year is – For ALL women and girls: Rights, Equality, Empowerment.

We will focus on Empowering health promotion and will cover:

- Signs and symptoms of breast and peck cancer
- Facts and Figures
- How to conduct a breast and peck examination
- When to seek further advice
- Links for advice and further support

Thursday, March 6 • 12 - 12:30pm

Book [here](#).

Wigan Healthy Schools resources

Supporting your schools health and wellbeing needs See resources [here](#).

The Brick Multi Bank



What is ‘Brick Multibank’ project?

The Brick Multibank is a redistribution scheme that is aimed at assisting families, children, and young people living in real need across Greater Manchester. A simple yet powerful concept, the multi-bank redistributes brand new, high-quality surplus goods free of charge to families, via referrals from charities and professionals like yourselves who know the families that you work with well.

How did the Multibank come about?

In late 2021, former Prime Minister Gordon Brown connected the local Amazon warehouse in Dunfermline with The Cottage Family Centre - a small family support service in Fife. The idea was to connect surplus goods from Amazon with people who really need them. This saw the Launch of the first Multibank in Fife, Scotland and due to the project's success, resulted in the Launch of the second Multibank here in the heart of Wigan. Since then, we have expanded our reach a little further and now support charities and schools in Merseyside, Bolton, and Warrington.

We are delighted to be able to offer you things that might alleviate some stress for individuals making tough decisions about how to spend their money, help children at your schools live in safe, comfortable homes, and help your staff to help families

If you would like to access this support for your school and families, please get in touch with Hannah to sign up, [email here](#).

January 2025
For Schools

Neurodiversity Celebration week Neurodiversity Celebration Week

17th – 23rd March

When it comes to inclusion, neurodiversity refers to a world where neurological differences are recognised and respected as all other human variations.

Click [here](#), to access school resources to celebrate and support for Neurodiversity Celebration week

Our Town Directory

Our Town Directory, a free resource designed to connect residents and professionals with support services and things to do across the borough. This directory was developed in response to feedback from our community, who expressed a need for a central place to easily find and access local services.

Click [here](#) to access.



Be Well – Healthy Eating

When it comes to healthy eating, there's so much information and advice out there that it's easy to get confused.

At Be Well, we don't do diets or fads. Instead, we cut through the nonsense and give you the facts about how what we eat, and drink affects us.

If you're looking to learn more about nutrition and develop healthier habits, take some time to explore our digital guides to achieving a more healthy, balanced diet.

[Click here.](#)

Bereavement support

If you or someone you know is dealing with bereavement, there are several support services available to help you through this difficult time. See links [here](#).

Family Hubs



Exciting News! Our next Family Hub is coming soon and is due to launch on 12th April.

We'd like to invite you to join us for a cuppa and a chat with the Family Hub Team and to share your ideas on what things you'd like to see available in the Family Hub.

Date: Wednesday 5th March 2025

Time: 16:00-18:00

Location: Clifton Street Community Centre, Clifton Street, Wigan, WN3 5HN

We'd love to hear from parents, carers, young people, and community members. Find out more about Family Hubs [here](#).

Talk First



Take Time To Talk project supports families with a range of issues, including when parents and children are struggling to get on, and conflict is high. Take Time To Talk project helps open the lines of communication through supported conversations/mediation, with the aim of participants having a better understanding of each other, learning how a different means of communication helps, and reaching agreement around how they are going to do things differently for the future.

We ask families to contact us direct on our office number: **01942 243620**.

February 2025

For parents & Carers

Help to claim - Cost of living support events

As part of our Here for You campaign, we are hosting events at our Life Centres, libraries and local community venues to ensure that local people are getting all of the support they are entitled to during the cost of living crisis.

We know that both locally and nationally, many of us are missing out on income we're entitled to claim.

This might be because you don't know you may be entitled to; you might have difficulty completing forms or you might just not be sure where to turn to for support.

That's why we're hosting drop in events across our borough with teams of friendly expert people ready to help.

Find out more information on the next events [here](#). Or if you would like further details regarding the upcoming events or can't make an event and would like to discuss how we can help you, please contact us on 01942 489015. Remember, we're here for you.

February 2025

For parents &
Carers



Family Hub Linked Site
Poplar St, Tyldesley,
Manchester M29 8AX

PARENT CONNECT
SEN DROP IN
COFFEE AND CHAT

10.00am
to
11.30am

Connect with Other SEN Parents and get advice and Guidance on how to Support Your Childs needs .
As parents, we all want the best for our children
Come and relax and have a coffee in a calm supportive environment children welcome

Meet other parents

Get support and guidance and advice

Have a coffee and chat and relax

Starts
18th February
Every 2 Weeks

Contact Us
07566 724032

For More Information visit
www.MYSENSability.uk

Making Space

Did you know you can access fast, free mental health support?



Making Space Psychological Wellbeing Service offers support for people who are struggling with mild to moderate common mental health difficulties such as low mood or anxiety.

Our Team are here to help guide you through the problems you are experiencing and will help you to develop helpful coping strategies and resilience to overcome your problems.

How do I access the Service?

You can self-refer by emailing masp.wellbeing@nhs.net or contact us via telephone on **01925 581755**.

Our service also run clinics within some GP surgeries in Wigan – if you are registered with one of below surgeries, you can either speak to reception or put in an online request to book an appointment with one of our caring and professional Psychological Wellbeing Practitioners.

(Pennygate MC, Longshoot MC, Wigan Road Surgery, Winstanley MC, Beech Hill MC or Railway Surgery/Bryn St Surgery)