



Samaritans

Do you feel confident supporting someone who may be using the internet in relation to their self-harm or suicidal feelings?

Join Samaritans to understand how people use the internet in relation to self-harm and suicide and more.

Book [here](#).

Anna Freud



5 Steps to Mental Health and Wellbeing

Develop a holistic approach to mental health across your school or college. Our free, evidence-based 5 Steps framework is designed for easy implementation.

The framework aligns with the eight principles outlined in the Department for Education's whole-school approach guidance.

The 5 Steps will help you to take a practical, inclusive approach to the mental health needs of your community: promoting a culture of belonging and wellbeing, supporting students and staff, working in partnership with parents and carers, and recognising the importance of leadership. Click [here](#), for more information

Crossing the Line, by Breaking Barriers

Breaking Barriers have won awards for their successful track record of delivering challenging societal issues such as Domestic Abuse, Hate Crime, Knife Crime, Child Criminal Exploitation, VAWG, Consent, Parental Imprisonment and Youth Violence, using powerful creative interventions that allow a safe space for young people to ask difficult questions, be informed and learn new strategies to lead healthier lives.

Recently recommissioned is **Crossing the Line** which is a package that includes a film, a live monologue, a facilitated discussion and a resource pack.

It aims to help young people to:

- Develop an understanding of what a healthy relationship with a friend is
- Develop an understanding of what an unhealthy relationship with a friend is
- Develop an understanding of what grooming is and the signs to look out for
- Develop an understanding of support available and who young people can talk to should they feel lonely or pressured
- Develop an understanding of what peer pressure is

This promo film will give you some more info: [Crossing The Line Autumn Tour 2023 - YouTube](#)

This is ideal for Year 5's & Year 6's and is a first come, first served basis.

For more information, please contact: jodieratcliffe22@gmail.com or jamie.fallon@greatermanchester-ca.gov.uk

March 2025

For Schools

KootkKlass



Live stream webinars straight to your classroom

Exam stress for year 11+

Tips for managing exam stress and how Kooth can support you. [Book now](#)

Support for school or college leavers

Keeping mentally fit as you experience change. [Book now](#)

Supporting students with low mood and anxiety

Free webinar to help you provide early support to secondary school and college students aged 11-25 with anxiety and low mood. The webinar will explore:

- how to embed a culture of wellbeing across your whole community
- the importance of early intervention
- the risk factors, signs and symptoms of emerging mental health issues
- how to support students experiencing common mental health difficulties
- + more

[Book your place](#)





Koothtalks - Professionals



Celebrating Neurodiversity and SEND

How Kooth and Qwell meet the needs of SEND & neurodivergent students. [Book now](#)

Mental health and faith

Overcoming mental health stigma in Muslim communities. [Book now](#)

Anna Freud



Supporting Staff Wellbeing

Supporting your school staff's wellbeing plays an important role when considering whole school health and wellbeing. Take a look at guidance and resources from Anna Freud to support your schools development and support of staff wellbeing. Click [here](#), for more information.

Sustrans Big Walk and Wheel

The UK's largest inter-school walking, wheeling, scooting and cycling challenge. It inspires pupils to make active journeys to school, improve air quality in their neighbourhood and discover how these changes benefit their world.



The challenge aims to encourage more families to travel to school actively and help create healthier and happier communities.

When: 24 March to 4 April 2025.

It is **free to enter** for all primary and secondary schools in the UK, including SEN, ALN and ASN schools, and there are fantastic prizes to be won each day. Participating in the Sustrans Big Walk and Wheel also contributes towards gaining Modeshift Stars accreditation.

Registration is now open. For more information and to register your class or school, visit :

www.bigwalkandwheel.org.uk

March 2025

For Schools

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

Sexualised Behaviour

Promoting healthy sexual development and responding to sexualised behaviour in schools

Understand healthy sexual development and how to promote it in settings using evidence-based approaches, tools and resources

To understand about sexualised behaviour; possible pathways to it, how to define it and how to identify it

To understand how to respond to incidents of sexualised behaviour, using evidence-based tools and resources

For more info and to book, [click here](#).



Boxing for Better



Using the power of boxing to transform lives and empower individuals. With our programs, we have impacted countless individuals, helping them gain confidence, strength, and resilience.

Corner Men - is a programme designed just for men, to find a safe place where they can blow off some steam, learn new skills, connect with others and enjoy a positive physical activity session. More info [here](#).

The Community Boxing Sessions - targeted at children aged 9 to 16. We welcome both boys and girls of all abilities and backgrounds

Higher Folds, Mondays 5 – 6pm

Platt Bridge, Tuesdays 5:30 – 6:30pm

Norley Hall, Thursdays 4 – 5pm

Hag Fold, Fridays 5 – 6pm

More info [here](#).

WorkWell

Helping you Be Well at work

Struggling with your health and worried about work?

If your health is affecting your job, the WorkWell Programme can help you stay in work, return after sickness, or find the right job when challenges make it difficult.

WorkWell provides one-to-one support for those facing:

- Mental health challenges
- Musculoskeletal (MSK) conditions
- Neurodiverse conditions or other health-related barriers

Through Work & Health Coaches, WorkWell offers workplace advice, return-to-work support, career guidance, and connections to local services—helping you move forward with confidence.

You can refer yourself or be referred by a professional (with permission).

Find out more or make a referral, [here](#).

March 2025

For parents & Carers

This Van Can ovarian cancer awareness

Find out about the key symptoms of ovarian cancer, learn about your ovaries, pick up some information or chat to our friendly staff.

Wigan, Robin Retail Park, 1 Loire Dr, Wigan WN5 0UL – Friday 28th March

Leigh Tesco Extra, The Loom, Derby St, Leigh WN7 4BA – Saturday 30th March

(Usually be open from approximately 10am until 6pm) More information and dates [here](#).

Volunteer Opportunity Canals and River Trust



Our Explorers Water Safety Education Volunteers in Wigan see thousands of school children each year - helping them to stay safe around open water. This takes a lot of hard work to co-ordinate, so we're looking for volunteers to help us administer this essential work. More info [here](#).



March 2025

For parents & Carers



SATURDAY 29TH MARCH
ROBIN PARK LEISURE CENTRE
12 PM - 2:30 PM



REGISTER HERE TO ATTEND THE EVENT AND CLAIM FREE TICKETS FOR LATICS V BARNSELY



FREE ENTRY

BELIEVE IN COMMUNITIES

FREE FAMILY FUN DAY!

- MEET LATICS MASCOT CRUSTY THE PIE!
- FUN FAMILY ACTIVITIES
- INFLATABLE GAMES
- PRIZES TO BE WON
- CLAIM YOUR TICKETS TO LATICS V BARNSELY BY 5PM ON FRIDAY THE 21ST OF MARCH

TO FIND OUT MORE:
EMAIL COMMUNITY@WIGANATHLETIC.COM



Recycled Uniform Uniformity Project

What does The Uniformity Project do?

- Provides Good Quality recycled Logo and Non-Logo School Uniform Free of Charge.
- Provides Low cost NEW Non logo uniform items £1 - £2
- Provides free access to sanitary Products and personal hygiene products for adults and children
- Supporting Families to maximise their income
- Provides an inclusive, space for creativity free of charge.

For more information, click [here](#).