



January 2025  
For Schools

Anti Knife Crime Workshop with Alison Cope



Alison works tirelessly to help prevent youth violence by sharing her son's unique life and death story to help educate young people on the realities and consequences of youth violence. Her powerful presentations convey: the importance of prevention, the emotive realisation of how choices affect loved ones and how young people retain hope for the future.

This can be booked for primary school aged children from Year 5, up to and including college. Any delivery will be age appropriate and Alison will be accompanied by [Oasis Navigator Team](#) to provide wrap around support.

To book;

- 1) Sign up to Education Hive: [here](#)
- 2) Navigate to [here](#), and select a date for an in school visit (please note, this is first come, first served. Dates are available into April 2025)

Education Hive

An exclusive community for education, and wider partners who want to make Greater Manchester a safer place for the children who live there. Chip in with help, ask a question, share learning.

'We Are Greater than Violence: Education Hive' is a free, supportive learning space that aims to create a sense of comradeship across the sector by offering solutions, discussing common challenges and providing collaboration opportunities around keeping young people safe.

Offer your valuable expertise, learn from good practice and be the first to hear about upcoming events.

To sign up, click [here](#).

Anna Freud - An introduction to self-harm prevention in schools and colleges

Research suggests 90% of young people in the UK aged 12-17 do not contact medical or psychological services after self-harming, instead choosing to confide in their peers or a favourite teacher.

Learning Outcomes:

- Understand what self-harm is and is not
- Recognise signs and causes of young people self-harming
- Consider your whole-school or college approach to preventing self-harm
- Support the wellbeing of staff and colleagues directly supporting a young person who is self-harming.

To book, click [here](#).



Children's Mental Health week

3<sup>rd</sup> – 9<sup>th</sup> February 2025

The week's focus is [Know Yourself, Grow Yourself](#), with the aim to equip and empower children and young people across the UK to embrace self-awareness and explore what it means to them.

You can download free resources for primary schools & secondary schools [here](#).

KoothKlass



Let's talk about body image and self esteem.

20 minute webinar for Secondary school ages 11+ including body image myth busting and hearing from our Kooth clinical team.

Book [here](#).

Managing anxiety with self care.

A 20 minute webinar for Primary school ages 10+ covering anxiety management tips, wellbeing exercises, and supported sign-up tutorial. Book

[here](#).



## KoothTalks

Mental health training webinars for professionals with insights from our clinical team.

### Supporting students to manage anxiety with self care.

A 30 minute webinar featuring self-care tips, input from our Kooth clinical team and classroom resources helping you to support your students to manage anxiety. Book [here](#).

### The role of Kooth in the care pathway for young people with an eating difficulty.

Join our 30 minute webinar on how our digital platform can support eating difficulties, hear from our Kooth clinical team and receive additional resources. Book [here](#).

## School Spotlight

Sacred Heart Catholic Primary Leigh, braved the cold and dark to complete a litter pick in their local community, back in December.

Does your school want to support the community with litter picking? Contact Bev from Be Well [here](#), to find out what supports available.



## Emotional Friendly Schools

Educational Psychology Service.

The Emotionally Friendly Schools (EFS) programme is a flexible, whole-school approach to improving children's mental health and wellbeing. The programme was devised by Salford Educational Psychology Service (EPS) and has been successfully rolled out by Wigan EPS since 2016.

The EFS approach fits closely with the aims of Wellbeing for Education Return, which seeks to better equip settings to promote children and young people's wellbeing, resilience.

You can find more information on the Education Psychology service [here](#).

You can also find many training courses delivered by the service, including: Primary / Secondary school EBSA, Autism, Emotion Coaching, Self-Harm and lots more. Click [here](#) to book.

Educational Psychology Service, spotlights:

**St Wilfrid's Catholic Primary School- Hygge Room.** The school have a hygge room which pupils and staff can access. The room can be used for interventions, it is a warm and nurturing 'home from home' with soft furnishing and lighting.



**Westleigh St Paul's Primary School- Staff wellbeing.**

School are beginning to offer school staff designated time slots after school with the school councillor that comes in to work with the CYP.



For any questions, please contact [ep\\_admin@wigan.gov.uk](mailto:ep_admin@wigan.gov.uk)

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## Top Tips for Teeth

The Top Tips for Teeth resources are designed for dental professionals, early years professionals and those working with families and young children to encourage parents and carers to teach children good oral health.

A key point to highlight is that cutting down on sugar is important for keeping children's teeth healthy.

Download Top Tips for Teeth Leaflet [here](#) and share with families.

## Supervised Brushin' Scheme

The 'Let's Get Brushin' programme is an evidence-based supervised tooth brushing scheme that aims to help 'Wigan SMILE'.

It is delivered in every school YR and nursery. Key nursery and school staff will be trained so that they can carry out this scheme safely.

For more info, or to sign up your school, contact [here](#).



Better Health every mind matters

### Every Mind Matters

We all have times when we feel low, anxious or overwhelmed. But little things, like talking to a friend or taking a moment to breathe, can help us feel much better.

Here, we'll show you simple and practical ways to ease anxiety, manage stress, lift your mood and sleep better, through proven approaches like cognitive behavioural therapy (CBT).

Find what works for you and keep doing it, because even the smallest actions can make a big difference to how you feel.

Click [here](#).



NHS

**You know you want to quit.  
We know you can.**

Get free support to quit smoking.

Better Health Smoke free

### Be Well Learn to Swim offer

Be Well

Learning to swim is an important part of any child's development. That's because swimming isn't just enjoyable exercise... it's also the only sport that can save your life.

Be Well's swimming lessons are delivered by friendly, qualified swim instructors and follow the official Swim England framework so you can track your child's progress to becoming a strong, confident swimmer.

And there's never been a better time to start than right now... with two months HALF PRICE!

Click [here](#) to make an enquiry.

Lessons are available at Ashton Leisure Centre, Hindley Pool, Howe Bridge Leisure Centre, Leigh Leisure Centre and Wigan Life Centre.

### Triple P – Family Transition



For divorced or separated parents. Is your child caught in the middle. Do you have problems with extended family, new partner or ex. Your worries about the impact on your child's emotion or behaviour, Family Transition Triple P can help.

Click [here](#) to email for more info.

### Be Well Health Advisor – Stop Smoking

Make the best choice for you and your family with expert advice, guidance and support from our Be Well Stop Smoking Service.

For more information and to self-refer, click [here](#).

January 2025

For parents & Carers

NHS Greater Manchester

## EXTRA FLU VACCINE CLINICS for school aged children

- Children in reception to year 11
- Locations across Greater Manchester
- 11 - 18 January 2025



**Call 03333 583 397 (option 1) to book**

### Flu Vaccinations for school aged children

The number of cases of flu continues to rise in Greater Manchester especially amongst children aged 5 – 14.

It's not too late to get your child vaccinated. Appointments can be made by calling 03333 583 397 and choosing option 1. Find out more info [here](#).

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FEEL GOOD FITNESS

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**My SENSABILITY RUNNER UP**

**BELIEVE SPORTS AWARDS**

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**LIMITED FREE PLACES!**

**new FOR 2025**

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**FUN SWIMS EVERY MONTH!**

Bookable online 6 days before the session or anytime over the phone on 01942 882722

**1.30-2.30 pm**

19TH JANUARY 20TH JULY  
16TH FEBRUARY 17TH AUGUST  
16TH MARCH 21ST SEPTEMBER  
27TH APRIL 19TH OCTOBER  
18TH MAY 16TH NOVEMBER  
15TH JUNE 14TH DECEMBER

MYSENSABILITY HAVE SECURED FUNDING FROM BRIGHTER BOROUGH TO RUN THE SEN FUN SWIMS IN CONJUNCTION WITH THE PELICAN CENTRE TYLDESLEY FOR 12 MONTHS THROUGHOUT 2025

07566 724032  
www.MYSENSability .UK

**I support my daughter with her mental health and help her out wherever I can.**

**Wigan Council**

**I am an unpaid carer. Are you?**



**I help my brother with his medication and make sure he's eating well.**

**Wigan Council**

**I am an unpaid carer. Are you?**



### Unpaid carers

Many people don't see themselves as carers and may not be getting the support they need. If you're looking after someone who would otherwise be unable to cope, you are likely to be an unpaid carer.

Registering as an unpaid carer can help you find the right support and help you understand your rights.

Contact Wigan and Leigh Carers Centre to learn more about the benefits available to you, such as:

Access to carers assessments / Group activities / Reduced gym memberships / And much more

We want you and the person you care for to live the best life possible by getting the right support at the right time.

Register today: <https://bit.ly/3D5Jfjk>

You can also find out more about the support that is available to you at [www.wigan.gov.uk/SupportForCarers](http://www.wigan.gov.uk/SupportForCarers)