



### Water Safety

Canals and River Trust



#### FREE KS3 Water Safety Workshops

A 45-minute classroom-based workshop which allows students to think about the dangers of inland waterways. It has been designed to encourage students to think about responsibility and consequences around water safety and to raise awareness of 'cold water shock'.

Book your visit [here](#).

### Neurodevelopmental Support

Resources and support services available

[Neurodevelopmental Support](#)

### Save the date

Children's Mental Health week

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

### Physical Activity

#### School Games



Children and young people (aged 5 – 18) should aim for 60 minutes of activity per day across the week, with 30 minutes being achieved at school.

With the wetter months now upon us, supporting pupils to be active can be tricky. Luckily, we have support from School Games who make a positive and meaningful difference to the lives of children and young people through sport and physical activity

You can access school based resources to support physical activity in your school [here](#).

Don't have a school games log in? Please contact Wigans School Games Organiser, Sharon Walls who can support your school, [click here](#).

More resources available here too:

[Your School Games - Free Activity Resources](#)

[Free Resources - Youth Sport Trust](#)



### Climate Conversation Schools Newsletter

Do you receive the Climate Conversation Schools newsletter that discusses all the available support available for schools in Wigan and Leigh?

Sign up by emailing:

[climateresponse@wigan.gov.uk](mailto:climateresponse@wigan.gov.uk)

### Emotionally Based School Avoidance



#### Kooth

Spaces are filling up fast for this webinar for education professionals. Join us for a free session exploring EBSA and how Kooth can help young people, their families, and professionals.

KoothTalks for professionals: [Book your spot now](#)

## School Spotlight

### Sacred Heart Leigh

Pupils from Sacred Heart Primary school Leigh, braved the cold recently and collected over 8 bags of litter from their local community.



If your school would like support with setting up community litter picks, please contact:

[B.Baldwin@wigan.gov.uk](mailto:B.Baldwin@wigan.gov.uk)

## Community Link Workers

Feeling lonely or isolated?  
Suffering from a bereavement?  
Caring for someone and in need of support?  
Experiencing financial difficulties?

Community link workers can provide practical advice and support to help improve your wellbeing, whether you live or work within the Wigan borough and are 18 years or over.

You can access support through your GP or self-refer [here](#).



## Cyber Crime Protect & Prevent



Greater Manchester Police

**Cyber Protect offer:** Providing up to date advice and information for staying safe online, based on current trends and threats. Clear and simple tips that will help everyone reduce their chances of becoming a victim of Cybercrime.

**Cyber Protect:** This is a programme with the aim of preventing young people getting involved in cybercrime via education and diversion.

What we can offer to schools:

Cyber Protect and Prevent presentations for schools (offering a general overview or a specific topic) either virtually or in person.

We deliver inputs at schools and colleges, to pupils KS2 and above, parents/guardians, carers, teachers, and staff.

Attendance at events, workshops, and conferences with the option to guest speak or host stalls providing interactions with the public along with leaflets, activities/quizzes, and merchandise.

Cyber Prevent / Cyber Choices Interventions, support and guidance.

As Cyber Protect and Prevent are part of Greater Manchester Police Cyber Crime Unit this service is completely free of charge.

Email for more information or to book:  
[cyber.protectprevent@gmp.police.uk](mailto:cyber.protectprevent@gmp.police.uk)



Do you work at a school in England?  
Would you like to receive a £25 retail voucher for participating in a one-hour online focus group to help shape e-Bug's future design and content?

We're seeking school teachers and after-school staff to participate in focus groups to:

Develop new lesson plans covering topics such as vaccinations and the spread of infection.

Designing resources and activities for use in after-school settings

Additionally, we are establishing a Teacher Advisory Panel that will meet online four times per academic year.

All meetings will be online, and scheduled at times convenient for participants. We're seeking participants both with and without experience of e-Bug.

To register your interest in participating, please complete this form  
<https://forms.office.com/e/YTPXsb6wHs>



## Volunteering Opportunity



### Canals and River Trust

Water safety is an important part of a child's education and delivering our Water Safety messages to as many children as possible is a priority for the Canal & River Trust. Can you help us deliver our water safety programme in schools across Wigan?

Due to the success of our programme in Wigan we're looking for more volunteers to join our existing team of volunteers to ensure that we can continue to reach as many children as possible with our important water safety messages.

For more information or to apply, please click [here](#).

### Neurodevelopmental Support

Resources and support services available for Neurodevelopment support [Neurodevelopmental Support](#)

## Understanding Your Child



### Solihull Approach

Free nine-week course to help:

- Understand your 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.

**When:** Thursday's

**Time:** 10am-12pm

**Where:** A-Team Hub Platt Fold Street Leigh

**To book:** click [here](#).

Is your child learning to ride a bike? Book now for our next **FREE Bikeability Balance** taster sessions for ages 4-6.

**Saturday 7 December**  
**Leigh Leisure Centre**  
**9am-9.45am / 10am-10.45am**



Bikeability Balance is a fun and exciting way to learn the basic balance and co-ordination skills needed to ride a bike.

Places are limited, book [here](#). **Please note:** In order to book, you will need to create a free Be Well account for the child attending.

# November 2024 Parents & Carers

## UMAY



Provides important safety features and support for those out and about in Wigan Borough at the touch a button

Free and accessible on all mobile devices, the app gives quick access to journey and route planning options, maps of UMay safe place locations so you can find your nearest safe place when in need of assistance, and alerts trusted contacts of your location. The personal safety app provides additional safety features so you can feel safe when you're out and about, but if you are in immediate danger and need to report a crime, always call 999. For non-emergencies, call 101.

## Wigan Borough Family Hubs



Family Hubs are a new way of bringing together all the support a family may need, from pregnancy through to young people turning 19 (or 25 if they have a Special Educational Need or Disability (SEND).

Find out what's happening at your local Family Hub [here](#).

# GET WINTER STRONG



Greater Manchester



Stay well this winter.

**GET VACCINATED**

Want to get 'winter strong?' Get vaccinated!

NHS Greater Manchester is urging all those who are eligible to get 'Get Winter Strong' by getting vaccinated to protect themselves and those around them. Vaccines – free on the NHS to those who need them - give the most effective protection against common winter viruses that can cause serious illness for those at higher risk.

Adults aged over 65, those with long term health conditions and pregnant people are all encouraged to get vaccinated against flu and COVID. GP practices and pharmacies are offering the flu vaccine.

Pharmacy appointments can be booked online: [Book, change or cancel a free NHS flu vaccination at a pharmacy - NHS.](#)

To book a COVID vaccine appointment call 119 (ask for a translator if needed) or go online: [www.nhs.uk/bookvaccine](http://www.nhs.uk/bookvaccine).

A BSL service is available: [NHS 119 - SignVideo](#) :

This year there is the option of booking a combined appointment to have both vaccines at the same time. To find a walk-in COVID vaccine clinic go to [COVID Vaccine Walk-in Clinics | Greater Manchester Integrated Care Partnership](#) or call 0161 947 0770 or 0800 092 4020.

The RSV (Respiratory Syncytial Virus) vaccine is new for this year! This virus causes coughs and colds and can be dangerous for older people and young babies. That's why this vaccine is recommended for adults aged 75-79 - plus pregnant people (from 28 weeks) to protect the baby for the first few months of its life. GP practices are providing the RSV vaccine.

Pregnant people can also access flu, COVID-19, RSV and whooping cough vaccines from their maternity service. Just ask your midwife.

Children spread flu fast! So, little ones aged 2-3 years, plus children in school years reception to year 11 will be given a quick and painless nasal flu vaccine spray. The vaccine will be given at school or in GP practices for little ones. To find out more about winter vaccines, head to the NHS Greater Manchester website: [Winter vaccinations in Greater Manchester | Greater Manchester Integrated Care Partnership](#).