



## Diabetes Awareness

1<sup>st</sup> November – 30<sup>th</sup> November  
14<sup>th</sup> November – WORLD diabetes day

National Diabetes Month is a month-long campaign focused on increasing awareness about diabetes and its impact on individuals and communities. It provides a crucial opportunity to educate people about the risk factors for diabetes, the importance of a healthy lifestyle, and the management of the disease.

Diabetes affects all people, in all communities and there are 4.4 million people in the UK who have it. The NHS also spend approximately £10 billion a year which is 10% of the NHS's entire budget!

The WWL Paediatric diabetes team are encouraging you all to get involved with Diabetes awareness month. On World Diabetes Day Why not wear **blue socks**, create a school assembly or encourage pupils to take part in the '**blue ballon challenge**' to highlight this disease and its impact on society.

### Book your school support:

Throughout the month of November, the Paediatric diabetes team are offering to come and talk to your school and your children about diabetes. If you would like further information on this, please contact the Paediatric diabetes team on [cypdiabetes@wwl.nhs.uk](mailto:cypdiabetes@wwl.nhs.uk)

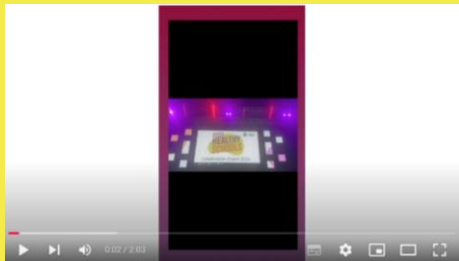
## Celebration event 2024.

Thank you to all the schools & services who attended our **2024 Healthy Schools celebration event** on 17<sup>th</sup> October @ The Edge.

We had such a brilliant morning, welcoming over 20 schools and over 25 providers. We heard from Hindley All Saints, St Catherines CE Lowton, Hindsford CE & Leigh St Marys on all the fantastic work they are doing to create a healthy, happy environment for pupils, staff and parents at their school.

Well done to all those schools who received their 2024 Healthy Schools certificates and accreditations.

Missed the morning? Check out our video [here](#).



## Mental Wellbeing Padlet



This Padlet is intended to support you to find available resources in our Borough.

[Mental Wellbeing Support \(padlet.com\)](https://www.padlet.com)

## Kooth



### Helping young people stay safe on their new smartphone

With over a third of parents and carers feeling uneasy about their child having their first smartphone, we've put together this session to explore supporting a child's mental wellbeing whilst using the device plus information on UK law and social media usage and online safety tips.

Please click [here](#) to sign up for the recording and resources to support Year 7 students staying safe on their new smartphone.



## Wigan THRIVE Padlet

Available resources to support young people's mental health and wellbeing.

[Wigan THRIVE](#)

## Wigan Training & Information on Suicide Padlet

[Wigan Training & Information on Suicide Prevention](#)

## [We are Greater than Violence - Education Hive.](#)

'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 violence reduction.



## NHS England

### Diabetes in Schools



We are pleased to introduce the brand new 'Diabetes in school' platform launched to help you care for a child or young person with Type 1 Diabetes in school.

[Home - DigiBete School and Community Training Platform](#)

This platform is for anyone who looks after a child or young person in the UK with Type 1 Diabetes. It is a series of small modules designed to support school staff to understand the care and support needed for a child or young person living with Type 1 Diabetes.

The WWL children and Young Persons diabetes team encourages all staff caring for a child or young person with diabetes to register for this platform and complete the modules.

## The GM Navigator Project



Support young people aged 10-25 years old in Greater Manchester that have been impacted by violence. We take referrals directly from the community so if you are concerned about a young person at risk of involvement in violent crime, or would like to receive support yourself, you can make a referral today.

For more info, see [here](#).

October 2024



## Road Safety Week

18<sup>th</sup> – 24<sup>th</sup> November

Road Safety Week aims to inspire thousands of school, organisation and communities to take action on road safety and promote life-saving messages.

Access resources to deliver in your school [here](#).

Need local support? Contact: [road.sfaety@wigan.gov.uk](mailto:road.sfaety@wigan.gov.uk)

## Halloween & Bonfire Safety Advice



The Bonfire and Halloween campaign aims to prevent, tackle and protect against anti-social behaviour (ASB), criminal damage and other harm during the Halloween and bonfire period.

Access resources [here](#).



October 2024  
Parents & Carers

### Research Opportunity.

Manchester Metropolitan University have been commissioned by GM Integrated Care Board to undertake some research both with adults and young people on alcohol. This will inform a GM Alcohol Harm Reduction Strategy.

The research is Greater Manchester wide, and we have an opportunity to research views and opinions about alcohol and young people's lives through a focus group and being included in the GM survey and result write ups.

The target audience is young people who live in Wigan Borough aged 13-25.

5 x £20 Amazon vouchers are on offer in a prize draw for anyone who wishes to leave contact details upon completion.

### County Lines Awareness for parents and carers

This session for *parents and carers and professionals who are less familiar* the signs of child criminal exploitation, it is intended to raise awareness of child criminal exploitation. The session will consider what county lines is, how exploiters groom children, the signs of exploitation and where you can access support if needed.

Book online [here](#).

**TALK TO US ABOUT:**  
**ALCOHOL**

**LIVE IN GREATER MANCHESTER?** **AGED 11-25?** **WANT TO SHARE YOUR VIEWS?**

### WE WOULD LIKE TO HEAR FROM YOU

Give your opinion by answering some questions in an online survey

You do not need to have used alcohol to take part

<b>ANONYMOUS &amp; CONFIDENTIAL</b>	<b>YOUR VOICE MATTERS</b>	<b>ONLINE SURVEY</b>
A CHANCE TO WIN: <b>1 OF 5</b> <b>£20 AMAZON VOUCHERS</b>	<b>CLICK HERE!</b> <a href="https://bit.ly/48e7k2S">bit.ly/48e7k2S</a>	<b>SCAN ME</b> 



Please email Emma with any questions: [e.davidson@mmu.ac.uk](mailto:e.davidson@mmu.ac.uk)



**NIHR** | National Institute for Health and Care Research

Biomedical Research Centre (BRC) and Manchester University Foundation Trust (MFT) are completing a study, can you help?

**Who is it for** - Children aged 0-15 with and without health conditions.

**Brief description** - A bioresource designed to help explore the genetics of childhood diseases. D-CYPHR is a research tissue bank especially for children aged 0-15. This will help health research - everything from better understanding mental health to combating diabetes

**What's involved** - Questionnaires and a saliva sample kit (all of which can be completed at home. Children and parents can consent for the child to be contacted about future study opportunities.

**Link to website for more information and where to sign up** - [DCYPHR website](#)



## Making Space

A FREE NHS Funded step 2 Cognitive Behavioural Based Therapy Service for ages 16+

### **What is CBT?**

CBT stands for Cognitive Behavioural Therapy.

It's a type of Psychotherapy that helps you to look at how your thoughts, feelings and behaviour are all interlinked.

When we have negative thoughts or worries, they can affect the way we are feeling, they can make us feel down, anxious, stressed out etc

### **Our service - what to expect?**

You will initially receive an assessment appointment with one of our Psychological Wellbeing Practitioners (PWP).

They will discuss the problem areas with you and assess whether or not the service is the right option for you at this time.

### **How do I access the service?**

Email: [masp.wellbeing@nhs.net](mailto:masp.wellbeing@nhs.net)  
Contact number: 01925 581

October 2024  
Parents & Carers



## Kooth

Our free webinars offer valuable insights for professionals and parents. They help ease the pressure by providing practical guidance on key mental health topics.

### **Managing Anxiety**

This month we're running webinars which offer practical support strategies for families managing anxiety.

- KoothTalks webinar 'Helping your child manage anxiety' - The session will include the **signs and symptoms of anxiety, ways of coping** and how Kooth and Qwell can help.
- Click [here](#) to sign up to receive the recording and resources

# GET VACCINATED



# GET WINTER STRONG

Check your eligibility for flu and COVID-19 vaccines and book now at [nhs.uk/wintervaccinations](https://nhs.uk/wintervaccinations)

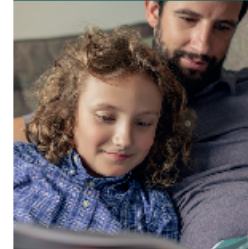
Feel Well



Be Well



Live Well



Be Well



## Don't give up giving up Quit this Stoptober

Get support, advice and access to Nicotine Replacement Therapy from Be Well's friendly advisors.

You are five times more likely to quit for good with our support.

Call **01942 404220** (and select option 1) or scan the QR code to find out when the team are in a community venue near you and/or fill in a self-referral form.



 SCAN ME