



## WWL Neurodevelopment Team

### Free Training for parents

**Sleep workshop** - tips and tricks to help your children get a better night's sleep. **January 17, 2025 · 10 - 11:30am** [Book here.](#)

**Feeding Workshop** - for ages 10 – 14 years old. **February 14, 2025 · 10 - 11:30am** [Book here.](#)

**Understanding behaviour** - understanding of why we behave the way we do. **March 7, 2025 · 10am - 12pm** [Book here.](#)

**Counselling support for parent/carers** - safe space for parents and carers to discuss any challenges they may be facing in supporting their children's mental health. **March 20, 2025 · 1 - 2pm** [Book here.](#)

**School transition** – learning about the transition from primary to secondary school. **June 11, 2025 · 11am - 12:30pm** [Book here.](#)

## Oral Health – Find a local dentist.



Taking care of your children's teeth at home is important: **Brushing Twice a day. Spit, Not rinse. Skip the Sugar.**

**Protecting their smile** with regular visits to the dentist. Under 18's, or under 19's in full-time education, are entitled to **FREE NHS dental treatment** in England. Find a local dentist [here.](#)

## ANDYSMANCLUB



We are open to any man over 18 and offer peer to peer support in a non-judgemental environment with no charge and no registration.

WIGAN (The Brick Community stadium, Boston East Stand, Stadium Way, Wigan, WN5 0UN), **Monday's 7pm – 9pm.** [More info here.](#)

## Here for You.



Warm Spaces for autumn/winter 2024 - 2025. More than 60 warm, welcoming spaces made up of community hubs and council buildings are open across Wigan Borough.

You can see all the warm spaces in Wigan borough [here.](#)

More support from Here For You, including Benefits & Support, Money management, Being energy savvy, Crisis support and more, find it [here.](#)

December 2024  
Parents & Carers

Fostering is a rewarding and life changing decision, and we are looking for more people to step forward and join our amazing fostering community to support local children and young people in Wigan Borough.

The 'Everything' project has given our fostering service an amazing film that shows the long-term impact fostering can have, with relationships between carers and children lasting well into adulthood.

Watch the full 'Everything' film on our YouTube channel: <https://youtu.be/M7KglpsSBdQ>

Whether you are looking to have an initial chat or want to start your fostering journey, you can find out more at [www.wigan.gov.uk/fostering](http://www.wigan.gov.uk/fostering) or call our hub team on 0300 303 0321.

## Support for Adults



Qwell

See how Qwell's adult mental health platform can support you. [Video here.](#)

Access Qwell support [here.](#)

# Bump, baby and you



Wigan Council

FREE Antenatal course on pregnancy, birth and parenting. Sessions are interactive, friendly and relaxed. You are very welcome to attend the sessions alone or bring your birthing partner, friend or relative along with you.

All sessions are 6-7:30pm



**MONDAYS**  
Online sessions via MS Teams for Antenatal Wellness and Labour and birth  
<https://bit.ly/47Fkt4R>



**TUESDAY**  
Hindley Family Hub, Mornington Rd, Hindley, Wigan WN2 4LG  
<https://bit.ly/3XFHbGx>



**WEDNESDAYS**  
Family Hub at the Meadows, Ridyrd St, Wigan WN5 9RQ  
<https://bit.ly/3TIENit>



**THURSDAYS**  
Westleigh Start Well Family Centre, The Chapel, Westleigh Lane, Leigh, WN7 5NJ  
<https://bit.ly/3z6ryhZ>

There are 4 separate sessions listed below, each session is no more than 90 minutes.

### Antenatal Wellness

- Myth busting – the facts
- Exercise during pregnancy
- What influences our decisions & support medicines
- Feeding choices
- Bonding & attachment
- Vitamins & healthy start vouchers

### Infant Feeding

- Feeding choices
- Skin to skin
- Responsive feeding and positions
- Safe sleep & night-time tips
- Storage of milk

### Labour & Birth

- Signs and stages of labour
- Birthing plans
- Visiting hospital / home birth
- Signs your baby is unwell

### Bringing Baby Home

- Mental health and wellbeing
- Baby brain development & play
- Keeping your baby safe
- Services for you & your baby

## Recovery Counselling for Adults



## Are you in recovery from issues relating to alcohol or drugs, or are you working with someone who is?

TLC: Talk, Listen, Change has funding to offer counselling sessions to support people emotionally while they take the next step in their recovery journey.

We also work with:  
• partners  
• adult family members

Free support available to those based in Greater Manchester.

Book



### Up to 10 sessions available

These sessions could provide:

- Help to break free from some of the psychological connections with drugs or alcohol
- Provide additional support allowing for continued growth and development
- Help with understanding why difficulties have developed and the impact on life and wellbeing
- Support with identifying triggers and taking positive steps to improve health and wellbeing
- Provide space to learn how to adopt healthy coping strategies or process feelings such as grief, loneliness or isolation

More information:  
[TrishJames@talklistenchange.org.uk](mailto:TrishJames@talklistenchange.org.uk)

Refer Here

Charity Number: 512710  
Company Number: 1559314



0161 872 1100  
[talklistenchange.org.uk](http://talklistenchange.org.uk)



Sure Start Children's Centre

