



## Be Well – Healthy Eating

When it comes to healthy eating, there's so much information and advice out there that it's easy to get confused.

At Be Well, we don't do diets or fads. Instead, we cut through the nonsense and give you the facts about how what we eat, and drink affects us.

If you're looking to learn more about nutrition and develop healthier habits, take some time to explore our digital guides to achieving a more healthy, balanced diet.

[Click here.](#)

## Bereavement support

If you or someone you know is dealing with bereavement, there are several support services available to help you through this difficult time. See links [here](#).

## Family Hubs



Exciting News! Our next Family Hub is coming soon and is due to launch on 12<sup>th</sup> April.

We'd like to invite you to join us for a cuppa and a chat with the Family Hub Team and to share your ideas on what things you'd like to see available in the Family Hub.

**Date:** Wednesday 5<sup>th</sup> March 2025

**Time:** 16:00-18:00

**Location:** Clifton Street Community Centre, Clifton Street, Wigan, WN3 5HN

We'd love to hear from parents, carers, young people, and community members. Find out more about Family Hubs [here](#).

## Talk First



Take Time To Talk project supports families with a range of issues, including when parents and children are struggling to get on, and conflict is high. Take Time To Talk project helps open the lines of communication through supported conversations/mediation, with the aim of participants having a better understanding of each other, learning how a different means of communication helps, and reaching agreement around how they are going to do things differently for the future.

We ask families to contact us direct on our office number: **01942 243620**.

February 2025

For parents & Carers

## Help to claim - Cost of living support events

As part of our Here for You campaign, we are hosting events at our Life Centres, libraries and local community venues to ensure that local people are getting all of the support they are entitled to during the cost of living crisis.

We know that both locally and nationally, many of us are missing out on income we're entitled to claim.

This might be because you don't know you may be entitled to; you might have difficulty completing forms or you might just not be sure where to turn to for support.

That's why we're hosting drop in events across our borough with teams of friendly expert people ready to help.

Find out more information on the next events [here](#). Or if you would like further details regarding the upcoming events or can't make an event and would like to discuss how we can help you, please contact us on 01942 489015. Remember, we're here for you.

February 2025

For parents &  
Carers



**Family Hub Linked Site**  
**Poplar St, Tyldesley,**  
**Manchester M29 8AX**

**PARENT CONNECT**  
**SEN DROP IN**  
**COFFEE AND CHAT**

10.00am  
to  
11.30am

Connect with Other SEN Parents and get advice and Guidance on how to Support Your Childs needs .  
As parents, we all want the best for our children  
Come and relax and have a coffee in a calm supportive environment children welcome

Meet other parents

Get support and guidance and advice

Have a coffee and chat and relax

**Starts**  
**18th February**  
**Every 2 Weeks**

Contact Us  
07566 724032

For More Information visit  
[www.MYSENSability.uk](http://www.MYSENSability.uk)

## Making Space

**Did you know you can access fast, free mental health support?**



**Making Space Psychological Wellbeing Service** offers support for people who are struggling with mild to moderate common mental health difficulties such as low mood or anxiety.

Our Team are here to help guide you through the problems you are experiencing and will help you to develop helpful coping strategies and resilience to overcome your problems.

### How do I access the Service?

You can self-refer by emailing [masp.wellbeing@nhs.net](mailto:masp.wellbeing@nhs.net) or contact us via telephone on **01925 581755**.

Our service also run clinics within some GP surgeries in Wigan – if you are registered with one of below surgeries, you can either speak to reception or put in an online request to book an appointment with one of our caring and professional Psychological Wellbeing Practitioners.

(Pennygate MC, Longshoot MC, Wigan Road Surgery, Winstanley MC, Beech Hill MC or Railway Surgery/Bryn St Surgery)