



Healthy Schools Celebration Event

Adam and Charlie are pleased to invite you all to our 2nd Healthy Schools Celebration Event.

The event will be a great opportunity to meet with our fantastic providers to enhance your schools health and wellbeing offer and hear from children and young people about what is having a positive impact.

When: 17th October 2024

Where: The Edge, Riveredge, Wigan, WN3 5AB

Time: 9:30am – 12pm.

Who: 2 pupils + 1-2 staff

Click [HERE](#) to book your school's place.

Places are limited, be sure to sign up **no later than 3rd October.**

Get winter ready FREE Dr Bike sessions

With winter fast approaching, it's important to stay safe whilst cycling. To support young people to stay safe during the winter months, we're offering Secondary Schools the opportunity for students to receive a free bike check and basic repairs alongside a set of bike lights.

Sessions will be delivered by fully qualified bike mechanics on school grounds as an after school activity.

To book a free session contact Richard.smith1@wigan.gov.uk. Sessions are limited so please get in touch early to avoid disappointment.



September 2024

FREE TRAINING

Children and Young People's Health; Improving Asthma Together

Designed for teachers, support staff and those working with children and young people who have asthma. Click [HERE](#) to book on

Migrant Help offers an established Schools Programme, which aims to inspire young people to be kind and promotes positive discussion and increased empathy towards those forced to flee their homes. Click [HERE](#) to book onto 2024 Schools conference.

Daily Mile!

Jump start your school year with our brand-new Daily Mile Activity Grid! Packed with fun and engaging activities, it's designed to help your children get back into the daily rhythm of physical activity. We have tailored options for both younger and older primary years. Access the free resources [HERE](#) and most importantly...have fun!



Be Well – Let's Get Movin'

"We believe that everybody should have the opportunity to stay fit, active, and healthy, whatever their age or circumstances".

Be Well's - Let's Get Movin' programme provides a health referral service for children and young people aged 2-17 years who have a range of physical conditions and/or health needs, also providing school with vast health and wellbeing support delivered by their Specialist Wellness Coaches.

See Let's Get Movin' school support [Here](#)



KoothTalks – Webinars

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

Emotionally Based School Avoidance

Many parents and carers seek support for their anxious children avoiding school. They're often juggling work and caregiving, feeling deeply worried while their child remains at home.

Our webinars focus on helping young people with Emotionally Based School Avoidance (EBSA). We'll cover what EBSA is, hear from a young person's perspective, explore support strategies, and show how Kooth can offer help.

- Kooth Talks training for professionals. [Book your space](#)
- Kooth Talks for families. [Book here](#)



E-Bug

The e-Bug teaching resources are designed to promote behaviour change amongst children and young people so that they adopt behaviours that can prevent or reduce the transmission of infections in their schools and communities.

The e-Bug logo, a stylized red and blue character with a smiling face, is positioned above the text 'e-Bug' and 'operated by UK Health Security Agency'. To the right, a dark blue box contains white text: 'e-Bug provides free educational resources for ages 3-16 on microbiology, hygiene, infections and appropriate antibiotic use' and the website 'www.e-bug.eu'.

Access evidence-based resources [here](#).

Solihull Approach

Free 9 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: Tuesday 26th September 10am –12pm

Where: Mornington Road Family Hub

When: Friday 11th October 9:30am – 11:30am

Where: The Meadows Family Hub

To book:

earlyhelpdevelopmentteam@wigan.gov.uk

Drug and Alcohol support

We Are With You provide free and confidential support to young people around drugs and alcohol by offering a safe, non-judgemental and confidential space to talk. We work with people on their own goals, whether that's staying safe and healthy, making a small change or stopping an unwanted habit.

This service is for you if:

- You are 18 or under
- You are living in Wigan and Leigh
- You would like to make some changes around your drug or alcohol use

The [referral link](#) can be used by young people or parents, carers and professionals wishing to gain support for anyone under the age of 18 years who is needing some support or guidance on substance misuse

withyou

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