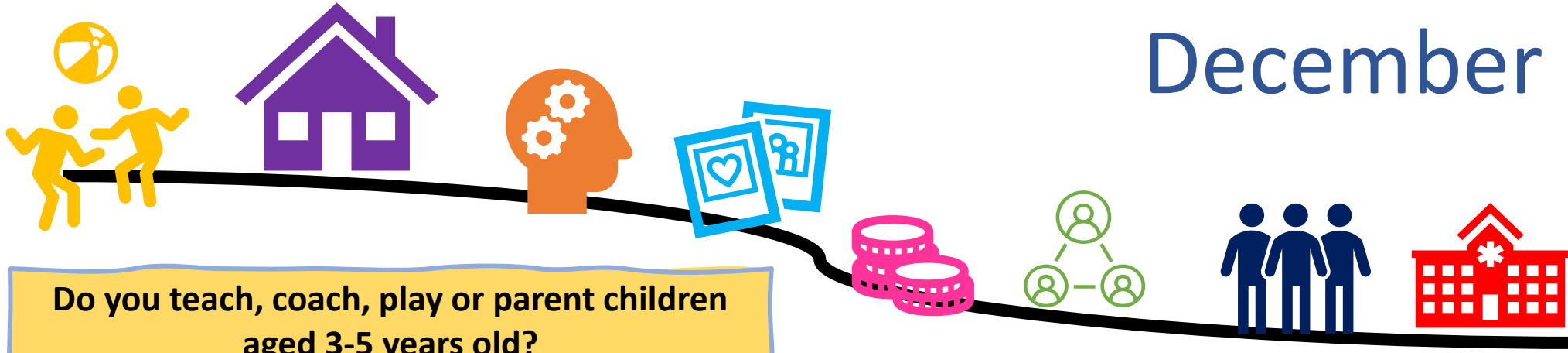


Healthy School News for parents & carers

December 2023



Do you teach, coach, play or parent children aged 3-5 years old?

Young children are unfortunately not moving enough, and the University of Derby are conducting research exploring perspectives and opinions on physical activity and physical literacy in relation to 3–5-year-olds.

How can you help?

Complete a brief [online survey](#). Share the survey with staff and parents (preschool/reception) where there is a chance to win an Amazon Voucher or a year's free subscription to [My First Five Years](#) child development app on either IOS or Android

Lancashire Wildlife Trust, along with Wigan Council and Forestry England, are inviting you to **Greenheart – Walking & Talking Workshops**

The events are a chance to tell us how you explore and enjoy different green sites across Wigan. The walks are no more than two hours. We will have friendly conversations while we walk, covering things like how often you visit the site, how safe you feel, and your thoughts on how things could be improved in the future.

You can find details of our Walking & Talking events and book your free place on the links below;

- [19 January, 1:30 pm, Amberswood, Low Hall carpark, WN2 3UD](#)
- [26 January, 1:30, Kirkless Nature Reserve, Camberwell Crescent entrance, WN2 1BB](#)
- [2 February, 1:30 pm, Platt Bridge to Bickershaw Connections, Low Hall carpark, WN2 3UD](#)
- [9 February, 1:30 pm, Wigan Flashes, Wellham Road entrance, WN3 5PA](#)



[Wigan Athletic](#) have lots of Christmas activities including our Football Camps, Holiday Activity and Food Camps running this winter break.

Making Space for your Mental Wellbeing

Making Space Psychological Wellbeing Service offers support for those who are struggling with mild to moderate common mental health conditions. The support is free, is tailored to you and your needs, and is available to those 16 years and over living in Wigan.

It's normal for everyone to experience changes in mood, but, if the way you are feeling is affecting your life in a negative way, it could be that your mental health is under strain and that you need some support to feel better. Email or call on the number below to see how we can help.

Email: masp.wellbeing@nhs.net

Phone number: 01925 581755

[We Are With You](#) will be delivering monthly drug and alcohol training to parents/carers & professionals at Wigan Central Family Hub, 110 - 116 Ridyard Street, Wigan WN5 9RQ.

This training is for anyone supporting a young person who is at risk of or is using substances. With You have carefully chosen resources that anybody can complete with a young person, whether you are a parent/carer, professional, friend or family member.

We will meet on the second Thursday of each month, starting on the 14th of December 2023 and running up to and including the 9th of May 2024. We will meet at 6pm to 8pm.

Please email john.settle@wearewithyou.org.uk or telephone 01942 827979 to book

Our People - Here for You

Wigan Council

Crisis Support

If you cannot afford to heat your home or feed your household you can seek urgent welfare assistance call **01942 705221**

For urgent mental health support contact Wigan Mental Health Urgent Care Team on **0800 953 0285** or the Samaritans on **116 123** lines open 24/7

For more details on cost-of-living support available in Wigan Borough visit www.wigan.gov.uk/hereforyou

NHS

As we go into winter, common illnesses can keep children and teenagers away from their classmates and studies. One of the best things we can all do to avoid illness is to practice good hand hygiene. Good hand hygiene helps stop infections from spreading, which means less disrupted learning time.

These videos will help teach [young children](#) or [teens, parents and professionals](#) how to wash their hands properly.