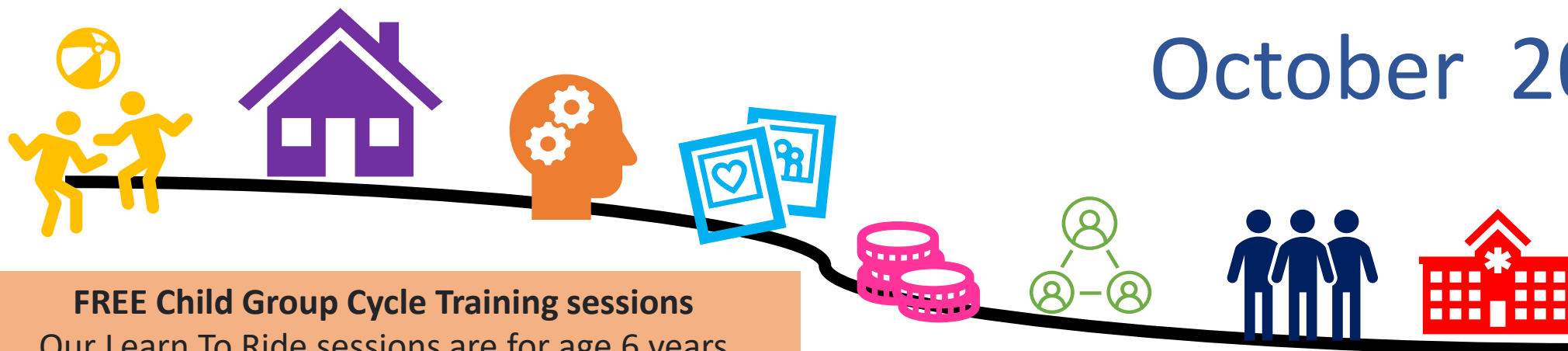


Healthy School News for parents & carers

October 2023



FREE Child Group Cycle Training sessions

Our Learn To Ride sessions are for age 6 years upwards.

All training is in small, friendly groups of 6 children and 2 qualified instructors. To sign up to a local course visit [Child Group Cycle Training \(bikeright.co.uk\)](http://bikeright.co.uk)

Courses available in the Wigan Borough include:
Saturday 21st October – Leigh Youth Hub
Saturday 25th November – Leigh Youth Hub

NHS

We are aware that more children may be absent from school due to symptoms of anxiety than before the pandemic. Worry and mild or moderate anxiety, whilst sometimes brings up difficult emotions, can be a normal part of growing up for many children and young people. Being in school can often help alleviate the underlying issues. Please remember a prolonged period of absence is likely to heighten their children's anxiety about attending in the future, rather than reduce it.

Speak to your school or School Nurse for information about supporting your child to attend school.

Uptake of the MMR vaccine has been steadily decreasing in the UK for the last few years. This year, there has been a rise in the number of Measles cases. We are asking people to be alert to signs and symptoms and ensure that they or their children have received two doses of the MMR vaccination. Being vaccinated is the best protection against Measles.

Measles is highly contagious and can lead to further complications for those at risk and the elderly.

Measles symptoms to be aware of include:

- high fever
- sore, red, watery eyes
- coughing
- aching and feeling generally unwell
- a blotchy red brown rash, which usually appears after the initial symptoms.

Anyone with symptoms that could be Measles is advised to stay at home and phone their GP or NHS 111 for advice, rather than visiting the surgery or A&E. The free MMR vaccine is a safe and effective way of protecting against Measles, as well as mumps and rubella.

For more information about Measles click [here](#) or contact your doctor for vaccinations.

Free Car Seat Safety event at Wigan Tesco on 22nd November 2023, 10am-3pm in partnership with Good Egg Car Seat Safety. A car seat expert checks your car seat is fitted to your car correctly and the child is fitted in the seat correctly. You can also receive some road safety information and resources to take away with you.

Join our fostering community



Andrea

When you become a foster carer, you become part of an extended family, which is really nice.

We've kept in touch with many of the children we've looked after over the years and it's great to be able to offer support to so many local families.

Rachel & Paul

Seeing the children's development is the best part.

When you get to see the positive changes in them, it makes the harder parts worth it.

To anyone interested in becoming a foster carer, we'd say: "just have a go".

You can always start by caring for children on a short-term basis and see how you get on.

We've found it gets easier and you get better at it as time goes on.



Wigan Council | Foster For Wigan
Local people supporting local families

Whether you're ready to start the fostering journey, want to find out more information or know someone you think would make a good foster carer, it's never too early to see how fostering can fit around other commitments in your life.

www.wigan.gov.uk/fostering | 01942 487200

Here for You

Feeling the pressure of rising costs?
It's hard to know where to turn.
We're here to point you in the right direction.

Wigan Council