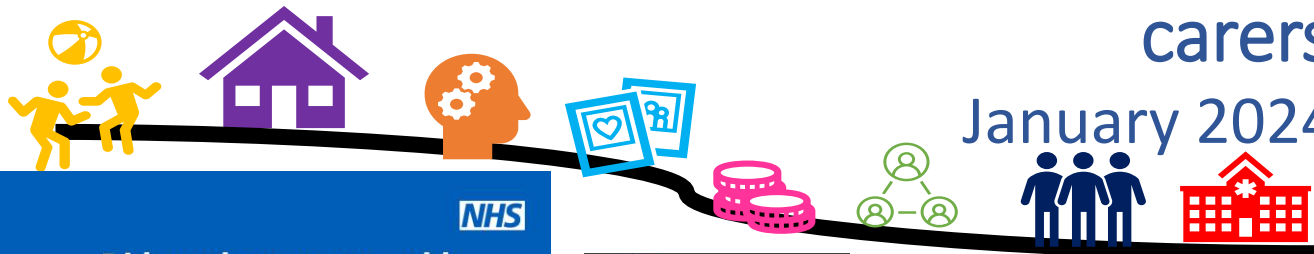


Healthy School News for parents & carers

January 2024



NHS

Did you know you could apply online for Healthy Start in as little as 5 minutes?



Apply for your prepaid Healthy Start card now at: www.healthystart.nhs.uk

The Healthy Start Voucher Scheme is an NHS scheme that was first introduced in 2006, designed to support pregnant people or families with young children on low incomes (up to their fourth birthday) by providing vital financial support to buy certain types of milk, first infant formula and fresh, frozen and tinned fruit, vegetables and pulses.

As food prices continue to rise there is no better time to get this support to our families and provide vital help to those who may be most in need.

Who is eligible for the scheme?

If you are more than **10 weeks pregnant** or have at least **one child under 4 years old** and are in receipt of one of the following **benefits**:

- Income support
- Income based job seekers allowance.
- Pension credit (must include the child addition)
- Universal Credit (if take home pay is £408 or less per month)
- Child Tax Credit (if the family annual income is £16,190 or less)
- The scheme is universal for mothers under the age of 18's (qualify regardless of income level).

[How to apply – Get help to buy food and milk \(Healthy Start\)](#)

NSPCC

We are looking for new volunteers from Wigan to be Speak out. Stay Safe Volunteers. You would visit primary schools local to you to help us protect a generation of children from abuse and neglect.

In 2022 the NSPCC's Speak out. Stay safe volunteers returned to primary schools. As a Speak out. Stay safe. volunteer, you will visit primary schools to deliver Speak out. Stay safe. workshops that teach children about the different types of abuse and how they can speak out and stay safe. Our Speak out. Stay safe. workshops are age-appropriate and memorable and need an energetic and enthusiastic person to deliver them. You'll work alongside other Speak out. Stay safe. volunteers to make sure at the end of each session the children feel empowered and know who they can speak out to if they are worried.

If you are interested in volunteering as a Speak out. Stay safe. volunteer please visit: <https://join-us.nspcc.org.uk/volunteers/vacancy/speak-out-stay-safe-volunteer-information-meeting-wigan/7019/description/>

If you have any questions or experience any issues, please contact the Volunteer Recruitment Team at VolunteerRecruitment@NSPCC.org.uk



Greater Manchester Fire and Rescue Service provide FREE Home Fire Safety Assessments. Assessments include **fire safety advice** on daily activities and the home environment to understand fire risks and **free equipment** depending on the risk. They also check whether the home has adequate working **smoke alarms** and fit them as part of the visit, if needed.

To find out if you, or someone you know, are eligible for a Home Fire Safety Assessment, and to make a referral, visit [HFSA - Greater Manchester Fire Rescue Service](#)



Leigh Bike Library! Based at the Leigh Youth Hub at Leigh Sports Village, our service allows you to loan bikes, helmets, locks and other cycling equipment absolutely FREE of charge.

The idea is simple and works very much like a book library - meaning you can borrow a bike and/or other items for up to one month at a time.

Whether it's for commuting or for leisure, our fleet of more than 25 bikes are available in a range of sizes.

You can also take advantage of our 'Dr Bike' service - with free bike checks and basic repairs to keep you on the road.

[Leigh Bike Library \(wigan.gov.uk\)](http://Leigh Bike Library (wigan.gov.uk))

Parents are urged to take simple steps to give their children the best start to the new school term and protect their communities following the Christmas break.

As levels of winter illnesses including flu, COVID-19 and norovirus continue to rise, the UK Health Security Agency (UKHSA) is reminding parents of 5 simple steps they can take to reduce viruses spreading in the community – helping their children make a healthy start to the year and minimising the impact of illness on attendance as schools head back and parents return to work:

- Teach good hygiene habits
- Stopping the spread of stomach bugs
- Spot the signs of when to keep your child at home
- Get vaccinated
- Use NHS resources

NHS

For more information please visit: [UKHSA reminds parents of back-to-school advice - GOV.UK \(www.gov.uk\)](#)