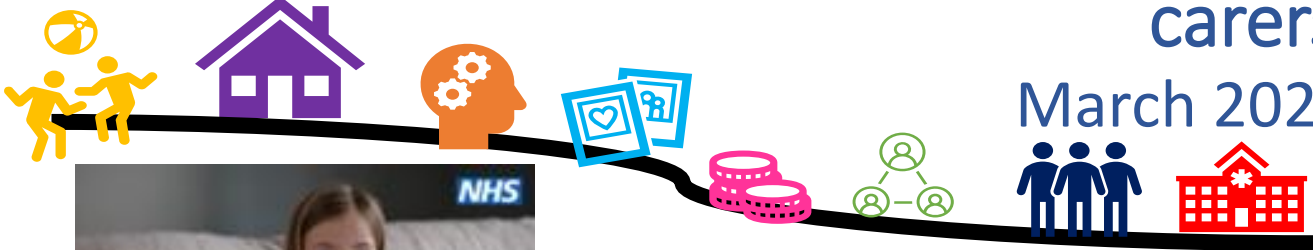


Healthy School News for parents & carers

March 2024



Leigh Youth Hub



Leigh Youth Hub have an extensive, free after school offer for the young people wanting to socialise somewhere safe, warm and fun Monday to Saturday.

Sessions include Mix- up Mondays, Youth Cabinet, Global Friends, monthly bike sessions and open sessions Thursday and Friday.

To find out more please email youthhub@leighsportsvillage.co.uk or check out their [facebook page](#)

An advertisement for a swap shop. It features the Wigan Athletic logo and the text: "Wigan Athletic Community Trust PL Kicks invite you to bring down old football boots, kit, shin pads etc... to either donate or swap with another item in the box. Any items not claimed will be reused or recycled." It also includes contact information: "Contact r.wood@wiganathletic.com for more information" and the Premier League Kicks logo.

kooth

How to support your child to manage exam stress

In April [Kooth](#) (mental wellbeing service) are running webinars specifically to help parents and carers with children sitting exams.

To book please click the links below

[Mon 22 Apr. 1-2pm](#)

[Thu 25 Apr. 6-7pm](#)

Don't worry if you are unable to attend any of the live dates. Simply select the 'I cannot attend' option below and Kooth will send you a recording of the session and related resources.

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.

Our Let's Get Movin' programme provides a health referral service for children and young people aged 2-17 years who have a range of medical conditions and/or health needs.

For more info and eligibility criteria, visit: [Let's Get Movin' \(wigan.gov.uk\)](http://wigan.gov.uk)

To refer your child or a pupil at your school, its really simple, follow the link and complete the form.

[Sign up to Let's get Movin' | Instructions – Wigan Council](#)