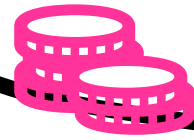


Healthy School News for parents & carers



July 2024



If I knew measles would make them this poorly, I'd have made sure I got them vaccinated....

Wigan Council

Make their protection your priority
For more information about the MMR vaccination and how to get an appointment in Wigan Borough visit www.wigan.gov.uk/mmr/vaccination

NHS

The **Holiday Activity and Food Programme** is back again for Summer 2024, and vouchers are now live. Children and Young People on benefit related free school meals are entitled to 16 days' worth of free activity including a meal. If you are eligible and haven't received your voucher, please check your junk/spam before speaking to your school. To book, please log in to holidayactivities.com to secure your places

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 \(Healthy Start\)](#)

APPLECAST FARM

SUMMER Festival

It's back for its second year!

MONDAY 19TH – FRIDAY 23RD AUGUST 2024

DIFFERENT ENTERTAINMENT EACH DAY – BOUNCY CASTLE – FAYRE GAMES – ARCHERY – ANIMAL PETTING / BIRDS OF PREY

MONDAY: TUMBLE TUESDAY

TUESDAY: WEDNESDAY CIRCUS FRANK

THURSDAY

FRIDAY

Foster For Wigan

APPLECAST FARM, COBBS BROW LANE, NEWBURGH, WN8 7SF

Wigan Borough

family hubs

The Family Hub @ Formby Avenue Launch Event

Join us to celebrate the launch of our Family Hub!

- Come and find out what will be available for you and your family and meet the organisations who will be based in the Family Hub
- Have a look around our Family Hub and meet the team

Saturday 3rd August 11am - 2.00pm

The Family Hub @ Formby Avenue, Formby Ave, Atherton, Manchester M46 0HX

The event is open to all children, young people and their families! Children must be accompanied by an adult. **No need to book, just come along and meet the team!**

www.wigan.gov.uk/FamilyHubs

Working together to support families

Wigan Council, Wigan Safeguarding Partnership, Healthier Wigan, GREATER MANCHESTER POLICE

Kooth Talks for parents and carers: Parenting pressures during the summer holiday and how we can help.

1. Please complete this form if you would like to attend this 45 minute virtual training session on **parenting pressures during the summer holiday and how we can help**

The training will cover the following:

- An overview of how Kooth works as a mental health service
- Parenting pressures during the summer holiday and how we can help
- Tips when talking to young people about their feelings
- Q&As

Dates; Monday 22nd July 1pm & Thursday 25th July 6pm

Click [here](#) to book

Tuesday 7 May & Tuesday 23 July

Be Well Wigan Council

Cycle Three Sisters 2024

Our popular free cycling event returns to the Three Sisters Race Circuit in Ashton-in-Makerfield. Families from across the borough are invited to come along – with or without a bike – and join in the fun!

FREE Family Event
3pm* - 8pm

What to expect There will be a host of family-friendly activities including:

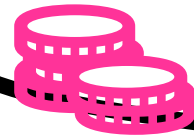
- The chance to cycle the full 1.4 kilometre race circuit
- Adult and children's bikes and helmets available to borrow
- Balance bike track (ages 5 and under)
- Cycle skills for ages 6-12
- Wheels for All adapted cycles
- E-bikes
- Cycling stalls
- Climbing wall
- Face painting
- Inflatables

To find out more visit wigan.gov.uk/CycleThreeSisters or email the team wellbeing@bewellwigan.org

*From 1.30pm to 2.45pm there will be a dedicated opportunity for those with balance bikes, bikes with stabilisers and adapted bikes ONLY to use the main circuit.

SCAN ME

Healthy School News for parents & carers



July 2024



RBWH's Big Uniform Sale!

Rebuild with Hope is offering high-quality school uniforms at a fraction of the usual cost. This initiative is designed to support families in preparing for the new school year without the heavy financial burden.

Supported by Wigan Council

The events are being held in partnership with Wigan Council and Citizens Advice Wigan Borough. Their specialist advisors will be available to ensure you receive all the financial support you are entitled to and provide advice on saving on energy bills.

More Dates & Locations: 10:30am - 2:30 pm

31st July Dorset Road Community Centre, 31 Dorset Road, Atherton, M46 9GJ,
1st August, Ince Community Centre, Manchester Rd, WN2 2DJ, 8th August, Clifton St. Community Centre, Wigan WN3 5HN,
14th August, Fur Clemt, 84 Montrose Avenue, Wigan WN5 9XN, 20th August, Leigh Library, Civic Square, Leigh WN7 1EB



FREE PARENT TRAINING

Riding the Rapids is a free course for parents and carers of children who have a diagnosis of Autism, severe learning disabilities or complex physical disabilities. The course aims to help parents to understand and manage challenging behaviour shown by their child.

Research shows that parents and carers who attend Riding the Rapids can:
Make effective changes to their child's behaviour
Increase their coping skills and confidence in dealing with behaviour
The course takes place for two hours and runs for nine weeks. Each weekly session covers a different aspect of understanding and managing the behaviour of children with Autism or another disability. There are primary age and teenage courses available.

Secondary Age Course family Hub Mornington Road Wednesday 24th July 13:00-15:00
Primary Age Course Family Hub Beech Hill Link Site Wednesday 24th July 17:30-19:30
To book a place contact Earlyhelpdevelopmentteam@wigan.gov.uk

Understanding Your Child

Free 9 week course to help:

- Understand your child's behaviour, how they communicate.
- Recognise how your child is feeling
- Reduce the difficulties you face in everyday life.
- Improve communication with your child.
- Understand the importance of play.
- Develop good routines/boundaries.
- Improve relationships between you & child for a happier and calmer home.

Starting 23rd July 17:30-19:30

Westleigh Start Well Family Centre

Email

earlyhelpdevelopmentteam@wigan.gov.uk to book a place



BE WELL FAMILY WORKSHOPS

TAKE PART IN FUN FAMILY GAMES, LEARN OUR TOP TIPS FOR TEETH AND TRY HEALTHIER FOODS TOGETHER.

JOIN US

10:30am - 12pm

To book, call:

Leigh Central Primary School, Windermere Rd, Leigh WN7 1UY	Thursday 25th July	—	01942 777705
Ince Family Hub, Ince link, Charles Street, Ince WN2 2AL	Thursday 1st August	—	01942 488246
St Lukes Church Hall, Warrington Rd. Ashton-in-Makerfield, WN4 9P	Thursday 15th August	—	01942 488246
The Family Hub @ Mornington road, Hindley, Wigan WN2 4LG	Thursday 22nd August	—	01942 488246
Atherton Start Well Family Centre, Formby Ave, Atherton, Manchester M46 0HX	Thursday 29th August	—	01942 879012