



Commercial Determinants of Health Training

Understand how Commercial Determinants of Health are impacting on you and your school community and how to empower yourself and your students to make different and healthier choices.

Training includes:

- What are Commercial Determinants of Health?
- How big businesses influence and manipulate your choices
- The impact it has on our health, wellbeing and long term conditions.

April 16th, 3:30pm – 4:15pm

<https://events.teams.microsoft.com/event/145e2c05-a8d9-459f-9f7d-f6ceb19ea9c8@8e20fea2-f588-4539-b62c-d5cbd4914cb6>

April 17th, 3:30pm – 4:15pm

<https://events.teams.microsoft.com/event/663d50b4-da60-4ee6-99cc-a00d8b9ecd27@8e20fea2-f588-4539-b62c-d5cbd4914cb6>

April 18th, 3:45pm – 4:30pm

<https://events.teams.microsoft.com/event/ceb55c0a-45d9-47ac-949a-bf9f5de26ca2@8e20fea2-f588-4539-b62c-d5cbd4914cb6>

Free to all school staff or those with an interest in health and wellbeing.

Greater Manchester Programme of Learning and Development Events

Monday 4 March 2024 – Friday 8 March 2024

Delivered in partnership with GM Partners

We are thrilled to invite you to join us for our latest programme of learning and development events developed and delivered by our fantastic GM Partners.

All sessions are free of charge and primarily delivered via Microsoft Teams, apart from Early Break's Stressed Out Brain training which is best delivered face to face. Eventbrite links and a synopsis of each event are detailed within this programme.

[Grooming and Entrapment Tickets, Mon 4 Mar 2024 at 10:00 | Eventbrite](#)

[Stressed-Out Brain Training for Professionals Tickets, Mon 4 Mar 2024 at 13:00 | Eventbrite](#)

[Behaviour Policy Checklist: Youth Voice on Inclusive School Policies Tickets, Mon 4 Mar 2024 at 13:30 | Eventbrite](#)

[Exploring Child Financial Exploitation](#)

[NW ROCU County Lines Awareness Tickets, Tue 5 Mar 2024 at 12:00 | Eventbrite](#)

[SafeCall – Supporting Families affected by County Lines / Child Criminal Exploitation - Missing People Online Safety Live - Greater Manchester Tickets, Wed 6 Mar 2024 at 14:30 | Eventbrite](#)

[County Lines and Gangs for Professionals Tickets, Wed 6 Mar 2024 at 12:00 | Eventbrite](#)

[County Lines - Signs and Indicators \(for Parents and Professionals\) Tickets, Thu 7 Mar 2024 at 12:00 | Eventbrite](#)

[County Lines through the Lens of Mental Health Tickets, Thu 7 Mar 2024 at 13:00 | Eventbrite](#)

[Working in a Neuro-Inclusive Way Tickets, Fri 8 Mar 2024 at 13:30 | Eventbrite](#)

[County Lines - Signs and Indicators \(for Parents and Professionals\) Tickets, Thu 7 Mar 2024 at 12:00 | Eventbrite](#)

[SafeCall – Supporting Young People affected by County Lines / Child Criminal Exploitation - Missing People](#)

[An Introduction to SafeCall for Professionals - Missing People](#)

Good News!!

Our [Childrens Health and Wellbeing](#) Web Page is now live. On here you will find lots of useful and supportive information for you and your school to support children's health and wellbeing.

Within Childrens Health and Wellbeing sits our '[Wigan Healthy Schools](#)' page, which will be home for all our newsletters and up to date Wigan Healthy Schools going ons.

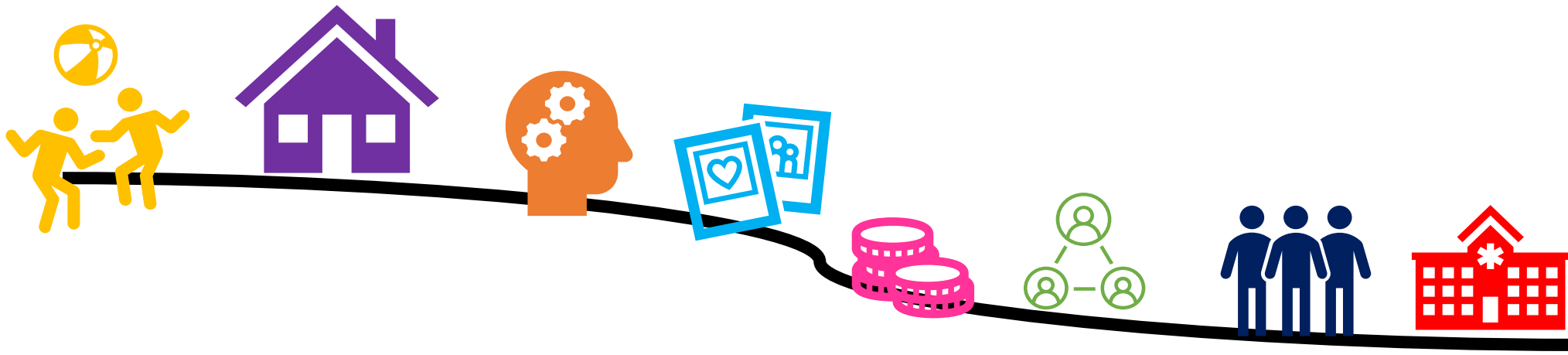
You will also find '[School Resources](#)' which has lots a resources for you, our schools to download and use as and when required. Including 'KS2 Transition to Secondary School' PowerPoint, 'KS2/KS3/KS4 'Worry' Lesson pans and PowerPoints and much much more to support health and wellbeing at your schools. This will be continuously updated so please check back.

You will also find '[Early Years](#)' / '[Sexual Health](#)' / '[Drugs and Alcohol](#)' and '[Health Improvement](#)' pages to support children and young peoples health and wellbeing in the borough.

BOOK YOUR 2024 ANNUAL CONVERSATION NOW!!!

Schools are feeding back how useful it has been for them to reflect on their health and wellbeing priorities and creating an action plan with direct links to supportive, local services.

Email healthyschools@wigan.gov.uk



FREE training resource for professionals, to raise awareness around **vaping** and the **dangers and potential harms** for young people.

The training will be delivered online and is designed to be easily accessible, providing all professionals with some foundational knowledge about the facts of vaping. It will also highlight the associated dangers and harms and also explore the modern culture in which young people find themselves, which can impact their choices and place them at risk.

On completion of the free training, all attendees will also be provided with a useful resource library that they can use with young people in a community setting, allowing them to provide some brief advice and guidance, as well as harm reduction information.

February 28th <https://www.eventbrite.co.uk/e/785092481747?aff=oddtcreator>

March 20th <https://www.eventbrite.co.uk/e/785094166787?aff=oddtcreator>

April 24th <https://www.eventbrite.co.uk/e/785095169787?aff=oddtcreator>

May 22nd <https://www.eventbrite.co.uk/e/785095962157?aff=oddtcreator>

June 19th <https://www.eventbrite.co.uk/e/785096824737?aff=oddtcreator>

July 17th <https://www.eventbrite.co.uk/e/785098439567?aff=oddtcreator>

[FREE An Introduction to Fetal Alcohol Spectrum Disorder \(FASD\) | NHS England Events](#)

22 February 2024 9:30am – 12:30pm

The half-day session offers an introduction to FASD. It aims to adhere to the preferred UK FASD language guide and best practice in FASD training and is CPD accredited. It covers terminology pre and post SIGN, the NICE Quality Standards. The course will contain discussions regarding alcohol in pregnancy, prevalence with discussion re high-risk groups and how FASD can present across the lifespan. It will also look at how to get a diagnosis, associated issues, what can happen without support and mental capacity. Participants will be given information on where to learn more.

There are only a limited number of training sessions remaining. Please reserve a place to avoid missing out on this fantastic opportunity.

Did you know that the DfE has declared that “By 2025, all education settings will have nominated a sustainability lead and put in place a climate action plan”. To help schools achieve this, Wigan Council’s Climate Education Officer, Ellen Hardaker, can offer help and advice to any school looking to be more environmentally friendly. This includes one-to-one support and free workshops and assemblies on a range of environmental topics including support with Eco-Schools applications. Please climateresponse@wigan.gov.uk



Wigan and Leigh Libraries have so much to offer schools!

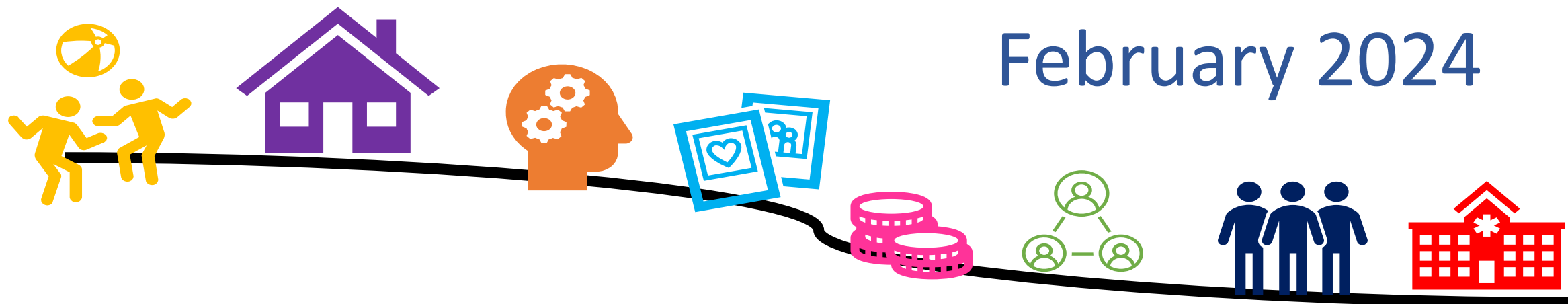
In our libraries you will receive a warm welcome from experienced staff, as well as the use of books, audio books, public PCs, and free Wi-Fi. Free library membership is easy to set up and gives you access to all 15 of our libraries across the borough. With your membership card you can access free eBooks, e-Audiobooks and e-Magazines via the BorrowBox app. There is a wide range of regular activities for all ages as well as special events throughout the year. Pop in to discover a whole world of exploration, information, and creativity for FREE!

With branches based throughout the borough, for information on each branch, opening hours and to find your nearest library please visit

wigan.gov.uk/Resident/Libraries

Healthy School News for parents & carers

February 2024



Lets Celebrate our newly improved tow path from Wigan to Appley Bridge.

Rides will start at Robin Park Arena where bikes and helmets are available to borrow and will take riders down the canal to Burscough Wharf. You'll not only be able to enjoy cycling down the resurfaced towpath in Wigan, but can also test out the new surface recently laid by West Lancs Council. Booking is essential for both rides and places will go fast.

Thursday 4th April, 10:30am - [Let's Ride - Let's celebrate the improved canal section to Burscough Wharf-Free cakes for all!](#) ([letsride.co.uk](#))

Friday 3rd May, 6pm - [Let's Ride - Let's celebrate the improved canal section to Burscough Wharf-Free cakes for all!](#) ([letsride.co.uk](#))

At **Making Space**, is a Psychological Wellbeing Service offering mental health assessments and low intensity CBT treatment. Includes digital CBT and 1:1 practitioners.

Online modules including **low mood** and **anxiety, work stress, panic attacks, low self-esteem, sleep and worry less**. We also have specific long term health condition modules including chronic pain and sleep.

Contact us today via email to make a referral for yourself, or if you are working with someone: masp.wellbeing@nhs.net or phone 01925 581755.

Our service is free and available to anyone with a Wigan GP over the age of 16. Please head to our website for more information <https://makingspace.co.uk/ccbt>

People volunteer for many different reasons. At Wigan Council we support volunteers to contribute to the work we do as well as help community organisations to recruit volunteers across the borough. You'll find a range of volunteering opportunities on the Wigan Borough Volunteering Hub, where you can:

Register and apply for volunteer roles

Submit and advertise a volunteer opportunity if you're a community group.

[Wigan Borough Volunteering Hub - Wigan Borough Volunteering Hub](#) (wiganboroughvolunteerhub.co.uk)

Community Noticeboard:

[Our Town Community Noticeboard](#) (wigan.gov.uk)

Wigan Central Family Hub are pleased to offer a parent workshop which outlines what anxiety is, the symptoms, and how this impacts children and young people. We will provide support strategies to help manage the physical and emotional feelings of anxiety. This workshop is 90 minutes long and will be delivered by the Mental Health Support Team as part of the Wigan Central Family Hub offer. If your child is struggling with anxiety, this will be a useful, informative workshop for you! We look forward to meeting you.

Click on the links below to book one of the dates;

20/02/2024, 10.00am-11.30am

<https://www.eventbrite.com/e/psychoeducation-for-anxiety-1-workshop-for-carersparents-in-wigan-central-tickets-790957032777>

20/02/2024, 1.00-2.30pm

<https://www.eventbrite.com/e/psychoeducation-for-anxiety-2-workshop-for-carersparents-in-wigan-central-tickets-790956802087>

20/02/2024, 3.00-4.30pm

<https://www.eventbrite.com/e/psychoeducation-for-anxiety-3-workshop-for-carersparents-in-wigan-central-tickets-790953331707>

20/02/2024, 5.00pm-6.30pm

<https://www.eventbrite.com/e/psychoeducation-for-anxiety-4-workshop-for-carersparents-in-wigan-central-tickets-785824842257>

We have great **Park Run** opportunities across the borough for both children (2km) and adults (5km) FREE to attend, you can walk, jog, run or roll along the lovely courses.

Volunteer opportunities too!!!

Haigh Woodland parkrun <https://www.parkrun.org.uk/haighwoodland/>

Pennington Flash parkrun <https://www.parkrun.org.uk/penningtonflash/>

Leigh junior parkrun <https://www.parkrun.org.uk/leigh-juniors/>