



December
2025

Health & Wellbeing information for Education settings

DIAS – Domestic Abuse Support Services for Schools, Children and Young People in Wigan.

DIAS have 3 new Children & Young People Domestic Abuse Workers, who are now accepting referrals from both primary and secondary schools to support children **ages 5 – 16**.

Referrals can be made for:

- Children and young people affected by domestic abuse.
- Children and young people displaying controlling or concerning behaviours towards others.
- Children and young people experiencing difficulties in friendships or relationships.

The referral form will be attached to the Healthy schools email you received this newsletter from. Alternatively you can email

cypsupport@diasdvc.org to receive a new referral form or speak to the team directly.

WithYou Wigan – Drug and Alcohol Awareness Training

Access the training by visiting the booking page [WithYou in Wigan & Leigh Events - 6 Upcoming Activities and Tickets | Eventbrite](#)

Safer Internet Day 2026 – 10th February

The UK Safer Internet Centre has created new educational resources on the safe and responsible use of AI ahead of Safer Internet Day 2026. The resources have been designed for use with children and young people of different age groups from 3 to 18-years-old.

Access the resource by visiting [Launching brand new resources on AI for Safer Internet Day 2026 - UK Safer Internet Centre](#)

You can also find support Online Safety for Schools from NSPCC by visiting [Online safety \(e-safety\) and schools | NSPCC Learning](#)

Senior Mental Health Leads peer network.

Upcoming meetings for Spring 2026:

- Online (Teams): Wednesday 21st January, 1:30–2:30pm
- In-person: Wednesday 11th March, 9:30am–12:00pm at Hope School

All SMHLs in Wigan are warmly invited to join us for these sessions. Please contact the Educational Psychology Service by emailing us at EP_Admin@wigan.gov.uk to receive the invitation and book a place.

We look forward to revisiting the topic of staff peer supervision/listening in our future sessions, to further explore practical ways to implement these approaches in education

Wigan Schools PE, School Sport and Physical Activity Conference – Friday 23rd January

Join colleagues from across Wigan for an inspiring day dedicated to the power of physical education, school sport, and active lifestyles.

The Wigan Schools PE, School Sport and Physical Activity Conference bring together educators, along with national and community partners to share best practice, celebrate success, and explore innovative ways to get every child moving more, every day.

Through dynamic workshops, keynote speakers, and practical sessions, delegates will gain fresh ideas, resources, and strategies to enhance PE provision, increase whole-school activity, and support the wellbeing of all pupils.

Let's work together to build a stronger, more active Wigan - where every young person can thrive through sport and physical activity. Open to all Wigan Schools and Colleges!

Book your funded place here https://youthsporttrust.my.site.com/YST_EvenRedirectUpdate?id=a4ON2000002Evi1

For further details contact wallss@lowtonhs.wigan.sch.uk



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Health & Wellbeing information for Education staff

Step by Step Service – Samaritan's

Step by Step is practical support to help young people's educational services settings recover from an attempted or suspected suicide.

What it offers:

When Step by Step receives news of a suspected suicide or receives a request for support or information via our email or phone, a Postvention Advisor is allocated and responds, offering support and practical advice to the management team.

Talks for staff and students after a suspected suicide.

Emotional support for staff and students, in branch, by phone, email, text or letter or on location.

- Templates and scripts for communications.
- Support with funerals, memorials and vigils.
- Support with anniversaries.

Email stepbystep@samaritans.org or call 08081682528 to contact the Step by Step team.

Seven ways to support children and young people who are worried guide – Anna Freud

Clinicians at Anna Freud have developed seven ways that we consider to be best practice in responding to children and young people's fears.

This resource is informed by a Cognitive Behaviour Therapy (CBT) approach to managing anxiety. CBT is one of the therapeutic approaches which is most commonly used to treat anxiety and depression. It is recognised by the NHS NICE guidelines as a suitable evidence-based treatment.

Access the guide by visiting [Anna Freud Seven ways to support children and young people who are worried](#) web page.

Schools in Mind – Anna Freud

Schools in Mind is a free network for education professionals which shares practical, academic and clinical expertise about mental health and wellbeing in schools and FE colleges.

The network aims to translate research into practice by providing evidence-based, accessible information and resources that can be used to embed good mental health across the whole school community.

When you join the network, you'll get an email newsletter each month sharing:

- free mental health resources.
- information about upcoming events and training.
- research into the mental health of children and young people in schools.
- opportunities to take part in programmes and interventions; and lots more!

Sign up by visiting [Anna Freud Schools in Mind](#) web page.

Hand Hygiene / Infection control

We are in winter which means Flu and other infections are around

What you need to know - Hand hygiene is one of the most important ways of controlling the spread of infections, especially those that cause diarrhoea or vomiting and respiratory infections.

Washing hands properly removes dirt, viruses and bacteria to stop them spreading to other people and objects, which can spread illnesses such as food poisoning, flu or diarrhoea. It can help stop people picking up infections and spreading them to others. It can also help stop spreading infections when you're visiting someone in hospital or another healthcare setting.

Please see NHS link for further details [How to wash your hands - NHS](#)

Access E-Bug's online resources and lesson plans that are specifically created to support Education staff deliver 'Hand Hygiene' topics from Early Years to KS4.

Visit [E-bug](#) to find out more.



Health & Wellbeing information for Parents & Families

NHS – Keep protected this winter.

Mobile Outreach service delivering Covid and Flu Vaccinations, as well as Blood Pressure checks across the borough.

When & Where:

Wednesday 17th December 2025

8:30am – 2:30pm

Spinning Gate Shopping Centre, Leigh, WN7 4NP

Wednesday 14th January 2026

10am – 4pm

Shakerley Community Centre, M29 8FU

Thursday 15th January 2026

10am – 4pm

Compassion in Action (at the back of Patrick House), WN7 1QR

Thursday 27th January 2026

10am – 4pm

Derby Road/Windsor Road, Golborne

Summer swimmers are made in winter.

Get the kids ready for the summer holidays with Be Well's Learn to Swim programme! Keep them active, happy, and healthy over the winter months as they build confidence, learn valuable life-skills and make friends. Visit [Be Well](#) now to secure 50% off for your child's first 2 months membership.

Wigan Youth Zone – Free Entry & Free Meals

From December – 31st January, young people can access Wigan Youth Zone, for FREE.

If you fancy warming up, filling up and having a laugh with your mates this winter, head down to Wigan Youth Zone. They've got the lights twinkling, the music on, and loads going on to keep you smiling right through the season. Bring your pals and make the most of it — the more the merrier.

Take a look at all their sessions times by visiting [Wigan Youth Zones webpage](#). (excluding Holiday clubs)

Hand Washing

What you need to know - Hand hygiene is one of the most important ways of controlling the spread of infections, especially those that cause diarrhoea or vomiting and respiratory infections. You should wash your hands:

- after using the toilet or changing a nappy
- before and after handling raw foods like meat and vegetables
- before eating or handling food
- after blowing your nose, sneezing or coughing
- before and after treating a cut or wound
- after touching animals, including pets, their food and after cleaning their cages

Washing your hands properly removes dirt, viruses and bacteria to stop them spreading to other people and objects. Please see NHS link for further details [How to wash your hands - NHS](#)

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Online relationship support for parents

Parents in Wigan can now access 3 online courses from the relationship experts at OnePlusOne.

Learn to cope with stress and communicate better, wherever you are in your parenting journey.

Arguing better - Disagreements are a normal part of life. How you approach them can make all the difference to you, your partner, and your children.

Me, You and Baby Too - Learn how to navigate the changes that happen in a relationship when a baby arrives

Getting it right for children - When parents are separating or separated, children can often get caught in the middle. Learn how to manage conflict to minimise the impact it has on your children.

To access the courses, you will need to sign up and select 'Wigan' by visiting [Parent resource sign up](#)