



## NSPCC Speak Out Stay Safe



The programme aims to empower children in three main ways: understanding different forms of abuse; knowing that children have the right to be safe: and, speaking to trusted adults about worries.

The programme begins with an online assembly. We provide all of the resources to help school staff deliver the assembly to KS1 and KS2. Subject to volunteer availability the assembly is then followed up by workshops to Year 2, 5 and Year 6.

We also offer a programme aimed at children aged 9-11 with MLD or ASD to help the key safeguarding messages of Speak Out Stay Safe. The programme is flexible and has been used with children with a variety of complex needs.

[Head to the NSPCC website via this link](#) to register for the FREE Primary & SEND programmes, plus access both Key Stage assemblies, supporting resources, lesson plans and teacher guidance.

For more information, contact Helen via email [helen.creavin@NSPCC.org.uk](mailto:helen.creavin@NSPCC.org.uk)

## Supporting Mental Health in Schools: A Collaborative Approach

This summer term, Assistant Educational Psychologists from Wigan Council have been working in close partnership with the Mental Health Support Team to support schools in further enhancing their whole-school approach to mental health and wellbeing.

A standout feature of this ongoing project has been the delivery of co-production workshops with pupils ranging from Reception to Sixth Form. So far, over 50 children have taken part, sharing their thoughts and feelings about how their schools support mental health and wellbeing. Their insights are helping to shape action plans for whole school mental health.

The children have been truly inspiring—demonstrating creativity, thoughtfulness, and a deep understanding of what wellbeing means to them. Our professionals have been incredibly impressed by the innovative ideas and meaningful contributions the pupils have made.

This is just the beginning, and we're excited to continue this important work. We look forward to sharing more updates with you soon!

Should you want any more information on becoming an Emotionally Friendly school, please email [EP\\_Admin@wigan.gov.uk](mailto:EP_Admin@wigan.gov.uk)

# July 2025 For Schools



## BeeWell Survey

**Last chance for secondary schools in Greater Manchester to get involved before the summer break!**

Developed in response to a growing concern for the wellbeing of young people in the UK, the #BeeWell programme is working with young people, secondary schools and a coalition of partners across local government, health and the voluntary sector. Together we listen to young people about their wellbeing, and drive action in response to what they say.

[Find more information on the BeeWell site via clicking here.](#)

To register your school for the survey, please email [beewell@manchester.ac.uk](mailto:beewell@manchester.ac.uk)



## Money Mules

Money laundering is a crime with serious consequences that could affect a young persons future.

### How could they be approached?

In person or online / Social media / manipulation or grooming.

If you suspect anyone who has been a victim, contact 101 or 999 in an emergency



## KoothTalks for professionals



### Suicide Prevention and Awareness

This FREE, 60 minute session is designed for all professionals in a position to support or signpost children, young people and adults in Greater Manchester. They will take place on:

Tuesday 22nd of July: 1600 - 1700

Thursday 24th of July: 1000 - 1100

[Register your place via this link.](#)

### Anna Freud – Autism and Wellbeing in schools



Helping schools to support the mental health and wellbeing of autistic students. The training features resources co-produced by neurodivergent people of all ages. We welcome applications from: Schools teaching staff currently working in phases KS2, KS3 and KS4. [Follow this link to express your interest.](#)

### StayWise – Simmer safety



The fire safety education platform [StayWise](#), designed for children and young people, has dozens of interactive resources and advice to help keep everyone safe over the summer period.

With this year's summer season predicted to be hot and dry, the risk of wildfires and accidental fires increases significantly. So, fire prevention and summer safety are more critical than ever, especially with kids out of school and summer activities taking place across the UK.

The safety education website has been refreshed offering users an even better experience with improved navigation and new educational resources and activities. For young people aged 11-18, [visit the site here.](#)

For further information about StayWise, including school visit requests, please contact [markthomas@merseysidefire.gov.uk](mailto:markthomas@merseysidefire.gov.uk) or [anna.villette@nfcc.org.uk](mailto:anna.villette@nfcc.org.uk)

### Active Uniform

Research shows that physical activity is directly linked to better learning, focus, and overall wellbeing. But many school uniforms are not designed with movement in mind, making it difficult for children to fully engage in play and physical activities.

[Look at this video](#) on how Active Uniform could positively impact your school community.

July 2025  
For Schools

### Anna Freud



Summer can be a welcome chance to rest and reset. For many, it's an opportunity to slow down, reconnect with ourselves and the things we enjoy. But the holidays don't feel relaxing for everyone.

Some education staff may find it hard to fully switch off, with September already on their minds. That's why looking after mental health over the summer matters. The break offers space to pause and recharge, but also to build habits that support wellbeing in the long term.

[This toolkit](#) contains activities, teaching materials and guidance to help support and boost mental wellbeing over the summer and beyond.

### Knife Bins & Stop the Bleed kits – Wigan

Knife disposal bins are available across the borough where you can safely dispose of a knife, blade, or tool. [Find all the locations of the bins via this link.](#)

Stop the bleed kits are available in the borough. These publicly accessible kits contain essential supplies to control severe bleeding, helping to slow down blood loss until the emergency services arrive.

In an emergency, members of the public can access the kit by calling 999. The operator will provide a code to unlock the cabinet where the kit is stored and will be guided through the process of how to use the kit.



## Staying Healthy on your Summer holidays.

If you are going on holiday or to visit family or friends in another country, you need to keep your family safe and healthy.

Check the travel health advice at [TravelHealthPro](https://www.travelhealthpro.org.uk/) for the country you are visiting to find out if you and your family need any vaccinations or medicines before you go.

### Why is this important?

Currently there are rising measles cases in England and abroad. There is a risk of more measles cases, especially over the summer months, as families with unvaccinated children and adults travel to countries where measles outbreaks are occurring.

Children are also particularly at risk of catching infections, which can spread through contaminated food and water.

### Get vaccinations before you go

Your doctor may recommend some vaccinations before going away, for example:

- Measles, Mumps and Rubella (MMR)
- Hepatitis A
- Typhoid

These vaccinations are free on the NHS. The MMR vaccine is a routine childhood vaccination. Please do check with your GP if you are not sure if your child is up to date.

## Be Well Family Fun Days



Join us during the school summer holidays for...

- Exciting family-friendly games
- Interactive food-making sessions
- Advice on healthy habits
- Lots of giveaways and surprises!

All events are **FREE** and suitable for all ages. Please ring the venue to book. Find all the dates, times and venues of sessions by visiting [Be Well's Facebook via this link.](#)

### Family Walking and Cycling

**Walks** – Wednesday from 10am

- July 23<sup>rd</sup> & 30<sup>th</sup>
- August 13<sup>th</sup> & 27<sup>th</sup>

From Hide Coffee House, Pennington flash.

Follow the link to book:

[www.bewellwigan.org/walking](http://www.bewellwigan.org/walking)

### Cycling - Learn to Ride sessions

Free cycling lessons for ages 5-11. All sessions last 1hr. Parents/guardians must stay for the duration.

Bikes and helmets available to borrow.

Find all the dates, times and venues by visiting [Be Well's Facebook via this link.](#)

July 2025  
For parents &  
Carers



## Mental Health Foundation Understand and manage your emotions.

We all feel intense emotions at times - this is normal. However, if we don't have healthy ways to manage these emotions, they can start to harm our behaviour and relationships. [See Mental Health Foundations 9 top tips to manage emotions here.](#)

### Learn to Swim

This summer your child can assess swimming lesson around the borough at Be Well sites, as well as Stage 1 & 2 Intensive lessons (Ashton Leisure Centre) + Stroke Improver lessons (Howe Bridge Leisure Centre).

[Visit the Be Well Website for more information here.](#)



### Cycle Three Sisters – Thursday 7<sup>th</sup> August

Free Family Cycling event.

[Head to Be Well's website for more information.](#)

### Making Space

**Did you know you can access fast, free mental health support?**

**Making Space Psychological Wellbeing Service** offers support for people who are struggling with mild to moderate common mental health difficulties such as low mood or anxiety.

Making Space Team are here to help guide you through the problems you are experiencing and will help you to develop helpful coping strategies and resilience to overcome your problems.

### How do I access the Service?

We've recently teamed up with 2 family Hubs - Clifton Street and The Meadows - and are now offering a regular pop up community clinic from their premises once a week.

You can also access via your GP surgery by speaking to the reception desk.

You can self-refer by emailing [masp.wellbeing@nhs.net](mailto:masp.wellbeing@nhs.net) or contact us via telephone on **01925 581755**.