



Children's Domestic Abuse Counselling Service



The Well Women Centre has a new counselling service for **Primary School aged children** who have been affected by Domestic Abuse in the home.

- All counselling sessions take place within schools delivered by qualified counsellors.
- 6-8 sessions per child, 45/50 minutes each session.
- Parental consent is gained by school prior to referral
- Referrals are only accepted from Schools.

All Enquiries and to request a referral from, please contact: Counselling.wellwomen@gmail.com

Modeshift STARS



To support your school to address transport issues and increase levels of active travel we use the Modeshift STARS accreditation programme.

This online platform provides your school with a structure to follow, helping you identify transport issues and create an action plan to address these.

Wigan Council and TfGM are able to support you through the accreditation process, [click here](#) to email for more information.

School Spotlight: Emotional Friendly Settings



The Emotional Friendly Settings (EFS) panel met for their Spring term. We are pleased to share the exciting news that four more Wigan schools have been awarded the **bronze EFS accreditation**:

- **Aspull Church Primary** – The panel members loved seeing the Reflection area in school, where pupils have access to during break and lunch times. It was a comfortable space, with relaxing lighting, making it feel like a very cosy and welcoming environment.
- **Tyldesley Primary** – The visiting panel members loved seeing the creative use of play leaders and wellbeing champions (both child volunteer lead) within break and lunch times, to support the children and young people who may need it.
- **St Joseph's Primary (Leigh)** – The EFS panel members loved hearing about the child-friendly anti-bullying policy in place, the buddy system in place for new staff members joining school and the restorative conversation scripts on staff lanyards.
- **Winstanley CP** – The EFS panel members loved meeting and hearing from the wellbeing champion group of young people, who support other young people in school and lead structured sessions for their peers during break and lunchtimes.

A huge well done to all four schools and thank you for welcoming the EFS accreditation panel members into your schools. These four schools are now amongst 22 schools across the borough who have achieved bronze accreditation status, which is fantastic news!

For more information on EFS and available training from Educational Psychologist team, click [here](#).

May 2025
For Schools



Uniformity – Recycled Uniform

The Uniformity Project focuses on recycling used uniform in excellent condition.

The aim is to support more cost-effective solutions to school uniforms for parents, whilst spreading the important message of sustainability and improving our environment by reducing the number of uniforms going to landfill.

For more information, or for them to support your school, [click here](#).

StayWise



Online safety education platform bringing together educational resources, developed to link to the national curriculum, of the UK emergency services and key charities/safety-focussed organisations.

Access free lesson plans, videos, and activity sheets to help educators teach children and young people potentially lifesaving advice within core curriculum subjects, [click here](#).



Samaritans - Step by Step

SAMARITANS

Step by Step service provides practical support to help schools prepare for and recover from a suspected or attempted suicide.

Nobody likes to think about a death in school. Yet suicide is a leading cause of death for young people in the UK and ROI. Sadly, it is always a possibility that a student, parent or member of staff might choose to take their own life.

The Step-by-Step team aims to:

- Provide information and support to help the school community come to terms with what has happened and prevent stigma and isolation in the school community.
- Support school communities to reduce the risk of further suicide.
- Reach out to high-risk people and communities to reduce the risk of further suicide

For more information and to get in touch, [click here](#).

Wigan Warriors Foundation Mental Health Support



Mental health assembly

Primary school whole-school assembly that helps young people become aware of:

- Feelings and emotions
- how this relates to mental health
- Introduce them to the five ways to wellbeing as a strategy to improve their mental health

Tackle it like a warrior

Mental health early intervention and prevention 6-week programme for primary schools.

- 2-hour block per week which includes 1-hour educational workshop, and 1-hour sport session.
- Topics include mental health and wellbeing, feelings and emotions, stress and coping, relationships, bullying and the five ways to wellbeing

For more information, or to sign up, [click here](#).

Essential Parent



Did you sign your school up to Essential Parent? The expert led; evidence based digital platform provides parental health and wellbeing support.

[Click here](#) to sign up your school.

May 2025
For Schools

National Smile Month, 12th May – 12th June



Oral Health of Children and Young people continue to be a priority. Take part in National Smile Month by downloading resources [here](#).

Does your setting have the Supervised Brushin' Scheme? Sign up [here](#).

Understand Wigans Oral health, [click here](#).

Anna Freud – Forming healthy relationships in a digital world



We know that it can be challenging to know how to support young people to form and maintain healthy relationships, particularly in the context of the increasing popularity of digital spaces.

The session will also help you identify signs that a student is being negatively affected by their peer relationships, as well as support you to understand how to look after both your wellbeing and that of your colleagues when navigating these difficult situations and conversations.

For more information [click here](#).



KoothTalks for Parents and Carers: The Voice of Young people

We are going to share borough specific data from #BeeWell and Kooth. #BeeWell is a survey in Greater Manchester which collects the opinions of students about various topics; on Kooth we have data about presenting issues or mental health concerns from young people.

We want to share this data to support the conversations you have with your children and young people around wellbeing and managing how they feel.

For more information and to book your place, please click [here](#).

Autism Friends Employability Group

Reach your employment goals!

- talk about barriers you face and how to break them down
- help you to identify employability skills
- search volunteering and employment opportunities
- application forms and interview preparation
- advice around benefits

Every 3rd Thursday of the month

- Drop in between 11am- 2pm
- Armed Forces HQ, Molyneux House, School Lane, Wigan, WN1 3SE
- Refreshments provided

Everyone welcome



With You – Supporting young people who self-harm **withyou**

Delivered by With You, this session is aimed at parents/carers and the support network for young people. It will explore practical strategies and approaches that may help when supporting a young person who self-harms or is at risk of self-harming. It will include tips on having difficult conversations and in managing safety and risk.

- **Tuesday 24th June @ 9:15pm. [Book here](#).**

UMAY App



The UMay app helps you get home safely by providing a range of features including

- Geolocation: Share your journey with your trusted contacts so they know you're safe
- Notify users of potentially unsafe areas
- Find your nearest UMay safe places around the borough, where trained volunteers can help you if you need assistance

Download the app today:

App store: <https://ow.ly/nRgm50RcxN2>

Google play: <https://ow.ly/BScR50RcxN4>

If you are in immediate danger, always call 999. For non-emergencies call 101

May 2025

For parents & Carers



Youth Connect 5

Supporting your child's emotional wellbeing transitioning from Primary School to Secondary School

- 5-week course for Parents and Carers
- Focusing on emotional and mental health of your child as they move to secondary school
- Build resilience
- Preparing parents to support their child

To book your place, or more information, please [email here](#).

InternetMatters.org

Support your children to stay safe online.

Find information and safety settings for your child's devices and apps, along with guidance to tackle online issues they may face, plus more support, [here](#).