



Getting through the Armour

Helping families understand how some boys use emotional "armour" to protect themselves — and how we can support them to thrive.

These sessions explore:

What emotional armour looks like

Its impact on boys' wellbeing and development

How trust, emotional support, role models, and purpose can help boys flourish

Upcoming Dates & Locations, please ring the relevant Family Hub to book:

23rd October – Mornington Road Family Hub – Tel: 01942 488246

3rd November – The Meadows Family Hub – Tel: 01942 488000

11th November – Leigh Family Hub – Tel: 01942 777705

18th November – Clifton Street Family Hub – 01942 828377

2nd December – Wigan North Family Hub – 01942 488000

9th December – Golborne/Lowton Family Hub – 01942 828377

Stoptober

They say that 'quitters never win'... but when it comes to quitting smoking, that's simply not true!



Whether it's your own health, your family's health, improving your sense of taste and smell, or saving money (up to £5,000 for the average smoker!), there are so many 'wins' from giving up cigarettes.

October is officially #Stoptober, and if you're thinking of making a quit attempt over the next month then make sure to get in touch with the Be Well Stop Smoking Service.

It's a fact that you're four times more likely to succeed when you have the right support – and this FREE local service is here to help with a range of nicotine replacement therapy (NRT) options, and ongoing guidance and encouragement from friendly, expert health advisors.

So improve your odds and start winning today with Be Well! Call 01942 828535 or head to bewellwigan.org/stopsmoking

Join Be Well at your local Family Hub in the build-up to Halloween for some spooky healthy treats and ghoulishly fun games! We'll also be making sure our oral health doesn't get tricked by too many treats... with top tips for keeping little teeth happy and healthy. All sessions are FREE which you can find via [Be Well's Facebook page here](#).

Plus... Thanks to a generous donation from Colgate, we're giving away FREE Bags of Smiles at your local Family Hub this half term. Each bag includes: Colgate toothbrushes & toothpaste, **Fun activity sheets for children, Easy tips for families on good oral hygiene.** [Find your local Family Hub via this link](#)

October 2025

For parents & Carers

Essential Parent App



Exciting News for Families!

We're thrilled to launch the Essential PARENT App – and it's ready to download TODAY!

This free app is designed to make life easier for parents and carers. You'll find helpful info, local services, fun activities, and support all in one place – right on your phone.

- ✓ Easy to use
- ✓ Keeps you up to date
- ✓ Connects you to support when you need it

Need help getting started? Pop into your local Family Hub – we're happy to help!

Let's make parenting a little easier, together 🧡

Download it using the links below

- [Click this link for iPhone users](#)
- [Click this link for Android users](#)



October Pedal Parties

Free sessions to boost your cycling confidence and skills with instructor-led rides for all abilities. Perfect for children and families. Don't miss out!

Half term - Wednesday 29th - 10am-12pm

The Hide Coffee House, Pennington Flash (WN7 3PA).

No booking required, just turn up.

No bike? No problem! Bike and helmet hire available.



Girls Cycling

Join our regular girls-only rides and meet-ups where you can make new friend and explore new places.

From Leigh Youth Hub to on 3rd Tuesday of every month 6pm – 7:30pm & from Robin park arena on 1st Tuesday of every month, 6pm – 7:30pm.

Take Time To Talk



We work with children, young people, parents and families to open the lines of communication through supported conversations, to reduce conflict and improve understanding. Families who work with us have less stress, anxiety and worry and live a happier family life.

Our work involves:

1:1 work and family sessions

Supported conversation and mediation

Support and advocacy for children and young people

[Visit the website by clicking this link and find out more information and how to get in touch.](#)

Greater Manchester Fire and Rescue service



Halloween & Bonfire Advice

Halloween can be a lot of fun for children and young people, but it can also be distressing and intimidating for some residents.

[Please look at GMFRS website here for Top tips to ensure everyone has a safe and enjoyable time](#)

October 2025
For parents & Carers

Help Shape the Future of Wheeled Sports in Wigan!

Wigan Council is running a borough-wide survey to better understand how residents engage with wheeled sports—like skateboarding, BMX, scootering, and rollerblading. Whether you're a rider, a parent, or simply interested in how these activities shape our public spaces, your views matter. The feedback will help us identify areas of interest, understand participation trends, and support future planning or funding bids.

 **Take the Survey:** [Wigan Wheeled Sports Survey](#)

 **Deadline: Monday 17th November**

This survey is part of a wider effort to better understand local interest in wheeled sports.

Thank you for helping us build a clearer picture of what our communities need!