



September 2025

For parents &
Carers

Anna Freud – Supporting children’s transition to secondary school: Guidance for parents and carers.

This short guide provides tips about how children preparing for, or going through, the transition to secondary school can best be supported by their parents and carers.

It includes guidance which explains why the transition can be difficult for some children, and practical advice such as talking and connecting with the new school, as well as suggested resources that children and parents and carers may find useful.

[Visit Anna Freud’s resource pack here.](#)

Month of Hope, 10th September – 10th October 2025

You’re not alone. Support is available. There is always hope.

Whether it’s you or someone you care about, if someone is struggling it’s important to know what help is available:

-  NHS 111 – Option 2: For urgent mental health help
-  [Samaritans](#): Available 24/7, 365 days a year – call 116 123
-  [EPiC HOPE CIC](#): Visit one of the welcoming harbours across Wigan borough for a safe space and support.

You can also explore a wide range of mental health resources and useful contacts by [visiting Wigan councils website here.](#)

Mental Health Support Team – Understanding Anxiety & Low Mood workshops.

As part of the Family Hub offer, the Mental Health Support Team in Schools are offering a series of parent/carers workshops to provide psychoeducation and support around anxiety and low mood during the October half term across each of our Family Hubs.

Invite open to all families and [booking is essential.](#)

The workshops will outline what anxiety or low mood 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 and low mood.

Workshops are 60 minutes long and will be delivered by the Mental Health Support Team in Schools as part of the Wigan Borough Family Hub offer. If your child is struggling with anxiety or low mood or preparing for transition, this will be a useful, informative workshop for you!

[You can book any of the session via visiting the Eventbrite link here.](#)

Be Part of Research

Be Part of Research is a free service which makes it easy to find and take part in vital health and care research across the UK.

Simply tell us which health conditions you’re interested in. We’ll match you to suitable studies and send you information on how to take part.

[You can find out more information via watching the NIHR video.](#)

Rebuild with Hope Wigan



Looking for a way to express yourself, try something new, and connect with others? Our Building Opportunities creative workshops offer just that — a safe and welcoming space to explore your creativity alongside like-minded people.

[Book your slot via Eventbrite.](#)