



October 2024  
Parents & Carers

### Research Opportunity.

Manchester Metropolitan University have been commissioned by GM Integrated Care Board to undertake some research both with adults and young people on alcohol. This will inform a GM Alcohol Harm Reduction Strategy.

The research is Greater Manchester wide, and we have an opportunity to research views and opinions about alcohol and young people's lives through a focus group and being included in the GM survey and result write ups.

The target audience is young people who live in Wigan Borough aged 13-25.

5 x £20 Amazon vouchers are on offer in a prize draw for anyone who wishes to leave contact details upon completion.

### County Lines Awareness for parents and carers

This session for *parents and carers and professionals who are less familiar* the signs of child criminal exploitation, it is intended to raise awareness of child criminal exploitation. The session will consider what county lines is, how exploiters groom children, the signs of exploitation and where you can access support if needed.

Book online [here](#).

**TALK TO US ABOUT:  
ALCOHOL**

**LIVE IN GREATER MANCHESTER?**

**AGED 11-25?**

**WANT TO SHARE YOUR VIEWS?**

### WE WOULD LIKE TO HEAR FROM YOU

Give your opinion by answering some questions in an online survey

You do not need to have used alcohol to take part

<b>ANONYMOUS &amp; CONFIDENTIAL</b>	<b>YOUR VOICE MATTERS</b>	<b>ONLINE SURVEY</b>
A CHANCE TO WIN: <b>1 OF 5</b> <b>£20 AMAZON VOUCHERS</b>	<b>CLICK HERE!</b> <a href="https://bit.ly/48e7k2S">bit.ly/48e7k2S</a>	<b>SCAN ME</b> 



Please email Emma with any questions: [e.davidson@mmu.ac.uk](mailto:e.davidson@mmu.ac.uk)



**NIHR** | National Institute for Health and Care Research

Biomedical Research Centre (BRC) and Manchester University Foundation Trust (MFT) are completing a study, can you help?

**Who is it for** - Children aged 0-15 with and without health conditions.

**Brief description** - A bioresource designed to help explore the genetics of childhood diseases. D-CYPHR is a research tissue bank especially for children aged 0-15. This will help health research - everything from better understanding mental health to combating diabetes

**What's involved** - Questionnaires and a saliva sample kit (all of which can be completed at home. Children and parents can consent for the child to be contacted about future study opportunities.

**Link to website for more information and where to sign up** - [DCYPHR website](#)



## Making Space

A FREE NHS Funded step 2 Cognitive Behavioural Based Therapy Service for ages 16+

### **What is CBT?**

CBT stands for Cognitive Behavioural Therapy.

It's a type of Psychotherapy that helps you to look at how your thoughts, feelings and behaviour are all interlinked.

When we have negative thoughts or worries, they can affect the way we are feeling, they can make us feel down, anxious, stressed out etc

### **Our service - what to expect?**

You will initially receive an assessment appointment with one of our Psychological Wellbeing Practitioners (PWP).

They will discuss the problem areas with you and assess whether or not the service is the right option for you at this time.

### **How do I access the service?**

Email: [masp.wellbeing@nhs.net](mailto:masp.wellbeing@nhs.net)  
Contact number: 01925 581

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## Kooth

Our free webinars offer valuable insights for professionals and parents. They help ease the pressure by providing practical guidance on key mental health topics.

### **Managing Anxiety**

This month we're running webinars which offer practical support strategies for families managing anxiety.

- KoothTalks webinar 'Helping your child manage anxiety' - The session will include the **signs and symptoms of anxiety, ways of coping** and how Kooth and Qwell can help.
- Click [here](#) to sign up to receive the recording and resources

# GET VACCINATED



# GET WINTER STRONG

Check your eligibility for flu and COVID-19 vaccines and book now at [nhs.uk/wintervaccinations](https://nhs.uk/wintervaccinations)

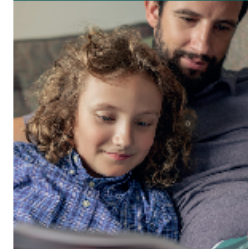
Feel Well



Be Well



Live Well



Be Well



## Don't give up giving up Quit this Stoptober

Get support, advice and access to Nicotine Replacement Therapy from Be Well's friendly advisors.

You are five times more likely to quit for good with our support.

Call **01942 404220** (and select option 1) or scan the QR code to find out when the team are in a community venue near you and/or fill in a self-referral form.



 SCAN ME