



Volunteering Opportunity



Canals and River Trust

Water safety is an important part of a child's education and delivering our Water Safety messages to as many children as possible is a priority for the Canal & River Trust. Can you help us deliver our water safety programme in schools across Wigan?

Due to the success of our programme in Wigan we're looking for more volunteers to join our existing team of volunteers to ensure that we can continue to reach as many children as possible with our important water safety messages.

For more information or to apply, please click [here](#).

Neurodevelopmental Support

Resources and support services available for Neurodevelopment support [Neurodevelopmental Support](#)

Understanding Your Child



Solihull Approach

Free nine-week course to help:

- Understand your child's behaviour and how they communicate.
- Recognise how your child is feeling.
- Reduce the difficulties you face in everyday life.
- Improve how you communicate with your child.
- Understand the importance of play.
- Develop good routines and boundaries.
- Improve relationships between you and child for a happier and calmer home.

When: Thursday's

Time: 10am-12pm

Where: A-Team Hub Platt Fold Street Leigh

To book: click [here](#).

Is your child learning to ride a bike? Book now for our next **FREE Bikeability Balance** taster sessions for ages 4-6.

Saturday 7 December
Leigh Leisure Centre
9am-9.45am / 10am-10.45am



Bikeability Balance is a fun and exciting way to learn the basic balance and co-ordination skills needed to ride a bike.

Places are limited, book [here](#). **Please note:** In order to book, you will need to create a free Be Well account for the child attending.

November 2024 Parents & Carers

UMAY



Provides important safety features and support for those out and about in Wigan Borough at the touch a button

Free and accessible on all mobile devices, the app gives quick access to journey and route planning options, maps of UMay safe place locations so you can find your nearest safe place when in need of assistance, and alerts trusted contacts of your location. The personal safety app provides additional safety features so you can feel safe when you're out and about, but if you are in immediate danger and need to report a crime, always call 999. For non-emergencies, call 101.

Wigan Borough Family Hubs



Family Hubs are a new way of bringing together all the support a family may need, from pregnancy through to young people turning 19 (or 25 if they have a Special Educational Need or Disability (SEND).

Find out what's happening at your local Family Hub [here](#).

GET WINTER STRONG

NHS

Greater Manchester



Stay well this winter.

GET VACCINATED

Want to get 'winter strong?' Get vaccinated!

NHS Greater Manchester is urging all those who are eligible to get 'Get Winter Strong' by getting vaccinated to protect themselves and those around them. Vaccines – free on the NHS to those who need them - give the most effective protection against common winter viruses that can cause serious illness for those at higher risk.

Adults aged over 65, those with long term health conditions and pregnant people are all encouraged to get vaccinated against flu and COVID. GP practices and pharmacies are offering the flu vaccine.

Pharmacy appointments can be booked online: [Book, change or cancel a free NHS flu vaccination at a pharmacy - NHS.](#)

To book a COVID vaccine appointment call 119 (ask for a translator if needed) or go online: www.nhs.uk/bookvaccine.

A BSL service is available: [NHS 119 - SignVideo](#) :

This year there is the option of booking a combined appointment to have both vaccines at the same time. To find a walk-in COVID vaccine clinic go to [COVID Vaccine Walk-in Clinics | Greater Manchester Integrated Care Partnership](#) or call 0161 947 0770 or 0800 092 4020.

The RSV (Respiratory Syncytial Virus) vaccine is new for this year! This virus causes coughs and colds and can be dangerous for older people and young babies. That's why this vaccine is recommended for adults aged 75-79 - plus pregnant people (from 28 weeks) to protect the baby for the first few months of its life. GP practices are providing the RSV vaccine.

Pregnant people can also access flu, COVID-19, RSV and whooping cough vaccines from their maternity service. Just ask your midwife.

Children spread flu fast! So, little ones aged 2-3 years, plus children in school years reception to year 11 will be given a quick and painless nasal flu vaccine spray. The vaccine will be given at school or in GP practices for little ones. To find out more about winter vaccines, head to the NHS Greater Manchester website: [Winter vaccinations in Greater Manchester | Greater Manchester Integrated Care Partnership](#).