

Healthy School News for parents & carers ...

February 2023



NHS

Worried that you are sending your child to school poorly or they have missed a lot of school due to sickness?

Please click [here](#) to see a handy guide from the NHS.

Here for You

Feeling the pressure of rising costs?

It's hard to know where to turn. We are here to point you in the right direction.

Click [here](#) to find out how Wigan Council can help with benefits, energy bills, money management, mental health, keeping warm

Basic cycle maintenance courses coming up within the Borough across various venues delivered by local mechanics. Training covers, taking the wheels off, replace a tube and tyre, fix a puncture, check and adjust brakes, check gears, do a safety check on a bike. The cost for each attendee is just £5.

Upcoming courses include:

- Tues 14th Feb, 12pm-2pm, Three Sisters Recreation Area
- Weds 22nd Feb, 2pm-4pm, Hindley Leisure Centre

To book a place visit - [Upcoming Courses \(tfgm.com\)](#)



Qwell online therapeutic support is completely **FREE** For Wigan residents.

The service is funded and endorsed by the NHS, allowing for completely free access to all schools and services working with young people in Wigan.

Quell offers free access to online counselling, support and advice for adults over the age of 25 across Greater Manchester.

There is no threshold, waiting list or referral process. People can access support for ANY issues they may be experiencing. These may include; Body image, self-esteem, bereavement, academic pressures, anger, anxiety, suicidal thoughts, friendships, sexuality.

Our qualified therapists are online 365 days a year. Monday to Friday, from midday until 10pm and on weekends, 6pm until 10pm.

As well as chatting to our therapists on the Quell text based counselling service, people can message our team 24 hours a day, access our fully-moderated support forums, online magazine and other self-help tools.

[Home – Qwell](#)