



## Health & Wellbeing information for Parents & Families

### Smartphone safety & cyberbullying: How to support your child

Most 11-year-olds have a mobile phone, but do they know how to protect themselves from cyberbullying?

This November, we're inviting parents to join us for a free 45 minute webinar. We will share practical tips on how to help children deal with potential problems, how parents can spot signs of cyberbullying and what action to take.

You can access this support [via KoothTalks website](#)

### SEND newsletter

Are you the parent or carer of a child with special educational needs and disabilities (SEND)?

Wigan Council are launching a brand-new SEND Local Offer newsletter just for you and your family. Discover lots of useful information about support, education, activities, health and more, direct to your inbox.

Sign up to the newsletter by visiting [Wigan Council](#) and [completing the online web form](#).

You can also find further information on SEND Local offer for Wigan by [visiting Local Offer](#) webpage.

**Do you know someone who's struggling  
with their health and work?  
The WorkWell Programme is here to help  
people:**

Stay in work

Return after time off sick

Or find the right job when health makes things harder.

**You might know a parent, carer, or adult in your  
community who's finding it tough due to.**

- Mental health challenges
- Muscle or joint (MSK) condition
- Neurodiverse conditions
- Waiting for a diagnosis or on an NHS waiting list
- At risk of losing their job due to poor health
- Recently unemployed where health played a part.

**WorkWell offers free, personalised support,  
including:**

- One-to-one coaching
- Advice for managing health at work.
- Career guidance
- links to local services and support

It's all about helping people feel confident,  
supported, and ready to move forward 🤝

[Visit the Work Well site to refer.](#)

**November  
2025**

### Offload for 16-24 year old men

It's more than just sport. It's about building your mindset, unlocking confidence, and connecting with people who get you. We'll cover stuff that actually matters resilience, handling pressure, healthy decision-making, teamwork, communication - how to level up in life and bounce back when life hits hard. Whether you're feeling stuck, isolated, or just ready for a change - this is your chance to take control.

The free-to-attend six-week mental fitness and wellbeing programme takes place on Wednesdays (6pm - 8pm) from Wednesday 10th December at Robin Park Arena.

[Sign up by visiting Universe web page, and securing your tickets.](#)



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### Here for You

As winter approaches and temperatures start to fall, it's important to know that Wigan Council are 'Here for You' in many different ways, from Financial wellbeing support at an expensive time of year, to spaces in the borough that welcome you with kindness and warmth.

Let us be  
**Here for You**

### Warm, Welcoming spaces

These are safe places you can visit to stay warm and see a friendly face, free of charge and without judgement.

Each of our warm, welcoming spaces are slightly different in what they offer, but we promise that if you do visit, you'll be met with warmth, kindness and a friendly Wigan Borough welcome. You can find a list of these spaces by visiting [Here for You.](#) For more information on Warm, Welcoming Spaces follow this link to [Here for You's site.](#)

### Welfare Support

If you find yourself in financial crisis, please don't go through it alone. Our friendly staff are on hand to support you without judgement. They can offer: • Money or vouchers towards food • Help with energy costs • Furniture packages. For more information [visit Welfare Support.](#)

### Income Maximisation and Debt Advice

It can be hard to know what financial support is out there, but our team are here to help. We hold regular face-to-face drop-in sessions where our friendly, expert advisors can: • Talk you through what you're entitled to • Help you to complete any claim forms • Provide support with money management. For details of session in your local area [visit Here for You website.](#)

### AWARM

If you struggle to keep warm at home or have a health condition affected by living in a cold damp home, support may be available through the AWARM service. For more information and to apply [visit warm homes web page here.](#)

### Here for You

To find out how the Here for You service can support you, please visit [Here for You.](#)