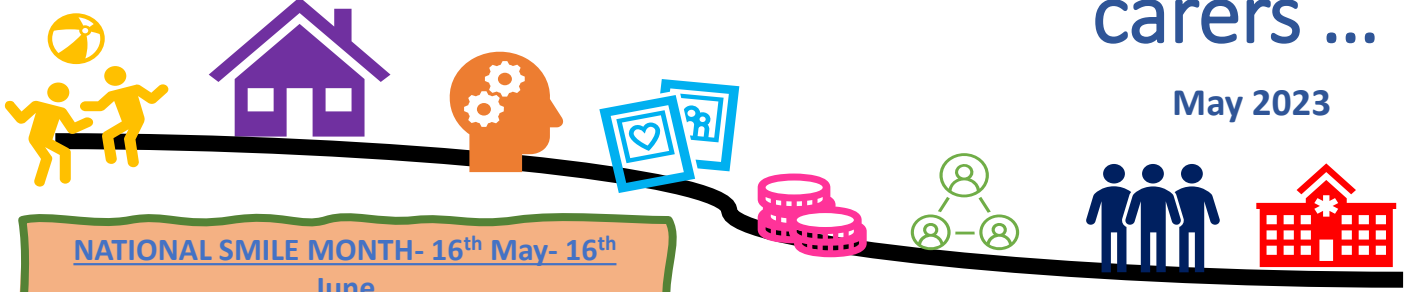


Healthy School News for parents &

carers ...

May 2023



NATIONAL SMILE MONTH- 16th May- 16th June

These are our 4 key messages for great oral health

- Brush teeth for two minutes, last thing at night and one other time during the day, with a fluoride toothpaste.
- Clean between your teeth every day.
- Cut down how much and how often you have sugary foods and drinks.
- Visit a dentist regularly.

All children under 18 are entitled to free dental care paid for by the NHS and regular check-ups can identify problems early.

Make sure your child is registered with an NHS dentist -

<https://gmintegratedcare.org.uk/my-borough/Wigan/>

For more information, contact:

[National Smile Month \(dentalhealth.org\)](https://www.dentalhealth.org)

DADS/PARTNERS: HAVE YOUR SAY

If you've used maternity services recently we want to hear from you! Please complete the survey - we want to know what your maternity journey has been



[Please click here to complete the survey](#)



The Big Wigan Walk Week



27 May - 4 June

FREE Family Event

3pm* - 8pm



Cycle Three Sisters 2023

Tuesday 23 May & Wednesday 20 September

Our popular free cycling event returns to the Three Sisters Race Circuit in Ashton-in-Makerfield. Families from across the borough are invited to come along - with or without a bike - and join in the fun!

What to expect

There will be a host of family-friendly activities including:

- The chance to cycle the full 1.4 kilometre race circuit
- E-bikes
- Adult and children's bikes and helmets available to borrow
- Cycling stalls
- Balance Bike track (ages 5 and under)
- Climbing wall
- Cycle skills for ages 6-12
- Face painting
- Wheels for All adapted cycles
- Inflatables

Join Be Well for the first ever **Big Wigan Walk Week (27 May - 4 June 2023)** Lots of free events, including nature-themed strolls & routes of historical interest.

There are so many benefits to walking, big and small.

- help you maintain a healthy weight and lose body fat, and prevent or manage conditions such as heart disease stroke, high blood pressure, cancer and type 2 diabetes.
- improve your cardiovascular fitness, strengthen your muscles, increase your energy levels,
- reduce tension and stress, and improve your mood, cognition, memory and sleep.
- great for the environment.
- Last but not least, walking is just great fun!

[Find the timetable of events here](#)

[Cycle Three Sisters \(wigan.gov.uk\)](https://www.wigan.gov.uk)