

Healthy School News for parents & carers

January 2023



kooth

Kooth online therapeutic support is live here in Greater Manchester. 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.

Kooth offers free access to online counselling, support and advice for children and young people (CYP) aged 10 - 25 across Greater Manchester. There is no threshold, waiting list or referral process. Children and young 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, transition from primary to secondary school etc.

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 Kooth text based counselling service, young people can message our team 24 hours a day, access our fully-moderated support forums, online magazine and other self-help tools. [Home - Kooth](#)

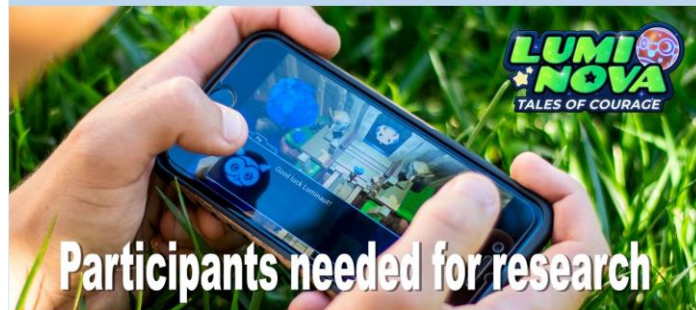
Holiday Activities and Food Programme

This exciting programme is for children and young people aged 5-16 who are eligible for benefit related free school meals during the Easter, Summer and Christmas school holidays.

- Eat healthily over the school holidays
- Stay active and have fun during the holidays
- Be safe and not become socially isolated
- Be more engaged with school and other local services

Look out in the following newsletters to make sure you can book your children on the Easter provision.

NHS
Greater Manchester
Mental Health
NHS Foundation Trust



Participants needed for research

Do you have a child attending primary school in Wigan or Bolton?

Do they often feel worried, upset or anxious?

Would they like to try a new app to help them manage their worries?

Lumi Nova: Tales of Courage is a therapeutic mobile game app that enables children (aged 7-12) to self-manage their fears and worries, using 'exposure therapy', recreating scenarios children may feel anxious about in the game. We're looking for children attending primary school in Wigan and Bolton to take part in a study to test the app.

More information

<https://www.gmmh.nhs.uk/lumi-nova>

Niamh.bolton@gmmh.nhs.uk



Is your money disappearing in a puff of smoke?

The average smoker can save £240 a month which can help towards household bills.

You're 4 times more likely to quit if you get the right support.

We offer FREE friendly 121 support for 12 weeks and FREE nicotine replacement patches or gum if you get free prescriptions.

Visit wigan.gov.uk/healthyroutes to fill in our short online form and receive a call back from a local advisor.

Wigan
Council

