

Healthy School News for parents & carers ...

March 2023



Norovirus is on the rise across our schools. It is highly infectious diarrhoea and vomiting and is easily spread through contact with someone with the infection or with contaminated surfaces. One of the best ways to prevent the spread of norovirus is by practising good hand hygiene, using warm water and soap. Most people will make a full recovery within 2 to 3 days but it is important to drink plenty of fluids to prevent dehydration, especially for the very young, and those with weakened immune systems. If your child has contracted Norovirus please keep them off school to minimise the risk of further transmission.

The Holiday Activity and Food (HAF)

programme is back for Easter 2023. The HAF programme enables children, aged 5-16, on benefit related free school meals to stay physically active, socially included, and healthy throughout the school holidays.

This Easter children will receive 4 days' worth of activities including lunch (4 credits) that you can register and book on to using their holidayactivities.com voucher.

If your child is eligible, you will receive a voucher via email or text **Friday 10th March**. Please check your junk/spam mailbox before contacting your child's school if you do not receive this.

Our HAF Easter dates are running:

3-6th April

11-14th April

You can choose any 4 days within these dates; they do not need to be consecutive.



Address:
Standishgate, Wigan
Phone: 01942 949167

New Wigan Clinic Location!

Our new clinic provides sexual health services in a purpose-built building in Wigan Town Centre. We offer a range of services which include:

- STI testing & treatments
- Advice and support for unplanned pregnancy
- Emergency contraception
- Free condoms & lube
- PEP & PrEP
- Health advice and more!

Opening on **Monday 13th March 2023**

Opening Times

Mon, Tue, Wed - **8.00am to 6pm**
(Call to make an appointment)

Thurs and Fri - **8.00am to 3.30pm**
(Call to make an appointment)

Young Person - Walk-in sessions

Sessions for under 19s

Tuesday - Leigh Clinic
3pm-5pm

Wednesday - Wigan
Standishgate clinic
3pm-5pm



**LET'S GET
MOVIN'**
healthy habits for life

LET'S GET MOVIN'

We believe that everybody should have the opportunity to stay fit, active and healthy.

Children's health referral program for:

- ➔ Ages 2 - 17 years
- ➔ Supporting those with medical conditions and/or health needs
- ➔ 12-week funded family or junior membership
- ➔ Delivered across multiple venues to support families to make healthy habits for life
- ➔ To refer a child, contact: 01942 828812

Memberships include:
1) Swimming
2) Group activity and exercise sessions
3) Gym access (11+)



Wigan
Council

Want more information?
Search: Let's Get Movin' (wigan.gov.uk)