



Better Health every mind matters

Every Mind Matters

We all have times when we feel low, anxious or overwhelmed. But little things, like talking to a friend or taking a moment to breathe, can help us feel much better.

Here, we'll show you simple and practical ways to ease anxiety, manage stress, lift your mood and sleep better, through proven approaches like cognitive behavioural therapy (CBT).

Find what works for you and keep doing it, because even the smallest actions can make a big difference to how you feel.

Click [here](#).



NHS

You know you want to quit. We know you can.

Get free support to quit smoking.

Better Health Smoke free

Be Well Learn to Swim offer

Be Well

Learning to swim is an important part of any child's development. That's because swimming isn't just enjoyable exercise... it's also the only sport that can save your life. Be Well's swimming lessons are delivered by friendly, qualified swim instructors and follow the official Swim England framework so you can track your child's progress to becoming a strong, confident swimmer. And there's never been a better time to start than right now... with two months HALF PRICE! Click [here](#) to make an enquiry. Lessons are available at Ashton Leisure Centre, Hindley Pool, Howe Bridge Leisure Centre, Leigh Leisure Centre and Wigan Life Centre.

Triple P – Family Transition



For divorced or separated parents. Is your child caught in the middle. Do you have problems with extended family, new partner or ex. Your worries about the impact on your child's emotion or behaviour, Family Transition Triple P can help. Click [here](#) to email for more info.

Be Well Health Advisor – Stop Smoking

Make the best choice for you and your family with expert advice, guidance and support from our Be Well Stop Smoking Service.

For more information and to self-refer, click [here](#).

January 2025

For parents & Carers

NHS Greater Manchester

EXTRA FLU VACCINE CLINICS for school aged children

- Children in reception to year 11
- Locations across Greater Manchester
- 11 - 18 January 2025



Call 03333 583 397 (option 1) to book

Flu Vaccinations for school aged children

The number of cases of flu continues to rise in Greater Manchester especially amongst children aged 5 – 14.

It's not too late to get your child vaccinated. Appointments can be made by calling 03333 583 397 and choosing option 1. Find out more info [here](#).

PELICAN CENTRE
FEEL GOOD FITNESS

AWARD WINNING MYSENSABILITY

My SENSABILITY
My SENSABILITY RUNNER UP
INCLUSION HERO AWARDS

2024 BELIEVE SPORTS AWARDS

LIMITED FREE PLACES!

new FOR 2025

SEN FUN SWIMS EVERY MONTH!

Bookable online 6 days before the session or anytime over the phone on 01942 882722

1.30-2.30 pm

MYSENSABILITY HAVE SECURED FUNDING FROM BRIGHTER BOROUGH TO RUN THE SEN FUN SWIMS IN CONJUNCTION WITH THE PELICAN CENTRE TYLDESLEY FOR 12 MONTHS THROUGHOUT 2025

07566 724032
www.MYSENSability .UK

I support my daughter with her mental health and help her out wherever I can.

Wigan Council

I am an unpaid carer. Are you?



I help my brother with his medication and make sure he's eating well.

Wigan Council

I am an unpaid carer. Are you?



Unpaid carers

Many people don't see themselves as carers and may not be getting the support they need. If you're looking after someone who would otherwise be unable to cope, you are likely to be an unpaid carer.

Registering as an unpaid carer can help you find the right support and help you understand your rights.

Contact Wigan and Leigh Carers Centre to learn more about the benefits available to you, such as:

Access to carers assessments / Group activities / Reduced gym memberships / And much more

We want you and the person you care for to live the best life possible by getting the right support at the right time.

Register today: <https://bit.ly/3D5Jfjk>

You can also find out more about the support that is available to you at www.wigan.gov.uk/SupportForCarers