



### Boxing for Better



Using the power of boxing to transform lives and empower individuals. With our programs, we have impacted countless individuals, helping them gain confidence, strength, and resilience.

**Corner Men** - is a programme designed just for men, to find a safe place where they can blow off some steam, learn new skills, connect with others and enjoy a positive physical activity session. More info [here](#).

**The Community Boxing Sessions** - targeted at children aged 9 to 16. We welcome both boys and girls of all abilities and backgrounds

**Higher Folds**, Mondays 5 – 6pm

**Platt Bridge**, Tuesdays 5:30 – 6:30pm

**Norley Hall**, Thursdays 4 – 5pm

**Hag Fold**, Fridays 5 – 6pm

More info [here](#).

### WorkWell

## Helping you Be Well at work

Struggling with your health and worried about work?

If your health is affecting your job, the WorkWell Programme can help you stay in work, return after sickness, or find the right job when challenges make it difficult.

WorkWell provides one-to-one support for those facing:

- Mental health challenges
- Musculoskeletal (MSK) conditions
- Neurodiverse conditions or other health-related barriers

Through Work & Health Coaches, WorkWell offers workplace advice, return-to-work support, career guidance, and connections to local services—helping you move forward with confidence.

You can refer yourself or be referred by a professional (with permission).

Find out more or make a referral, [here](#).

March 2025

For parents & Carers

### This Van Can ovarian cancer awareness

Find out about the key symptoms of ovarian cancer, learn about your ovaries, pick up some information or chat to our friendly staff.

**Wigan, Robin Retail Park, 1 Loire Dr, Wigan WN5 0UL** – Friday 28<sup>th</sup> March

**Leigh Tesco Extra, The Loom, Derby St, Leigh WN7 4BA** – Saturday 30<sup>th</sup> March

(Usually be open from approximately 10am until 6pm) More information and dates [here](#).

### Volunteer Opportunity Canals and River Trust



Our Explorers Water Safety Education Volunteers in Wigan see thousands of school children each year - helping them to stay safe around open water. This takes a lot of hard work to co-ordinate, so we're looking for volunteers to help us administer this essential work. More info [here](#).



**SATURDAY 29TH MARCH**  
**ROBIN PARK LEISURE CENTRE**  
**12 PM - 2:30 PM**



**REGISTER HERE TO ATTEND THE EVENT AND CLAIM FREE TICKETS FOR LATICS V BARNSELY**



**FREE ENTRY**

**BELIEVE IN COMMUNITIES**

**FREE FAMILY FUN DAY!**

- MEET LATICS MASCOT CRUSTY THE PIE!
- FUN FAMILY ACTIVITIES
- INFLATABLE GAMES
- PRIZES TO BE WON
- CLAIM YOUR TICKETS TO LATICS V BARNSELY BY 5PM ON FRIDAY THE 21ST OF MARCH

**TO FIND OUT MORE:  
 EMAIL COMMUNITY@WIGANATHLETIC.COM**



**March 2025**

**For parents & Carers**



**Recycled Uniform Uniformity Project**

What does The Uniformity Project do?

- Provides Good Quality recycled Logo and Non-Logo School Uniform Free of Charge.
- Provides Low cost NEW Non logo uniform items £1 - £2
- Provides free access to sanitary Products and personal hygiene products for adults and children
- Supporting Families to maximise their income
- Provides an inclusive, space for creativity free of charge.

For more information, click [here](#).