



## Pol-Ed



Pol-Ed is a PSHE and Citizenship educational programme that provides schools with free lessons, assemblies and resources covering a range of topic areas.

All Pol-Ed lessons are focused on topics in which the police have credibility and expertise and sit under one of 4 umbrella topic areas.

### Relationships / Keeping Safe / Understanding the Law / Wellbeing

Our materials cover a wide range of the PSHE Association’s Programme of Study to address priority topics such as sexual violence and harassment, child-on-child abuse and the perception that young people have of the police.

Pol-Ed is completely **free** to your school, with our large range of expertly planned resources ready for you to use with your pupils today.

Pol-Ed’s aim to help you #KeepChildrenSafe and work together to be #APositiveForceInEducation.

## Financial Wellbeing



Children Northeast have created guides and resources for schools to help them support pupils and families who are experiencing poverty or facing financial hardship. With funding from Kavli, we have been able to develop our school day work and extend our learnings nationwide.

You can find:

Top Tips for school trips

Primary resources

Secondary resources and more

You can download the guides to support your setting by [following the link to their website.](#)

## Help Shape the Future of Wheeled Sports in Wigan!

Wigan Council is running a borough-wide survey to better understand how residents engage with wheeled sports—like skateboarding, BMX, scootering, and rollerblading. Whether you're a rider, a parent, or simply interested in how these activities shape our public spaces, your views matter. The feedback will help us identify areas of interest, understand participation trends, and support future planning or funding bids.

**Take the Survey:** [Wigan Wheeled Sports Survey](#)

**Deadline: Monday 17th November**

This survey is part of a wider effort to better understand local interest in wheeled sports.

## October 2025 For Schools

### WOW Travel Tracker



By recording all modes of travel, the WOW Travel Tracker is a comprehensive method of gaining valuable insights into school travel habits at schools, local authorities or academy trust level.

The system can be used on classroom interactive whiteboards, PCs and iPads for pupils and teachers to input their journeys each day.

The WOW Travel Tracker uses icons instead of pupil's names, but classrooms have the option to display name tags should they wish to. At the end of the month pupils who have walked (wheeling, cycling, scooting and Park and Stride count too) to school at least once per week for a whole month can receive their WOW badge. [Head to the website to sign out or find more information.](#)

**Kooth** have launched their new Linktr site, where you can find all their up-to-date sessions for pupils and training for staff and professionals.

[Click here to head to their Linktr](#)



## Online Safety

With elements of the Online Safety Act coming into force in August, the Government has published a guide to the legislation: [Keeping children safe online: changes to the Online Safety Act explained](#)

There are various organisations around the country that support education settings and children and young people including:

Molly Rose Foundation: The aim of Molly Rose Foundation is suicide prevention, targeted towards young people under the age of 25. [Visit their resources here.](#)

The Breck Foundation; Our organisation was founded in 2014 in response to the tragic loss of Breck Bednar, a 14-year-old boy who was groomed and murdered by someone he met online. Our work aims to prevent this from ever happening again. Our work saves lives. [Visit their online safety resources here.](#)

## Trauma Informed Schools – Information session



A trauma informed school, organisation or community is one that can support children and teenagers who suffer with trauma or mental health problems and whose troubled behaviour acts as a barrier to learning.

Trauma Informed Schools & Colleges support schools, communities and other organisations in providing relationships for these children that heal minds, brains and bodies.

Trauma Informed Schools offer training to schools, organisations and communities to empower and enable key staff to be able to respond effectively to mild to moderate mental health problems.

Want to find out more? [Head to the website to book your place on the information session.](#)

## Staff wellbeing



Whether you're a classroom teacher, school leader, or support staff, **stress in teaching** can take a real toll.

78% of education staff tell us they are stressed. This rises to 84% of senior leaders. Prolonged stress can result in symptoms such as insomnia and burnout.

These simple, effective tips offer **stress management strategies for teachers** and education staff that can help you cope with the daily pressures of life working in education and protect your wellbeing.

Find them via visiting [Educational Supports website.](#)

October 2025  
For school staff

## Autism and Wellbeing schools training programme



A two-day course developed by world leaders in the autism field, with resources co-produced by neurodivergent people of all ages.

On the course, you'll increase your understanding of neurodivergence and how to support the mental health of your autistic students. You'll also learn about:

- the impact of autism myths and stereotypes
- communication and sensory differences between autistic and non-autistic children and young people
- the causes and impacts of masking, meltdown and shutdown, and autistic burnout
- promoting wellbeing for autistic students and staff.

For more information, please visit Anna Freud [website via this link](#) or please contact [autism.schools@annafreud.org](mailto:autism.schools@annafreud.org)



## Getting through the Armour

Helping families understand how some boys use emotional "armour" to protect themselves — and how we can support them to thrive.

These sessions explore:

What emotional armour looks like

Its impact on boys' wellbeing and development

How trust, emotional support, role models, and purpose can help boys flourish

### Upcoming Dates & Locations, please ring the relevant Family Hub to book:

**23rd October** – Mornington Road Family Hub – Tel: 01942 488246

**3rd November** – The Meadows Family Hub – Tel: 01942 488000

**11th November** – Leigh Family Hub – Tel: 01942 777705

**18th November** – Clifton Street Family Hub – 01942 828377

**2nd December** – Wigan North Family Hub – 01942 488000

**9th December** – Golborne/Lowton Family Hub – 01942 828377

## Stoptober

They say that 'quitters never win'... but when it comes to quitting smoking, that's simply not true!



Whether it's your own health, your family's health, improving your sense of taste and smell, or saving money (up to £5,000 for the average smoker!), there are so many 'wins' from giving up cigarettes.

October is officially #Stoptober, and if you're thinking of making a quit attempt over the next month then make sure to get in touch with the Be Well Stop Smoking Service.

It's a fact that you're four times more likely to succeed when you have the right support – and this FREE local service is here to help with a range of nicotine replacement therapy (NRT) options, and ongoing guidance and encouragement from friendly, expert health advisors.

So, improve your odds and start winning today with Be Well! Call 01942 828535 or head to [bewellwigan.org/stopsmoking](http://bewellwigan.org/stopsmoking)

Join Be Well at your local Family Hub in the build-up to Halloween for some spooky healthy treats and ghoulishly fun games! We'll also be making sure our oral health doesn't get tricked by too many treats... with top tips for keeping little teeth happy and healthy. All sessions are FREE which you can find via [Be Well's Facebook page here](#).

Plus... Thanks to a generous donation from Colgate, we're giving away FREE Bags of Smiles at your local Family Hub this half term. Each bag includes Colgate toothbrushes & toothpaste, **Fun activity sheets for children, Easy tips for families on good oral hygiene.** [Find your local Family Hub via this link](#)

October 2025

For parents & Carers

## Essential Parent App



### Exciting News for Families!

We're thrilled to launch the Essential PARENT App – and it's ready to download TODAY!

This free app is designed to make life easier for parents and carers. You'll find helpful info, local services, fun activities, and support all in one place – right on your phone.

- ✓ Easy to use
- ✓ Keeps you up to date
- ✓ Connects you to support when you need it

Need help getting started? Pop into your local Family Hub – we're happy to help!

Let's make parenting a little easier, together ❤️

### Download it using the links below

[Click this link for iPhone users](#)

[Click this link for Android users](#)



October 2025

For parents & Carers



### Take Time to Talk

We work with children, young people, parents and families to open the lines of communication through supported conversations, to reduce conflict and improve understanding. Families who work with us have less stress, anxiety and worry and live a happier family life.

Our work involves:

1:1 work and family sessions

Supported conversation and mediation

Support and advocacy for children and young people

[Visit the website by clicking this link and find out more information and how to get in touch.](#)

### October Pedal Parties

Free sessions to boost your cycling confidence and skills with instructor-led rides for all abilities. Perfect for children and families. Don't miss out!

Half term - Wednesday 29th - 10am-12pm

The Hide Coffee House, Pennington Flash (WN7 3PA).

No booking required, just turn up.

No bike? No problem! Bike and helmet hire available.



### Girls Cycling

Join our regular girls-only rides and meet-ups where you can make new friend and explore new places.

From Leigh Youth Hub to on 3<sup>rd</sup> Tuesday of every month 6pm – 7:30pm & from Robin Park arena on 1<sup>st</sup> Tuesday of every month, 6pm – 7:30pm.

### Greater Manchester Fire and Rescue service



### Halloween & Bonfire Advice

Halloween can be a lot of fun for children and young people, but it can also be distressing and intimidating for some residents.

[Please look at GMFRS website here for Top tips to ensure everyone has a safe and enjoyable time](#)

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Thank you for helping us build a clearer picture of what our communities need!