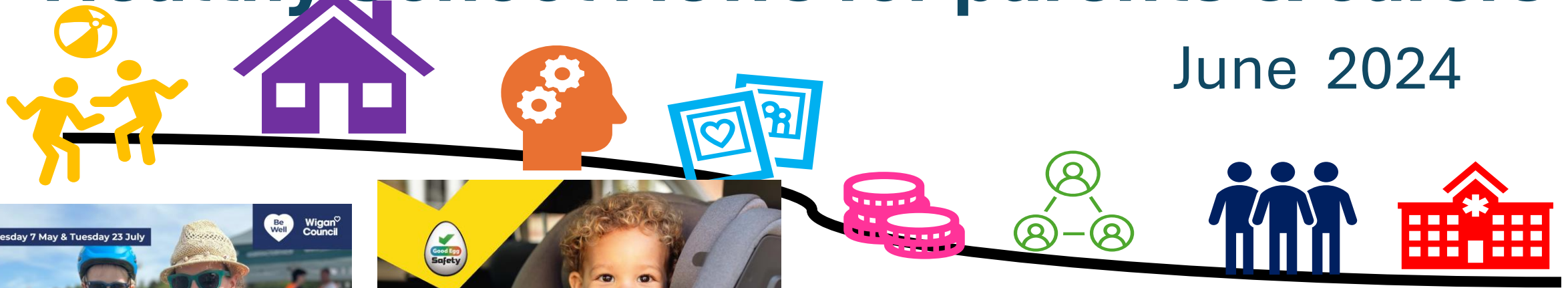


Healthy School News for parents & carers

June 2024



Tuesday 7 May & Tuesday 23 July

Wigan Council

Cycle Three Sisters 2024

Our popular free cycling event returns to the Three Sisters Race Circuit in Ashton-in-Makerfield. Families from across the borough are invited to come along – with or without a bike – and join in the fun!

FREE Family Event

3pm* - 8pm

What to expect There will be a host of family-friendly activities including:

- The chance to cycle the full 1.4 kilometre race circuit
- Adult and children's bikes and helmets available to borrow
- Balance bike track (ages 5 and under)
- Cycle skills for ages 6-12
- Wheels for All adapted cycles
- E-bikes
- Cycling stalls
- Climbing wall
- Face painting
- Inflatables

To find out more visit wigan.gov.uk/CycleThreeSisters or email the team wellbeing@bewellwigan.org

From 1.30pm to 2.45pm there will be a dedicated opportunity for those with balance bikes, bikes with stabilisers and adapted bikes ONLY to use the main circuit.

SCAN ME

Good Egg Safety

Have your child's seat checked for FREE

Friday 7th June 2024 10am - 3pm

Tesco Car park

Central Park Way, Wigan WN1 1XS

www.goodeggcarsafety.com

SAFER ROADS GM | Road Safety GB | iAM RoadSmart | Arnold Clark

Carers Week is an annual campaign to raise awareness of caring, highlight the challenges unpaid carers face and recognise the contribution they make to families and communities throughout the UK. It also helps people who don't think of themselves as having caring responsibilities to identify as carers and access much-needed support.

A carer is someone who provides unpaid care and support to a family member or friend who has a disability, illness, mental health condition, addiction, or who needs extra help as they grow older. It isn't someone who volunteers or is employed to provide support.

We will be visiting places across the borough with our Carers Roadshow from Tuesday 28th May to Friday 14th June with advice, information and people who want to listen and offer support. You will see us in our Carers Roadshow vehicle or with a stall in a community venue so please come and say hello. For further details and dates/venues please click [here](#)

NSPCC are looking for new volunteers from all over Wigan area to be 'Speak out. Stay Safe' Volunteers.

As a volunteer you will visit primary schools to deliver 'Speak out. Stay safe' workshops that teach children about the different types of abuse and how they can speak out and stay safe. Our 'Speak out. Stay safe' workshops are age-appropriate and memorable and need an energetic and enthusiastic person to deliver them.

You'll work alongside other Speak out. Stay safe. volunteers to make sure at the end of each session the children feel empowered and know who they can speak out to if they are worried. If you have any questions or experience any issues, please contact the Volunteer Recruitment Team at VolunteerRecruitment@NSPCC.org.uk or click [here](#)

The Greater Manchester Foetal Alcohol Syndromes Disorders Network is delighted to roll out some of their upcoming events to help professionals and families connected with FASD to network across Greater Manchester!

Individual Thematic online roadshow sessions aimed at the following: Neurodevelopmental support, Substance misuse services, Education, Prevention services, Working with vulnerable adults, General health and therapies and Public services.

25th June 2024 – Face to Face event in Wigan
Greater Manchester FASD Network Roadshow in Wigan

More information for bookings and other events [here](#)

Wigan Council

If I knew measles would make them this poorly, I'd have made sure I got them vaccinated....

Make their protection your priority

For more information about the MMR vaccination and how to get an appointment in Wigan Borough visit www.wigan.gov.uk/mmr/vaccination

NHS

Tour of Britain Ladies

We're proud to reveal that we will be hosting the conclusion of the Tour of Britain Ladies cycle race on Sunday 9th June at Leigh Sports Village. To find out more visit [Route for final stage of Tour of Britain Women revealed as European city of cycling welcomes world's best female riders \(wigan.gov.uk\)](#)

To celebrate the Tour coming to our Borough we'll be delivering a wide range of free activities at Leigh Sports Village throughout the day. Check out our social media pages for more information over the coming weeks.

Oral health is very important for you and your whole family.

If you don't currently have a dentist you can search for one in your area by clicking [here](#)

To access an emergency dentist call 111 who will advise you on pain relief and local, out of hours options.