



November
2025

The Daily Mile Santa Dash 2025

The Santa Dash is a fun and free Daily Mile event designed to get children moving, smiling, and ending the term on a high. Schools taking part will receive a pack of free resources, including an assembly video, classroom activities, and certificates. [Visit Daily Mile 'Santa Dash' for more information](#)

All schools are welcome to join in – even those not currently registered with The Daily Mile. To take part, schools simply need to register via visiting the [Daily Mile sign up page](#), and the resources will be sent to you automatically.

Daffodils Dreams

Every child deserves a fair start in life, no matter their background or their parents' financial situation. At Daffodils Dreams, they believe in equal opportunities for all children. Their goal is simple: help them tap into their potential and succeed in all areas of life. Whether it's at home, school, or play, they want every child to get the chance they deserve.

Through our network of referrals, we ensure that children and families get the basic essentials they need. This includes: Clothing, Bedding, Toiletries, Small Household Items, Toys and more.

Professionals can refer to Daffodils Dreams for children in need, by visiting their [Referral Form webpage](#).

Winter water safety

As temperatures drop our local ponds, reservoirs, lakes and canals can freeze and become dangerous and can have fatal results. It might be tempting to walk or play on frozen water, but the ice can easily break.

It's important to make children and young people aware of the dangers.

GMFRS key message is **stay safe, stay off the ice**. You can find supporting information on [GMFRS Frozen Water Safety](#)

You can also find resources to deliver in class from RLSS. Visit [RLSS Winter Water Safety](#).

StayWise

StayWise gives teachers, home educators and emergency services workers free access to curriculum-aligned safety resources developed by UK fire and rescue services, police, paramedics, RNLI and the Coastguard, alongside other safety-focused organisations

You can head to their website and find resources for Water Safety, plus lots more [by visiting StayWise Water Safety](#)

Health & Wellbeing information for Education settings

Anna Freud – 5 Steps whole school approach to mental health and wellbeing

Develop your whole-school or college approach to mental health with the 5 Steps framework. Whether you are just starting out or building on existing work, the framework offers a flexible and inclusive way to embed mental health and wellbeing across your setting.

The 5 Steps framework is freely available to all schools and colleges, with no registration required.

Visit the [Anna Freud's 5 Steps to Mental Health and Wellbeing](#).

[Visit YouTube to watch Anna Freud's 5 Steps to Mental Health and Wellbeing: A Framework for Schools and Colleges](#)

Anna Freud – Healthy Relationships toolkit to support primary aged pupils.

A four-part lesson toolkit and additional resources to help pupils aged 10 to 11 explore healthy friendships, emotional wellbeing and conflict resolution.

[Visit the Anna Freud Healthy relationships: a toolkit to support primary-aged pupils website here for access resources](#).



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Health & Wellbeing information for Education staff

How to support young people to manage anxiety with self- care

As a professional, how can you support the rising number of young people in your care who are likely to experience anxiety?

Join Kooth for a free 45 minute webinar and you will hear from one of our community engagement team, alongside a clinician from Kooth, who will share expert tips on how to spot the signs of anxiety, how to offer support to young people who are struggling and how Kooth can help.

[Visit KootTalks](#) to sign up.

Teacher burnout and how to avoid it.

Look at Educational Supports resources to support education staff to manage and reduce burnout.

[Visit Educational Support for more info.](#)

Supporting school staff stay Well in Work

The WorkWell Programme is here to help people.

- Stay in work.
- Return after sickness.
- Find the right job when health challenges make it difficult.

As a school, you may know staff, parents, or other adults in your community who are struggling with:

- Mental health challenges
- Musculoskeletal (MSK) conditions
- Neurodiverse conditions
- Other health-related barriers
- Those awaiting diagnosis or on elective care waiting lists.
- Anyone at risk of unemployment due to poor health, or recently unemployed where health is a contributing factor.

WorkWell offers:

- One-to-one coaching
- Workplace advice
- Career guidance
- Access to local support services

All designed to help individuals manage their health and move forward with confidence.

Referrals can be made by professionals (with permission) or individuals themselves. Learn more or make a referral [by heading to Work Well Wigan's website](#)

Social media & Mental Health PSHE research – secondary schools

You are being invited to take part in a research study focused on developing new PSHE (Personal, Social & Health Education) resources for secondary schools, on the topic of social media and mental health. We are inviting teachers and parents to participate in an online roundtable discussion to help us produce these important resources.

This research is being led by the #So.Me team at the University of Manchester and is a collaboration with three partner organisations who are experts in developing educational resources and online safety: Tooled Up Education, the PSHE Association, and Internet Matters.

The main purpose of this project is to create practical, research-informed PSHE resources that help young people better understand and manage their social media experiences and mental health. The discussion will focus on the barriers you face in supporting young people's social media use.

Please email jo.hickman-dunne@manchester.ac.uk for more information or to express your interest in attending.



Health & Wellbeing information for Parents & Families

Smartphone safety & cyberbullying: How to support your child

Most 11-year-olds have a mobile phone, but do they know how to protect themselves from cyberbullying?

This November, we're inviting parents to join us for a free 45 minute webinar. We will share practical tips on how to help children deal with potential problems, how parents can spot signs of cyberbullying and what action to take.

You can access this support [via KoothTalks website](#)

SEND newsletter

Are you the parent or carer of a child with special educational needs and disabilities (SEND)?

Wigan Council are launching a brand-new SEND Local Offer newsletter just for you and your family. Discover lots of useful information about support, education, activities, health and more, direct to your inbox.

Sign up to the newsletter by visiting [Wigan Council an completing the online web form.](#)

You can also find further information on SEND Local offer for Wigan by [visiting Local Offer](#) webpage.

Do you know someone who's struggling with their health and work?
The WorkWell Programme is here to help people:

Stay in work
Return after time off sick
Or find the right job when health makes things harder.

You might know a parent, carer, or adult in your community who's finding it tough due to.

- Mental health challenges
- Muscle or joint (MSK) condition
- Neurodiverse conditions
- Waiting for a diagnosis or on an NHS waiting list
- At risk of losing their job due to poor health
- Recently unemployed where health played a part.

WorkWell offers free, personalised support, including:

- One-to-one coaching
- Advice for managing health at work.
- Career guidance
- links to local services and support

It's all about helping people feel confident, supported, and ready to move forward

[Visit the Work Well site to refer.](#)

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Offload for 16-24 year old men

It's more than just sport. It's about building your mindset, unlocking confidence, and connecting with people who get you. We'll cover stuff that actually matters resilience, handling pressure, healthy decision-making, teamwork, communication - how to level up in life and bounce back when life hits hard. Whether you're feeling stuck, isolated, or just ready for a change - this is your chance to take control.

he free-to-attend six-week mental fitness and wellbeing programme takes place on Wednesdays (6pm - 8pm) from Wednesday 10th December at Robin Park Arena.

[Sign up by visiting Universe web page, and securing your tickets.](#)

Health & Wellbeing information for Parents & Families

Here for You

As winter approaches and temperatures start to fall, it's important to know that Wigan Council are 'Here for You' in many different ways, from Financial wellbeing support at an expensive time of year, to spaces in the borough that welcome you with kindness and warmth.

Let us be

Here for You

Warm, Welcoming spaces

These are safe places you can visit to stay warm and see a friendly face, free of charge and without judgement.

Each of our warm, welcoming spaces are slightly different in what they offer, but we promise that if you do visit, you'll be met with warmth, kindness and a friendly Wigan Borough welcome. You can find a list of these spaces by visiting [Here for You..](#) For more information on Warm, Welcoming Spaces follow this link to [Here for You's site.](#)

Welfare Support

If you find yourself in financial crisis, please don't go through it alone. Our friendly staff are on hand to support you without judgement. They can offer: • Money or vouchers towards food • Help with energy costs • Furniture packages. For more information [visit Welfare Support.](#)

Income Maximisation and Debt Advice

It can be hard to know what financial support is out there, but our team are here to help. We hold regular face-to-face drop-in sessions where our friendly, expert advisors can: • Talk you through what you're entitled to • Help you to complete any claim forms • Provide support with money management. For details of session in your local area [visit Here for You website.](#)

AWARM

If you struggle to keep warm at home or have a health condition affected by living in a cold damp home, support may be available through the AWARM service. For more information and to apply [visit warm homes web page here.](#)

Here for You

To find out how the Here for You service can support you, please visit [Here for You.](#)