



## Health & Wellbeing information for Parents & Families

### NHS – Keep protected this winter.

Mobile Outreach service delivering Covid and Flu Vaccinations, as well as Blood Pressure checks across the borough.

#### When & Where:

##### Wednesday 17<sup>th</sup> December 2025

8:30am – 2:30pm

Spinning Gate Shopping Centre, Leigh, WN7 4NP

##### Wednesday 14<sup>th</sup> January 2026

10am – 4pm

Shakerley Community Centre, M29 8FU

##### Thursday 15<sup>th</sup> January 2026

10am – 4pm

Compassion in Action (at the back of Patrick House), WN7 1QR

##### Thursday 27<sup>th</sup> January 2026

10am – 4pm

Derby Road/Windsor Road, Golborne

### Summer swimmers are made in winter.

Get the kids ready for the summer holidays with Be Well's Learn to Swim programme! Keep them active, happy, and healthy over the winter months as they build confidence, learn valuable life-skills and make friends. Visit [Be Well](#) now to secure 50% off for your child's first 2 months membership.

### Wigan Youth Zone – Free Entry & Free Meals

From December – 31<sup>st</sup> January, young people can access Wigan Youth Zone, for FREE.

If you fancy warming up, filling up and having a laugh with your mates this winter, head down to Wigan Youth Zone. They've got the lights twinkling, the music on, and loads going on to keep you smiling right through the season. Bring your pals and make the most of it — the more the merrier.

Take a look at all their sessions times by visiting [Wigan Youth Zones webpage](#). (excluding Holiday clubs)

### Hand Washing

**What you need to know** - Hand hygiene is one of the most important ways of controlling the spread of infections, especially those that cause diarrhoea or vomiting and respiratory infections. You should wash your hands:

- after using the toilet or changing a nappy
- before and after handling raw foods like meat and vegetables
- before eating or handling food
- after blowing your nose, sneezing or coughing
- before and after treating a cut or wound
- after touching animals, including pets, their food and after cleaning their cages

Washing your hands properly removes dirt, viruses and bacteria to stop them spreading to other people and objects. Please see NHS link for further details [How to wash your hands - NHS](#)

December  
2025

### Online relationship support for parents

Parents in Wigan can now access 3 online courses from the relationship experts at OnePlusOne.

Learn to cope with stress and communicate better, wherever you are in your parenting journey.

**Arguing better** - Disagreements are a normal part of life. How you approach them can make all the difference to you, your partner, and your children.

**Me, You and Baby Too** - Learn how to navigate the changes that happen in a relationship when a baby arrives

**Getting it right for children** - When parents are separating or separated, children can often get caught in the middle. Learn how to manage conflict to minimise the impact it has on your children.

To access the courses, you will need to sign up and select 'Wigan' by visiting [Parent resource sign up](#)