



Health & Wellbeing information for Parents & Families

Learn to Ride

Learn to Ride with Be Well in 2026! We've got lessons for both children and adults at Leigh Leisure Centre – all just £1 each!!!

- Learn to balance and pedal independently.
- Develop steering and braking skills.
- Build confidence for family rides.

Sessions available on the following Thursdays (separate sessions 5pm-5.45pm for ages 5-11; & 6pm-6.45pm for adults (ages 16+):

February 26

March 5 & 12

No previous experience required – just bring your bike, helmet, and enthusiasm! (No bike or helmet? No problem! You can borrow one of ours.) Spaces limited, so book now using the Be Well app or the links in the comments or visit [Cycling with Be Well](#)

WithYou: Alcohol Support

Giving up alcohol completely can be hard for some people, and stopping suddenly isn't always safe. That's why small, realistic changes can be a better place to start. These might include:

- Keeping track of when and why you drink
- Having more days each week with no alcohol
- Choosing smaller drinks or measures
- Setting limits on when you drink
- Trying new activities or hobbies to change your routine

Everyone has setbacks sometimes. If that happens, it doesn't mean you've failed. It can help you understand what situations make change harder and how to deal with them next time. The most important thing to remember is that positive change doesn't have to be perfect or instant. Support is available for young people and families who want advice about alcohol — whether that's cutting down, stopping, or just taking a break.

WithYou Wigan and Leigh offers free and confidential support for individuals and families.

Call: 01942 487578

Online referral:

<https://www.wearewithyou.org.uk/wigan-and-leigh-referral-form>

Quit Coach

FREE digital stop smoking assistant, supporting you every step of the way on your quitting journey. Easily accessible via WhatsApp, with Quit Coach you can get:

- Personalised guidance to help keep you on track.
- Daily motivation
- Tips to help you resist cravings.

Progress tracking so you can celebrate milestones.

Don't go it alone.

Start your journey today with Quit Coach, get in touch on 01942 828535 or visit [Get Started - Quit Coach](#)