



Greater Manchester
Mental Health
NHS Foundation Trust

WIGAN MHST Newsletter

Issue 11: July 2025



Please note that the deadline for new referrals for the 24/25 academic year has now passed. We will be accepting new referrals from September 2025.

If mental health support is needed please contact:

CAMHS DUTY

01942 764473

or the **24/7 Crisis Line**

0800 051 3253

You can also dial **111** for urgent support.

In an emergency dial **999** or attend A&E.



MHST Padlet

Scan the QR code above to access useful information, signposting, and referral forms.

Welcome to the final MHST newsletter of the 2024/2025 academic year.

We've had 11 jam-packed issues of advice and support and in this issue we're focusing on what support is available over the summer break.

This summer we're offering more parent workshops than ever! We'll be presenting on the themes of anxiety, low mood, and school transition across 6 Family Hub locations. You can find more information and the link to book tickets on page 2. We would be grateful if you could promote this to parents and carers.

In this issue we will also be offering some tips on how to stay well this summer. It can be easy to fall into bad habits without the routine of school, so we will look at some ways to make self-care a priority.

Over the summer months screen time may dramatically increase for many young people, with social media being their first choice for communicating with their peers. That's why in this issue we have also included some advice on how to keep young people safe online.

On page 6 you will find some useful signposting and information on the exciting launch of new Family Hub locations.

We would like to take this opportunity to thank you for your continued support and engagement throughout the academic year. We look forward to working with you in 2025/2026.

We would love to get your feedback on the newsletter! Please scan the QR code to the right to complete our short survey.

FEEDBACK



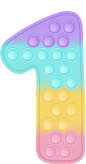
THIS MONTH'S WHOLE SCHOOL APPROACH OFFER

- Summer Self-Care Workshops

Contact your school's allocated practitioner to find out more about our offer.

PARENT WORKSHOPS

PLEASE [CLICK HERE](#) TO BOOK TICKETS FOR THIS
SUMMER'S PARENT WORKSHOPS



ANXIETY WORKSHOP

This workshop explores what anxiety is, where it comes from, and how it affects us. We will explore common symptoms of anxiety and consider how our thoughts, feelings, and behaviours are connected. We will then share coping strategies and useful signposting to help parents support young people in managing their worries.



LOW MOOD WORKSHOP

This workshop aims to help parents understand the common symptoms of low mood, and the differences between low mood and depression. We will look at the 'vicious cycle of low mood' and consider what keeps low mood going. We will also explore how valued activities can improve mood, and top tips on general wellbeing.



TRANSITION WORKSHOP

In this workshop we will explore the common worries associated with school transition and how this can create feelings of anxiety. We will think about how young people and their parents can manage these worries and prepare themselves for change.

Monday 21st July 2025

Location: Hindley Family Hub
10:00-11:30: Anxiety Workshop
13:00-14:30: Low Mood Workshop
15:30-17:00: Transition Workshop

Tuesday 29th July 2025

Location: Atherton Family Hub
10:00-11:30: Anxiety Workshop
13:00-14:30: Low Mood Workshop
15:30-17:00: Transition Workshop

Wednesday 13th August 2025

Location: Standish Library
10:00-11:30: Anxiety Workshop
13:00-14:30: Low Mood Workshop
15:30-17:00: Transition Workshop

Wednesday 13th August 2025

Location: Clifton Street Family Hub
10:00-11:30: Anxiety Workshop
13:00-14:30: Low Mood Workshop
15:30-17:00: Transition Workshop

Thursday 14th August 2025

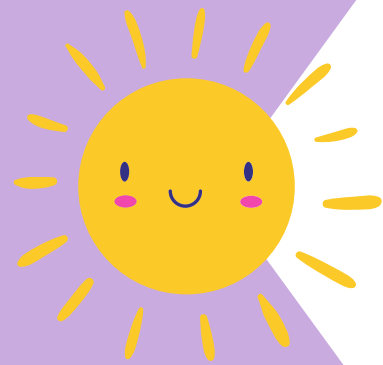
Location: The Meadows Family Hub
10:00-11:30: Anxiety Workshop
13:00-14:30: Low Mood Workshop
15:30-17:00: Transition Workshop

Wednesday 20th August 2025

Location: Westleigh Family Centre
10:00-11:30: Anxiety Workshop
13:00-14:30: Low Mood Workshop
15:30-17:00: Transition Workshop

All parents and carers are welcome to join the upcoming parent workshops across the Family Hubs. Please share the above information and encourage parents to book a place.

SUMMER SELF CARE



As children and young people will be off school for around 6-7 weeks, it's really important that they continue doing the things they would usually do to look after themselves over the summer months.

One in five 8-18 year olds have a probable mental health difficulty and this can be impacted further by a lack of routine. Having some freedom over summer is good but we have to be careful of overdoing it, as this can make returning to school in September feel difficult and tricky.

It's really easy when we have a break in routine to let things slide - this is where self-care comes in. It's about making sure you look after yourselves, starting with the basics.



Sleep:

Age 6-13: recommended 10 hours a night
Age 14-17: recommended 9 hours a night

Therefore, keeping a good sleep routine is important for your overall mood, cognitive functioning and lowering stress and frustration. Try to keep a bedtime routine over summer. This will make going to school in September feel easier.



Diet:

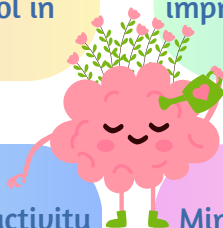
Recommended: 3 meals a day, drinking plenty of water and limiting sugary foods.

During school hours, we are used to having at least dinner at school - it's important to continue having 3 meals a day over summer. It helps to reduce 'hangriness', improve sleep, improve brain function and helps your body to recover from any illness.

Physical Activity:

Recommended: 60 minutes of physical activity a day.

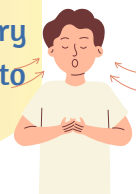
It's really easy to let our physical activity slide over summer; it's too easy to scroll on our phones while lying on the bed or going on the PlayStation/X-Box for hours on end. But you need to get up and move as well! It helps with our overall health and releases happy hormones!



Mindfulness:

Mindfulness is all about living in the present moment - we aren't dwelling on the past or worrying about the future. Mindfulness helps you to feel calmer and less stressed.

Mindfulness exercises are very good when we need some head space, or even when faced with coming back to school in September - try breathing or calming/grounding techniques to help!



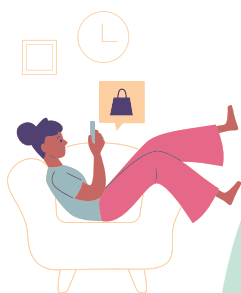
KEEPING YOUNG PEOPLE SAFE ONLINE



Talking to young people about online safety is essential, and the key is to keep the conversation open, age-appropriate, and ongoing. Here are some practical tips to guide the discussion:

1. Start Early and Keep It Age-Appropriate

Use simple language for younger children (e.g. “Not everyone online is who they say they are”).
For older kids, discuss more complex topics like privacy settings, cyberbullying, and digital footprints.



3. Teach Key Safety Rules

Don't share personal information (full name, address, school, etc.).
Only talk to people they know in real life.
Use strong passwords and keep them private.
Always ask before downloading or clicking on links.



2. Make It a Two-Way Conversation

Ask open-ended questions like: “What do you like to do online?” “Have you ever seen something online that made you uncomfortable?”

Listen without judgement to encourage honesty.



4. Explore Together

Visit websites and apps with them.
Show them how to use privacy settings and report/block features.



5. Talk About Digital Footprints

Explain that what they post online can stay there forever.
Encourage them to think before they post or share.

6. Set Boundaries and Use Tools

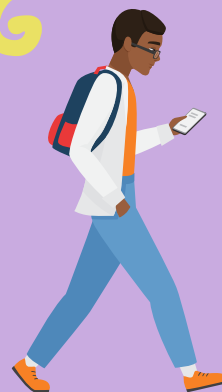
Set screen time limits and device-free zones (like during meals or bedtime).
Use parental controls, but explain why they're in place.

7. Reassure and Support

Let them know they can come to you if something online upsets them.
Praise them for making smart choices online.



KEEPING YOUNG PEOPLE SAFE ONLINE



FURTHER LINKS,
SERVICES AND ADVICE

[Internetmatters.org](https://internetmatters.org)

This website provides a parental control step by step guide, social media/app privacy guide and much more.

This page will provide information and guidance to help you and your teen navigate their digital life:

<https://families.barnardos.org.uk/13-19-years/digital-wellbeing>

Online safety resources:

<https://learning.nspcc.org.uk/online-safety>



SIGNPOSTING SPOTLIGHT

Wigan Borough

**family
hübs**

LAUNCH EVENT

The Family Hub at Standish, Shevington and Aspull Libraries

Join us for the Launch of our 5th Family Hub

- Come and find out what will be available for you and your family and meet the organisations who will be based in the Family Hub
- Have a look around our Family Hub and meet the team
- Free activities for children and young people such as arts and crafts, free play, face painting.

The event is open to all children, young people and their families! Children must be accompanied by an adult.

Aspull Library
Oakfield Crescent, WN2 1JA
Tuesday 22nd July
11am -2.00pm

Shevington Library
Gathurst Lane, WN8 8HA
Tuesday 29th July
11am -2.00pm

No need to book, just come along and meet the team!

www.wigan.gov.uk/FamilyHubs

Working together to support families

Wigan Council Wigan Safeguarding Partnership Healthier Wigan GREATER MANCHESTER POLICE



During the summer, concerns about body image often increase. This can be caused by a number of factors, such as social media portrayals of the so-called 'ideal summer body', advertising about diets and meal plans, and the loss of structure over the school holidays. BEAT offer a wide range of online support groups for those who have or think they have an eating disorder. [Click here to find out more.](#)

EMOTIONAL
HEALTH AND
WELLBEING
SUPPORT IN
WIGAN



SUPPORT FOR
NEURODIVERSE
YOUNG PEOPLE
IN WIGAN



THANK YOU FOR READING THE MHST NEWSLETTER

We'll be back with more advice and signposting in
September 2025!