



Greater Manchester
Mental Health
NHS Foundation Trust

WIGAN MHST Newsletter

Issue 9: May 2025



What's on this month:

Parent Workshops

Tuesday 27th May
Atherton
Family Hub

Anxiety Workshop 10am
Anxiety Workshop 1pm

Hindley, Mornington Road
Family Hub
Anxiety Workshop 3pm
Low Mood Workshop 5pm

Wednesday 28th May
Clifton Street
Family Hub
Anxiety Workshop 10am
Anxiety Workshop 1pm

The Meadows
Family Hub
Low Mood Workshop 3pm
Anxiety Workshop 5pm

You can find the links to
book a place on these
workshops on page 4.



MHST Padlet

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

Welcome to this month's issue of the Wigan MHST newsletter. May is home to Mental Health Awareness Week which takes place from 12th to 18th May 2025. This year's theme is 'community' and the importance of community has been captured by The Mental Health Foundation:

"Being part of a safe, positive community is vital for our mental health and wellbeing. We thrive when we have strong connections with other people and supportive communities that remind us, we are not alone. Communities can provide a sense of belonging, safety, support in hard times, and give us a sense purpose."

Why not host a 'wear it green' day on Thursday 15th May to help raise vital funds and awareness for mental health.



**MENTAL
HEALTH
AWARENESS
WEEK**
12-18 MAY 2025



For more information and useful resources visit: <https://www.mentalhealth.org.uk/our-work/public-engagement/mental-health-awareness-week>



Kooth and **Qwell** are offering parents and carers the opportunity to join a live webinar on 17th June 6-6:45pm. During the webinar the team will share borough-specific data from the #BeeWell survey and from Kooth, to highlight what topics, themes and presenting issues are prominent in Wigan. They will also highlight the free, anonymous support available on Kooth and Qwell. To receive a link to the live webinar and/or a session recording, parents can sign up here:

<https://docs.google.com/forms/d/e/1FAIpQLSeiK5uMxKOV1kw68zQNGh3S0jehAvKVfeaGjWalFAOqGjS24rpg/viewform>

THIS MONTH'S WHOLE SCHOOL APPROACH OFFER

- Staff Wellbeing Workshops

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

10 WAYS TO GET INVOLVED WITH YOUR COMMUNITY

Source: <https://www.mentalhealth.org.uk/our-work/public-engagement/mental-health-awareness-week>



1. **Make it fun:** join a club or group focused on your interests.

2. **Get outdoors:** get some fresh air and get moving in nature to see more mental health benefits.



3. **Find like-minded people:** build connections with others who share your interests and make an effort to meet people who are different from you.

4. **Show kindness to others:** connect with your community through acts of kindness.



5. **Show your appreciation:** give a compliment or thank someone to strengthen your relationships.

6. **Connect online:** healthy online communities can help you feel safe and valued - find others who share similar experiences or interests online.



7. **Give back:** help others to build community and give you purpose.

8. **Care for your local community:** increase your sense of belonging by getting involved in your local community.



9. **Welcome others:** make new people feel welcome and include.

10. **Find peer support if you're struggling:** connect with others going through similar experiences through support groups.



LET'S GET TALKING

Talking about how we are feeling can be hard, but we do not have to wait for things to get worse before we ask for support or speak to someone.

Starting a conversation can be the hardest part sometimes. Here are some conversation starters...

If you want to ask for help:

This is difficult for me to talk about but I need to tell you something.

I know it might look like things are okay but they're not and I want to talk to you about it.

I've been finding it hard to cope with ... at the moment. Can we talk about it later?

I've been worried about... recently and wondered if I can talk to you about it?

You are worried about someone and want to open the conversation:

You seem a bit... is there anything you want to talk about?

How are you feeling about... ?

If you want to talk to someone, I will listen.

I know you are going through some stuff - I am here for you.

SIGNPOSTING SPOTLIGHT



**Building
Connections**
An NSPCC service



Building Connections is a programme offered by the NSPCC which aims to tackle feelings of loneliness. Young people who are referred to the Service are paired with a befriender to help tackle issues such as feelings of isolation, friendship difficulties, and low self-esteem. The intervention is delivered online over 11 sessions. Schools can refer directly into this Service. Further information can be found on their website: <https://www.nspcc.org.uk/keeping-children-safe/our-services/building-connections/>

PARENT WORKSHOPS



Understanding Anxiety workshop 1 for carers/parents: Atherton, 10am
<https://www.eventbrite.com/e/1338270827069?aff=oddttdtcreator>

Understanding Anxiety workshop 2 for carers/parents: Atherton, 1pm
<https://www.eventbrite.com/e/1338279402719?aff=oddttdtcreator>

Understanding Anxiety workshop for parents/carers: Hindley, 3pm
<https://www.eventbrite.com/e/1338319482599?aff=oddttdtcreator>

Understanding Low Mood workshop for parents/carers: Hindley, 5pm
<https://www.eventbrite.com/e/1338345440239?aff=oddttdtcreator>

Understanding Anxiety workshop 1 for carers/parents: Clifton Street, 10am
<https://www.eventbrite.com/e/1338380063799?aff=oddttdtcreator>

Understanding Anxiety workshop 2 for carers/parents: Clifton Street, 1pm
<https://www.eventbrite.com/e/1338385018619?aff=oddttdtcreator>

Understanding Low Mood workshop for carers/parents: The Meadows, 3pm
<https://www.eventbrite.com/e/1338390184069?aff=oddttdtcreator>

Understanding Anxiety workshop for carers/parents: The Meadows, 5pm
<https://www.eventbrite.com/e/1338394988439?aff=oddttdtcreator>

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

WE'D LOVE TO GET YOUR FEEDBACK!



We're always keen to hear how we're doing. We'd be grateful if you could take the time to complete our anonymous feedback questionnaire about the Wigan MHST newsletter, by scanning the QR code below.

Please let us know what's working well and where you think we could improve. We'd love to hear your ideas for future issues too!

Wigan MHST Newsletter Feedback



IN THE NEXT ISSUE:

School Transition

Pride Month

