



Greater Manchester
Mental Health
NHS Foundation Trust

WIGAN MHST Newsletter

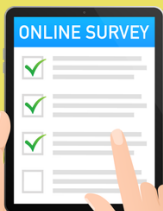
Issue 17: June 2026



Click the logo above to **follow us on eventbrite** and stay up to date with our upcoming events and parent workshops. Please encourage parents and carers to follow us too!



Click the logo above to access the **MHST Padlet** for useful information, signposting, referral forms, and previous issues of the newsletter.



Click the image above to share your feedback on the MHST newsletter. We'd love to hear your ideas and suggestions!

Welcome to the final issue of the MHST newsletter for the 2025/2026 academic year. We hope that you have had a successful year and that you are preparing to take a well-deserved break over the summer period. This is a brilliant time to reflect on the past year by identifying what has gone well and your own personal highlights.

In this issue we will be sharing an update from the recent Primary Mental Health Ambassadors' Network Event, where young people across different primary schools came together to learn more about mental health and share best practice. You can find out more on page 2.

We will also be delving into 'social anxiety' by exploring the signs and symptoms and where to access support (p.3). As we move into summer and look ahead to September, worries and uncertainty around transition can start to arise. We'll be looking at what you can do to support young people through periods of transition on p.4

The hard-work and dedication of school staff does not go unnoticed, and we want to thank you all for working alongside us throughout the academic year from referrals to consultations, and delivering whole school approach activities. After a busy year and an intense exam period, it is crucial that you allow yourself the time to switch off and relax over the summer holidays. To support with this we are setting you a self-care challenge on p.5

In this issue you will also find our usual features shining a spotlight on upcoming workshops (p.6) and events (p.7). For support over the summer, we are also signposting families to the wealth of activities offered by the Family Hubs and Wigan Youth Zone (p.8).

We hope that you have found the MHST newsletter both interesting and helpful. We would love to hear your feedback and your ideas for future issues, so please consider taking 2 minutes out of your day to complete the feedback form by clicking the image on the left.

Happy reading! Have a wonderful summer 😊

THIS MONTH'S WHOLE SCHOOL APPROACH OFFER

- Transition workshops
- Summer self-care workshops

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

SOCIAL ANXIETY



What is Social Anxiety?

Social anxiety often presents as difficulties in social situations due to a fear of being judged by others. People with social anxiety often believe that they will act in a way that will be humiliating and embarrassing. People struggling with social anxiety often engage in lots of behaviours that they believe makes them appear less anxious or avoid social situations where possible. When in social situations, individuals with social anxiety feel extreme anxiety, this can even trigger lots of physical sensations such as freezing, shaking, increased heart rate and changes to breathing.

Fact and Fiction

Social anxiety isn't just 'feeling anxious sometimes' when out with groups of people, we all get this sometimes!

Social anxiety is specific to social situations and can be debilitating for the people that experience it. Some people may experience anxiety and worries about lots of different situations; this could align more with 'generalised anxiety'.

A 2024 study (consisting of a review of 37 other studies) suggested that up to 17% of young people do struggle, or have struggled, with social anxiety. This shows that it can have a big impact on us and the young people we are surrounded by.



Signs and Symptoms

It's important to look for the signs such as:

Anxiety when going out in public; having lots of thoughts about being judged negatively by others; lots of physical sensations of anxiety such as fast breathing, increased heart beat, feeling hot and sweaty when around people; truancy; noticing lots of avoidance of activities outside of the house.

Support

Social anxiety can be extremely impactful on a young person's life, therefore in order to understand social anxiety more effectively, information can be found at '[Anna Freud](#)' and '[Child Mind Institute](#)' websites. If you are looking to access support for your young person's social anxiety and your school has access to MHST provision, a referral can be completed which could then explore the available support.



TRANSITION



Transition is a normal and important part of life, and learning to manage this is a key part of growing up. Moving to a new class, or even to a new school, can bring new opportunities; this can be a powerful tool to build resilience. Whilst many young people may be excited by this new start, these changes will also bring uncertainty, worry and distress. If transitions are not supported in the right way, they may impact on emotional wellbeing, behaviour and school attendance.

During periods of transition, it is normal for young people to struggle with:

- Increased anxiety e.g due to different expectations
- A sense of loss
- Adapting to an unfamiliar environment
- Difficulties adapting to new routines
- Difficulties making friends

However, you may identify that some young people need further support. You may notice that they are:

- Withdrawn
- Reporting illness or physical symptoms of anxiety
- Absent from school
- Displaying changes in behaviour
- Showing reduced engagement in class or motivation in learning

Here are some practical strategies that you can employ to support children and young people through transition:

- Foster predictability and structure - visual timetables, clear instructions and advanced warning of any significant changes or events.
- Normalise feelings of uncertainty and worry - validate that change is a scary experience, but let them know that they are not on their own.
- Make space for conversations - offer check-ins, have informal conversations, encourage students to share their worries as well as what they are excited about.
- Promote a sense of belonging - offer team-building activities, group work and peer support systems.
- Work in partnership with parents and carers - open communication with parents can offer a consistent message between home and school, it can also help to identify and manage any difficulties that arise.



SUMMER SELF-CARE



Schools and colleges can be challenging environments to work in at times, and during term time, your focus will be on your pupils and your to-do list. That's why the summer break can be the best time to develop good self-care habits, so that when term starts again, you may have techniques you can turn to in stressful times.

STAFF SELF-CARE CHALLENGE



We are setting school and college staff a summer self-care challenge. The aim is to complete 1 self-care activity during each of the 6 weeks.

We have given you some examples to choose from on the right, or why not come up with your own.

 Have a hot bubble bath or hot shower 	 Exercise: Go for a walk; To the gym; Yoga 	 Socialise: Have a meaningful conversation today 
 Listen to your favourite music or podcast 	 FAVORITE Read your favourite book 	 Create a list of positive things that happened today 
 Take a social media break for 1 day 	 Drink at least 2 litres of water today 	 Try a new hobby today 

PARENT WORKSHOPS



PLEASE SHARE THIS INFORMATION WITH PARENTS AND CARERS AND ENCOURAGE THEM TO [CLICK HERE TO BOOK TICKETS FOR OUR PARENT WORKSHOPS](#)

We've had another successful year delivering parent workshops across the Family Hub locations. It has been brilliant for our team to meet so many parents and carers and we would like to thank schools and colleges for encouraging attendance at these events.



This academic year we launched two brand new workshops due to high demand: stress and perfectionism, and understanding and managing anger. We hope to continue responding to the needs of children and young people by developing more workshops in the future.

We have also delivered on popular topics such as anxiety, low mood, and healthy sleep.

We will continue to offer workshops at the Family Hubs over the summer period, so please encourage parents to sign up to our [Eventbrite](#) page to be notified of upcoming events.

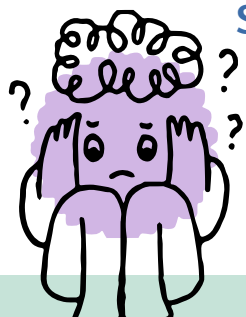


WHOLE SCHOOL APPROACH

TRANSITION WORKSHOPS

Whilst the prospect of starting a new year group, or starting a new school can bring lots of excitement, a lot of students will be feeling anxious about the upcoming transition. Covering both primary and secondary schools, we can offer transition workshops to support students before the summer holidays to prepare them for the changes ahead. We can also offer these workshops in September, to help students settle into their new environment.

Should you want any support with this, please contact your school's allocated MHST practitioner.



EVENTS



CHECK OUT THIS HALF TERM'S IMPORTANT
MENTAL HEALTH AWARENESS EVENTS



JUNE



PRIDE MONTH



Pride Month is about acceptance and equality. It is about educating others on LGBTQ+ history and the issues affecting the LGBTQ+ community. Pride Month is an inclusive celebration of all sexualities and gender identities. More information can be found on the BBC Newsround [website](#).

AUGUST



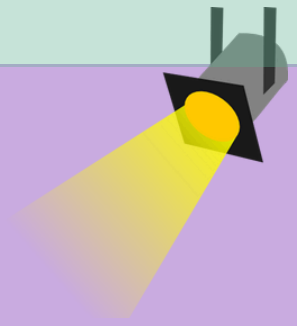
WIGAN PRIDE



Wigan Pride takes place in August. The main event is the Pride March which organisers say is “your chance to show people from across the borough, Greater Manchester, and further afield, that you are proud to be part of our local LGBTQ+ community or proud to be an ally.” Further information on how to take part can be found on the Wigan Pride [website](#).



SIGNPOSTING SPOTLIGHT



Working together
to support families



The Family Hubs regularly host a vast range of informative and engaging activities, workshops, and courses for the whole family across Wigan.

To find out what's on at each of the Family Hub locations this summer [click here](#).

Information on the resources that are available to parents can also be found [here](#).

We value the work that is being done by the teams across the Family Hubs and we would like to thank them for their continued support.



wigan youth
zone

An **OnSide** Youth Zone

Wigan Youth Zone offer a fantastic range of activities for young people aged 8-19, and young people with additional needs up to the age of 25.

They have some incredible facilities including a recording studio, climbing wall, skate park, and gym. There really is something for everyone. An annual membership costs just £5. You can find out more about how to become a member by [clicking here](#).

During the school holidays there is also a Holiday Club for 8-11 year olds costing just £15 per day (8am-6pm) including food and activities. [Click here](#) for more information.

THANK YOU FOR READING THE MHST NEWSLETTER

We'll be back with more advice and signposting in September 2026!

