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Wigan Mental Health Support Team Parent Newsletter

Issue 1: September 2026

WELCOME BACK!

WELCOME TO ISSUE 1 OF THE WIGAN MHST PARENT NEWSLETTER! WE HOPE YOU HAVE HAD AN ENJOYABLE SUMMER BREAK AND ARE FEELING WELL RESTED AND READY FOR THE ACADEMIC YEAR AHEAD.

IN THIS ISSUE WE OFFER SOME TOP TIPS FOR HELPING STUDENTS TO MANAGE THE RETURN TO SCHOOL, AS WELL AS HIGHLIGHTING SOME USEFUL SIGNPOSTING AND PROVIDING INFORMATION ABOUT OUR PARENT WORKSHOPS AT THE FAMILY HUBS.

WE HOPE YOU ENJOY THE NEWSLETTER AND HAVE A POSITIVE START TO THE ACADEMIC YEAR!

eventbrite

Click the logo above or scan the QR code below to **follow Wigan MHST on eventbrite** and stay up to date with our upcoming events and parent workshops!

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BACK TO SCHOOL

Adapted from: https://www.youngminds.org.uk/young-person/blog/tips-for-dealing-with-back-to-school-anxiety/

For some, the end of the summer holiday and a return to seeing friends each day can't come soon enough. But for others, just the thought of returning to the classroom can be daunting.

Here are some things to help with the transition and the return to school:

These tips can help your child feel more in control and help to ease their worries.

GET INTO GOOD ROUTINES

Ensure you are getting enough sleep, exercise regularly, and eat a balanced diet to fuel your body and mind.

WRITE DOWN SOMETHING YOU ARE LOOKING FORWARD TO

CHAT WITH SOMEONE ABOUT HOW YOU ARE FEELING

GET ORGANISED

Check your timetable and organise your bag and your uniform the day before.

One Step at a Time

It's OK to feel worried or to not know how you are feeling about returning to school. It's normal to feel ups and downs, even throughout the day.

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WHO ARE WIGAN MHST AND WHAT DO WE DO!?

WHO ARE WE?

We are an NHS mental health support team based in schools across Wigan. Our practitioners are trained in evidence-based approaches to support children and young people's mental health and wellbeing.

WHAT DO WE DO?

Our MHST has three core functions within schools:

1. SCHOOL CONSULTATION

Offer advice to school staff and liaise with external specialist services to help children and young people get the right support and stay in education.

2. WHOLE-SCHOOL APPROACH

Support the senior mental health lead (where established) in each school to introduce or develop their whole-school approach to positive wellbeing. Some examples of our whole-school approaches to mental health include assemblies, workshops, parent coffee mornings and webinars.

3. INTERVENTION

Deliver 1:1, group or parent interventions for young people with mild to moderate mental health presentations, including anxiety and low mood.

HOW TO MAKE A REFERRAL

If you think your child would benefit from our service, please speak to staff at school.

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PARENT WORKSHOPS AT THE FAMILY HUBS

CLICK HERE TO SEE OUR EVENTBRITE PAGE AND TO BOOK TICKETS FOR OUR PARENT WORKSHOPS

FOLLOW OUR EVENTBRITE PAGE TO GET NOTIFICATIONS FOR UPCOMING WORKSHOPS

Wigan Borough family hubs

SCAN HERE

This year our workshops will take place in the October, February and June half terms.

We will be focusing on:

- Inside the Young Brain - How to Guide your Child Through Big Feelings.
- Helping your Child Believe in Themselves.
- Big Moves, Big Feelings.

Save the Date

1 INSIDE THE YOUNG BRAIN – HOW TO GUIDE YOUR CHILD THROUGH BIG FEELINGS

Explore how children's brains develop and why they sometimes react strongly to emotions, stress, and challenging situations. Understand emotional regulation; what is happening inside the young brain during moments of distress; and practical ways to support children in managing big feelings with confidence and compassion.

2 HELPING YOUR CHILD BELIEVE IN THEMSELVES

Self-esteem plays a key role in a child's emotional wellbeing, relationships and resilience. Explore ways to nurture your child's confidence; help them recognise their strengths; and support them through challenges. Leave with simple, effective strategies to help your child develop a positive sense of self and thrive both at home and in everyday life.

3 BIG MOVES, BIG FEELINGS

From new classrooms to new routines, transitions can bring excitement, uncertainty, and everything in between. Join us to learn practical tools for supporting your child through change, managing worries and helping them feel prepared, confident, and ready for what's next.

THIS YEAR WE WILL BE OFFERING WEBINARS DURING THE CHRISTMAS AND EASTER HOLIDAYS!

STRESS AND PERFECTIONISM

Understanding the impact of stress and perfectionism on children and young people. Providing strategies to help support resilience and healthy coping mechanisms.

ANXIETY

Understanding what anxiety is, where it comes from, and how it affects us. Exploring common symptoms of anxiety and considering how our thoughts, feelings, and behaviours are connected. Sharing coping strategies and useful signposting.

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SIGNPOSTING SPOTLIGHT

ANNA FREUD MENTALLY HEALTHY SCHOOLS

The Anna Freud Mentally Healthy Schools website has a range of information for education staff and families to support children and young people with managing change and transition.

Please see the following website for further information:
www.mentallyhealthyschools.org.uk

making space

HUB OF HOPE

Wigan Council have entered into a 12-month partnership with Hub of Hope, the UK's largest online directory for support for mental wellbeing and mental health.

It's a one stop shop for finding out where to get support.

The Hub of Hope team ensure all listed organisations are quality assured.

https://hubofhope.co.uk/services

Bounce Forward

All Ears is working with Lancashire Mind to bring their Bounce Forward programme to Wigan!

Bounce Forward is Lancashire Minds flagship preventative programme, designed to equip children with tools and techniques to develop their own resilience.
www.lancashiremind.org.uk

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CLICK THE LINKS FOR MORE INFO!

ADHD FOUNDATION

The ADHD foundation provides information for families, professionals and educational settings around ADHD, diagnosis, information and details of events and training.

Please see the following website for further information:
www.adhdfoundation.org.uk

SENDIASS

SENDIASS offer free, impartial information, advice and support to families of children and young people aged 0-25yrs who have Special Educational Needs or Disabilities (SEND).

They offer signposting to SEND services, advocacy within meetings, support in resolving disagreements, mediation and tribunals, explanations of the Educational, Health and Care Plan (EHCP) process and more.

Please see the website for further information
https://wigansendiass.co.uk

SPECTRUM GAMING

IN THE NEXT ISSUE:

Coping Strategies for the Festive Period
Meet Our New MHST Staff!