



Staying Healthy on your Summer holidays.

If you are going on holiday or to visit family or friends in another country, you need to keep your family safe and healthy.

Check the travel health advice at [TravelHealthPro](https://www.travelhealthpro.org.uk/) for the country you are visiting to find out if you and your family need any vaccinations or medicines before you go.

Why is this important?

Currently there are rising measles cases in England and abroad. There is a risk of more measles cases, especially over the summer months, as families with unvaccinated children and adults travel to countries where measles outbreaks are occurring.

Children are also particularly at risk of catching infections, which can spread through contaminated food and water.

Get vaccinations before you go

Your doctor may recommend some vaccinations before going away, for example:

- Measles, Mumps and Rubella (MMR)
- Hepatitis A
- Typhoid

These vaccinations are free on the NHS. The MMR vaccine is a routine childhood vaccination. Please do check with your GP if you are not sure if your child is up to date.

Be Well Family Fun Days



Join us during the school summer holidays for...

- Exciting family-friendly games
- Interactive food-making sessions
- Advice on healthy habits
- Lots of giveaways and surprises!

All events are **FREE** and suitable for all ages. Please ring the venue to book. Find all the dates, times and venues of sessions by visiting [Be Well's Facebook via this link](#).

Family Walking and Cycling

Walks – Wednesday from 10am

- July 23rd & 30th
- August 13th & 27th

From Hide Coffee House, Pennington flash.

Follow the link to book:

www.bewellwigan.org/walking

Cycling - Learn to Ride sessions

Free cycling lessons for ages 5-11. All sessions last 1hr. Parents/guardians must stay for the duration.

Bikes and helmets available to borrow.

Find all the dates, times and venues by visiting [Be Well's Facebook via this link](#).

July 2025
For parents &
Carers



Mental Health Foundation Understand and manage your emotions.

We all feel intense emotions at times - this is normal. However, if we don't have healthy ways to manage these emotions, they can start to harm our behaviour and relationships. [See Mental Health Foundations 9 top tips to manage emotions here.](#)

Learn to Swim

This summer your child can assess swimming lesson around the borough at Be Well sites, as well as Stage 1 & 2 Intensive lessons (Ashton Leisure Centre) + Stroke Improver lessons (Howe Bridge Leisure Centre).

[Visit the Be Well Website for more information here.](#)



Cycle Three Sisters – Thursday 7th August

Free Family Cycling event.

[Head to Be Well's website for more information.](#)

Making Space

Did you know you can access fast, free mental health support?

Making Space Psychological Wellbeing Service offers support for people who are struggling with mild to moderate common mental health difficulties such as low mood or anxiety.

Making Space Team are here to help guide you through the problems you are experiencing and will help you to develop helpful coping strategies and resilience to overcome your problems.

How do I access the Service?

We've recently teamed up with 2 family Hubs - Clifton Street and The Meadows - and are now offering a regular pop up community clinic from their premises once a week.

You can also access via your GP surgery by speaking to the reception desk.

You can self-refer by emailing masp.wellbeing@nhs.net or contact us via telephone on **01925 581755**.