

# Wellbeing Update

May 2023 Mental Health and Wellbeing news and updates for the families of Longdendale



**Follow us on Twitter:**  
**@WellbeingLHS**

As well as the main school Twitter account, you can now follow our Wellbeing account which regularly shares information, events and advice about a range of wellbeing and mental health topics.



## Mental Health Awareness Week

The theme for this year's mental health awareness week is Anxiety.

We will be discussing this in school in assemblies and tutor time, and looking at ways to manage anxiety including when and how to seek support for anxiety.



There are many resources available that you might find useful:

<https://www.anxietyuk.org.uk/product-category/free-resources/>  
<https://www.youngminds.org.uk/parent/parents-a-z-mental-health-guide/anxiety/>  
<https://www.childrensociety.org.uk/information/young-people/well-being/resources/anxiety>



Tameside Family Hubs have been launched recently providing a place to access support and advice.

For more information see:  
<https://www.tameside.gov.uk/Newsroom/Family-Hubs-open-in-Tameside-to-support-children-a>

Neighbourhood	Address	Facilities also available at
North Family Hub (Ashton)	Trafalgar Square, Ashton-under-Lyne, OL7 0LL. Call: 0161 342 2255	Active Oxford Park Tameside One
East Family Hub (Stalybridge, Dukinfield and Mossley)	School Crescent, Ridge Hill, Stalybridge, SK15 1EA. Call: 0161 342 5533	Stalybridge Civic Hall Mossley Children's Centre
South Family Hub (Hyde, Hattersley and Longdendale)	Hyde Old Road, Flowery Fields, Hyde, SK14 4SQ. Call: 0161 342 5353	Hattersley Hub & Hattersley Children's Centre Hyde Town Hall
West Family Hub (Denton, Droylsden and Audenshaw)	Greenside Lane, Droylsden, M43 7RA. Call: 0161 342 5197	Tameside Wellness Centre, Denton Denton Town Hall

## Exam Stress



Kooth have created a helpful webinar for students about managing exam stress. This video explains more about how stress can affect us, how to manage it and the support available at Kooth. Click the link below:  
<https://vimeo.com/821608903>

## Manchester Bike Kitchen Pop Up Shop

**The Manchester Bike Kitchen Pop Up Shop** gives you the chance buy pre-loved and new adult and children's bikes, new parts and safety equipment at great prices. All pre-loved bikes have been through a safety check and have new parts when required. Their friendly mechanics also provide low cost repairs and servicing for residents.

**When?** Wednesdays and Saturdays every week between 10:00am and 16:00pm

**Where?** Clarendon Square Shopping Centre, 48-50 Rutherford Way, Hyde, SK14 2QT



Tameside WALKING AND CYCLING

## OFCOM Children and Parents: Media and Attitudes Report

Ofcom's annual 'Children and Parents: Media Use and Attitudes' report provides a comprehensive picture of how young people used and interacted with the internet in the preceding year.

Click the link for the free snapshot guide:  
<https://nationalonlinesafety.com/guides/ofcom-s-media-use-attitudes-report-2023>

Full report also available:

<https://www.ofcom.org.uk/research-and-data/media-literacy-research/children-and-parents-media-use-and-attitudes-report-2023>

