

# Wellbeing Update

January 2023

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

## Helping Hand Tameside's January Roadshow

Come along to our information stalls to find out more about cost of living support available to you.



Find help local to you.

Helping Hand can provide you with a one-stop-shop of local support services who can assist you with:

- finances
- mental health and wellbeing
- housing
- work skills and employment
- finding local food pantries and food banks
- advice on how to save energy and support with energy bills

St Andrew's House Media Centre, 2 Waterloo Road, Stalybridge SK15 2AU  
Monday 23rd January  
11am-1pm

Onward's Winter Warmer at the Hattersley Hub, Stockport Road Mottram, Hyde, SK14 6AF  
Thursday 26th January  
12:30pm-3:00pm

## Kooth - Parent Guide



Kooth.com is a mental health and wellbeing platform that offers online counselling support. We feel it is important that you know about Kooth.com and Qwell.io to understand what they can offer. Please follow the links below for a 5 minute video introducing the service and useful resources:

[Information Video](#)

[Written Guides](#)

## ACES: Parent Information Sessions



This free training session is available for any parents/carers living specifically in the Tameside area who want to learn more about trauma & adverse childhood experiences.

**FREE ONLINE SESSION**  
**[CLICK HERE TO BOOK](#)**

It aims to inform about what ACEs are, what their immediate effects are and how they can affect children both in the short-term and throughout their lives.

## TOG Mind Community Hive



The TOG Mind Community Hive has a huge range of services available for young people and families:

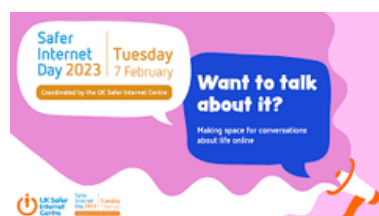
- 1-1 Support
- Wellbeing Sessions
- Therapeutic Courses
- Counselling
- Training
- Parent Support

Stalybridge - Tuesday - 3pm - 7pm

Ashton - Wednesday - 4pm - 8pm

[CLICK HERE](#) or call 0161 330 9223

## Safer Internet Day 2023



Thinking ahead to Safer Internet Day next month, the UK Safer Internet Centre has a range of useful resources to help guide conversations with your child:

<https://saferinternet.org.uk/safer-internet-day/safer-internet-day-2023/parents-and-carers>

