

Wellbeing Update

December 2023

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



Tameside Helping Hand Warm Hubs

Warm Welcome Hubs are free spaces across Tameside which can be enjoyed by all. Many give the chance for you to socialise with others and provide facilities listed below.

Hot drinks	Books to read	Free food
Charging points	Play equipment	Space to work
Free Wifi	Access to computers	TV to watch

For more information and locations visit

<https://www.tameside.gov.uk/helpinghand/warm-welcome-hub>

Financial Support



If you need advice or support about finances you can use the tool on this website which will point you in the right direction for the right service:

<https://www.tameside.gov.uk/Advice-Tameside/Advice-Tameside-Referral-Tool>

SilverCloud - Anxiety courses

The SilverCloud Mental Health and Wellbeing platform now has courses available for parents and carers who are looking to support their child in dealing with worry and anxiety, while learning helpful strategies to tackle their own anxiety.

Both programmes incorporates elements of CBT such as psychoeducation, relaxation and gradual exposure, with the aim of enabling children to identify their anxiety, and to apply their skills in anxiety-provoking situations.

<https://gm.silvercloudhealth.com/signup/>

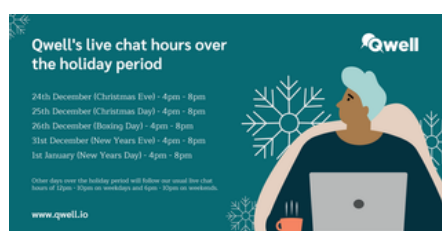
Parent Peer Support



The Anthony Seddon Fund runs a parent peer support group on

the second Thursday of each month 9.30-11.30. This group supports parents and carers whose children are experiencing emotional or mental health difficulties. Drop in or contact sue.brookes@actiontogether.org.uk

Kooth and Qwell



Qwell's live chat hours over the holiday period

24th December (Christmas Eve) - 4pm - 8pm
25th December (Christmas Day) - 4pm - 8pm
26th December (Boxing Day) - 4pm - 8pm
31st December (New Years Eve) - 4pm - 8pm
1st January (New Years Day) - 4pm - 8pm

Other days over the holiday period will follow our usual live chat hours of 12pm - 10pm on weekdays and 10am - 10pm on weekends.

www.qwell.io



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kooth.com



Tameside Carers Centre

ARE YOU A CARER NEEDING SUPPORT?

Meet an advisor from the Tameside Carers Centre between 9:30am and 2pm on:

2023

- 21st November at Healthy Hyde in Clarendon Shopping Centre
- 19th December at Donneybrook/Clarendon Medical in Hyde

2024

- 23rd January at Healthy Hyde in Clarendon Shopping Centre
- 27th February at Donneybrook/Clarendon Medical in Hyde
- 19th March at Healthy Hyde in Clarendon Shopping Centre

Tameside Metropolitan Borough

