



Parent Wellbeing Newsletter Spring 2024

This term we will look at Trauma and the effects upon young people, share information on how to have conversations with young people about their mental health and share support available for children raised by grandparents.

Understanding Trauma



When we experience something that makes us feel physically or emotionally unsafe, it can be a traumatic time. This may stay with us. There may also be a feeling of being trapped, powerless. We may also feel trapped, powerless or alone in the face of this threat.

Trauma can be a one-off event and something that happen over months or years. It can be something a young person experiences directly themselves, or they might be something they have witnessed or been told about. These stresses experienced to adults can inadvertently be passed on to our children without us realising.

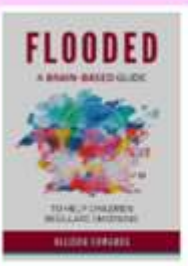
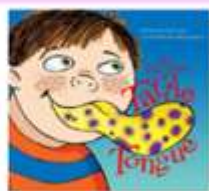
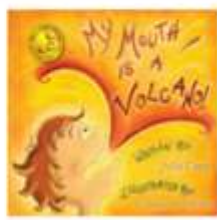
Some examples of a traumatic event could be:

- a violent event e.g. an assault, a car accident or a natural disaster
- experiencing [racism](#), homophobia, transphobia or other forms of discrimination
- experiencing [domestic violence or abuse](#)
- being [bullied](#)
- losing a family member or friend suddenly e.g. illness, suicide
- parents/child going through a serious physical illness or spending time in hospital
- being exposed to frightening or inappropriate online content

For further information on trauma follow the link below...

[Trauma and Mental Health | Guide For Parents | YoungMinds](#)

Some books to support trauma and dysregulation.



The Guardian Angels



Support group for Grandparents to talk about their experience of raising their grandchildren.

When:

Wednesdays
Time: 10am – 1pm
10th January
14th February
13th March












Where: St Gabriel's

Church Hall
(near Stamford Park)
10, Audley St, Ashton,
OL6 6RB
(Free Parking available in
the SORRISO car park)
Bus routes: 216, 219,
237, 348, 356

How to engage your children in conversations about their mental health

<https://mentalhealth-uk.org/help-and-information/advice-for-parents-and-guardians/>

The screenshot shows the Mental Health UK website. At the top, there is a navigation bar with the logo, 'Mental Health UK', and links for 'About us', 'What we do', 'Blog', and 'Search'. A 'Donate today' button is also present. Below the navigation bar, there are three main menu items: 'Mental health: Information and support', 'Business: Partnerships and workplace', and 'Support us: Get Involved'. The main heading is 'Advice for parents and guardians', followed by a sub-heading: 'Our resource library contains tools to help you confidently engage in conversations about mental health, emotional wellbeing and resilience with the young people in your life.' At the bottom of the page, there is a photograph of a young woman and a man looking at each other.

	QWELL	Free digital support for adults across the UK	https://www.qwell.io/
	Kothi	Kooth is a service, which provides free, safe and anonymous mental wellbeing support to young people aged 11-18. It is funded by NHS Tameside and Glossop CCG.	https://www.kooth.com/
	The Worry Wizard	The Worry Wizard offers a soft-landing place for parents and carers who want to learn more about Worries and Wellbeing.	https://www.theworrywizard.com/
	I Thrive	Tameside Mental Health advice and support	https://www.tameside.gov.uk/childrens-services/ithrive?
	TOG Mind	These services are available to anyone aged 8 - 19	https://www.togmind.org/
	Action Together	Offers advice and support groups for families.	https://www.actiontogether.org.uk/
	Winston's Wish	For young people, up to the age of 25 who need support with grief	https://www.winstonswish.org/
	Finding Rainbows	A bereavement charity, specifically supporting families who have lost children.	https://findingrainbows.org/
	CAB	Support for families with a wide range of issues including welfare benefits, health and family issues.	https://www.tamesidecab.org.uk/
	Al - Anon	Free Support for families affected by addiction	https://al-anonuk.org.uk/
	B-EAT	Support for those affected by eating disorder	www.beateatingdisorders.org.uk



This is our 'Calm Corner' that our Wellbeing Ambassadors created so pupils have a space to self-regulate their emotions. The pupils have enjoyed using the area.