

Christmas

The Christmas holidays are fast approaching, our students have worked incredibly hard and are hopefully looking forward to a well earned break. Although there is much to enjoy about the Christmas season, we are very aware that this can also mean an increase in unstructured time for children and families, which can come with its difficulties. Children are likely to spend more time online and might be getting devices such as phones / tablets / Xbox etc for Christmas. This news letter will focus on what to do to make this safer for your children.



Top tips if your are buying a device for your child for Christmas:

The online world is an exciting place, and in this digital age, children have easy access to many forms of technology. As curious beings, they're naturally driven to explore; therefore, as with the offline world, it's our role as parents to ensure they only delve into online places that are safe.

A top tip is to open the device and make sure it is set up and ready with the right parental controls before you hand it to your child. Examples include:

- Download Qustodio – free app to parents to help supervise and manage what your child is exposed to online (see QR code).
- Life 360 – well known app that helps you to monitor your child's location for safety.

With any parental control app it is important to have "the talk" to ensure your child knows what the apps are used for and how it helps to keep them safe. Being open and honest is important.

<https://northerneducationtrust.org/nlinesafetyhub.uk/>



Who to contact if you have safeguarding concern over Christmas:

- You can call the Multi Agency Safeguarding Hub on 0161 342 4101 Monday to Wednesday 8:30am to 5pm, Thursday 8:30am to 4:30 pm, Friday 8:30 – 4pm.
- If the issue can't wait until the next working day, please contact the Children's Emergency Duty Team on 0161 342 2222 and provide them with as much information as possible.
- You can contact the NSPCC Helpline by calling 0808 800 5000, emailing help@NSPCC.org.uk or completing our report abuse online form.
- Childline 0800 1111.
- 999 for an emergency.

If you are concerned about the welfare of a child, please do not hesitate to report any safeguarding concerns via the following link:

<https://www.tameside.gov.uk/childabuse>

If your child is experiencing a mental health problem and you require advice, Healthy Young Minds operate a helpline for parents/carers on 0808 802 5544.

Your child can also access <https://www.kooth.com> online.

How can you keep your children safe online?

As children grow up and their online usage increases, it becomes even more important to get involved in your child's digital world to ensure they are safe.

Things to consider:

- Adjusting the privacy settings and use parental controls for online games, apps, social media sites, and electronic devices.
- Supervise your child's use of the internet, including periodically checking their profiles and posts.
- Keep electronic devices in open, common areas of the home and consider setting time limits for their use. (Not in bedrooms).
- Encourage your child to tell a parent, guardian, or other trusted adult if anyone asks them to engage in any inappropriate behaviour or something that makes them feel uncomfortable.
- Report any online bullying or harassment.

Emotional wellbeing support:

<https://www.kooth.com/>

<https://www.mind.org.uk/>

<https://www.nhs.uk/nhs-services/mental-health-services/>

Christmas

Local food banks:

Denton

St. Mary's Church and Community Foodbank

Every Monday, Tuesday &

Friday 2pm – 4pm

07479 256 785

foodbank@smhg.org.uk

Hyde

St. Barnabas Church

Hattersley Road East

Hyde

SK14 8NE

Every Friday 9am – 11am

07901 786 905

info@tamesidesouthlongendale.foodbank.org.uk

Ashton

New Life Church Hall

Street off Stamford Street

Ashton-under-Lyne

OL6 6SD

Every Thursday 1pm – 3pm

07396 507 213

0161 339 7924

info@tamesideeast.foodbank.org.uk

Duckinfield

St. John's Church Centre

Vicarage Drive off Oxford Road

On the RHS of church building

Duckinfield

SK16 5HZ

Every Friday 12pm – 2pm

07396 507 213

info@tamesideeast.foodbank.org.uk

Local activities and events:

New Life Church – Christmas Eve dinner

If you are struggling this is at 12-3pm St James Street Ashton. To book call 01613397924.

Denton Christmas Markets and Light Switch On 2024

The Event runs from 12noon-8pm on Saturday 7 December with a Christmas Fun Fair, Market and Dinosaur Show across Sunday 8 December. Lights on at 6pm.

Christmas Party and Praise!

Saturday, December 21 · 2 - 4pm

Trinity Audenshaw Church, 230 Audenshaw Road Audenshaw M34 5WP

Free but book ahead!

https://www.eventbrite.co.uk/e/christmas-party-and-praise-tickets-1075705005629?aff=ebdssbdestsearch&keep_tld=1

Community warm spaces:

All Tameside Libraries offer a warm welcome with friendly staff, plenty of study spaces and free WiFi. There are regular free activities to join in with. Members can also sign up to the Open+ system and make use of libraries during unstaffed hours.

Denton Library

Town Hall, Market Street, Denton, M34 2AP, 0161 342 4000, Monday, Thursday 1pm-5pm, Friday 9am-1pm, Saturday 10am-3pm

Ashton – New Life Church

St James Street, Ashton-Under-Lyne, OL6 6SF. 0161 339 7924

Wednesday 9.30am-12noon Thursday 4-6pm

Free hot food: Wednesday breakfast served 9.30 - 11am. Thursday 2 course hot meal

Wednesday they have an activity program, including arts & crafts, games, quizzes, cooking activities.

Wednesdays are child friendly.

Hyde

Diversity Matters, 20 Great Norbury Street, Hyde, SK14 1BR. 0161 368 3268

Open: Mon – Thurs 9.30-4, Fri 9.30-3.

(Kreative Krafts - Women Only) – creating and making; Knitting, Sewing, Collage, Mehndi and Hijab styling Every Tuesday 4.30-6.