

31st March 2023

Dear Parents and Carers,



Mental Health

Attached is a summary of the mental health support available to young people in Greater Manchester. In addition to our other digital support offers ([Kooth](#), [Qwell](#), [Living Life To The Full](#) and [SilverCloud for adults 16yrs +](#)). Two new programmes are available:

SilverCloud programmes for parents and carers to support an anxious child or teenager.

Cost of Living

Please see attached a flyer for the HAF club hosted at St Joseph's by Foresight Foundation.

Point of Contact - <https://whatsonoldham.org/series/the-foresight-foundation/>



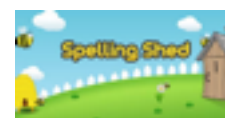
Let's get reading - BOOM Reader

"If you are going to get anywhere in life you have to read a lot of books." - Roald Dahl

Well done to all the children and families who have logged onto Boom reader. We are pleased to announce the most home reading logs recorded on Boom reader this week.

Position	Name	Reads at home
First Place	Haroon Mohammad Class 6	13 parent home reads
Second place	Zara Yasin Class 5	8 parent home reads
Third Place	Iman Fatima Class 4	6 parent home reads

Spelling Shed Winners



Place	Total points awarded for correct spellings	Child
1st	16,693,108	Samson Omos - Class 9
2nd	15,862,000	Saif Iqbal - Class 10
3rd	15,292,320	Haroon Mohammed - Class 6



TT Rockstars - CELEBRATIONS!

The most accurate Class	Class 8
The most active class	Class 6
The most improved speed	Simra Gul Class 12
The most active player	Abel Lupo Class 4

Word Aware

This week's word is 'blooming'. Please encourage your child to use this word when out and about and complete the activities, which Miss Varley will share on Class Dojo.



Attendance

Well done to classes 1, 3, 4, 5, 6, 7, 8, 9, 10, 11 and 12 for achieving 96% attendance last week.

A super well done to class 10 for 100%.

A reminder that school begins promptly at 8.40am.



**A reminder to families that we return to school on
Monday 17th of April at 8.40am.
Have a safe and happy holiday!**





Greater Manchester
Integrated Care

Digital Mental Health Offer within Greater Manchester

Part of Greater Manchester
Integrated Care Partnership



March 2023

V1.1

GETTING HELP

Living Life to the Full (16+)

www.gmlifeskills.com

Online support for anxiety and / or depression.
Participant works independently

SilverCloud: unsupported offer (16+)

gm.silvercloudhealth.com/signup/

Online support for anxiety and / or depression.
Participant works independently

SilverCloud– support for Parents

2 programme; 'Supporting an anxious child (4-11)' and 'Supporting an anxious teen (12+)'.
<https://gm.silvercloudhealth.com/signup/>

Kooth (10-25)

www.kooth.com/

Resources, online community, message facility & online chat with the Kooth team

Qwell (26+) www.qwell.io/

Self-directed, the Qwell Community & one off / intermittent sessions with Qwell practitioner

Kooth – support for Parents www.kooth.com/

Programs for supporting an anxious child (4 – 11) or an anxious teen (12+)

GETTING MORE HELP

Living Life to the Full (16+)

www.gmlifeskills.com

Online support for anxiety and / or depression – participant works independently

SilverCloud: supported offer

- Online support for anxiety and / or depression – delivered by IAPT therapist 16+
gm.silvercloudhealth.com/signup/
- Bespoke programme for CYP - online support for anxiety and / or depression – delivered by IAPT therapist (ages 10 to 19)

Kooth (10 -25)

www.kooth.com/

Resources, online community, message facility & online chat with the Kooth team

Qwell (26+) www.qwell.io/

Scheduled sessions with a consistent Qwell practitioner

GETTING RISK SUPPORT

Qwell (26+)

www.qwell.io/

Ongoing sessions

Kooth (10-25)

www.kooth.com/

Ongoing sessions

For both these are available where an individual's circumstances are particularly complex

GETTING HELP

Programme	Where from?	Overview
Living Life to the Full (16+)	www.gmlifeskills.com	<ul style="list-style-type: none"> • For anybody 16+ living in the GM region. Provides online support for anxiety and / or depression through delivery of a course that the participant works through independently • Courses are also available in languages other than English
SilverCloud: unsupported offer (16+)	gm.silvercloudhealth.com/signup/	<ul style="list-style-type: none"> • For anybody 16+ living in the GM region. Provides online support for anxiety and / or depression through delivery of a course that the participant works through independently
Qwell (26+) Younger adults can access if they wish	www.qwell.io/	<ul style="list-style-type: none"> • Resources, online community, message facility & online chat with the BACP accredited counsellors – available 365 days & 24/7. (Counselling up to 10pm). • Self-directed and the Qwell Community pathway • Moderated self-reflective therapeutic content and community-centred forums where users share personal experience, advice and emotional support with one another
Kooth (10 to 25)	www.kooth.com/	<ul style="list-style-type: none"> • Resources, online community, message facility & online chat with the BACP accredited counsellors– available 365 days & 24/7. (Counselling up to 10pm). • Self-directed and the Kooth Community pathway - Moderated self-reflective therapeutic content and community-centred forums where users share personal experience, advice and emotional support with one another
SilverCloud– support for Parents	https://gm.silvercloudhealth.com/signup/	<ul style="list-style-type: none"> • 2 programmes - ‘Supporting an anxious child (4-11)’ and ‘Supporting an anxious teen (12+)’. This GM wide platform will be <i>self-referral only</i> and <i>unsupported</i>. However, each CYP provider with a SilverCloud platform will also have access to these parents programmes and have the ability to <i>invite</i> users if they wish to.

GETTING MORE HELP

Programme	Where from?	Overview
SilverCloud: supported offer (10 to 19)	xxxxxx	For children, young people (aged 10 to 19) and their parents and carers living in the GM region. Provides online support for anxiety and / or depression through delivery of a course that the participant works through with the support of a qualified therapist from the Improving Access to Psychological Therapies (IAPT Programme)
SilverCloud: supported offer (16+)	gm.silvercloudhealth.com/signup/	For anybody 16+ living in the GM region. Provides online support for anxiety and / or depression through delivery of a course that the participant works through with the support of a qualified therapist from the Improving Access to Psychological Therapies (IAPT Programme).
Qwell (26+) Younger adults can access if they wish	www.qwell.io/	Resources, online community, message facility & online chat with the BACP accredited counsellors – available 365 days & 24/7. (Counselling up to 10pm). Structured pathway A series of scheduled sessions with a consistent Qwell practitioner
Kooth (10 to 25)	www.kooth.com/	Resources, online community, message facility & online chat with the Kooth team

GETTING RISK SUPPORT

Programme	Where from?	Overview
Qwell (26+) Younger adults can access if they wish	www.qwell.io/	<p>Ongoing sessions</p> <p>Where an individual's circumstances are particularly complex, they might return to Qwell on an ongoing basis to receive support i.e. those adults who typically dip in and out of inpatient or crisis service, present in A&E and frequently to their GP</p>
Kooth (10 to 25)	www.kooth.com/	<p>Resources, online community, message facility & online chat with the BACP accredited counsellors – available 365 days & 24/7. (Counselling up to 10pm).</p> <p>Ongoing sessions</p> <p>Where an individual's circumstances are particularly complex, they might return to Kooth on an ongoing basis to receive support i.e. those adults who typically dip in and out of inpatient or crisis service, present in A&E and frequently to their GP</p>



IN PARTNERSHIP WITH



The Foresight Foundation

Digital Holiday Camp

**11 - 14
APRIL**

This Easter we are providing children the opportunity to be immersed in an action packed and exciting digital holiday camp. With a range of activities on offer such as coding and programming, digital creativity, gaming and gamification plus many more.

- TIME:** 09:30 - 14:30
- AGE:** 5 to 11 Years Old
- VENUE:** St Josephs RC Primary, OL2 8SZ
- COST:** FREE of Charge with a valid HAF Code.

SCAN TO BOOK



 **OR [CLICK HERE](#)**