

# SEND Newsletter

april 2025



Welcome to our termly SEND newsletter. Here you will find information about what is available with Tameside's Local Offer as well as other important SEND information.

*contact our Senco*

If you would like any further information or support regarding SEND please contact our school Senco at:

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ADELE NOBLE

# SEND Newsletter

## SUPPORTING SEND STUDENTS WITH **EXAMS**



Exams can be a stressful time for any child, but for those with Special Educational Needs and Disabilities (SEND), the challenges can be even greater.

As parents, it's crucial to support your child through these times and work collaboratively with their school. These strategies and resources can help you navigate this period.

### **Understanding stress and anxiety**

Firstly, it's important to recognise the signs of stress and anxiety in your child. These can include changes in behaviour, sleep patterns, appetite and mood. Children with SEND may express their anxiety differently, so stay attuned to any changes that may indicate they're feeling overwhelmed.

### **Creating a supportive environment at home**

A calm and structured environment can help reduce stress levels. Establish a consistent routine for study and relaxation, ensuring your child has a balance between work and down time. Encourage regular breaks and incorporate activities that your child finds calming, such as reading, drawing or spending time outdoors.

### **Effective study techniques**

Work with your child to develop a revision timetable that breaks down subjects into manageable chunks. This can help them feel more in control and less anxious about the volume of work. Use visual aids and interactive tools to make revision more engaging for children with SEND.

### **Encouraging positive thinking**

Help your child focus on their strengths and past successes. Positive reinforcement can boost their confidence and reduce exam-related anxiety. Remind them that exams are just one part of their educational journey and that you're proud of their efforts regardless of outcomes.

### **Collaboration with school**

Maintain open communication with your child's school. Discuss any concerns you have and explore how the school can support your child during exam periods. This might include extra time during exams, a quiet room for studying or the provision of additional resources.

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## TRAVEL Training

About Travel Training in Greater Manchester  
Travelling independently can be a challenge for some people, limiting access to social, health and employment opportunities.

Travel training teaches young people and adults who need additional support to make journeys using public transport safely and confidently on their own.

'Travel training' can involve:

- Short term support: Familiarising people with how public transport works in their area, giving them confidence to use it alone.
- Long term support: One-to-one personalised training programme over a period of weeks or months.

TfGM promote travel training as part of accessible transport for everyone living or working in Greater Manchester.

**For more information follow:**

<https://tfgm.com/accessibility/travel-training>

## ONLINE Wellbeing

NSPCC have partnered with Ambitious about Autism to bring online wellbeing tips, specifically for parents and carers of children with SEND. Try the suggested tips and see which work for your family.

Being online is a great way for kids to play, create, learn and connect. Technology helps us to have fun and feel connected. However, some kids may have seen worrying news or feel pressure to keep up with friends and followers on social media and games. Some kids use technology to communicate or to do their home-school work. As we are spending so much more time online, it can be hard to avoid.

**For more information follow:**

<https://www.nspcc.org.uk/keeping-children-safe/online-safety/online-safety-families-children-with-send/supporting-online-wellbeing-for-children-with-send/>





# SEND Newsletter

## Thriving

LOCAL PROVIDERS HAVE A RANGE OF OPTIONS FOR YOUNG PEOPLE TO ACCESS ARTS, CREATIVITY AND CULTURE TO SUPPORT THEIR MENTAL HEALTH AND EMOTIONAL WELLBEING.



## THE COMMUNITY Hive

TAMESIDE, OLDHAM & GLOSSOP MIND HAVE TEAMED UP WITH 42ND STREET TO BRING YOUR IDEAS OF WHAT MENTAL HEALTH SUPPORT SHOULD LOOK LIKE TO LIFE. INTRODUCING COMMUNITY HIVE, TAMESIDE & GLOSSOP'S COMMUNITY MENTAL & EMOTIONAL WELLBEING OFFER, PROVIDING A RANGE OF SUPPORT, INFORMATION, GUIDANCE, AND TRAINING TO YOUNG PEOPLE AGE 8 - 18 YEARS OLD, LIVING IN TAMESIDE AND GLOSSOP.



KEEP UP TO DATE WITH WHAT'S GOING ON AND WHAT IS DEVELOPING BY VISITING THE WEBSITE  
[HTTPS://WWW.TOGMIND.ORG/YOUTH-IN-MIND/COMMUNITY-WELLBEING-OFFER](https://www.togmind.org/youth-in-mind/community-wellbeing-offer)

## EMOTIONAL WELLBEING AND MENTAL HEALTH SUPPORT POSTER

**CHILDREN AND YOUNG PEOPLES MENTAL HEALTH AND EMOTIONAL WELLBEING**

**GETTING ADVICE AND GETTING HELP**  
(Sept 2022)

|   |  |  |  |
|---|--|--|--|
| <p><b>Mental Health Support in Tameside and Glossop</b></p> <p>More information for adults and children's mental health services</p> <p><b>Local Offer for SEND</b></p> | <p>Do you have a query around Autism or ADHD and need support?</p> <p><b>ADHD / ASD Consultation Offer</b></p> <p><b>NHS Penine Care</b><br/>with Tameside &amp; Glossop Trust</p> <p>Contact the CAMHS Service on 0563 736 3600 to access one of the Tuesday Consultation slots with one of the Neuro Specialist Team. This could be delivered digitally, over the phone or where there are risks, we can support face to face. You can access more than one consultation appointment if you need to.</p> | <p><b>The Community Hive</b> (8-18 Year olds)</p> <p>TOG Mind</p> <p>Every Wednesday 4-6pm in Ashton, other localities available</p> <p><b>Brief Intervention Walks</b></p> <p>Online support</p>  | <p><b>School Nurse Health Advice Line</b></p> <p>Call 0161 366 2240</p> <p>Monday to Friday 9am-4pm</p> <p>Live information on the Facebook page</p>   |
| <p><b>Local Offer</b></p>   | <p>KDOH Online Counselling and Peer Support Forum for 11-25 year olds</p> <p>Free to register, no referral needed</p> <p><b>keoth</b></p>  | <p>There is additional support for young people in schools so please speak to the pastoral lead about accessing support in school. The mental health in schools team is expanding across schools.</p> <p><a href="https://www.peninecare.nhs.uk/tameside-mh-support">https://www.peninecare.nhs.uk/tameside-mh-support</a></p> | <p><b>Early Help</b></p> <p>Neighbourhood Support and Advice for Families in Tameside</p> <p><b>Tameside</b></p> <p>Families and Young People Can SELF-REFER to the Community Hive - online support and walk-ins</p> |

**Tameside** For everyone every day