

# Mossley Hollins High School

## Our Newsflash (15)

Friday 6<sup>th</sup> January



HAPPY NEW YEAR FROM MOSSLEY HOLLINS

### A warm welcome back to our students and staff at Mossley Hollins

We hope you all had a relaxing, restful and well-deserved break over the Christmas holidays.

While we're a third of the way through the school year, a new calendar year brings new opportunities to reflect, grow and develop.

Have you been wondering about trying out an co-curricular club? Reading more? Or trying a new sport? There is no better time than the present to take the plunge into a new experience. We strongly encourage all our students to take advantage of 50 clubs and activities that are on offer. (The co-curricular programme is attached at the end of this Newsflash.)

We wish you all a very happy new year and look forward to all of your future achievements in 2023.



### Lexonik Launch

We are delighted to be able to offer a new, intensive literacy intervention programme that has launched this week.

A select group of Year 11 students have been the first to benefit from this programme.

Through its strategic teaching approach the Lexonik programme has been shown to improve reading ages by an average of 27 months in just a six week course!

The National Literacy Trust conducted an independent review of Lexonik this year and concluded that 'Lexonik Advance has been beneficial for the students who took part. Staff also told us that the programme was beneficial for students' reading as well as their learning overall, including improving their confidence.'

The programme will be rolled out to the other year groups in the new year by our dedicated team of Lexonik teachers; Ms Armfield, Ms Cooper, Miss Montero and Ms Barclay.

### Character Awards- Wednesday 1<sup>st</sup> February

The first Character Awards ceremony of the year will take place on **Wednesday 1<sup>st</sup> February**.

Students and parents/ carers will be invited to join in the celebration where badges and certificates will be awarded.

In order to count up all the Character points that students have earned we will need to close the form on **Wednesday 18<sup>th</sup> January**. Students should ensure that they bring in the relevant evidence for their portfolios and speak to their form mentors before this date. Thank you.



*For more stories and updates, please see our News page on our website. You can also follow us on Twitter @MossleyHollins.*



*Manners + Hard work + Honesty = Success*



# EXAMINATION COUNTDOWN



## WHY USE GCSEPOD?

### What is it?

- One website, 3 apps and over 6000 Pods.
- Content produced specifically for mobile devices, tablets and PCs.
- Designed to squeeze exactly the right knowledge needed for exam success into short 3-5 minute chunks.
- Helps with learning, homework and revision.
- For years 10 and 11 only.

It will help your child get organised. Your child can create personal playlists to listen to in the run-up to an exam, to help with homework or on the go to help consolidate learning. The viewing history feature enables your child to return to Pods they found useful. There's also a 'Favourites' playlist, which enables them to easily return to Pods on areas they may be finding difficult. Premade exam specific playlists, available in the 'My Courses' area are neatly organised meaning your child can manage revision quickly and easily whilst prioritising their time.

### Beating exam stress

If you wish to access guidance to help your child beat exam stress you may find this link useful : <https://www.nhs.uk/mental-health/children-and-young-adults/advice-for-parents/help-your-child-beat-exam-stress/>

### Your post-16 options

If you currently have a child in year 11, you may find this website useful for discussing options going forward: <https://nationalcareers.service.gov.uk/careers-advice/career-choices-at-16>

## SUPPORT YOUR CHILD ON THE PATH TO SUCCESS



Your child's school has invested in the award winning resource, GCSEPod, to help your child reach their goals!

Join the thousands of parents/carers encouraging their children to use GCSEPod to support learning, homework and revision.

- ▶ Proven to increase results
- ▶ 28+ exam mapped subjects
- ▶ Available online and offline
- ▶ Audio visual content
- ▶ Builds confidence
- ▶ Independently accessible assessments

Want to find out how you can support your child more with GCSEPod? Then join one of our free webinars by registering here: <https://www.gcsepod.com/podup-presents-webinars/>

"The correlation between success and failure was made almost 100% clear by the use of GCSEPod."

Head of MFL  
at Yateley School

"I found GCSEPod especially useful to compliment my knowledge and I'm certain it helped me secure the grades that I have been so happy to receive."

Student

"My daughter used GCSEPod for her GCSEs and was very successful with her results, she absolutely loved your Pods and this style of revising."

Parent

### Student Activation

Please follow these instructions if your child has not yet activated their GCSEPod account

1. Go to GCSEPod.com and click 'LOG IN'
2. Click 'New to GCSEPod? Get Started'
3. Enter your child's details and confirm the name of the school they attend
2. Create a username and password

For more information please visit [www.gcsepod.com/parents](http://www.gcsepod.com/parents)



## DATES FOR YOUR DIARY

*(Please see our website for further details)*

Monday 9 <sup>th</sup> January	Year 11 Life Skills Day
Wednesday 18 <sup>th</sup> January	Year 11 Revision Conference
Thursday 26 <sup>th</sup> January	Year 9 Parents Evening
Wednesday 1 <sup>st</sup> February	Character Awards Evening (Years 7 – 10)

## UPDATED TERM DATES 2022-23

In light of the announcement of His Majesty's coronation on Saturday 6 May 2023, an additional bank holiday has been announced on Monday 8 May. School will therefore be closed on this day.

The HPV 2 Vaccinations which were scheduled for this date will be rearranged. The new date for these will be communicated when they have been confirmed.

## OUR REMINDERS AND MESSAGES

### Mental Health and Wellbeing

The safety and wellbeing of our students is our highest priority. We offer a number of support streams for our students to reach out to if they ever feel anxious, overwhelmed, stressed, worried or lonely. All the details of our Mental Health and Wellbeing support streams can be found under the student tab of our website:

[www.mossleyhollins.com/students/mental-health-and-well-being/](http://www.mossleyhollins.com/students/mental-health-and-well-being/)

We have also signposted other support services, which are available to young people outside of school, at the end of this edition of the newsflash.

### The national influenza immunisation programme - Mossley Hollins High School – 18th January 2023

This year, the 2022/23 NHS Annual Influenza Vaccination Programme is currently being extended to school years 7, 8 and 9. Vaccination is the best protection against flu. Vaccination of school-aged children not only provides protection to the children themselves but for the wider community, reducing the number of absence days from school, GP consultations and hospital admissions. This will ultimately continue to provide support for the wider NHS systems.

Programme Delivery Intrahealth are commissioned to deliver the school aged seasonal influenza vaccination programme across Greater Manchester (GM). The national ambition is to achieve a 100% offer to our pupils. Please [click here](#) to either consent or decline this year's nasal flu vaccination. Please note that the link will close on 4/01/23.

We are awaiting national guidance in relation to potential year group extension to years 10 and 11.

Should you have any questions regarding the programme or giving consent, please contact Intrahealth via Email: [contactimms@intrahealth.co.uk](mailto:contactimms@intrahealth.co.uk) or telephone 0333 358 3397.

It would be fantastic if our school could attain as close to a 100% return rate for the forms as possible.

Please fill in a Yes consent if you do want your child to have the Flu vaccination OR a No consent if you **do not** want your child to have a Flu vaccination. **But please fill in a form either way** - [click here to access the form](#).

### Reminder to Parents

Please can we remind parents, if your child forgets any equipment (including PE kit) we are not able to call you at home / work to arrange for you to bring it into school. Please ensure your child has all of the correct equipment they need before they arrive at school, otherwise they may be issued with a Nuhope for Lack of Equipment.



*Manners + Hard work + Honesty = Success*



### **Collecting your child during the school day**

Please ensure your child knows what time they need to leave their lesson to attend any appointments you may have made for them. Our Attendance team must be notified in advance and proof of the appointment provided to them via [attendance@mossleyhollins.com](mailto:attendance@mossleyhollins.com).

A note must be written in your child's planner and they must sign out at the Attendance office before coming to Reception to be collected. Please do not arrange to pick child up on Huddersfield Road. We are a very busy school and therefore ask that you do not rely on admin staff to send notes or to be available to collect your child from their lesson.

### **NUHOPE Notifications / Queries**

Please be aware that the only team who are able to deal with NUHOPE queries are the Attendance Team, the admin office are unable to assist with your queries. Nuhope notification messages will make it clear why the Nuhope has been issued, please speak to your child about this prior to any enquiries to school.

### **Mobile Phones Handed into Reception**

From Monday 12<sup>th</sup> December pupils' who are handing in their mobile phone to Student Reception must ensure they are contained within a clear, sealed bag with their name and form clearly displayed. Any phones which are not presented in this way will not be accepted. The current use of paper envelopes will no longer be accepted.

### **Mobile Phone Policy**

Our mobile phone policy, which has been in place for many years, is generally very well complied with and we are grateful for the support of parents/carers and students. The school is a sociable place during break and lunchtime as a result of this policy, which requires that mobile phones/devices are not seen, heard or used during the school day or on the school premises. We have had a couple of instances recently where students have used phones during the school day, including to call parents. Where it comes to our attention that a student has used a phone, we will take action as this is a breach of our rules. This does include calls made to parents; if a need for a student to call a parent arises during the day they should speak to their head of year or the office staff who will make arrangements for this to happen, where appropriate, through the school office.

### **Behaviour and Conduct in the Community**

The overwhelming majority of our students are excellent ambassadors for our school when in the community and we receive many more compliments about their conduct than complaints, which are rare. However, we want to make it clear that we always challenge and sanction any negative behaviour from our students in the community, that does not meet our high standards.

### **Chewing Gum**

We would like to make it clear to all parents/carers and students that chewing gum is a banned item at Mossley Hollins High School. Any student found to be chewing gum in the building will serve Removal for a day. There are a number of reasons behind this, including the mess that it leaves behind, the difficulty of removing it from our carpets, chairs, desks and tarmac outside and more importantly, the distraction to learning and the negative impact it can have in the classroom. After feedback from our student council and teaching staff, we did adapt our behaviour policy and made the decision to reduce the sanction for chewing gum at Mossley Hollins High School from a fixed term exclusion to Removal from lessons and social time for a day. We have the highest of expectations of students at Mossley Hollins High School and as always we really appreciate the support from parents and carers with this matter.



## LIFE SKILLS AT MOSSLEY HOLLINS

### Life Skills in form Time

Life skills sessions in form time will recommence from the week beginning 9<sup>th</sup> January 2023. However, year 11 will no longer undertake Life Skills in form time in order to focus on essential revision sessions in this time.

<b>Redgrave (year 7)</b>	<b>Faraday (year 8)</b>	<b>Bronte (year 9)</b>	<b>Nightingale (year 10)</b>
Tuesday	Friday	Thursday	Friday

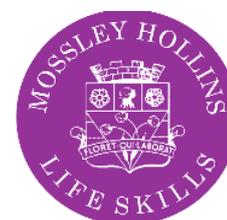
The timetable below shows the theme for Spring Term 1:

Year Group	Theme	Week One Topic
Year 7	Exploring Family Life and Relationships	Types of Relationships
Year 8	Healthy Relationships	My Values
Year 9	Healthy Relationships and Readiness for Sex	Choosing to have Sex
Year 10	Managing Relationships	Recognising Unhealthy Behaviours

### **Year 11 Life Skills Day Monday 9<sup>th</sup> January 2023**

On Monday 9<sup>th</sup> January 2023, our year 11 pupils will participate in a Life Skills Day – ‘Life beyond Mossley Hollins’ that will cover the following sessions:

- Cancer Awareness
- Being Gambling Aware
- Developing Resilience
- Celebrating Diversity and Recognising Protected Characteristics
- Career Workshop – what roles might I be suited to?
- Fertility and Issues Surrounding Pregnancy (revisited)



The purpose of this day is to ensure students are equipped with the knowledge and understanding to make informed choices as they make their next steps and move on from Mossley Hollins to navigate their way into becoming confident young adults. Pupils will attend sessions within their forms -though form 11 Y will be split across the other six for the day. Our intention is that the students find the sessions engaging, informative and of great practical benefit.

Please note that intervention from 3-4pm will still take place for year 11s.

If you wish to discuss the event or have any questions or concerns about your child attending these sessions, please contact Co-Ordinator of Life Skills, Ms O'Donnell at [m.o'donnell@mossleyhollins.com](mailto:m.o'donnell@mossleyhollins.com)

### **Future Life Skills Days**

The following Life Skills Days are scheduled in the school calendar. Further details on the year 11 event will follow shortly:

- Friday 10th March 2023 - Year 9
- Tuesday 18th April 2023- Year 8



If you have any queries regarding our Life Skills curriculum or our Pastoral Programme please contact Ms M O'Donnell at [m.o'donnell@mossleyhollins.com](mailto:m.o'donnell@mossleyhollins.com)

## NATIONAL ONLINE SAFETY

At Mossley Hollins High School, we are fully committed to the safeguarding of the young people in our care and believe it is important everyone takes an active role in ensuring students are safe online.

We would like to welcome parents to join National Online Safety by following the link below:

<https://nationalonlinesafety.com/enrol/mossley-hollins-high-school>

Once you have registered, you will have access to a multitude of resources to help keep your child safe online

We would especially like to recommend the Online Safety Course for Parents and Carers, which can be accessed by following the links below:



<https://nationalonlinesafety.com/hub/view/course/os-for-parents-carers-of-children-aged-11-14>

<https://nationalonlinesafety.com/hub/view/course/os-for-parents-carers-of-children-aged-14-18>



**E-Safety: Protect yourself on the Internet: remember the GOLDen rules.**

**Ground rules**

1. Keep information private – think, would I tell this to a stranger?
2. Agree rules about meeting online 'friends' in real life
3. If it's not acceptable in real life it shouldn't be acceptable online

**Online safety**

1. Use anti-virus and monitoring systems
2. Know where to get advice – see below
3. Activate security and privacy settings

**Location**

1. Internet access should be in a family room, rather than a bedroom
2. Know that Internet access can be gained by the use of other devices; such as gaming consoles, mobile phones or the neighbour's wireless

**Dialogue**

1. Talk to your parents about your internet use
2. Talk to your parents if you have a problem or feel uncomfortable

**Our serious concerns about Vaping**

We have serious concerns regarding students vaping (using electronic cigarettes). Students have been observed in school uniform smoking/vaping near to our school grounds or on public transport.

Vaping is prohibited at all public transport stops and stations in Tameside and on transport to and from school. Any student found vaping will be in serious trouble at school and their parents/carers will be notified.



**Health risks associated with Electronic cigarettes (E-cigarettes)**

- Can contain high levels of nicotine. Adolescence is a critical period for brain development and exposure to nicotine can have long-term health consequences, impacting memory, attention and learning.
- E-cigarettes (Vapes) are often available in different flavours which can be appealing to young people and may expose them to chemicals and toxins such as formaldehyde, heavy metals, particulate matter and flavouring chemicals, at levels that have the potential to cause adverse health effects.
- Sometimes vapes are disguised as USB's, pens and cosmetics.



- Second-hand smoke exposure can cause disease and premature death in children and adults who do not smoke. Specifically, children exposed to second-hand smoke experience a range of upper and lower respiratory illnesses and symptoms such as colds and flu, cough, phlegm production, wheezing and pneumonia.

### Your support

There are ways you can help protect your children and support our school community. These include:

- Talking to students about why smoking/vaping are harmful for them.
- Learning about the different types of e-cigarettes available and the risks associated with using these products. We recommend that you have a look at images of vapes above and online to familiarize yourself on what they can look like.
- Report anyone you see vaping or anyone that has an e-cigarette with them in school. Please contact the child's Head of Year or a senior member of staff immediately.

## CONTACTING SCHOOL

If you phone or write to a member of our staff and you do not get an acknowledgement or reply within 48 hours, we ask that you contact the Headteacher's PA, directly, letting them know who you contacted and what your concern or question was, the Headteachers PA will ensure you get a reply within the next 24 hours. Please write by email to [heads.pa@mossleyhollins.com](mailto:heads.pa@mossleyhollins.com) giving details of which member of staff you have contacted and what your question, concern or request is.

This facility can only be used if you have first followed the correct channels and not received an acknowledgement and reply by the end of 2 working days. The Headteacher's PA will not be able to help before that stage.

### Ensure notifications are on for School Gateway app

As a school we are looking at ways to reduce costs, one area highlighted is the amount we are spending on text messages.

Even if you have the School Gateway app you must ensure that you are logged in all the time and have push notifications manually turned on for this app within your phone settings. Every device will have other settings that can affect push notifications (for example, battery optimisation, which prevents some devices from receiving push notifications when the battery is below a certain percentage).

Please also ensure that you are running on the latest version of the app, which can be confirmed in the Play Store or App Store. If you are still not receiving notifications and have followed the guidance below, you would need to refer to the help guide for your specific device and/or contact your device manufacturer:

If both parents\carers are registered on Gateway please ensure that each registered user is using the School Gateway app.

### Guidance for switching on notifications:

#### Apple

1. On your phone, go to settings
2. In here, scroll down to the 'Notification Centre'
3. Select School Gateway
4. In here, ensure that under the heading 'Notification Centre' is switched on
5. Close the screen; you will now receive



#### Huawei

1. Tap the Apps icon on your home screen
2. Tap settings
3. Tap Apps or App Manager
4. Scroll down and tap School Gateway
5. Tap Notifications
6. Confirm 'Block all' is toggled OFF (Samsung /



notifications when new app messages come through

#### Android

1. On your phone go to Settings > Applications Manager
2. Scroll down the list of apps until you find School Gateway and select it
3. In here there will be a tick box that says 'Show Notifications'. Ensure this is selected
4. Close the screen; you will now receive notifications when new app messages come through.



other devices - toggle 'Allow Notifications' ON)

7. Restart your device

#### Samsung

1. On your phone got to Settings > Notifications and Status Bar > Notifications Centre
2. Scroll down your list of apps until you find 'School Gateway' and select it
3. Activate 'allow notifications' and also 'priority display'
4. Restart your device
5. You will now receive notifications when new app messages come through.

**SAMSUNG**

## OUR VACANCIES AND OUR TRAIN TO TEACH OFFER

### Job Vacancies – Mossley Hollins High School

**Role: Administration Officer/Co-curricular and Electives Co-ordinator - MHHS**

**Pay Scale:** Grade D (Point 7-10)

Actual starting salary at Grade D Point 7: £19,057.09

**Hours:** 36 hours per week, term time only

**Contract:** Permanent

**Closing Date:** Friday 13th January 2023 (12 noon)

**Start Date:** As soon as possible

Further details are available on the school website at [www.mossleyhollins.com](http://www.mossleyhollins.com)

### Train to Teach

**Train to Teach** with us here at **The Tame River Teaching & Curriculum Institute** through School Direct in partnership with **everyonelearning@ Hawthorns Kingfisher**.

We are currently recruiting for **Biology, Chemistry, Physics, English, Geography, History, Maths, PE with Ebacc, Art, RE, Design & technology, Computer Science and MFL**. We lead and host training and placements in strong schools at secondary and primary level. Bursaries may be available.

For more details, please contact [eduggan@tret.org.uk](mailto:eduggan@tret.org.uk) or look at the **Train to Teach** Section of the Trust Website:

[www.tret.org.uk](http://www.tret.org.uk)



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## Co-Curricular Clubs 2022-23

Co-Curricular Clubs	Day	When	Where	Frequency	Year Groups
Advanced Maths Club	Wednesday	Lunchtime	3.04	Weekly	10 and 11
Astronomy Club	Thursday	3pm - 3.45pm	3.09	Blue week	9 and 10
Card / Board Games Club	Friday	Lunchtime	L.02	Weekly	All
Chamber Choir	Thursday	Form Time	G.02	Weekly	All
Chess / Board Game and Vintage Comics Club	Friday	Lunchtime	Bronte HB	Weekly	7 and 8
Cookery Club	Tuesday	3.10pm - 4.30pm	4.05	Red Week	7
Debate Club	Thursday	Lunchtime	2.05	Weekly	7, 8 and 9
Design & Make Club	Tuesday	3 - 4pm	4.03	Weekly	8
Dungeons & Dragons Club	Tuesday	3pm - 4pm	2.14	Weekly	All
Graphics Club	Wednesday	Lunchtime	4.07	Red Week	10 and 11
Guitar Club	Wednesday	3pm - 4pm	Practice Room	Weekly	All
History Film Club	Thursday	1.30pm - 2pm	2.01	Weekly	7, 8 and 9
KS3 Drama Club	Wednesday	Lunchtime	Drama Studio	Weekly	7, 8 and 9
KS3 Drumming Group	Tuesday	3pm - 3.30pm	G.02	Weekly	All
KS4 Drumming Group	Tuesday	Lunchtime	G.02	Weekly	10 and 11
KS4 Masterclass	Friday	Lunchtime	Drama Studio	Weekly	10 and 11
Oldham Coliseum	Thursday	3pm - 4pm	Drama Studio	Weekly	TBC
Philosophy Club	Wednesday	Lunchtime	2.06	Red Week	All
Pop Choir	Friday	1.25pm - 1.55pm	G.02	Weekly	All
Retro Gaming Club	Monday	Lunchtime	4.02	Weekly	All
Rock Band	Thursday	3pm - 4pm	Music Room	Weekly	All
Salsa Club	Monday	12.30pm - 1pm	Dance Studio	Weekly	All
School Band	Wednesday	Lunchtime	G.02	Weekly	All
School Band	Thursday	3pm - 4.30pm	G.02	Blue Week	All
School Production	Monday	3pm - 5pm	Drama Studio	Weekly	All
School Production	Thursday	3pm - 5pm	Drama Studio	Weekly	All
Spanish Film Club	Thursday	Lunchtime	L.02	Weekly	All
Trivia and Quiz Club	Wednesday	1.30pm - 1.55pm	2.03	Weekly	All
Whizz Bang Science Club	Tuesday	13.25pm - 13.50pm	3.07	Weekly	7 and 8
Writing Club	Tuesday	3pm - 4pm	2.09	Weekly	8, 9 and 10
Year 10 and 11 Dance Club	Friday	Lunchtime	Dance Studio	Weekly	10 and 11
Year 10 Volleyball (Boys & Girls)	Wednesday	Lunchtime	Sports Hall	Weekly	10
Year 11 Badminton (Exam Group Only)	Thursday	Lunchtime	Sports Hall	Red Week	11
Year 11 Volleyball and Badminton (Exam Grp Only)	Friday	Lunchtime	Sports Hall	Weekly	11
Year 7 & 8 Book Club	TBC	TBC	TBC	TBC	7 and 8
Year 7 and 8 Basketball (Boys & Girls)	Thursday	Lunchtime	Sports Hall	Blue Week	7 and 8
Year 7 and 8 Dance Club	Thursday	3pm - 4pm	Dance Studio	Weekly	7 and 8
Year 7 Band	Wednesday	3pm - 4pm	G.02	Weekly	7
Year 7 Football	Wednesday	Lunchtime	Astro	Weekly	7
Year 7 Jass Silver Award	Monday	3pm - 4pm	G.01	Weekly	7
Year 7, 8 & 9 Netball (all welcome)	Tuesday	Lunchtime	Sports Hall	Weekly	7, 8 and 9
Year 7, 8 & 9 Netball (team only)	Monday	Lunchtime	Sports Hall	Weekly	7, 8 and 9
Year 7, 8 and 9 Girls Football	Tuesday	3pm - 4pm	Astro	Weekly	7, 8 and 9
Year 8 & 9 Football (team only)	Wednesday	3pm - 4pm	Astro	Weekly	8 and 9
Year 8 Football	Monday	Lunchtime	Astro	Weekly	8
Year 8 Jass Silver & Gold Award	Thursday	Lunchtime	G.01	4 weekly	8
Year 9 Dance Club	Wednesday	Lunchtime	Dance Studio	Weekly	9
Year 9 DofE Bronze	Thursday	Lunchtime	G.01	4 weekly	9
Year 9 Football	Thursday	Lunchtime	Astro	Weekly	9
Young Reporters Club	Wednesday	Lunchtime	Library	Weekly	9 and 10

	Arts & Sports
	DofE & Jass
	English
	Humanities
	Languages
	Maths
	Music
	Science
	Technology



## General



Concerns in or out of school? Use the the Confide reporting tool to report any concerns.



Childline- general support for young people.  
Call **0800 1111** or visit  
<https://www.childline.org.uk/>

**childline**



Think you know: <https://www.thinkuknow.co.uk/>

## Mental Health and Well-being

Off the Record: Suitable for children and young people aged 10-25 in Tameside who are experiencing mental health difficulties such as anxiety, worry, low mood, bereavement, bullying and stress etc. [www.otr-tameside.org](http://www.otr-tameside.org) **0161 355 3553**



Samaritans  
[www.samaritans.org](http://www.samaritans.org)  
Freephone: **116 123**  
Text message: **07725 90 90 90**

Eating Disorders B-eat – Eating Disorder Charity  
[www.b-eat.co.uk](http://www.b-eat.co.uk)  
Tel: **0845 634 141**



Mind: Suitable for young people aged 8-18 years struggling with different issues such as anxiety, worry, low mood, stress, bullying etc.



## Sexual Health and Well-being

YOUthink are a specialist team for sexual health intervention and prevention, which focus on improving young people's sexual health. The team is made up of youth workers who offer FREE one to one individual support to young people aged under 25 to access local contraception and sexual health services. The service also offers a variety of services including: pregnancy testing, condom distribution, advice and support.

The Service is confidential and designed to keep young people SAFE and not judge.

To contact YOUthink about any sexual health issue, or ask a question about services, Monday to Friday 9.30am to 4.30pm:

Tel: **0161 342 5600** or **0161 342 5671** or **0161 342 5672** and ask to speak to someone from the YOUthink team.



Or visit 31 Young People's Centre, Clarence Arcade, Ashton-under-Lyne, OL6 7PT. LGBT Foundation is a national charity delivering a wide range of services to lesbian, gay and bisexual and trans (LGBT) communities. <https://lgbt.foundation/> Advice Support & Information **0345 3 30 30 30**

SEXWISE – online honest advice about contraception, pregnancy, STIs and pleasure.

<https://www.sexwise.fpa.org.uk/>

Sexual Assault:

<https://www.sexwise.fpa.org.uk/where-to-get-help/sexual-assault-services>



## Domestic Abuse



Refuge <https://www.nationaldahelpline.org.uk/>  
**0808 2000 247**



## Self Harm



Self-Harm Network <https://www.nshn.co.uk/>

## SHARE

Self-Harm Awareness & Recovery - Support group in Manchester  
Tel: **0161 226 5412 / 07876 166 625**

## Papyrus

National suicide prevention charity. Tel: **0800 068 41 41**

## Drugs and alcohol



Tobacco <https://www.nhs.uk/smokefree>



Young Minds: <https://youngminds.org.uk/find-help/-looking-after-yourself/drugs-and-alcohol/>



My Recovery Tameside:  
<https://www.changegrowlive.org/my-recovery-tameside>  
You can also phone or email: **0161 672 9420** or email [tameside.referrals@cgl.org.uk](mailto:tameside.referrals@cgl.org.uk)

Or if you live in Manchester: **0161 839 2054** from 09:00 - 17:00 on weekdays or email [eclipsemanchester@cgl.org.uk](mailto:eclipsemanchester@cgl.org.uk).



Talk to Frank: <https://www.talktofrank.com/>  
**0300 1236600**



# STAY SAFE ON NEW DEVICES

Whether you're an internet newbie or a pro at surfing the web, it's always important to keep online safety in mind. We've pulled together a list of top tips to make it easier for you to protect yourself and your devices in the digital world - helping you steer clear of hazards like misleading information and vicious viruses. There's never a bad time to refresh your internet safety knowledge, but it's an especially smart thing to do before you start using any shiny new devices!



**NOS** National Online Safety®  
#WakeUpWednesday



Manners + Hard work + Honesty = Success

