



# THE ECCLESBOURNE SCHOOL

'Learning Together For The Future'

Head Teacher  
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Dear Parents/Carers,

Next week is Mental Health awareness week and the focus is anxiety. Anxiety can affect us, adults and children, physically and mentally.

For all secondary students and their adult parent /carers there is help at hand, especially with exam season upon us. There are things that we can all do to protect our mental health and manage anxiety.

What works will be different from person to person. Things that might be helpful include being active, getting out in nature, practising breathing techniques, getting support to tackle money worries or eating well. Talking to a friend, or spending time with loved ones, is often a good first step.

The information below, along with an assembly, will be posted on Show My Homework in the Notices section

**Below are several links to access for coping with anxiety:**

[MHAW23-coping-with-anxiety-tips.pdf \(mentalhealth.org.uk\)](#)

[Anxiety | Mental Health Foundation](#)

[A-Z Topics | Mental Health Foundation](#)

**The next one is a booklet for students:**

[MHF-wear-it-green-day-2023-anxiety-booklet.pdf \(mentalhealth.org.uk\)](#)

**Also, there is an organisation called: Anxiety UK** [www.anxietyuk.org.uk](http://www.anxietyuk.org.uk)

Anxiety UK was established in 1970 and is run by and for those with anxiety, offering an extensive range of support services designed to help support those affected by anxiety disorders, anxiety and anxiety-based depression.

Services available include:

Helpline services - 03444 775 774, open from 9:30am to 17:30pm Mon to Fri, along with a text service 07537 416905 and 'Ask Anxia' chatbot service, available 24/7 for all anxiety queries at [anxietyuk.org.uk](http://anxietyuk.org.uk). See Helpline services for more information.

Anxiety UK also offer fast access to a range of psychological therapy services, including counselling, Cognitive Behavioural Therapy (CBT), Compassion Focused Therapy (CFT), clinical hypnotherapy & Eye Movement Desensitisation and Reprocessing (EMDR) therapy, with appointments available in person, online and by telephone. See Therapy services for more information.

They also run a range of courses and groups including a popular Art for Anxiety Relief (AfAR) course, anxiety management courses, and online peer-led anxiety support groups. See Support Groups for more information.

[Access therapy - Anxiety UK](#)



## **More help:**

**Bridge the Gap** <https://www.jwbridgethegap.com/> - this organisation is based in Derby and whilst some of their work/resources are available FREE, some need to be paid for.  
01332 600827

**More Anxiety links below** – simple YouTube explanations for both children and parents, different 2 minute films for young ones and teenagers.

<https://www.jwbridgethegap.com/anxiety>

## **More YouTube links:**

[How to Cope with Anxiety | Childline - YouTube](#)

[How to cope with anxiety - a relaxation technique | NHS - YouTube](#)

[Practical Tips for Dealing with Anxiety - YouTube](#)

[Feeling Anxious? Ways for Children and Teens to Cope - YouTube](#)

## **Further help:**

There are GCSE guides for students and parents/carers called:

1. Looking after yourself during your GCSEs – a guide for pupils
2. An emotionally healthy approach to GCSEs – a guide for parents

These will be posted on Show my homework in the Notices section and on our website. They are excellent.

Here is a live link to both:

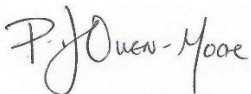
<https://www.ecclesbourne.derbyshire.sch.uk/ckfinder/userfiles/files/pastoral/esafety/examstress-pupils.pdf>

<https://www.ecclesbourne.derbyshire.sch.uk/ckfinder/userfiles/files/pastoral/esafety/examstress-parents.pdf>

Just a further reminder for all students that we have a Wellbeing Hub, safe spaces, wellbeing ambassadors and many staff who are Mental Health and Wellbeing First Aider trained. All this information is placed in tutor rooms, on the screens around school and given in assemblies. We also have Mrs Monk and Mrs Tanser who work with students for their mental health and wellbeing and Mrs Daniels – our progress leader in charge of wellbeing.

If you need any assistance or clarification, please don't hesitate to contact me.

Yours sincerely,



Petra Owen-Moore  
Deputy Head/ Deputy DSL/ SMHL – Senior Mental Health Lead  
Head of Lower School