



# MENTAL HEALTH NETWORK

Mental Healthcare ; Supporting Devon





**21st July 2023 10.30 - 12.00**

- **Welcome & 1 minute introductions**
- **Events & information sharing**
- **AOB**

***Next meeting date to be decided***





## Mental Health Network

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Intro

Featured



DIGITAL  
CBTe

Version 1.0 June 2023 | Reference: R70660/RE001  
Gathering Perspectives on Testing a Novel Guided  
Digital Self-Help Programme for Binge Eating

## Share your perspectives on a digital self-help programme for binge eating



### Are you...

Someone aged 18+ who experiences episodes of binge eating

**AND / OR**

Someone supporting family or friends with experience of binge eating

**AND / OR**

A health professional

The focus group will be online and last approx. 1.5 hours

### Would you...

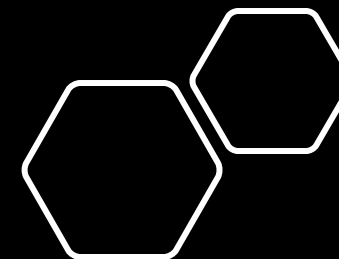
Like to attend an online focus group to talk about the best ways to evaluate our digital self-help programme for binge eating?

By participating, you can make a difference to the lives of people with eating disorders!

You will receive a £15 Amazon voucher for your time

For more information, please contact Emma Osborne at

✉ [emma.osborne@psych.ox.ac.uk](mailto:emma.osborne@psych.ox.ac.uk)



Participation

University of  
Oxford

Binge Eating Self-  
help



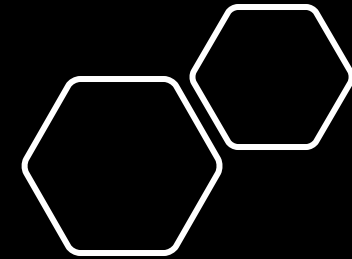


We have now moved offices and retail shop to:

**140 HIGH STREET  
HONITON  
EX14 1JP**

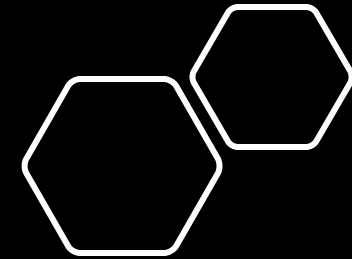
Our Befriending unit is situated just up the street at **122 High Street.**

Our telephone number remains unchanged **01404 46529.**



**TRIP**  
Address change





PDA Society

This course is targeted towards mainstream, SEN or autism specific schools as well as being suitable for Tutors working with PDA students. It would benefit those working with young people aged between 5-16yrs.

A trainer led, CPD accredited, course aimed at expanding the knowledge of education professionals who work with and support learners with a PDA profile of autism (whether formally diagnosed, self-identified or exploring the profile). Conventional autism approaches are often ineffective and counter-productive for PDA people so the course will explore creating alternative and flexible frameworks that include building a partnership based on trust, flexibility and collaboration.

**Location, date & time:** This is an online programme (via Zoom), to be delivered over 2 twilight sessions on Monday **18th & 25th September 2023** from **3:45pm to 5:30pm**.

<https://www.eventbrite.co.uk/e/pda-for-educators-cpd-accredited-tickets-618375747507?fbclid=IwAR1v3lbDcwVHW4obsJYq50Vcv9OUXL46pym5zDdVpQQ0B6Ea6vuEQVohhMc>





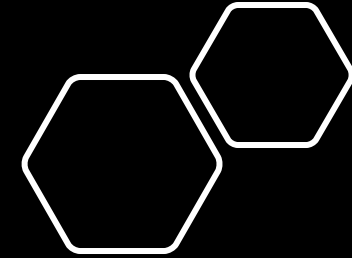
# WE'VE LAUNCHED OUR LOTTERY



- Tickets cost just £1 a week
- Help give our fundraising a boost
- Win up to £25,000

**PLAY NOW**

Supporters must be 16 years or over



Parental Minds  
Community Lottery





# Participation Events 06.2023

Jun 5, 2023 | Meetings & Events, Participation & Co-Production Activity

When	Name of Event	Where	Further Information
17 June 2023 13:30- 16:30	Youth Voice Saturday (16-25yr Transitions)	100 club (youth centre), Wear Barton Road, Exeter EX2 7EH. In person event.	<a href="#">More information here</a>
		Are you primary carer/giver for a young	







# PARENTAL MINDS C.I.C.

Exploring Pathways ; Mental Healthcare  
Supporting those that support others

## CAREGIVER SUPPORT HUBS

COURSES

COUNSELLING

SUPPORT GUIDES

SHARING YOUR VOICE



07907 614 516

facebook/PPSHUB

PARENT+  
SUPPORT HUB

hello@parentalminds.org.uk

www.parentalminds.org.uk

FAMILY LIVED EXPERIENCE WITH PROFESSIONAL INPUT



# PARENTAL MINDS C.I.C.

Mental Healthcare ; Exploring Pathways



## PARENT +

Mental Health Hub ; Supporting Families



## SCHOOLS +

Mental Health Hub ; Supporting Staff



## COUNSELLING +

Mental Healthcare ; Low Cost Counselling



## PRACTITIONERS +

Mental Health ; Skills Workshops



## CAREGIVERS VOICE

Mental Healthcare ; Co-Production Network



## MENTAL HEALTH NETWORK

Developed from Honiton & surrounding villages



It's the  
**First Steps**  
that count.



Have you had to learn through trial and error what works?

Has your child got different needs?



## Get support with First Steps!

We are a group of parents and those working with children. We believe that children deserve to have their needs described, understood and supported from the beginning.

We offer a safe place for parents/caregivers to be heard and somewhere to exchange ideas, hints and tips with other parents/caregivers. We share information on Local and National mental health services.

### We can offer you...

★ Virtual Peer Support

★ Support Calls

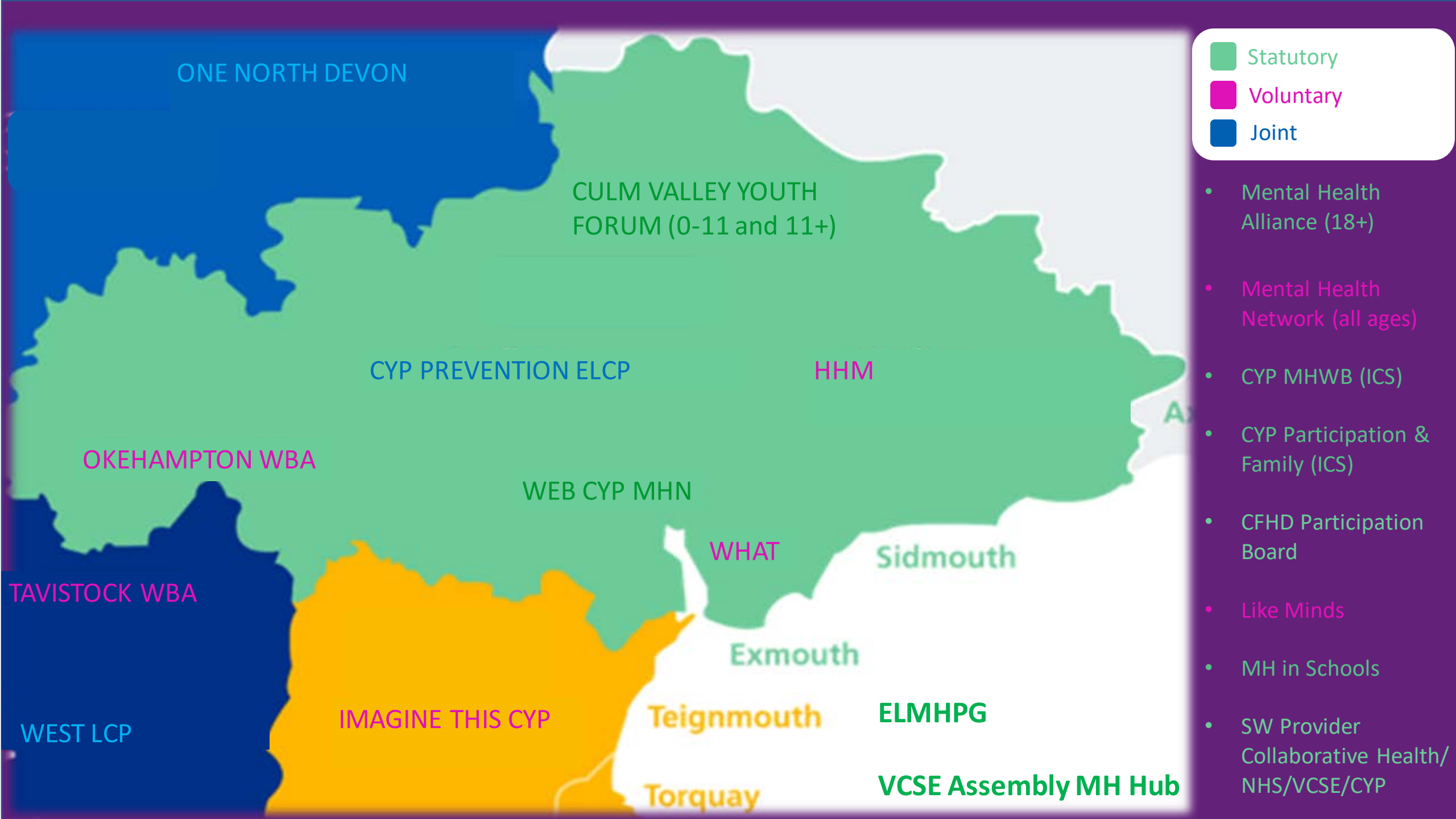
★ WhatsApp Support

★ Peer Support Network

Register with us here!

[firststepstorbay@outlook.com](mailto:firststepstorbay@outlook.com)





- Statutory
- Voluntary
- Joint

- Mental Health Alliance (18+)
- Mental Health Network (all ages)
- CYP MHWB (ICS)
- CYP Participation & Family (ICS)
- CFHD Participation Board
- Like Minds
- MH in Schools
- SW Provider Collaborative Health/ NHS/VCSE/CYP



# MENTAL HEALTH NETWORK

Mental Healthcare ; Supporting Devon

**Bulletin – DMHA & Recovery Devon?**



### Attendees:

- Brittany Lakin– Parental Minds
- Sarah-Lou Glover – Parental Minds
- Heather Eggins - Nuttiri
- Joanne Overton Pitts – Qwell, Kooth
- Victoria Grimberg – Devon Communities
- Simon and Claire - HOSMS
- Sheila Edwards – Parental Minds, Honiton Health Matters
- Daisy Binnie – Exeter Community Initiative
- Vanessa Rossiter – Parental Minds
- Matt Young – Who Needs Instructions

### General Discussion Notes:

- Next meeting undecided – bulletin to be sent out in September
- Participation Events increasing in number – lots on the Parental Mind’s website. If you have a co-production or participation event, contact Sarah-Lou
- Trip have changed address. Now in two areas: 122 High Street and 140 High Street in Honiton.
- PDA Society has some training exercises coming up
- Parental Minds Community Lottery – Exeter Community Lottery raising funds.
- Parental Minds changing their counselling slightly. Supporting parents that have joined Parent+ and outside agencies can contact Parental Minds for referrals. Link to sign up no longer on website – must contact a team member for it first.
- Can we encourage a mental health and wellbeing board in Honiton?
- MHN to take more a parental/cyp focus. Currently very general with its information being shared, there’s many other general networks out there. Need to be asking more questions like ‘how are we encouraging parents?’
- CYP Partnership – 15 organisations working with children and young people have formed a partnership. Encouraging parents and siblings to get support as well as the young person in need. Agreed to look at the menu of what’s available out there (e.g. play therapy). Looking at transitions and change. Some private practices are involved in the organisation as well.



- **Joanne Overton**

- Parent and carers content collection can be found on website, covers a variety of topics. Last few months fathers are being mentioned more in articles.
- Summer Outreach Devon in multiple areas over July and August. Consists of small craft sessions with children and parent packs given out to families.
- National Webinars coming out during the summer. Audience specified on individual sign-up pages, some for schools, some for families.
- Parental minds to do a Kooth/Qwell social media week, and a support for dads week.
- Breaking the Stigma film - Kooth and Qwell <https://vimeo.com/842202009?share=copy>

- **Matt Young**

- Aims to get men talking more about their feelings. Runs some walks each week for people to join, sometimes pop to the pub together on a Wednesday. Based in Exeter.
- Starting to work with Homestart with their Dads Matter group
- Membership now open, viewable on the website - <https://www.whoneedsinstructions.com/memberships>

- **Heather Eggins**

- Trained staff at LED Axminster. 2 Hour induction with Nutri. They're now examining their thoughts on weight and food.
- Here's the link to the Nutri/LED Axminster weight neutral pilot. <https://www.nutri.org/led> Please feel free to share or contact for posters and leaflets.

- **Victoria Grimberg**

- Ensuring VCSE sector is equipped and staffed.

- **Sheila Edwards**

- Honiton Health Matters working with Surgery. Question and answer session at the Beehive.

- **Simon and Claire**

- Some work done with Nutri.
- Group counselling and solo counselling continuing.

- **Daisie Binnie**

- Working with Family Support Workers. Signposting and referring to agencies, helping with benefits and housing, educating on parenting approaches in the home.
- Funding not coming through, no longer able to take new cases on their therapeutic route.

- **Meeting of Minds Update**

- Groups that work specifically with children and young people, and parents, met for discussion. Looking at how to cover gaps.
- CAMHS launched new pathways, encouraging a change in language, linking physical health and mental health.
- Since March, two new hubs have developed.
- Next session: 15<sup>th</sup> September





## • Joanne Overton – Kooth and Qwell information

- Digital assets specifically for Parent / Carers are [here](#)
- Broader digital assets library which contains all things Kooth and Qwell is [here](#)
- Linktr.ee of National Webinars & recordings <https://linktr.ee/KoothEngagementTeam>
- Link to our Breaking the Stigma, male mental health video <https://vimeo.com/manage/videos/842202009>
- Some wording below for anyone wanting to add information about Kooth or Qwell to their websites and they also include a short video about each platform.

### Qwell (ages 18+) [short video about Qwell](#)

Qwell is a safe, confidential online mental health and wellbeing service available to adults (18+). The platform includes options for:

- Text-based counselling via live chats, booked chats and messaging
- Self-help tools and online magazine articles
- Online journal
- Community/peer support via forums where you can talk about issues that affect you and provide advice and support to others

You can access Qwell via a computer, smartphone or other internet enabled device. Qwell provides a safe, secure means of accessing help via the internet from a professional, accredited team of counsellors and wellbeing practitioners.

The service is free and can be accessed by visiting [Qwell.io](http://www.qwell.io) online and registering an account on the website to gain instant access to the platform. Please visit [www.qwell.io](http://www.qwell.io) to sign up and find out more.

### Kooth (ages 11-18) [short video about Kooth](#)

Kooth is a safe, confidential online mental health and wellbeing service available to Young People (11-18). The platform includes the same options as included in the Qwell bullet points listed above.

You can access Kooth via a computer, smartphone or other internet enabled device. Kooth provides a safe, secure means of accessing help via the internet from a professional, accredited team of counsellors and wellbeing practitioners.

The service is free and can be accessed by visiting [Kooth.com](http://www.kooth.com) online and registering an account on the website to gain instant access to the platform. Please visit [http://www.kooth.com/](http://www.kooth.com) to sign up and find out more.



The poster features a teal background with a large white butterfly in the top left and a smaller one in the bottom right. The Qwell logo is in the top right. The text is centered and lists outreach events with dates.

**Qwell**

## Summer Outreach Devon

National Trust, Lorna Doone Valley	26th July
Otters and Butterflies, Buckfastleigh	28th July, 8th & 22nd August
National Trust, Arlington Court, Nr Barnstaple	3rd August
World of Country Life, Exmouth	4th & 18th August

Parent / Carer packs and signposting information available.  
Come and speak to our Qwell Engagement Lead, Jo

