

Learn more about the various events being held this September, and discover useful resources to help guide you on your journey.

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PARENTAL MINDS SUPPORT
Mental Healthcare ; Supporting Families

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Supportive September: Navigating Mental Health & Family

Hello,

This month, we're focused on providing you with valuable resources, training, and support to help you thrive. We aim to connect you to the right tools and information to navigate challenges and strengthen your family's wellbeing. We've included information on:

- The **Worry Workshop** with **Parental Minds**.
- **IPSEA**, who have put together useful information for if your child doesn't have a school place.
- **Pooky Knightsmith's** useful tips on balancing children's screentime.
- **Devon Digital Services and Devon Family Hubs** range of useful workshops approaching, focusing on topics such as sleep and SEMH.

...And much more.

For real-time updates on Parental Minds' events and activities, follow us on Facebook. Don't miss out on the latest news! Join our online community and be a part of the conversation. <https://www.facebook.com/PPSHUB>

 Visit our website [here](#) and explore our resources



IPSEA
Independent Parental Special
Education Advice

IPSEA

Children who do not have a school place

Is your child without a school place? At the start of a new school year many children with SEND can find themselves without a school to attend. This is a worrying situation to be in, so ISPEA have want to provide guidance to help parents and carers who are in this position.

[Read More](#)

-Article-

Realistic Ways
to Balance
Children's
Screen Time



[Pooky Knightsmith](#)

Realistic ways to balance children's screen time

Take a look at some of the practical and realistic ways to get a better grasp on our children's screen time with Pooky Knightsmith.

Screens can be wonderful, they can be a gateway to learning, laughter and connection but they can also be a gateway to less positive things and can prevent engagement with the

physical world. With this in mind she's explored some simple ideas to help get the balance right.

[Read More](#)



Women's Drop-In



Arts & crafts, advice, chat and
connection in a supported space

Starts 11th September

More info: colabwomen@colabexeter.org.uk

Women's Drop in group

The Women's Drop-In on Weds at CoLab starts on the **11th September**. Enjoy arts and crafts, chat, share advice, and connect with others in a supported space.



[Devon Digital Services](#), [Devon Family Hubs](#)

The importance of sleep for children

Action for Children know quality sleep is essential for children's growth and development. In this workshop they'll cover:

- The importance of sleep for children
- What can cause children to struggle to sleep
- What impact that can have on children, their caregivers and siblings
- What we can do to identify the possible causes and then put in strategies and actions in place to support our children to sleep

And they will be sharing resources, tips and links to further support sleep in children.

Join them for this **FREE workshop, Thursday, September 19th 2024.**

[Read More](#)

Baby & Child First Aid

Would you know what to do
in an emergency?

2 hour class covers: CPR, Choking, Bumps,
Bleeding,
Breaks, Burns, Febrile Seizures
& Meningitis Awareness



Follow the
QR code
or use the
link below



For parents and carers

23rd September 2024 10am -12

Forches Family Hub, Forches Ave, Barnstaple EX32 8EF

Book here: <https://www.eventbrite.co.uk/e/free-baby-and-child-first-aid-tickets-999425868677> or

open the QR code with your phone camera to book

Baby & Child First Aid

This 2 hour class covers: CPR, Choking, Bumps, Burns, Bleeding, Breaks, Febrile Seizures & Meningitis Awareness.

Join the workshop on the 23rd September 2024, 10am - 12

[Read More](#)



The banner features a dark blue background with white diagonal lines. On the left, a smartphone displays a list of topics: Tantrums & Meltdowns, Play, Speech & Language, Digi Dads Drop In Sessions, Emotions & Feelings, and Bitesize Parent Toolbox. In the center, a group of diverse hands is raised above the text 'HELP ME! I'm a Parent!'. To the right, a baby is shown using a laptop. Logos for Devon Digital, Devon Family Hubs, and Action for Children are visible in the top corners. A green button in the bottom right corner reads 'Digital Parenting Support'.

[Devon Digital Services, Devon Family Hubs](#)

Supporting your child with SEND with SEMH

Children and young people with SEMH have severe difficulties in managing their emotions and behaviour. They often show inappropriate responses and feelings to situations. SEMH is a broad term used to define a range of different needs children may have at any given time.

In this webinar you'll learn strategies to help you to support children with SEND with their SEMH. You also receive some useful tips and advice to support each other.

Monday, 14th October 2024, 1 - 2pm

[Read More](#)



[Learn Devon UK](#)

Learning and Support for Adults

Learn Devon is Devon County Council's adult education provider of educational courses for the residents of Devon. They provide support on a range of subjects including Maths, English and digital IT skills.

They also offer a range of tailored courses for adults who have more complex learning needs. Their courses aim to help make everyday life easier: supporting learners towards independence and helping them prepare for work or volunteering.

[Read More](#)



[Young Devon](#)

Free Training for 16-25 year olds

The Independent Life Skills course is designed to support young people back into education, develop life-based skills and to help them build confidence. Awarding an Entry

Level 3 Qualification; this course is delivered through small group work and fun projects.

This course is currently run in Exeter, Plymouth and Torbay.

[Read More](#)



[Pathways](#)

Playtime do's and don'ts

Playtime is an important part of childhood! Playtime for kids helps them learn new things while building social skills, developing creative thinking, and learning about their interests and talents. Because life is so busy, **Pathways** have put together these handy “Do’s” and “Don’ts” to help your family make the most of playtime.

[Read More](#)



DEVON
FAMILY HUBS



Parent Carer Newsletter

Learn about more upcoming events the **Devon Digital Team** are running, and discover top tips from the team. Learn **how to help prepare your teenager starting a new school, and how to support SEND children with reading,**

Devon County Council also made the decision to develop Children's Centres into Family Hubs last year, in line with Government objectives. Since the 1st April 2024 they've been working with DCC to make the transition from one to the other. You can read more about this, what the big differences are, changes to social media handles, and what will benefit all families in Devon, on this useful newsletter.


[Read More](#)

Self-Care September

Self-care isn't selfish. It's essential.



Share & Print this month's calendar



JOIN ACTION FOR HAPPINESS

Get monthly calendar updates

5th September

JOIN THE CONVERSATION

Forgive yourself when things go wrong. Everyone makes mistakes



ACTION FOR HAPPINESS

Action for Happiness

Self-care September

It's **Self-care September** over at **Action for Happiness**. Learn the variety of ways you can make sure you're caring for yourself when times are tough.

You can also view their previous calendars, download and print them.

Read More

WORRY WORKSHOP

Skills Workshop with Parental Minds

An online support hub focused on learning how to navigate our own anxieties while providing calm, reassuring support to our loved ones.

Parental Minds material is informed by families lived experience, with professional input and supporting evidence is cited, where it exists, by Dr Abby Russell's research students from the University of Exeter.



PARENTAL MINDS C.I.C



PARENTAL MINDS SUPPORT

Online, Zoom

Monday 23rd September 2024
19.15 - 20.45

bit.ly/PMWorry24



Parental Minds Skills Workshop

Worry Workshop

An online support hub focused on learning how to navigate our own anxieties while providing calm, reassuring support to our loved ones.

Parental Minds material is informed by families lived experience, with professional input and supporting evidence is cited, where it exists, by Dr Abby Russell's research students from the University of Exeter.

Monday 23rd September 2024

19.15 - 20.45

<https://bit.ly/PMWorry24>

Read More

PARENTAL MINDS SUPPORT
Mental Healthcare;
Supporting Families

SEPTEMBER 2024

07907 614 516

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hello@parentalminds.org.uk

www.parentalminds.org.uk

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>2</p> <p>Telephone and WhatsApp support available daily 10 – 6</p>	<p>3</p> <p>Parental Minds Support Hub Online Hub Teams / 10.00–11.00</p>	<p>4</p> <p>Parental Minds Support Hub BOOKABLE 1:1 Online Hub Teams / 10.30–11.30</p>	<p>5</p> <p>Parental Minds Support Hub BOOKABLE 1:1 Online Hub Teams / 13.30–14.30</p>	<p>6</p> <p>Telephone and WhatsApp support available daily 10 – 6</p>
<p>9</p> <p>Telephone and WhatsApp support available daily 10 – 6</p>	<p>10</p> <p>Parental Minds Support Hub Exeter John Lewis/ 10.00 – 12.00</p>	<p>11</p> <p>Parental Minds Support Hub Sidmouth Hub All Saints Church / 10.30–12.30</p>	<p>12</p> <p>BOOKABLE 1:1 Teams / 13.30–14.30 Evening Hub, Honiton Kings Court/ 19.00–21.00 Eating Disorder Support Zoom/ 19.00–21.00</p>	<p>13</p> <p>Telephone and WhatsApp support available daily 10 – 6</p>
<p>16</p> <p>Telephone and WhatsApp support available daily 10 – 6</p>	<p>17</p> <p>Parental Minds Support Hub Online Hub Teams / 10.00–11.00</p>	<p>18</p> <p>Parental Minds Support Hub BOOKABLE 1:1 Online Hub Teams / 10.30–11.30</p>	<p>19</p> <p>Self Harm Support Zoom/ 10.00 – 12.30 BOOKABLE 1:1 Teams / 13.30–14.30 Eating Disorder Support Zoom/ 19.00–21.00</p>	<p>20</p> <p>Telephone and WhatsApp support available daily 10 – 6</p>
<p>23</p> <p>Parental Minds Workshop Worry Workshop Zoom / 19.15 – 20.45</p>	<p>24</p> <p>Exeter John Lewis/ 10.00 – 12.00 Nexus Wellbeing Hub The Beacon, Exeter/ 13.00–16.00</p>	<p>25</p> <p>Parental Minds Support Hub Sidmouth Hub All Saints Church / 10.30–12.30</p>	<p>26</p> <p>BOOKABLE 1:1 Online Hub Teams / 13.30–14.30 Eating Disorder Support Zoom/ 19.00–21.00</p>	<p>27</p> <p>Telephone and WhatsApp support available daily 10 – 6</p>
<p>30</p> <p>Telephone and WhatsApp support available daily 10 – 6</p>				

John Lewis Community Room, Sidwell St, Exeter, EX4 6NN
All Saints Church, All Saints Rd, Sidmouth EX10 8ES
1–2 Kings Court, New Street, Honiton, EX14 1HG

For all **School Holiday** hubs, or for a virtual **1:1 session** please book with us via **WhatsApp**
07907 614 516

All events are shared via Parental Minds, and Parental Minds Support social media pages

■ Online Peer Support
 ■ Face to Face Peer Support
 ■ Online Workshop
 ■ School Holiday
 ■ Bank Holiday

Parental Minds Support Timetable

****Events are booking only during the summer holidays and are subject to change. Please**

refer to our calendar for our events**

REGULAR IN-PERSON EVENTS:

Honiton - Zest Cafe

2nd Thursday of the month

19.00 - 21.00

Exeter - John Lewis Community Room

2nd and 4th Tuesday of the month

10.00 - 12.00

Sidmouth - All Saints Church

2nd and 4th Wednesday of the month

10.30 - 12.30

REGULAR VIRTUAL EVENTS:

Bookable 1:1 - Teams

- Every Thursday, 13.30 - 14.30
- 1st, 3rd and 5th Wednesday, 10.30 - 11.30

Online Drop in Hub - Teams

- 1st, 3rd and 5th Tuesday 10.00 - 11.00

Online Workshops - Zoom

- 4th Monday of the month, 19.15 - 21.00

Are you accessing all the services that we offer from Parental Minds Support Hub

We offer: -

- [Parenting tips on mental well-being](#)
- [Support to all mental health caregivers \(from low mood to crisis\)](#)
- [Self-care awareness](#)
- [Eating disorder courses](#)
- [Counselling](#)
- [Opportunities to share your voice and experience to achieve change](#)

We do this by offering: -

- [A listening Ear](#)
- [Knowledge of services](#)
- [Professional Advice](#)
- [Our lived Experience](#)

- [Co-created Resources](#)

You can chose: -

- 1:1 or Group
- Face to Face, Phone, WhatsApp or Email
- Website & Facebook & Emailed Monthly information
- Meetings & Workshops

You can access our service: -

Daily/weekly/monthly/Ad-hoc

This available to all Caregivers. Caregivers are parents, family, friends, colleagues & volunteers supporting mental well-being.

[Parental Minds Facebook](#) – Engagement Opportunities, Parent/Caregivers resources & Counselling

[Parental Minds Support Facebook Page](#) - Support for Mental Health Caregivers

Parental Minds; a collaboration of lived experience with professional input and the young person's voice.

Warm Wishes

The Parental Minds Team

Parental Minds Support Hub of Parental Minds CIC

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SUPPORT**

Mental Healthcare ;
Supporting Families



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Mental Healthcare ; Exploring Pathways

