

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

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# June Celebrations: Embracing Diversity, Dedication, and Well-Being

Hello,

This month is packed with important events that highlight the diversity and strength of our community.

First off - **June** marks **Pride Month** where we celebrate the LGBTQ+ community and their continued fight for equality.

**Volunteers' Week (3rd June - 9th June)** is focused on showing appreciation for the invaluable contributions of those who give their time to help others.

**Carers Week (10th - 16th June)** brings awareness to the dedication of those who care for loved ones.

**Men's Mental Health Week (10th - 16th June)** focuses on the importance of mental well-being for men.

Lastly, **Learning Disability Week (17th - 23rd June)** sheds light on the experiences and needs of those with learning disabilities.

Join us as we explore these significant events and take a look at the selection of resources provided below to empower yourself with the tools and knowledge to foster a supportive environment for yourself and your loved ones.

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



# lgbt+ online parent sessions

8 WEEKLY SESSIONS  
6TH JUNE - 25TH JULY  
THURSDAYS 6:30PM-7:30PM  
**BOOK THROUGH EVENTBRITE!**



[Intercom Trust](#)

## Pride Month

**To celebrate pride month, Intercom Trust have brand new Family Pride events coming up this June!**

These include online sessions focusing on topics such as:

- LGBT+ in the workplace/school
- Body image and challenging stereotypes

And they'll also be holding in-person pride events at Plymouth, and the House of Marbles.

[Read More](#)



[Rethink Mental Illness](#)

## **LGBT+ mental health**

If you're supporting a loved one that identifies as LGBT+, Rethink can provide you with some useful information with their factsheets.

LGBT+ people are at a greater risk of poor mental health and wellbeing. This information looks at issues that may affect LGBT+ people and how to get support. This information is for LGBT+ adults in England and also for their loved ones and anyone interested in this subject.

[Read More](#)



[Proud2Be](#)

## LGBT+ in Devon

Proud2Be is a queer-led social enterprise that exists to support and enable LGBTQIA+ people in Devon (and beyond) to thrive, be free, safe, and proud.

They facilitate various groups and events for adults and families, including an [online group](#), a [social evening](#), a [family-friendly Saturday social](#), a [low-key group](#), a [parent/carer support group](#), an [18-30 group](#), various [one-off events](#) throughout the year all over Devon and [121 adult support](#).

[Read More](#)

NEW BRAND  
NEW DATE



# VOLUNTEERS' WEEK 2024

Mon 3rd June - Sun 9th June

[volunteersweek.org](https://volunteersweek.org)

## Volunteers' Week

**Volunteers' Week**, held **3rd - 9th June**, celebrates the amazing contributions volunteers make to communities across the UK.

The celebration starts on the first Monday in June every year. It's a chance to recognise, celebrate and thank the UK's incredible volunteers for all they contribute to our local communities, the voluntary sector, and society as a whole.

From open days to celebration events, every year hundreds of online and in-person activities take place across the UK to mark Volunteers' Week and celebrate volunteers.

This year Volunteers' Week will culminate in [The Big Help Out](#), from Friday 7 to Sunday 9 June, where people across the UK will get the chance to experience a range of volunteer taster sessions.

[Read More](#)



[carersweek.org](https://carersweek.org)

## Carers Week

**Carers Week**, held **10th - 16th June**, is an annual campaign to raise awareness of caring, highlight the challenges unpaid carers face and recognise the contribution they make to families and communities throughout the UK. It also helps people who don't think of themselves as having caring responsibilities to identify as carers and access much-needed support.

Carers UK and charity supporters have shared the theme for Carers Week 2024, which is **'Putting Carers on the Map'**.

The new theme for 2024 aims to:

*"...Galvanize activity in a general election year, to highlight the increasing pressures carers and to campaign for much-needed recognition and support.*

*This includes raising awareness about the challenges carers face which impact on their finances, employment, health and wellbeing and ensuring policymakers and politicians take steps to better support carers' needs."*

[Read More](#)



[Carers UK](#)

## Support for Carers

Carers UK mission is to make life better for carers. They provide information and advice on caring, help carers connect with each other, campaign with carers for lasting change, and use innovation to improve services.

Get support with:

- Finances (Carers allowances, Personal Independent Payments, Disability Living Allowances)
- Health and wellbeing (taking breaks, active hubs, dealing with stress)
- Work and career (your rights, support, skill boosting)

...and much more.

[Read More](#)



[Carers Trust](#)

# Support for Carers

Carers Trust operates the largest UK-wide network of local carer organisations. The 126 carer organisations in the network are referred to as Network Partners.

Find carer support and replacement care services near you: <https://carers.org/help-for-carers/introduction>

Or read through their online resources: <https://carers.org/help-for-carers/introduction>

[Read More](#)



[Mates in Mind](#)

## Men's Health Week

**Men's Health Week**, held is also being held **10th-16th June**.

At Mates in Mind, they believe breaking the silence and stigma surrounding mental ill-health is a crucial step towards providing a safe and healthy workplace environment. As part of their Men's Health Week activities, they will be running a webinar:

**'How to create positive mental health in and through work'**

**Wednesday 12 June 2024, 2-3pm**

During the webinar they will present their recommendations on how to improve mental health, look at practical ways that organisations can start the conversation about mental health, address the stigma that surrounds it, and create positive mental health in and through work.



[Read More](#)



[Mind](#)

## Men's Support Group

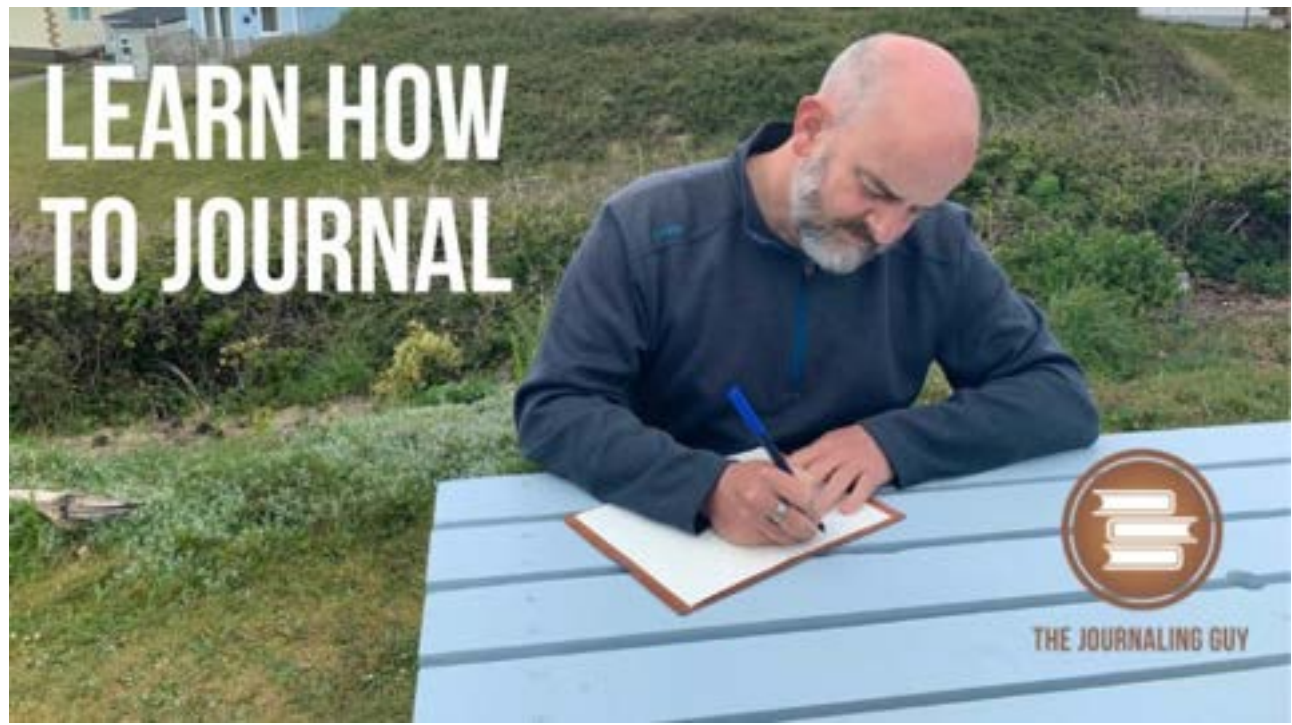
The aim of Mind's **Men's Support Group** is to give anyone who identifies as male in Devon a safe space to share, support, and explore their personal challenges (including mental health problems) confidentially with other men, in a non-judgmental way.

Please note: This group is facilitated by both male and female staff members.

**When: 3rd Friday of every month, 1:30pm — 3:00pm**

**Where: Ernest English House, Plymouth PL1 2DA**

[Read More](#)



[The Journaling Guy](#)

## Journaling

Matt Young, the Journaling Guy, wants to help others to communicate better.

*"Journaling is a way of making sense of those thoughts. By writing about them, it can help you figure out who you really are, work out what makes you tick and understand why you feel the way that you do. Journaling is an effective way of dealing with anxiety, depression, and other negative traits. But, not only can Journaling help you improve your mental health, it can also improve your memory, health, positivity, gratitude and assist you in setting and achieving goals you never thought were possible."*

[Read More](#)

# DADVENGERS

## Dad Groups in the UK

Dadvengers aims to be the leading organisation in the UK supporting dads to have the confidence to be inspiring parents while also promoting positive mental health for men. They wish to grow an inclusive community of parents and provide engaging aspirational resources, to support and educate dads and create positive fatherhood experiences for families.

They want to:

- Break Dad stereotypes
- Aid mental wellbeing
- Build better parenting communities
- Share knowledge

[Read More](#)



Each year, the third week of June is Learning Disability Week (**17th - 23rd June 2024**). Mencap aims to make sure the world hears what life is like if you have a learning disability. This year's theme is "**Do you see me?**" which is all about being seen, heard and valued.

**The topics to talk about each day during Learning Disability Week are:**

- Monday 17 June: "Do you see me?"
- Tuesday 18 June: "Do you understand me?"
- Wednesday 19 June: "Will you work with me?"
- Thursday 20 June: "Do you hear me?"
- Friday 21 June: "Do you include me?"
- Saturday 22 June: "Will you support me?"
- Sunday 23 June: A summary of the week.

[Read More](#)



[Books Beyond Words](#)

## Wordless Picture Books

Books Beyond Words is a charity providing books for people who don't like written words, but read through pictures. Simple messages are shared through stories using coloured

pictures. Topics include going to the doctor, bereavement, sexual abuse and depression. Some of the titles are available online.

They also set up [Book Clubs](#) that give people with learning disabilities a space to have fun, make friends and socialise. Their books help children and young people to develop their emotional intelligence, vocabulary and talk about their feelings in schools through our [Open Book Project](#).

[Read More](#)



[Scope](#)

## Advice & Support for Disabled People

Scope is a disability equality charity in England and Wales. They provide [practical information](#) and emotional support when it's most needed and campaign relentlessly to create a fairer society.

Get advice on bills, work, disability equipment, housing and legal information from them.

[Read More](#)

# Joyful June

Let's look for what's good.



[Action for Happiness](#)

## Joyful June

It's **Joyful June** over at **Action for Happiness**, a month focused on looking for the good in each day. Every day of their calendar offers a new way to promote happiness.

View their previous calendars, download and print them.

[Read More](#)





Want to share your experiences of being on a neurodiversity assessment waitlist in Devon?

**JOIN ONLINE**  
**5:30-7:00 PM**  
**Thursday 13<sup>th</sup> June 2024**

Help us guide the development of support for people on neurodevelopmental condition assessment waitlists in Devon and provision for neurodivergent people. Take part in our 90-minute panel discussion with the chance to network and share your experiences with others on the waitlist.

**£30 voucher for taking part!**

Are you:

- A young person aged 12-25 OR a supporter of a young person?
- On the waitlist for a neurodevelopmental condition assessment in Devon?

You may be eligible to take part! Leave your details by scanning the QR code and we'll be in touch!



Any questions? Email Becky: [R.Gudka@exeter.ac.uk](mailto:R.Gudka@exeter.ac.uk)



# Neurodiversity Assessment Waitlist Experiences

Are you:

- A **young person** aged 12-25
- A **supporter** of a young person?
- On the waitlist for a neurodevelopmental condition assessment **in Devon?**

You may be eligible to take part in a new panel discussion. Help guide the development of support for people on neurodevelopmental condition assessment waitlists in Devon and provision for neurodivergent people. Take part in a 90- minute panel discussion with the chance to network and share your experiences with others on the waitlist.

Leave your details by scanning the QR code and they'll be in touch.

**Any questions? Email Becky:** [R.Gudka@exeter.ac.uk](mailto:R.Gudka@exeter.ac.uk)



Safer Devon

## Let's Talk

Learn about Safer Devon and South Devon and Dartmoor CSP events coming in July.

- Let's Talk Mental Health and Emotional Wellbeing
- Let's Talk Anger and Challenging Behaviour
- Let's Talk Healthy Relationships
- Let's Talk Online Safety and Exploitation



[Read More](#)




# MONTHLY PEER SUPPORT HUB

Join Parental Minds for advice and support. Sharing knowledge and insights. Answering your questions. Helping to make informed choices about your loved one.

Parental Minds is led by lived experience, with input from professionals, researchers and the voice of families.

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**Thursday, 13th June 2024**  
**19.00 – 21.00**  
**1-2 Kings Court, Honiton**

 **PARENTAL MINDS C.I.C.**  
Mental Healthcare ; Exploring Pathways

 **PARENTAL MINDS SUPPORT**  
Mental Healthcare ; Supporting Families

[Parental Minds](#)

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**13th June 2024**

**19.00 - 21.00**

**1 & 2 Kings Ct, New St, Honiton**



# NAVIGATING CHANGE

## Skills Workshop with Parental Minds

An online support hub focused on the journey of our youngsters going from primary school to secondary school.


Parental Minds co-produce mental health support guides from family lived experience with input from professionals and researchers. These guides have been used to develop this skills workshop, which is for parents and those who support other's mental wellbeing.

Sign up here: [bit.ly/PMNavigatingChange24](https://bit.ly/PMNavigatingChange24)

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**Monday, 24th June 2024**  
**19.15 – 20.45**  
**Online, Zoom**

 **PARENTAL MINDS C.I.C.**  
Mental Healthcare : Exploring Pathways

 **PARENTAL MINDS SUPPORT**  
Mental Healthcare : Supporting Families

Parental Minds

## Parental Minds Skills Workshop - Navigating Change

An online support hub focused on the journey of our youngsters going from primary school to secondary school.

Parental Minds co-produce mental health support guides from family lived experience with input from professionals and researchers. These guides have been used to develop this skills workshop, which is for parents and those who support other's mental wellbeing.

**Monday, 24th June 2024**

**19.15 - 20.45**

**Online, Zoom**

<https://bit.ly/PMNavigatingChange24>

Sign up here

**PARENTAL MINDS SUPPORT**  
Mental Wellbeing | Supporting Families

**JUNE 2024**

07907 614 516  
facebook/PMHSUK  
www.parentalminds.org.uk  
www.parentalminds.org.uk

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 Telephone and WhatsApp support available daily 10 - 11	4 Parental Minds Support Hub <b>Online Hub</b> Teams / 10.00 - 11.00 <b>Expressing Emotions</b>	5 Parental Minds Support Hub <b>Online Hub</b> Teams / 10.30 - 11.30 <b>Expressing Emotions</b>	6 Parental Minds Support Hub <b>Online Hub</b> Teams / 13.30 - 14.30 <b>Expressing Emotions</b>	7 Telephone and WhatsApp support available daily 10 - 11
10 Telephone and WhatsApp support available daily 10 - 11	11 Parental Minds Support Hub <b>Exeter Hub</b> John Lewis / 10.00 - 12.00	12 Parental Minds Support Hub <b>Sidmouth Hub</b> Port Royal / 10.30 - 12.30	13 <b>Online Hub</b> Teams / 13.30 - 14.30 <b>Expressing Emotions</b>  Monthly Hub, Honiton Kings Court / 16.00 - 21.00	14 Telephone and WhatsApp support available daily 10 - 11
17 Telephone and WhatsApp support available daily 10 - 11	18 Parental Minds Support Hub <b>Online Hub</b> Teams / 10.00 - 11.00 <b>Expressing Emotions</b>	19 Parental Minds Support Hub <b>Online Hub</b> Teams / 10.30 - 11.30 <b>Expressing Emotions</b>	20 Parental Minds Support Hub <b>Online Hub</b> Teams / 13.30 - 14.30 <b>Expressing Emotions</b>	21 Telephone and WhatsApp support available daily 10 - 11
24 Parental Minds Workshop <b>Navigating Change</b> Zoom / 19.15 - 20.45	25 <b>Exeter Hub</b> John Lewis / 10.00 - 12.00  <b>Nexus Wellbeing Hub</b> The Beccos, Exeter / 13.00 - 14.30	26 Parental Minds Support Hub <b>Sidmouth Hub</b> Port Royal / 10.30 - 12.30	27 Parental Minds Support Hub <b>Online Hub</b> Teams / 13.30 - 14.30 <b>Navigating Change</b>	28 Telephone and WhatsApp support available daily 10 - 11

John Lewis Community Rooms, Sidwell St, Exeter, EX4 6NM  
Sidmouth Sailing Club, The Port Royal, The Esplanade, Sidmouth, EX10 8BG  
1-2 Kings Court, New Street, Honiton, EX14 5HD

In all **School Holidays**, please book with us via WhatsApp to attend hubs  
**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 Staff Training   
 ■ School Holidays   
 ■ Bank Holidays

## Parental Minds Support Timetable

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



## **REGULAR IN-PERSON EVENTS:**

### **Honiton - 1-2 Kings Court**

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 - Port Royal Sailing Club**

2nd and 4th Wednesday of the month

10.30 - 12.30

## **REGULAR VIRTUAL EVENTS:**

### **Online Peer Support Hub - Teams**

Every Thursday, 13.30 - 14.30

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

1st, 3rd and 5th Wednesday, 10.30 - 11.30

### **Online Workshops - Zoom**

4th Monday of the month, 19.15 - 21.00

## **Are you accessing all the services that we offer from Parent+ 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

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### Parental Minds Support Hub of Parental Minds CIC

Postal Address

07907 614516

hello@parentalminds.org.uk

**1 Kings Ct, New St, Honiton EX14 1HG**

United Kingdom

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