

Learn more about the various events being held, 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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Starting Strong: Supporting Your Family This New Year

Hello,

As we step into the new year, it's a great time to reflect on the challenges and opportunities ahead. Being a parent or a caregiver is a journey full of twists and turns, and January offers a fresh start to focus on supporting our family and ourselves.

We're sharing practical tips, resources, and encouragement to help you navigate with confidence. 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 **Supporting Children with Anxiety** workshop, a workshop with **Contact**.
- **Blue Monday**, examined by **Mental Health Foundation**
- **Information on Dry January**, including resources from **Mental Health UK and Alcohol Change UK**.
- **Healthy Start**, a financial support scheme through the NHS.

...And don't forget to check out our next workshop, **Meltdowns and Shutdowns**, coming on the **27th January**, and much more down below.

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



**Brighter Beginnings –
Supporting Children with
Anxiety (0-5 years)**

Strategies to help you recognise and manage your child's anxiety.
For parents/carers of children aged 0 - 5 with additional needs in
England.

 Tuesday 21 January  10:00 - 12:00 GMT

contact *For families
with disabled children*

[Contact](#)

Supporting Children with Anxiety

Join Contact to learn the causes of anxiety and the signs of it. In this workshop they will explore strategies to help us recognise and manage our children's anxiety. The workshop will cover:

- What is Anxiety?
- What are the causes of Anxiety?
- The signs of Anxiety and how it can make you feel.
- Different types of Anxiety.
- Strategies to help recognise and manage anxiety.

Join this workshop to meet other parents and get advice and support.

21st January, 2025, 10-12 GMT, Online.

[Read More](#)

MELTDOWNS & SHUTDOWNS

Skills Workshop with Parental Minds

An online support hub focused on how to support your loved one and yourself during the event of a meltdown or shutdown.

Parental Minds Community Interest Company: Developed through families' experiences, with input from professionals & researchers.



PARENTAL MINDS C.I.C.



PARENTAL MINDS SUPPORT

Online, Zoom

Monday 27th January 2025
19.15 - 20.45

bit.ly/PMSWMeltdown25



Parental Minds Skills Workshop

Meltdowns & Shutdowns

An online support hub focused on how to support your loved one and yourself during the event of a meltdown or shutdown.

Parental Minds Community Interest Company: Developed through families' experiences, with input from professionals & researchers.

Monday 27th January 2025

19.15 - 20.45

<https://bit.ly/PMSWMeltdown25>

Read More

PDA for parents & carers

7th & 14th Feb, 10am - 12:45pm

We'll cover...

- What is PDA?
- What are demands?
- Helpful approaches
- Diagnosis
- Education
- Siblings

PDA SOCIETY

Live online

PDA Society

PDA for Parents & Carers

PDA society is offering a two-part online course to support parents, carers, and family members of PDAers and explore tailored approaches that work best for them.

<https://ow.ly/fbtP50UFej9>

This course offers a flexible environment where you can simply listen with your camera off, or join in with the conversation.

7th & 14th February, 10am - 12.45.pm, via Zoom.

Read More



[Mental Health Foundation](#)

Blue Monday

"Blue Monday", is thought to be the most depressing day of the year. Spoiler: it isn't. Let's look after our mental health against commercial influences."

Mental Health Foundation delves into Blue Monday, held in January, to cover how and why this day came into circulation. Read their article to learn more about seasonal variations in our mental wellbeing, and things we can do to improve it.

[Read More](#)



[Alcohol Change](#)

Try Dry

If you're trying Dry January, you may be interested in the Try Dry app. It aims for a total body and mind reset, supporting us to get better sleep, save money and time, and improve our mental wellbeing. Simply download the app, set your goals, and receive tips, inspiration and support throughout January.

You can also take a look at the articles, including [how to cope with cravings.](#)

[Read More](#)



[Mental Health UK](#)

Alcohol Support

There are close links between alcohol and mental health, and our drinking habits can affect our wellbeing. Find out how alcohol impacts mental health and where to turn to if you're worried about your drinking, or if you're worried about someone else. Mental Health UK offers ways to cut down on our consumption and places we can find further support.

[Read More](#)



Parental Anxiety

"Parental anxiety is the feeling of fear, nervousness and worry specifically related to being a parent or caregiver. It is also completely normal. However, when you start to worry excessively, from the moment you discover you are expecting a child, it may start to dominate your lives in an unhealthy way."

Family Lives examines how anxiety can impact us, how to identify and understand our triggers, accepting what is outside our control, and dealing with burnout and guilt. Learn how to make self-care a priority now.

Read More



NHS

NHS Healthy Start can help give your child a great start in life

Apply now for NHS Healthy Start at:
www.healthystart.nhs.uk

X @NHSHealthyStart

NHS

Healthy Start

If you're more than 10 weeks pregnant or have a child under 4, you may be entitled to get help to buy healthy food and milk.

If you're eligible, you'll be sent a Healthy Start card with money on it that you can use in some UK shops. They'll add your benefit onto this card every 4 weeks.

[Read More](#)



[OT Toolbox](#)

How to Support Sensory Issues with Hair Brushing

"For many children, hair brushing is a challenging [ADL](#) task due to difficulties with sensory regulation. Using tools such as a [sensory brush](#) or a [sensory diet](#) can help support sensory issues that impact hair brushing."

The OT Toolbox have put together this useful resource to help combat **sensory needs while hair brushing**. Read on to find ways to alleviate our young people's stress.

[Read More](#)

[DIAS](#)

Getting the most out of meetings

Meetings can feel intimidating, overwhelming and stressful for some of us but they're part of our life when we have a child with SEND. DIAS is providing some tips to help us get the most out of them and make them the most positive and useful experience as possible.

Learn what advice they have for preparing for meetings, during the meeting, and processing after the meeting.

[Read More](#)



[Mencap](#)

Transitioning from Children's services to Adult Services

Mencap have produced a pdf to help young people with a learning disability to understand more about moving from children's services to adult services.

They also produced a short film with Bradford People First that shows the differences you can expect in hospital as a young adult. It is aimed at young people with a learning disability and can be shared with family, friends, carers and hospital staff.

Read More

Happier January

Let's start the new year happier.

Share & Print this month's calendar

JOIN ACTION FOR HAPPINESS
Get monthly calendar updates

16th January
JOIN THE CONVERSATION

Contribute positively to your local community

ACTION FOR HAPPINESS

Action for Happiness

Happier January

It's **Happier January** over at **Action for Happiness**. Learn the variety of ways you can encourage a positive outlook on life for both yourself and your loved ones.

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

Read More



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	WEEKDAYS
		1 BANK HOLIDAY WhatsApp support available daily 10 - 6	2 Parental Minds Support Hub BOOKABLE 1:1 Online Hub Teams / 13.30-14.30	Telephone and WhatsApp support available daily 10 - 6
6 Parental Minds Support Hub BOOKABLE 1:1 Online Hub Teams / 19.00 - 20.00	7 Parental Minds Support Hub Exeter John Lewis/ 10.00 - 12.00	8 Parental Minds Support Hub Sidmouth Hub All Saints Church / 10.30-12.30	9 BOOKABLE 1:1 Online Hub Teams / 13.30-14.30 Evening Hub, Honiton Kings Court/ 19.00-21.00	Telephone and WhatsApp support available daily 10 - 6
13 Parental Minds Support Hub BOOKABLE 1:1 Online Hub Teams / 19.00 - 20.00	14 Parental Minds Support Hub Online Hub Teams / 10.00-11.00	15 Parental Minds Support Hub BOOKABLE 1:1 Online Hub Teams / 10.30-11.30	16 Parental Minds Support Hub BOOKABLE 1:1 Online Hub Teams / 13.30-14.30	Telephone and WhatsApp support available daily 10 - 6
20 Parental Minds Support Hub BOOKABLE 1:1 Online Hub Teams / 19.00 - 20.00	21 Parental Minds Support Hub Exeter John Lewis/ 10.00 - 12.00	22 Parental Minds Support Hub Sidmouth Hub All Saints Church / 10.30-12.30	23 BOOKABLE 1:1 Online Hub Teams / 13.30-14.30 Eating Disorder Support Zoom/ 19.00-21.00	Telephone and WhatsApp support available daily 10 - 6
27 Parental Minds Workshop Meltdowns & Shutdowns Zoom / 19.15 - 20.45	28 Online Hub Teams / 10.00-11.00 Stoke Hill Nexus Stoke Hill School/ 14.00-16.00	29 Parental Minds Support Hub BOOKABLE 1:1 Online Hub Teams / 10.30-11.30	30 BOOKABLE 1:1 Online Hub Teams / 13.30-14.30 Eating Disorder Support Zoom/ 19.00-21.00	

Looking for support? Telephone and WhatsApp support calls are bookable evenings and weekends.

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 - 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 - 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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Mental Healthcare ; Exploring Pathways

