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

<u>View in</u> browser



## PARENTAL MINDS SUPPORT

Open in your browser for best result

# 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. <u>https://www.facebook.com/PPSHUB</u>

Visit our website <u>here</u> and explore our resources



Contact

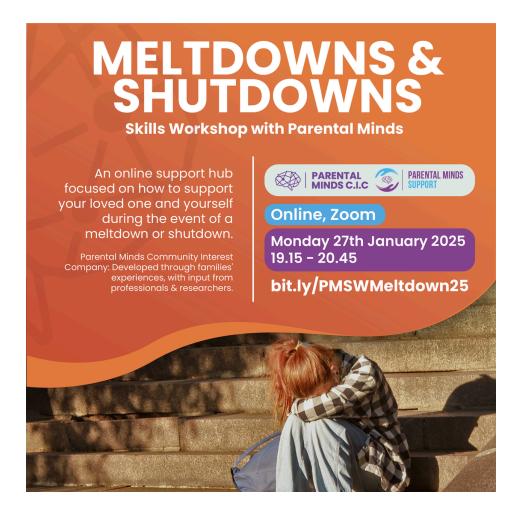
## **Supporting Children with Anxiety**

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.



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

# <section-header><section-header><section-header><section-header><image><image><image><list-item><list-item><list-item>

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.



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.



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.



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.



## **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

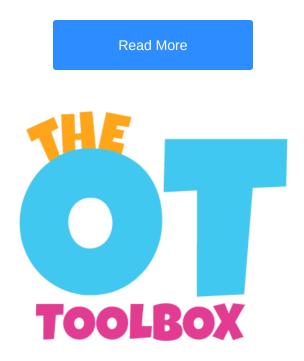


NHS

## **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.



**OT Toolbox** 

# How to Support Sensory Issues with Hair Brushing

"For many children, hair brushing is a challenging <u>ADL</u> task due to difficulties with sensory regulation. Using tools such as a <u>sensory brush</u> or a <u>sensory diet</u> 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.

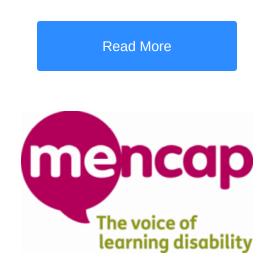


#### DIAS

## **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.

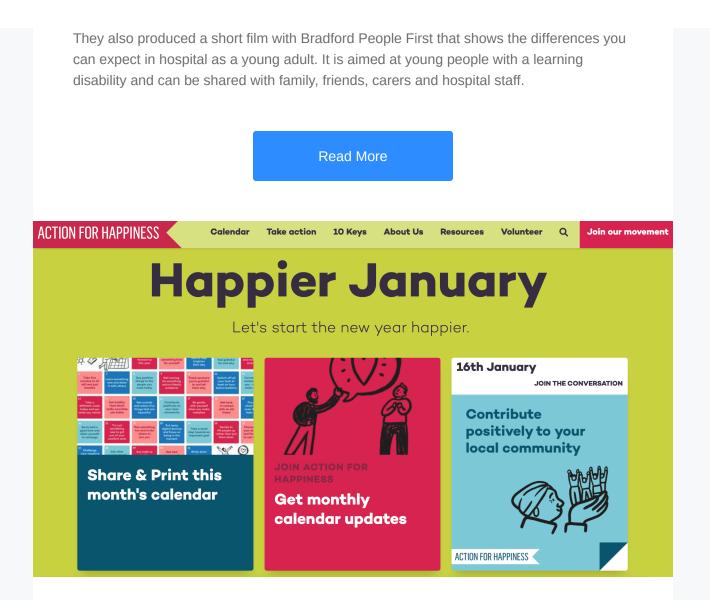
Learn what advice they have for preparing for meetings, during the meeting, and processing after the meeting.



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.



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.



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

## **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 &

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

**Postal Address** 

07907 614516 hello@parentalminds.org.uk

You received this email because you signed up on

our website or made a purchase from us.

1 Kings Ct, New St, Honiton EX14 1HG

United Kingdom



<u>Unsubscribe</u>

PARENTAL MINDS C.I.C.



PARENTAL MINDS SUPPORT Mental Healthcare ;

