

Learn more about the various events approaching, 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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From November to December: A Season of Self-Care

Hello,

We're focused on providing you with valuable resources, 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:

- **Anti-bullying week**, which was held this November.
- **16 Days of Action**, a campaign currently being held and supported by a variety of organisations.
- Events for carers, including an **online peer support session**, and **creative nature walk**
- Activities for young people, including a **winter camp**, and **Christmas celebrations**
- Information on supporting your mental health during the holidays, including if you're facing **loneliness** or **grief**, or **supporting someone with an eating disorder**.

...And 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



**ANTI-BULLYING
ALLIANCE**

Anti Bullying Week

The ABA are official organisers of Anti-Bullying Week and Odd Socks Day in England, Wales and Northern Ireland.

Anti-Bullying Week 2024 took place Monday 11th - Friday 15th November, with the theme: Choose Respect. Meanwhile, Odd Socks Day took place on Tuesday 12th November, with adults and children being encouraged to wear odd socks to celebrate what makes us all unique.

If you took part, they want to hear about how the event went for you in their survey.

[Learn More Here](#)

16 DAYS OF
Action!

25 NOV to 10 DEC 2024



Safer Devon

16 Days of Action

[16 Days of Action](#) is an annual campaign which takes place between 25 November (the International Day for the Elimination of Violence against Women) and 10 December (World Human Rights Day). It's a global call from organisations and individuals for an end to gender-based violence, and for the prevention and elimination of violence against women and girls.

Throughout the 16 days this year, organisations in Devon are hosting a range of events and activities. Find out more about what's happening.

[Learn More Here](#)

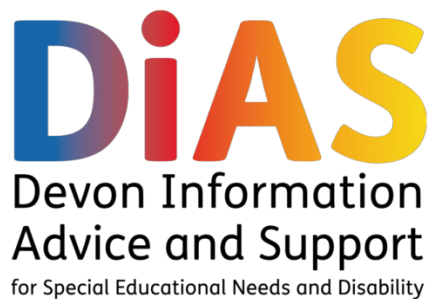


SEN

SEN Magazine

Take a look at the new issue of the Special Educational Needs Magazine, the Nov/Dec 2024 Issue. Learn about topics such as autism in girls, or double empathy, or you can take a look at their book reviews.

[Learn More Here](#)



DIAS

Getting Out and About

DIAS has put together some information about some activities and support that's available in and around Devon for young people to help encourage confidence. They cover things like Autism Friendly Screenings and free schemes such as Independent Travel Training

[Learn More Here](#)

DECEMBER

December Meet Ups All Neurodivergents welcome



Exeter

Thurs 5th Dec. 1030-1230

Wonford Community Centre, EX26NF
Drinks, Craft and Christmas Tips

Cullompton

Monday 9th Dec. 11am-1pm



St Andrews Primary School, Cullompton



Autism
Central

Exeter

Wed 18th Dec. 1030-12pm

Wonford Community Centre, EX26NF
Drinks, Craft and Christmas Tips

MERRY CHRISTMAS



PARTY TIME



Sat 21st Dec
Pinhoe Jubilee Club,
Exeter. EX48HS

Tickets/
More Info



Email exeterdistrict.branch@nas.org.uk

Christmas Celebrations

NAS are holding a range of Christmas events this year! Follow their QR code to get your ticket, or email exeterdistrict.branch@nas.org.uk for more information.

Parents/ Carers/ Enablers welcome but they remain responsible for children.

[Learn More Here](#)



*Local storyteller
Janet Dowling
presents...*

*For ages
6-10!*



Winter Festival Stories

**Saturday 14th December, 2024
10.30 - 11:30 AM**

**Sidmouth Library, Blackmore Drive,
Sidmouth EX10 8LA**

*Suggested donation of £2 per family, all money
goes to Libraries Unlimited, the charity that
runs your library.*



Sidmouth Library

Winter Festival Stories

Local storyteller Janet Dowling will be at Sidmouth Library on **Saturday 14th December** to share some **Winter Festival Stories!**

Join them from **10.30-11.30am** for fun and merry tales, perfect for **6-10 year olds**. This event is **free** to attend, but £2 donations to help support Libraries Unlimited are always appreciated.

[Learn More Here](#)

Twin Tigers

COMMUNITY
PARTNERSHIP CIC

Proudly presents

Winter Camp



Supported by the DofE, kids aged 11-16 can engage in diverse, fun activities and savor a wholesome, homemade meal daily. It's an opportunity to thrive and relish learning!

- December 23, 2024 (Monday)
- December 30, 2024 (Monday)
- January 2, 2025 (Thursday)
- January 3, 2025 (Friday)

Ages 11 to 16



www.twintigerscic.co.uk

Free for 11 to 16 year olds who receive benefits related free school meals

Twin Tigers

Winter Camp

Twin Tigers have announced a Winter camp for 11-16 year olds! Activities Include: Martial Arts, Fitness— at [Twin Tigers Martial Arts and Boxing Club](#), dodgeball, team games, and a trip to Wildwood at Escot.

Dates and Times:

- Monday, 23rd December '24
- Monday, 30th December '24
- Thursday, 2nd January '25
- Friday, 3rd January '25
- From 10am - 2pm

FREE Spaces available to those in receipt of Free School Meals.

Hot meals provided by Zest Cafe and James' patisserie & sandwiches

Secure your places through their Website: <https://twintigerscic.co.uk/>

[Learn More Here](#)



University
of Exeter

Teen Online Problem Solving



Seeking Volunteers!

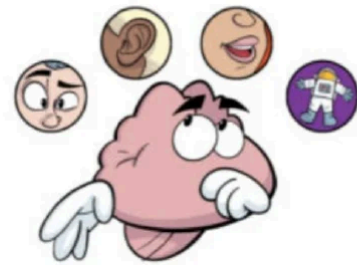
ADAPTING A PROBLEM-SOLVING PROGRAMME FOR AUTISTIC YOUNG PEOPLE, THOSE WITH LEARNING DIFFICULTIES, OR THOSE WITH EPILEPSY

We're looking for people to help make a problem-solving programme to help children and young people who are autistic and/or have learning difficulties

We want to invite you to participate if you are:

Aged between 9 and 18 and are autistic
and/or have learning difficulties

A parent/guardian of a child who is autistic
and/or has learning difficulties



What's involved?

The study will involve participating in an online focus group, for a duration of approximately 1 hour

Participant data will be fully anonymised, with no way of identifying you

By taking part you will be given a £25 Amazon gift vouchers to compensate for your time

For more information please email
a.r.adlam@exeter.ac.uk or m.f.h.hemming@exeter.ac.uk

Study information and access to the consent form can be found under the Teen Online Problem Solving (TOPS) tab via the QR code or this link <https://shorturl.at/yUjby>



University of Exeter

Volunteers Wanted

The University of Exeter are looking for people to help make a problem-solving programme to help children and young people who are autistic and/or have learning difficulties

For more information please email a.r.adlam@exeter.ac.uk or m.f.h.hemming@exeter.ac.uk

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Learn More Here

Free Online Peer Support Group



Games Night

Tuesdays 7.30pm - 9pm:
3rd December
7th January

Join us **online** on Zoom:

- Open to all carers
- Enjoy light-hearted games and activities
- Socialise with other carers
- Have fun!

Devon Carers

Online Peer Support for Carers

Have some light-hearted fun and chat online on Zoom with other unpaid carers. The online Peer Support Games Night offers a place where you can socialise with other carers

and will be held on Tuesdays: **3rd December and 7th January 7.30pm to 9pm.**

For more information visit: <https://devoncarers.org.uk/support/peer-support/> or email: peer.support@devoncarers.org.uk

[Learn More Here](#)

Join me for a

Creative Nature Walk

Friday 6 December

7am - 8.30am or

10am - 11.30

Amble with artist
Megan Dowsett through
Heavitree, with mindful
and creative pauses to explore
the nature we pass every day.

"What a great and relaxing way
to connect to your local
community." ZW

FREE / £5 donation

Spaces are limited. Contact
norrisandtheflamingo@gmail.com
or 07906 651 185 for more info or to book

Creative Nature Walk

This month the group will take a leisurely walk into the Cemetery to seek some of the mushrooms that live in the neighbourhood. You'll explore some of the ways to identify them, listen to the sounds of nature and fill a one-page sketchbook with words and scribbles as you go. Walks are for **adults**, whatever your experience of nature or creative play.

These walks are **free** of charge but a £5 donation supports more walks to happen. Due to small group sizes, please contact norrisandtheflamingo@gmail.com to confirm attendance.



[Mental Health Foundation](#)

Supporting your mental health this Christmas

The festive season can be a time of joy and spending time with loved ones but it can also be stressful or lonely for some. During this time it is important to try to remember to look after your mental health and wellbeing.

Mental Health Foundation have some useful reminders to help you handle holiday stress.

[Learn More Here](#)



Mind

Managing Loneliness

Mind explains the causes of loneliness and how it relates to mental wellbeing. They provide practical tips to help manage feelings of loneliness, and other places you can go for support.

[Learn More Here](#)



Beat Eating Disorders

Coping with an eating disorder at Christmas

Food can play a large part in Christmas celebrations so Beat's online support groups have brought up some useful suggestions focused on coping with eating disorders that they would like to share. Learn about the plans people have been putting in place.

[Learn More Here](#)

YOUNG MiMINDS

[Beat Eating Disorders](#)

Eating disorders at Christmas - Young People's perspective

Young Minds have a blog post featuring young people sharing their tips for coping with an eating disorder during the festive period. Caitlin, 16, Amy, 18 and Aimee, 22, share their experiences with anxiety and anorexia and what they did to cope.

[Learn More Here](#)



[Child Bereavement UK](#)

Managing Grief During Special Occasions

When someone important has died, special occasions can feel hard to manage. It's not unusual that we might want to 'cancel' special occasions. Everyone grieves differently and will want to handle their feelings differently. Child Bereavement UK's has a range of suggestions for adults, and young people, on how we can cope with loss this time of year.

[Learn More Here](#)



[Age UK](#)

Keeping Warm this Winter

Keeping warm in winter is important as we get older as cold weather can affect us more than they used to. The weather can even stop us from getting out and about sometimes. But there are things we can do to stay warm and well and prepare ourselves and our homes for the winter period.

[Learn More Here](#)

The logo for Samaritans, featuring the word "SAMARITANS" in white, uppercase, sans-serif font on a green rectangular background. There are small white vertical bars at the top and bottom center of the green rectangle.

SAMARITANS

[Samaritans](#)

Muscle Relaxation Video

Samaritans want us to feel as relaxed as we can with the approach of the holidays and they know that sometimes something simple like controlled breathing can help us feel calmer. [Muscle relaxation exercises can also help reduce feelings of stress or anxiety.](#)

Progressive muscle relaxation involves tensing and releasing pairs of muscles in sequence. We can watch their video on youtube.

[Watch here](#)

New Ways November

This month, we're encouraging you to try something new!



[Action for Happiness](#)

New Ways November

It's **New Ways November** over at **Action for Happiness**. Learn what new things you and your loved ones can try!

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

[Read More](#)



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	WEEKDAYS
2 Parental Minds Support Hub BOOKABLE 1:1 Online Hub Teams / 19.00 - 20.00	3 Parental Minds Support Hub Online Hub Teams / 10.00-11.00	4 Parental Minds Support Hub BOOKABLE 1:1 Online Hub Teams / 10.30-11.30	5 Parental Minds Support Hub BOOKABLE 1:1 Online Hub Teams / 13.30-14.30	Telephone and WhatsApp support available daily 10 - 6
9 Parental Minds Support Hub BOOKABLE 1:1 Online Hub Teams / 19.00 - 20.00	10 Parental Minds Support Hub Exeter John Lewis/ 10.00 - 12.00	11 Parental Minds Support Hub Sidmouth Hub All Saints Church / 10.30-12.30	12 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
16 Parental Minds Support Hub BOOKABLE 1:1 Online Hub Teams / 19.00 - 20.00	17 Parental Minds Support Hub Online Hub Teams / 10.00-11.00	18 Parental Minds Support Hub BOOKABLE 1:1 Online Hub Teams / 10.30-11.30	19 Parental Minds Support Hub BOOKABLE 1:1 Online Hub Teams / 13.30-14.30	Telephone and WhatsApp support available daily 10 - 6
23 Telephone and WhatsApp support available daily 10 - 6	24 Telephone and WhatsApp support available daily 10 - 6	25 WhatsApp group support available	26 WhatsApp group support available	Telephone and WhatsApp support available daily 10 - 6
30 Parental Minds Support Hub BOOKABLE 1:1 Online Hub Teams / 19.00 - 20.00	31 Parental Minds Support Hub Online Hub Teams / 10.00-11.00			

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 - 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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United Kingdom

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