



PARENT + SUPPORT HUB

Supporting Families ; Mental Health Hub

Schools

We have been working closely with schools this month. We have produced a booklet for a local primary school for their Mental Health Week. The booklet consists of 5 resources to be sent to parent/carers on a daily basis. They cover ways to support your child's mental health, reframing the way we perceive behaviour and self care for the parent/carers themselves.

Here is one for you https://1drv.ms/u/s!AgyOaeVn52cg_GiooZA-zgZve5i6?e=5yz3PB

We have also been supporting the local community college, who are now directing parent/carers to Parent+ for support.

Donations

We have received a grant for the Norman Trust to cover development of our website

A1 Stitch and Print have printed a Parent+ T Shirt free of charge for Alan Rowe to wear on his charity cycle

A local family have donated £200 towards our Parent+ Notebooks, which are now going to print. These will be available to you very soon, so that you can keep notes from our conversations and refer back to what was useful and what you may be focussing on.

Combe Farm Shop have named us as their beneficiaries from their pumpkin carving event. This is open to adults as well as children, so we hope to see some of you there!

<https://www.facebook.com/combefarmshop/>

Mental Health Network Honiton

We have hosted the first Mental Health Network meeting this week. We are starting a new Facebook page to raise awareness of the support available in the area. We are also looking at the new radio station and having regular press releases in the local papers and magazines. The network already consists of Parent+ (and Parental Minds), Ways to Wellbeing, Dementia Friendly Honiton, Honiton Health Matter, Open Arms, Honiton Carers, Brocheck, Honiton library & Learn Devon. We are meeting again next month and hope to raise the profile of all the wonderful support that is available in Honiton & the surrounding area.

Progress

We are in continued discussions with CAMHS and management of DPT

We are playing an active role in the development of a Peer Support Qualification for Care-givers

Volunteer Opportunities

We are looking for a volunteer to join the Parental Minds administration team. If you are familiar with Word and Canva we would love to hear from you. We generally meet on Tuesday & Friday

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mornings with one or two additional meetings or evenings. If these days are not possible, then we can communicate via Zoom on a Monday too.

Support

We are now supporting over 50 families. Please do remember that information is shared on our Facebook Page <https://www.facebook.com/PPSHUB>

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