



# PARENT + SUPPORT HUB

Supporting Families ; Mental Health Hub

Parent+ was a fledgling idea this time last year when I first met Honiton Health Matters and joined a steering group to make Honiton a Mental Health Friendly Town. We are now supporting 60 individual families and a further 600+ via social media, with up to 3,000 people seeing some of our information. We have an army of volunteers, consisting of 3 support calls staff, 1 counsellor, 2 professionals offering regular input, a volunteer co-ordinator, a graphic designer, a proof-reader, a book-keeper, an admin support and 7 support hub volunteers! We also have wonderful parent/carers who have researched various areas of interest for our resources. I am so proud to be a part of this wonderful collaboration of support. Thank you so much to everyone involved.

## Support for Young People

We are excited to learn about this new service for 5-18 year olds. These sessions are operating on zoom at the moment. The intervention is CBT based and the approach is flexible around the young person and their family's needs.

For those of you who have been looking for support for siblings, this may be a good route for you.

The service is aimed at early intervention and you can refer your child. The worker may work with you and your child, they may use parent-led CBT or they may work individually with your child, as appropriate.

They were very helpful, they do have capacity at the moment and we are impressed with their flexible approach.

<https://www.ymcaexeter.org.uk/cwpwellbeing/>

## Donations

We have received donations from Honiton Wine Bar, Jason Hannay and Alan Rowe this month and our notebooks are ready to print.

A reminder that 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!

Parental Minds are now offering our bespoke A6 notebooks with pen in return for your £10 donation towards out work.

We hope people will use these to make notes of all the things that make them feel good, imaginative ideas they have, future goals and journal how they are feeling.

The dogs are Faith (Spinger) & Rolo (Poodle) (Mum and Dad), with Charlie and his younger sibling Lulu. They are our mascots as they are all from the same family, but their looks and personalities are all unique. There are more siblings to meet another time 🤗

Please pm for donation details and to arrange collection.

They will be available in local shops too 🤗

*collaborating lived experience, professionals, mental health services and families*



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

## **Mental Health Network Honiton**

We have had an editorial printed in the local paper about the Network and continue to build on the members involved and spreading the word.

## **Progress**

We met with Devon Partnership Trust this month and the Positive Practise team.

<http://positivepracticemh.com/> It was an honour to meet this inspiring couple and we look forward to hearing from DPT in the near future.

## **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 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.

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