



# PARENT + SUPPORT HUB

Supporting Families ; Mental Health Hub

It has been another exciting month for us at Parent support hub. We have been supporting more families in Honiton and surrounding areas, we have had some wonderful feedback that our amazing dog family inspired notebooks are starting to be a really useful tool for our members, and we had another 'SELF' zoom.... focusing on self-care.

## SELFcare

We have been running self-care sessions over zoom with our new SELF resource. The November sessions concentrated on Stopping and Breathing, the first part of SELF. We have attached the links from these workshops for those of you who attended and also for anyone else who missed the session.

## Our next meetings are

**Thursday evening 10 December 2020 19:00-20:30** (feel free to join late is putting children to bed)

**Friday morning 18 December 2020 10:30-12:00**

We have found some useful resources for parents and caregivers. One that particularly shone for us is the wellbeing advent calendar from Young minds. Although this was designed for staff in School settings, we love the idea behind a well-being advent calendar, a little reminder to do something kind for yourself every day! You can access it here: [youngminds-wellbeing-advent-calendar-2020.pdf](#)

## Support for Children

We know how challenging it can be for parents and children to talk about their worries or insecurities, particularly with the ongoing pandemic causing anxieties to heighten. We found this resource from young minds really useful in giving some ideas on how to start a conversation with our worried or anxious child.

Here's some conversation ideas to start things off...

### General

How are you feeling?

What do you want to talk about?

What was the best and worst bit of your day?

If you could start today again, what would you do differently?

What did you do today that you are most proud of?

*collaborating lived ex,*



MENTAL HEALTH NETWORK  
for residents of Honiton & the surrounding villages





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## Relaxation

If you are finding it difficult to relax, please see the attached Mindclam flyer from Jenny Lidster.

Young minds have a really useful resource for helping children to manage their feelings during the pandemic – you can find it here: <https://youngminds.org.uk/find-help/for-parents/supporting-your-child-during-the-coronavirus-pandemic/>

## Donations

As a Community interest company we rely on donations and funding. We are blown away at the generosity of the public, excited that you value what we are doing and extremely grateful for every penny as it means that we can continue to develop and support even more people in our wonderful community.

Should you wish to make a donation you can do so by BACS to:- Parental Minds CIC 51-61-23  
72643951

## Volunteer Opportunities

We are looking for a volunteer to join the Parental Minds administration team. 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.

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