

ASPIRE's

Parent/Carer Wellbeing Newsletter



October 2022

Welcome to our first Parent/Carer Wellbeing email of the new academic year.

If you are a new parent or carer to the ASPIRE Federation, then we'd like to introduce you to our Parent/Carer Wellbeing email. This was something we designed and sent out fortnightly during COVID and we felt it was so important, that we have continued to send out a newsletter every term since.

The newsletter aims to bring you guidance, information and links to support all things Wellbeing and Mental Health, which we hope you find useful and is there so you can access it as and when you may need it. Each term we try to cover a different theme, topic or focus to bring you an array of information and guidance. This newsletter, we have tried to cover a diverse range of areas.

We've sent out this term's Wellbeing email this week, as on Monday 10th October, we saw World Mental Health day, where we focused on 'Making Mental Health for all a Global Priority'.



For World Mental Health Day this year, CBeebies asked Harry Kane to read their bedtime story and we shared the news with children. If you missed it and would like to watch it with your child, then please see the link below to the BBC iPlayer (you may need a licence to access it).

<https://www.bbc.co.uk/iplayer/episode/m001d07r/cbeebies-bedtime-stories-21-harry-kane-the-lion-inside>

The Princess of Wales also featured in our Mental Health day on Monday, and so we have included Katherine's story when she also read for Bedtime Stories on CBeebies last year.

<https://www.youtube.com/watch?v=o4YcSysxqk4>

Parent/Carer Resources

With this year's World Mental Health Day, we receive a range of information, support and guidance for both schools and our parents/carers, so we wanted to share with you the link from the Anna Freud National Centre for Children and Families' leaflet. It's in a printable pdf format which you may find useful. The guidance supports conversations about Mental Health for all ages.



<https://www.annafreud.org/media/11452/tmh-parent-leaflet-final-web-updated-by-ed-april-2020.pdf>

Another useful website which I have been signposted to by KCC, and I hope might be useful to you, is the Kent Community Health website. There are a number of different parent/carers free courses offering support, starting from during pregnancy to guidance on supporting your child up to the age of 19. I know some families are expecting new additions and have older children too.

<https://www.kentcht.nhs.uk/leaflet/understanding-your-child-free-online-parenting-courses/>

Families can visit www.inourplace.co.uk and register for a free account with the access code 'Invicta' and courses can be completed at an individual's own pace. Or you can click on courses within the link above.

Mental Health UK have launched 'Bloom', which is a programme based around supporting 14-18 year olds. They have now launched a resource library for parents and carers, with help and guidance to support young people.

<https://mentalhealth-uk.org/help-and-information/advice-for-parents-and-guardians/>

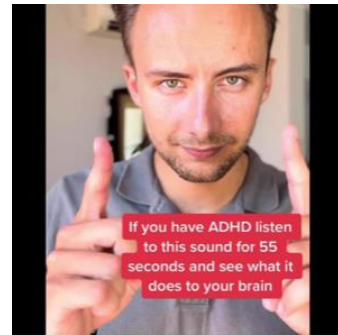
Apps



Clic is a parenting hub that has also just been launched to help with supporting everyone's mental health in our everyday, busy lives. They do ask you to register, but it is free to do so.

<https://parentinghub.clic-uk.org/>

Calm is an app which has been around for a while, but I recently saw it advertising their support for children and adults with ADHD by introducing a new sound which *they say* helps with calming the brain. We are not medical practitioners at ASPIRE, but thought we would include it in case anyone wanted to explore the app.



Balance: Meditation & Sleep Sponsored -
For a limited time, get a free one-year membership. Available for new customers only.



APP STORE **Free one-year membership** Lifestyle

2.4k 377 comments 618 shares

'Balance: Meditation & Sleep' is free to download for an entire year at the moment. We thought this may also be something some of our parents and carers may find useful to help get a good night's sleep.

Support for you and Self-Care

Young Minds is a UK charity that supports young people, as well as parents/carers with mental health and emotional wellbeing. The link below takes you to their parent page, to support you with supporting your teenage child. The second link takes you to their homepage, and at the bottom of the screen it offers the opportunity to access information, guidance and advice tailored to whether you are a young person or parent/carer and your exact needs.

<https://www.youngminds.org.uk/parent/>

<https://www.youngminds.org.uk/>

As a parent or carer, we understand how daily life can be difficult to juggle the daily challenges and stresses... whether that's looking after your family, looking after other loved ones, as well as going out to work. We understand that life can be hard sometimes and that's OK to admit it. Below are some links to advice and guidance to help you look after yourself, whilst looking after everyone else... because you're important too.

There are 200 Mental Health services nationwide and the link below gives you the opportunity to find one local to you and access their services if needed, or support groups.

<https://www.rethink.org/help-in-your-area/about-services-and-groups/>

The website also has a link to access a Mental Health and Money advice service for anyone finding it hard at the moment with the current financial climate and cost of living crisis.

<https://www.mentalhealthandmoneyadvice.org/en/>

Returning to the Anna Freud Centre, there is a fantastic link which supports self-care and guides parents and carers with ways to just take time for you.

<https://www.annafreud.org/parents-and-carers/self-care-for-parents-and-carers/>

Half Term fun for the family

<https://www.visitkent.co.uk/visit-kent-blog/half-term-in-kent-2022/>

<https://kentattractions.co.uk/outing-ideas/free-outings/>

<https://leeds-castle.com/whats-on/>

<https://letsgowiththechildren.co.uk/events/kent/?expired=1>

<https://www.primarytimes.co.uk/kent/listings>

Above are a wealth of ideas for days out for half term in and around Kent. Whether it's free ideas, or famous Kent attractions, the above links should hopefully give you access to an array of different events and places to access across the County this October and beyond.

And these are also completely free to visit...

- Viking Ship Hugin, Ramsgate.
- Biddenden Vineyards, Biddenden.
- Walks in Kent.
- Maidstone Museums.
- Rochester Cathedral, Rochester.
- Canterbury Norman Castle, Canterbury.
- Eynsford Castle, Eynsford.
- The Old Brook Pumping Station, Chatham

If your budget extends to visiting the capital city this half term, then the link below also gives you some great ideas of where to go this half term in London.

<https://www.visitlondon.com/things-to-do/event/45909316-october-half-term-in-london>

There's also some half term discounts for major attractions in the link below which we thought we would include:

<https://healthservicediscounts.com/blog/october-half-term/>

We hope we've covered a lot of useful information and guidance in this term's email and you have found it useful.

Don't forget you can get in touch with your school regarding any support you may need via your school's office, or via our dedicated wellbeing email:

Kingswood - 01622 842674

Ulcombe - 01622 842903

Leeds & Broomfield - 01622 861398

Platts Heath - 01622 850316

We also have a Wellbeing email if you need any wellbeing advice, guidance or support!

Email:

wellbeing@aspire-kent.org.uk

We wish everyone of our ASPIRE families a safe and restful October Half Term!
(term ends Friday 21st October)

Take care,

The ASPIRE Wellbeing, Mental Health and Resilience Team