

ASPIRE's

Parent/Carer Wellbeing Newsletter

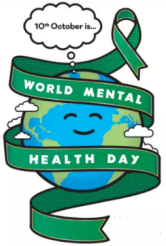


October 2025

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 welcome you and introduce you to our Parent/Carer Wellbeing email.

The newsletter aims to bring you guidance, information and links to support all things Wellbeing and Mental Health, which we hope you find useful - it's purely there as a tool to be accessed as and when you may need it. Each newsletter brings new and different information, along with themes/topics to bring you an array of support and guidance.



We've sent out this term's Wellbeing email this week, as Friday the 10th October, brings us 'World Mental Health day'. This year, Mind, Young Minds and M&S brings you 'hello yellow' in support of this important awareness day. You should have already received an email about it from your child/ren's school.



Young Minds has a parent/carers section where you can access mental health support using the link below, from an a-z mental health guide, to real stories from other parents and carers to know you're not alone.

<https://www.youngminds.org.uk/parent/parents-a-z-mental-health-guide/>

For Kent County Council support in Maidstone, you can call the 24/7 **Release the Pressure** helpline on 0800 107 0160, text SHOUT to 85258 for free text support, or contact the national 24/7 mental health helpline by dialling 111 and selecting the mental health option. Other options include the Mid Kent Mind charity and the Every Mind Matters website, which provides self-help guides and information.

For Urgent Support & Crisis: **111 (Mental Health Option)**

You can find out more information about Release the Pressure in the link below:

<https://www.kent.gov.uk/social-care-and-health/health/release-the-pressure>

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. There is a well of information and resources on the site for all ages.



<https://www.annafreud.org/resources/>

Another useful website which we have been signposted to by KCC, and might be useful, 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. You have to go to 'one plus one' to access the courses, but all are free to watch!

<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, where there's even 'conversation guides'.

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

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/carers and your exact needs. There's now even a parent helpline, which opens later to make it easier to reach them! They are open 9.30am to 6pm on Tuesdays and Wednesdays - Mondays, Thursdays and Fridays you can

contact them until 4pm. The number is: 08088025544 or you can even contact them online.

<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... whether that's looking after your family, looking after other loved ones, and/or 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.

Porchlight is a fantastic charity if you, or someone you know, are worried about their mental health and are finding it difficult to cope.

<https://www.porchlight.org.uk/information-support/list-of-support-services>

Mental Health and Money advice offers services and support 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/>

We also have some parenting courses in and around Kent for parents/carers with children with SEND or emotional difficulties over the next few months (into next year), which may be useful in supporting your family.



Something fun for the family over half term

<https://www.visitkent.co.uk/visit-kent-blog/october-half-term-2025/>

<https://kent.muddystilettos.co.uk/things-to-do/for-kids/october-half-term-family-kids-activities-events/>

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

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

<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>

We hope we've covered a lot of useful information and guidance in this term's email

Don't forget you can get in touch with your school regarding any support you may need via your school's office, or help with applying for free school meals for your child/ren:

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 17th October)

Take care,

The ASPIRE Wellbeing, Mental Health and Resilience Team

