

ASPIRE's

Parent/Carer Wellbeing Newsletter



February 2022

Hello Everyone,

I hope this finds you all well.

This term's Wellbeing email will focus on Mental Health, as this week is Children's Mental Health week 2022, where the theme is 'Growing Together'. We'll also highlight lots of ideas for the 1/2 term next week. Hopefully you'll find lots of useful resources, guidance and ideas to take us into Spring!

As always, if you're new to our email - here's an outline of what it's all about...

We send out termly emails with advice, guidance, information and ideas all around Wellbeing, Mental Health and Resilience. The email is designed to offer support to all of our ASPIRE families - pupils, older siblings and our parents/carers. We hope there's something useful for everyone within each email. We also add in some activities for our families to do over the break in and around our lovely county of Kent.

Parent/Carer Resources

It's Children's Mental Health week this week (7th - 13th February) and the theme this year is **Growing Together**. It's important to help children understand and learn how to support their good mental health through strategies and techniques that will hopefully become tools for them to use for a lifetime.



<https://www.mentalhealth.org.uk/publications/make-it-count-guide-for-parents-and-carers>

Mental Health.org has some really helpful advice and guidance on their website to support parents/carers to help their children with their wellbeing and mental health. It also highlights further links for resources and guidance.

When we become anxious, worried or stressed, our heart rate is often elevated and our breathing can become panicked and irregular. Controlling our breathing not only helps us to lower our heart rates, but it also helps us to reach a state of feeling calmer and more relaxed in that moment.

Below is a link to 10 ways of helping children and adults to breathe when feeling anxious or upset. At ASPIRE, we focus on Mindfulness Breathing, which combines both 9 and 10. It helps the heart rate to calm and the mind to focus on your breath, rather than 'the worry'. This way, you can then calmly talk about whatever it is you might need support with at that moment.

<https://www.goodto.com/wellbeing/breathing-exercises-for-anxiety-adults-kids-techniques-569023>

Place2Be is a wonderful website, where their resources are free to parents and carers to help support children. The link below is specifically focusing on this Children's Mental Health Week.

<https://www.childrensmentalhealthweek.org.uk/parents-and-carers/>

The NHS Emotional Wellbeing Team launched three sessions for parents/carers back in December for January and February of this year. I know we have sent this out before, but we thought it was worth highlighting it again, as their last one is coming up this Thursday 10th February.

NELFT NHS
NHS Foundation Trust

Online Parent Workshops

Aimed at parents of children in primary school and year 7

- Understanding ADHD in Children 12:30-2pm**
Monday 17th January
- Understanding Autism in Children 9:30-11am**
Thursday 27th January
- Understanding Your Child's Behaviour 12:30-2pm**
Wednesday 2nd February
- Supporting Your Child with Worries & Fears 9:30-11pm**
Thursday 10th February

2022
January
Mon Tue Wed Thu Fri
3 4 5 6 7
10 11 12 13 14
17 18 19 20 21
24 25 26 27 28
31

2022
February
Mon Tue Wed Thu Fri
1 2 3 4
7 8 9 10 11
14 15 16 17 18
21 22 23 24 25
28

Our online workshops offer information around key topics to help understand what is going on for your child and strategies to support them, based on the latest evidence and practice.

If you would like to join, please raise your interest with your child's school so that they can send you the link. If you have any questions please speak to your child's school.

Our workshops are held on Microsoft Teams. You do not need an account to join. You will need access to the internet.

We look forward to meeting you.

www.nelft.nhs.uk

'Supporting your child with worries and fears' is this Thursday, 9.30 - 11.00. Below is the link to the workshop.

https://teams.microsoft.com/#/l/meetup-join/19:meeting_NmMwNWQ4MzAtMDAxMS00YzU2LTlhN2EtYzYzcwOGEwNTU2NGEz@thread.v2/0?context=%7B%22Tid%22:%22c098d55f-2963-41dd-927e-a5429df62204%22,%22Oid%22:%221f3ab7cb-b092-4963-ab97-29f8d3ad8cc0%22%7D&anon=true&deeplinkId=a4883e5a-1e15-4d21-8a30-2b7d27f5dcde

Resources for older siblings

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/>

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 homepage, which offers the options at the bottom of the screen 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/>

Resources for you

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.

Back in January the NHS launched a national Mental Health Campaign, using John Lennon's famous 'Help!'.

<https://www.england.nhs.uk/2022/01/nhs-launches-landmark-mental-health-campaign-with-help-from-the-beatles/>

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.

<https://mentalhealth-uk.org/support-and-services/find-local-support/>



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/>

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/february-half-term/>

<https://www.kentonline.co.uk/whats-on/news/half-term-fun-this-february-across-kent-260502/>

Above are a wealth of ideas for attractions and days out for half term in and around Kent. If you'd like to travel a little further afield and enjoy London, below is a link to their half term attractions too.

<https://www.visitlondon.com/things-to-do/event/45089111-february-half-term-in-london>

With money not always in abundance, especially at this time of the year, the link below highlights some activities that cost very little, or don't cost a penny. This Feb half term they are even swapping £2 lottery tickets for a £25 discount on attractions.

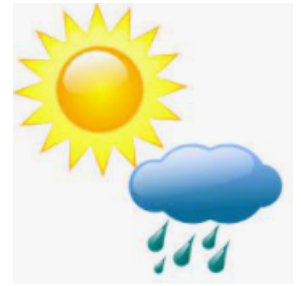
<https://www.kentonline.co.uk/kent/news/how-to-swap-a-2-lotto-ticket-for-a-cheap-half-term-outing-261631/>

And these are 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

And although this was published in 2020, I think the link below has some lovely ideas if you'd like to stay indoors, or the weather isn't kind to us next week. Thank you Good Housekeeping :)

<https://www.goodhousekeeping.com/life/parenting/g31445865/indoor-activities-for-kids/>



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 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 February Half Term!

Take care,

Mrs Sanchez Daviu and the ASPIRE Team