

Parent/Carer Wellbeing Newsletter



Hi Everyone - we hope this finds you well!

This term, we've sent our Wellbeing letter out in Mental Health Awareness week - 9th May to 15th May 2022. This year's theme is Loneliness, where the focus is about understanding what it means to feel lonely, how we can identify our own strategies to tackle feelings of loneliness, as well as ways to reach out to others who may be feeling on their own. We have included lots of links signposting you to advice, ways to access support, as well as resources which we hope you feel useful if needed. Even if you don't feel you may need it, you might know someone who might find it useful...

Parent/Carer Resources

Starting us off, the Mental Health Foundation has dedicated pages this Mental Health Awareness week on how to tackle loneliness with practical steps - all with the aim to support our mental health and emotional wellbeing.

<https://www.mentalhealth.org.uk/campaigns/mental-health-awareness-week>

Mental Health UK is a charity based organisation, where they have useful advice for parents/carers from work-life balance to managing stress. There's also information for parents and carers about talking to older siblings about Mental Health and starting up those important conversations.

<https://mentalhealth-uk.org/help-and-information/health-and-wellbeing/>

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

We have often sent out the link to Young Minds, but their parent portal has now been updated where you can find links from 'Parents A-Z guide to support' to 'starting a conversation with your child'.

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

The Anna Freud National Centre has an array of online support, where the links below will take you to a number of useful and user-friendly pages - you'll find podcasts aimed to help parents understand and manage children's mental

health, self-care tips for parents and carers and tailored advice and guidance if you are an adoptive parent, special guardian or foster carer.

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

<https://www.annafreud.org/parents-and-carers/child-in-mind/>

<https://www.annafreud.org/parents-and-carers/adoptive-parents-special-guardians-kinship-carers-and-foster-carers/>

We've also included Anna Freud's link to 'Getting in touch for support', as well as a parents/carer's resources page which gives guidance from self-care in your baby's first months, to a free helpline number. It also includes videos for *Talking about Mental Health* with Year 5 and 6 children, and *We all have Mental Health* for 11 - 14 year olds

<https://www.annafreud.org/clinical-support-and-services/finding-the-right-support-for-you-and-your-family/>

<https://www.annafreud.org/parents-and-carers/resources/>

And below is also a link that gives support and useful resources on talking to primary school age children about Mental Health, where you can apply for a free resource pack if you wish.

<https://www.annafreud.org/schools-and-colleges/resources/advice-for-parents-and-carers-talking-mental-health-with-young-people-at-primary-school/>

Resources for older siblings

The link below is a support hub of practical tools for those teenagers, young people and adults who need ways to help themselves cope in a crisis.

<https://www.mind.org.uk/need-urgent-help/>

And we've included a self-care plan resource for those older siblings in secondary school or college to make sure they are taking care of their mental health and wellbeing too.

<https://www.annafreud.org/media/15030/my-self-care-plan-secondary.pdf>

Resources for you: self-care

We all hear about 'self-care' and how important it is... but, making sure we are looking after others is usually our top priority. However, self-care is just as important for you as it is for your family, to ensure you're well enough to look

after those nearest and dearest to you. Below are 90 self-care strategies, which you can click into for top tips, advice and videos on how to keep looking after yourself, as well as everyone else.

<https://www.annafreud.org/on-my-mind/self-care/>

<https://www.annafreud.org/media/12208/selfcarepc-final.pdf>

We hope we've covered a lot of useful information and guidance in this term's email, which has been dedicated to Mental Health Awareness week and their theme of loneliness. Even if you haven't felt you needed any of the above support, there may be someone that you know who might. Within ASPIRE, we promote talking about mental health and sharing our worries or thoughts, so please feel free to share the advice and guidance within this newsletter.

Please 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

Email:

wellbeing@aspire-kent.org.uk

Please remember we are always here if you need us for any support, guidance, or just to talk.

Mrs Sanchez and The ASPIRE Team