

Parent/Carer Wellbeing Newsletter



12th May 2025

Hi Everyone - we hope this finds you well!

As with every Term 5 since we've been sending out our ASPIRE Wellbeing Newsletter, we bring it to you in the week which celebrates Mental Health Awareness week - 12th May to 18th May 2025, where the whole month of May is now recognised as Mental Health Awareness month. This year's theme is Community, where the week aims to highlight the importance of community in supporting mental health and wellbeing. We have included lots of links signposting you to advice, ways to access support, as well as resources which we hope you find useful, if needed. If you don't feel you need it, please feel free to pass it on to anyone who you might think will...



Parent/Carer Resources

Starting us off, Mental Health UK has dedicated pages this Mental Health Awareness week to support your and loved one's mental health. Following this year's theme, their focus is Power in the Community and how to get involved if you want to.

<https://mentalhealth-uk.org/get-involved/mental-health-awareness-days/mental-health-awareness-week/>

They have organised '31 miles in May', to raise money and awareness. You can walk, run, cycle, skip or wheel and it's completely free to sign up and register.

<https://fundraising.mentalhealth-uk.org/event/move-it-for-mental-health-31-miles-2025/>

They also include lots of downloadable resource guides from anxiety techniques to wellbeing toolkits.

<https://mentalhealth-uk.org/help-and-information/downloadable-resources/>

In addition to all they offer above, they also have useful advice for parents/carers from work-life balance, to managing stress and top tips to get a good night's sleep. 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/>

There's also a link to Mental Health and money support on their website, which you might find useful to gain any advice you may need.

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

We always include the Mental Health Foundation, as they have a great website which signposts you to specific mental health concerns, as well as an A-Z guide to find help and support for yourself, your family and/or friends and relatives.

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

We have often sent out the link to Young Minds, where their parent portal was updated to include links from 'Parents A-Z guide to support' to 'starting a conversation with your child'. We think it's really useful, so always feature it in case you might need it.

<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/resources/family-wellbeing/adoptive-parents-special-guardians-kinship-carers-and-foster-carers/>

Place 2 Be has parenting advice from their mental health experts, where they have short, concise help videos online from supporting a child who needs help deescalating, to helping them prepare for secondary school - all can be accessed free of charge.

<https://parentingsmart.place2be.org.uk/>

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/>

Kooth offers free, safe and anonymous online support for young people ages 11-25, including those in secondary school. They are available 24/7, providing access to resources, therapeutic tools, and practitioner-led chat sessions.

It's the largest and longest established digital mental health service, where you don't need to wait for a referral. Kooth partners with the NHS and local authority organisations to deliver mental health support to young people from age 10 and up.

<https://connect.kooth.com/young-people>

Returning to the Anna Freud website - they have also produced a booklet for young people to support looking after their own mental health. It's completely free to download. The link is attached:

<https://d1uw1dikibnh8j.cloudfront.net/media/15030/my-self-care-plan-secondary.pdf>

Looking after 'you' is important too...

We all hear about 'self-care' and how important it is, and making sure you include yourself in your care plan is essential when you're trying to look after everyone else! We're returning to the Anna Freud Centre, as they have fabulous resources for all things mental health and wellbeing. 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>

Half Term things to do in May

We've found a new website - or one we certainly haven't come across before, called families online. They have lots of ideas for things to do this May half term in and around Kent. They also have a magazine you can subscribe to if you wish.

<https://familiesonline.co.uk/kent/whats-on-may-half-term-kent/>

Visit Kent, Kent Attractions and Muddy Stilettos all have, as usual, some fantastic ideas and ways to spend your May half term.

<https://www.visitkent.co.uk/visit-kent-blog/things-to-do-this-may-half-term-2025/>

<https://kentattractions.co.uk/outing-ideas/may-half-term/>

<https://kent.muddystilettos.co.uk/things-to-do/this-month/whats-on-kent-may/>

'Days out with the Kids' has an offer page on things to do in the Southeast, from visiting Howletts to Rock Up in Lakeside.

<https://www.dayoutwiththekids.co.uk/things-to-do/south-east-and-london/kent>

Kent Attractions, as above, also has a 'free things to do in Kent', where you can search farther afield if you're venturing outside of Kent.

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

The Good Housekeeping guide has 40 activities for all ages to do in doors if it's raining, the budget is a bit tight or you simply just want to stay around the house this half term. Their ideas are for all interests, from crafters to actors and scientists!

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

CBeebies also has some great ideas too 😊

<https://www.bbc.co.uk/cbeebies/grownups/things-to-do-indoors-with-your-children>

We hope we've covered a lot of useful information and guidance in this term's newsletter, which has been dedicated to Mental Health Awareness week and their theme of 'The Power of Community'. 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.

The ASPIRE Wellbeing Team