

ASPIRE's

Parent/Carer Wellbeing Newsletter



March 2024

Welcome to Term 4's Easter Wellbeing newsletter for our ASPIRE Parents and Carers. This newsletter we have advice, support and guidance - from wellbeing drop-ins from Mind Maidstone, to things to do over the Easter holidays. We've also recently made sure to include some links where you can go for financial support and advice if and when needed in every newsletter; we all understand how difficult it is at the moment.

We hope there's some information and/or guidance you may find useful, as well as where to go and find support if needed.

Support and guidance:-

Wellbeing & mental health

Mind in Maidstone have drop-in sessions for Wellbeing and Mental Health support, 7 days a week. They offer face-to-face sessions, but also have virtual support available too if you need to talk to someone in the comfort of your own home.

<https://www.maidstonemind.org/wellbeing-support/>

Another useful website with guidance and support groups is KCC's directory of local support, highlighting how and where to access it. There is also an A-Z directory offering information from organisations who support learning disabilities, to person centred care. The below link looks at Mental Health support groups in and around the Maidstone area, but the filters can be changed to meet any specific support you need.

<https://local.kent.gov.uk/kb5/kent/directory/results.page?qt=mental+health&term=maidstone&adultchannel=0&sorttype=distance>

Bills and Financial

Support with energy bills, or if you just need some advice - Citizens Advice Bureau can offer online support. Whilst many of their face-to-face services have been suspended due to staff shortages, the following link can help with finding information which may help you.

<https://www.citizensadvice.org.uk/consumer/energy/energy-supply/>

They also have a free phone line available, Monday - Friday 10am - 4pm, where there is a language link service available on request.

Kent Together is a KCC website, which has an abundance of support and guidance with the cost of living in 2024. It offers lots of ways to support from reducing spending, to urgent help and support.

<https://www.kent.gov.uk/leisure-and-community/cost-of-living-support>

And as always, we have included the KCC Free School Meal application form. We all know how difficult it is at the moment with the cost of living. If your circumstance has changed and you think you may be eligible for receiving a free school lunch for your child/ren at school, we've added the link to apply for Free School Meals. If you're not sure, you also have an option to check to see if you qualify with the eligibility tool. *Please always feel free to ask your school office if you need help with this.*

<https://www.kent.gov.uk/education-and-children/schools/free-school-meals>

Additional Services

Live Well Kent and Medway have a wealth of guidance and information from wellbeing and gaining confidence with meeting new people, to accessing free therapy and counselling-type services. They have an online referral form and contact number available Monday - Friday, 9am - 5pm.

<https://livewellkent.org.uk/how-to-get-help/>

They also have a resources page, where you can access the NHS app, KCC Health Services and Six Ways to Wellbeing, as well as many more services.

<https://livewellkent.org.uk/resources/>

Fancy a chat...?

Fusion Maidstone Healthy Living Centre offers a 'Chatty Table' on a Monday 10am-2pm, where tea and coffee is just 50p! There are two volunteers there who host a 'chatter and natter' table on a Monday. The hub also offers a lot of services throughout the week from Barista coffee, homemade cakes and printers, to free WIFI and free public computers.

<https://thechattycafescheme.co.uk/venue/fusion-maidstone/>

What to do over the April half term

Little Fant Farm has an array of activities, as well as a coffee shop and 'meet the animals'... they also have an Easter Farm Trail and Alice in Wonderland this Easter.

<https://www.littlefantfarm.online/whats-on-1>

Maidstone Museum have 'Family Films at the Museum' on Saturday 30th March - the link below gives more information and will tell you when tickets become available

<https://museum.maidstone.gov.uk/whats-on/events/family-films-at-maidstone-museum-saturday-30-march/>

They also have an Easter event - 2-4th April and 9-11th April - where you can go and 'make it' with lots of craft activities.

<https://museum.maidstone.gov.uk/whats-on/events/easter-holiday-make-it-crafts-2-4-9-11-april-2024/>

You can book tickets here:

<https://www.parkwoodtheatres.co.uk/hazlitt-theatre/whats-on/maidstone-museum-easter-holiday-animal-make-it-crafts>

If you would like to participate in craft-making and you have a child with SEND, Maidstone Museum also offer tailored Fridays especially for your child/ren with 'SEND Family Friday Easter 2024'! These are Friday 5th April and 12th April 10.30am-2.30pm

<https://museum.maidstone.gov.uk/whats-on/events/send-family-crafts-animal-2024/>

'Spring into Easter' at Kent Life

<https://kentlife.org.uk/event/spring-into-easter/>

Leeds Castle has a Family Easter Treasure Hunt

<https://leeds-castle.com/events/easter-at-leeds-castle/>

If you would like to celebrate Easter with St Peter and St Paul Church at Teston, then the link below has information for Good Friday and Easter Sunday, with an all age Easter Communion and children's Easter Egg hunt afterwards.

<https://www.achurchnearyou.com/church/9962/service-and-events/easter/>

And 'Muddy Stilettos' always has some good ideas for what to do over the Easter break. They also have 40 Family Friendly things to do in London if you want to venture further afield over the Easter holidays..

<https://kent.muddystilettos.co.uk/things-to-do/for-kids/easter-activities-near-me/>

<https://kent.muddystilettos.co.uk/things-to-do/london/hop-to-it-40-family-friendly-things-to-do-in-london-this-easter/>

Visit Kent is always here to help us with some ideas of fun days out and about around Kent...

<https://www.visitkent.co.uk/visit-kent-blog/easter-holiday-plans-2024/>

And Tripadvisor outlines the best attractions and highlights ideas for best free things to do in Kent

https://www.tripadvisor.co.uk/Attractions-g186310-Activities-zft11292-Kent_England.html

Free attractions

<https://www.kentbigweekend.co.uk/free-attractions/?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! Please do not hesitate to contact us...

Email:

wellbeing@aspire-kent.org.uk

We'll see you back on Monday 15th April 2024!



Take care,

The ASPIRE Wellbeing, Mental Health and Resilience Team