

## Support for Parents

### Young person's mental health and well-being

#### Parents

**Understanding your teenager's brain'** - suitable for every parent, carer, grandparent.

- normalises support for parents
- non-stigmatising
- reach mums and dads and everyone around the family
- Evidence based, accredited by DfE CANparent Quality Mark award

Please complete the parenting support request on the following link

<https://www.startingwellworcs.nhs.uk/covid19> or contact the local Family Hub on:  
<https://www.startingwellworcs.nhs.uk/familyhubs>

**Lockdown Elevenses** <https://rebrand.ly/LockdownElevenses>

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Course Description: Lockdown Elevenses is a short course running during lockdown at 11am for anyone feeling isolated and lonely. This course will be delivered by our friendly family learning tutor Jo who will take time to chat with you all at 11am whilst you settle down in the comfort of your own home and have a 'cuppa'. This course will give you the opportunity to offload and talk to others in a similar situation online. Lockdown Elevenses will give you time for you during the day time to talk with other people.

This Course is Available at the Following Venues:

Course ID	Venue	Address	Day Of Week	Start Date	End Date	Time	Cost
18178	Online	Delivery Co-ordinated by The Adult Learning Department WR4 9HG	Friday	13/11/2020	27/11/2020	11:00-11:40	Free

We could make the course longer if they enjoyed it or alternatively I can list it on another day or time if it suits them better and even duplicate the course and change the title if this is off putting in anyway.

If they are an established group we can chat to them directly or we can send them the link to join up online independently.

**Jessica Harris** - [JHarris5@worcestershire.gov.uk](mailto:JHarris5@worcestershire.gov.uk)

#### Build Sound Minds

Website and chat function for parents to support their children & Young people around issues of mental health

<https://minds.actionforchildren.org.uk/>