



Shropshire Parent and Carer Council

Mental Health Awareness Day 2023

If you have any questions or require any further information, please email info@paccshropshire.org.uk



Mental Health Foundation



The theme for 2023, set by the World Foundation of Mental Health, is 'Mental health is a universal human right'.

World Mental Health Day is about raising awareness of mental health and driving positive change for everyone's mental health.

It's also a chance to **talk about mental health**, how we need to look after it, and how important it is to get help if you are struggling.

Affinity Hub

Emotional support for parents of children with special needs

Affinity Hub signposts to emotional support (including counselling) for parents and carers of children with special needs. Many parents of disabled children or children with special needs face additional associated challenges in practical, physical and emotional terms. Sometimes when life doesn't follow an expected, mainstream, non-disabled path it can make you feel isolated and like you're the only one going through certain emotions and experiences.

'Traumatised and systematically re-traumatised each time the wound is opened. I have felt isolated, excluded, shamed and stigmatised in a health and social care system which ignores the emotional wellbeing of parents, and is not trauma informed.'



(Click Image for Affinity Hub website)



Healthy Parent Carer Programme

PACC's PFA Navigators will be delivering The Healthy Parent Carer Programme later this year. The course is delivered online via Teams and is 12 sessions focusing on Parent Carers Health and Wellbeing using 'CLANGERS': Connecting, Learning, being Active, Noticing, Giving, Eating well, Relaxing and Sleep.

If you would like more information on the programme or would like to register your interest, please contact Denise:

Denise@paccshropshire.org.uk



Healthy PARENT CARERS

A 12 week online programme, designed to improve parent carers' health and wellbeing by promoting empowerment, confidence, and resilience.





Connect

- Take time to connect with people around you
- Take care of important relationships
- Renew old relationships
- Develop new relationships



Learning

- Keep Learning
- Try something new
- re-discover and old interest
- Set yourself challenges that you will enjoy achieving
- Notice your personal growth



Active

- Be active as part of your daily routines
- Discover physical activity that you enjoy doing
- Discover physical activity that suits you
- Try and sit less and walk more
- Be active with family



Notice

- Take notice of the world around you
- Be mindful of what you are doing and how you feel
- Savour the moment
- Appreciate the beautiful
- Reflect on your experiences





Give



- Do something for someone
- Smile
- Say thank you
- Feel gratitude
- Give also to yourself- acceptance, care and a permission to do what is important to you



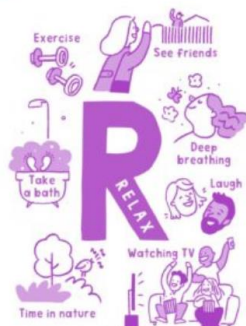
Eat well



- Choose food that is good for you
- Eat mindfully
- Notice the different smells, textures and tastes
- Understand your relationship with what and why you eat



Relax



- Take time to relax and rest
- Do something nice
- Write down your tasks and worries
- Reflect on your day
- Feel grateful for the good things
- Let go of the negative things



Sleep



- Learn about sleep hygiene
- Identify reasons for any sleep problems
- Learn about and use strategies to improve the quality of sleep



Mental Health and Wellbeing Support in Shropshire

This resource pack showcases the range of support available locally and nationally. Click the image for more information.

Mental Health and Wellbeing Support in Shropshire

Resource Pack 2023