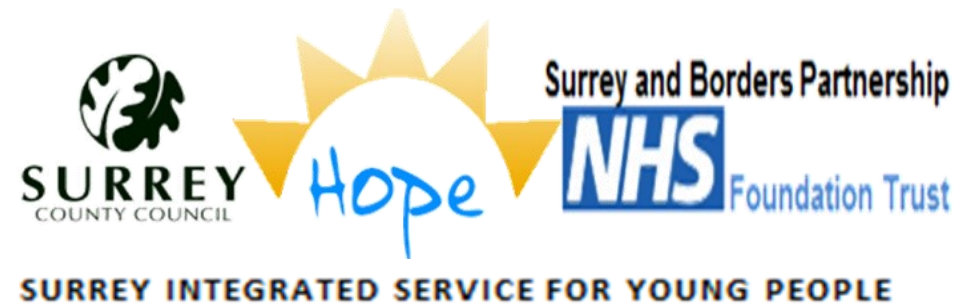


Hope Service Guildford
Between 57—59 Worplesdon Road
Guildford
GU2 9RS
Tel: 01483 517190
email: hope.guildford@surreycc.gov.uk

Hope Service Epsom
Woodside Lodge, West Park
Horton Lane
Epsom
KT19 8PB
Tel: 01372 203404
email: hope.epsom@surreycc.gov.uk

Please book via our website www.hopeservice.org.uk



Parents and Carers virtual support September 2021—October 2022



**A virtual support group for parents and carers
facilitated by the Hope Service and currently
offered via Microsoft Teams.**

**A safe space to share experiences, encourage
and support each other.**

Help for the Helper and Care for the Carer

Hope Service virtual Parents and Carers Group

<u>Date and Time</u>	<u>Workshop Theme</u>
Tuesday 14th September 2021 5:00—6:30pm	'FLASH Taster session' Opportunity to learn more about this 10 week programme run by the Hope Service. This is for parents and carers whose young people (11 to 18) exhibit self-harm behaviours, where these are impacting on the family as a whole. The programme aims to reduce stress levels to a manageable level
Tuesday 28th September 2021 5:00—6:30pm	'ASD' How do you support a young person with ASD who struggles with their mental health
Tuesday 12th October 2021 5:00—6:30pm	'Open group' There is no theme for this session, but an opportunity for Parents and Carers to join together to discuss current themes and difficulties
Tuesday 26th October 2021 5:00—6:30pm	'Walking the Middle Path' From the Dialectical Behavioural Therapy (DBT) model. For parents/carers to better support young people using a DBT approach. Consideration of skills to support acceptance, compromise, change and the resolution of conflict
Tuesday 9th November 2021 5:00—6:30pm	'Disordered Eating and Body Image' How to support a young person who is struggling with food, eating or their body image
Tuesday 23rd November 2021 5:00—6:30pm	'Open group' There is no theme for this session, but an opportunity for Parents and Carers to join together to discuss current themes and difficulties
Tuesday 7th December 2021 5:00—6:30pm	'Mental Health support in Education' What schools can do to support young people with their Mental Health, EHCP queries and the criteria

USEFUL CONTACTS



Online support
www.kooth.com



Tel: 0808 800 2222
www.familylives.org.uk



Tel: 111
For emergencies less urgent than 999

USEFUL CONTACTS



Tel: 116 123 (24/7)
www.samaritans.org



Tel: 0800 6226662
www.catch-22.org.uk



Tel: 0800 068 4141
www.papyrus-uk.org

Hope Service virtual Parents and Carers Group

<u>Date and Time</u>	<u>Workshop Theme</u>
Tuesday 4th January 2022 5:00—6:30pm	'Distress Tolerance' From the Dialectical Behavioural Therapy (DBT) model. Consideration of relevant tools and strategies for young people to better able tolerate distress without making the situation worse
Tuesday 18th January 2022 5:00—6:30pm	'Open group' There is no theme for this session, but an opportunity for Parents and Carers to join together to discuss current themes and difficulties
Tuesday 1st February 2022 5:00—6:30pm	'Gender Identity and Sexual Orientation' How to support a young person exploring their identity
Tuesday 15th February 2022 5:00—6:30pm	'Sleep Hygiene and Self Care' How can you support your young person who has interrupted sleep and is struggling to care for themselves
Tuesday 1st March 2022 5:00—6:30pm	'Open group' There is no theme for this session, but an opportunity for Parents and Carers to join together to discuss current themes and difficulties
Tuesday 15th March 2022 5:00—6:30pm	'Child Exploitation and County Lines' How to recognise the signs of a child being exploited and support available
Tuesday 29th March 2022 5:00—6:30pm	'ADHD and the impact on young person's mental health' How does ADHD impact on a young person's mental health and what strategies can be used to support a young person with ADHD

Hope Service virtual Parents and Carers Group

<u>Date and Time</u>	<u>Workshop Theme</u>
Tuesday 12th April 2022 5:00—6:30pm	‘Open group’ There is no theme for this session, but an opportunity for Parents and Carers to join together to discuss current themes and difficulties
Tuesday 26th April 2022 5:00—6:30pm	‘Working with Aggression and Challenging Behaviour’ Using the NVR approach, learn how to set boundaries and manage difficult situations
Tuesday 10th May 2022 5:00—6:30pm	‘Mindfulness’ From the Dialectical Behavioural Therapy (DBT) model. Developing a practical understanding of what mindfulness is and how this can support greater self-awareness and the ability to remain ‘in the moment’
Tuesday 24th May 2022 5:00—6:30pm	‘Open group’ There is no theme for this session, but an opportunity for Parents and Carers to join together to discuss current themes and difficulties
Tuesday 7th June 2022 5:00—6:30pm	‘Self-harm’ Practical advice in supporting young people with self-harm.
Tuesday 21st June 2022 5:00—6:30pm	‘Trauma’ What do we understand about Trauma and the impact on your young person’s mental health
Tuesday 5th July 2022 5:00—6:30pm	‘Open group’ There is no theme for this session, but an opportunity for Parents and Carers to join together to discuss current themes and difficulties

USEFUL CONTACTS



Text YM to 85258

www.youngminds.org.uk



Tel: 0808 8010 677

www.beateatingdisorders.org.uk



Emergency Duty Team

Tel: 01483 517898

Monday - Friday 5pm to 9am

Weekends 24 hours a day

USEFUL CONTACTS



Monday to Friday, 4pm—8.30pm
Weekends, 12pm— 6pm
Tel: 01483 519 436
www.cyphaven.net



Mental Health Crisis
helpline
24 hours a day, 7 days a
week
Tel: 0800 9154644
www.hopeservice.org.uk



Tel: 0800 1111
www.childline.org.uk

Hope Service virtual Parents and Carers Group

<u>Date and Time</u>	<u>Workshop Theme</u>
Tuesday 19th July 2022 5:00—6:30pm	‘Adolescents versus Mental Health’ Considerations of the shifts and changes created at this complex time of transition
Tuesday 16th August 2022 5:00—6:30pm	‘Open group’ There is no theme for this session, but an opportunity for Parents and Carers to join together to discuss current themes and difficulties
Tuesday 6th September 2022 5:00—6:30pm	‘Emotional Dysregulation’ From the Dialectical Behavioural Therapy (DBT) model. Consideration of tools and strategies for young people to feel more in control of their emotions rather than their emotions controlling them
Tuesday 20th September 2022 5:00—6:30pm	‘Substance and Alcohol Misuse’ The impact of Substance and Alcohol misuse on a young person and raising awareness of current trends
Tuesday 4th October 2022 5:00—6:30pm	ASD’ How do you support a young person with ASD who struggles with their mental health

What's on offer?

Virtual Parents and Carers Group

We have been successfully offering our Parents and Carers group virtually and will continue to do so via Microsoft Teams. Please book via the Hope Service website.

Supporting young people who face additional challenges can be difficult at times, and with that in mind, the Hope Service has created a space for groups of parents and carers to come together on a regular (2-weekly) basis to discuss the challenges they face in a confidential and supportive environment. These groups are specifically for parents and carers of young people who are either with the Hope Service, CAMHS community teams or working with Social Care. You will have an opportunity to exchange experiences and receive support towards managing the often complex situations you find yourselves in. This is not a parenting class, rather a non-judgmental support group and we encourage you to talk about whatever seems most important.

The Hope Service will be offering topical sessions to coincide with the dates on offer, alongside open groups where parents and carers can join together to discuss current difficulties. Full details of which can be found overleaf or on our website:

www.hopeservice.org.uk

A regular commitment can really help build a strong sense of support across the group but we recognise attending every session is not always possible for everyone.

Our motivation is to offer help for the helper and care for the carer.



FLASH is a 10 week programme for Parents and Carers of young people aged 11 to 18 that exhibit self-harming behaviours where these are impacting on the family as a whole. The programme is run by the CAMHS Community Teams and for young people that attend Hope, by the Hope Service. Please contact your CAMHS Community Team for further details or talk to your Hope Coordinator. The FLASH programme aims to reduce stress levels to a manageable level.

The FLASH programme includes the following topics:-

- Introductory session: what is self-harm and risk taking behaviour?
- Teen development and implications for relationships and communication
- The difference between suicide and self-harm: myths, fears and reality
- Listening skills
- Praise and building self-esteem
- Walking on egg-shells – parenting styles
- Consequences – setting limits and managing boundaries
- Looking after yourself as a parent – managing the difficult times
- Looking after the family – effect of self-harm on other family members
- Putting it all together, evaluation and ending

Sessions will occur weekly with 8 – 12 participants in a supportive environment.