

HOLDING SPACE NEWSLETTER

ISSUE NO. 1
JAN 2023

How it all began

Holding Space was launched in 2019 by its founder Hansa Raja-Jones. Hansa has lived experience of caring for a child with mental health struggles and it was through her personal journey and the lack of parent support in East Sussex that she founded the charity.

Holding Space's primary aim is to offer support to parents/carers, whose children and young people are facing mental health challenges. Holding Space offers a safe space for parents/carers to come together; to connect; to chat; to share and to understand that they are not alone.

Holding Space also supports parents to look after their own mental wellbeing, build confidence in their own parenting skills and coping strategies so they are better able to provide the care and support that their children need, helping to prevent families reaching crisis point.



Hansa's kindness was immediately apparent and I felt supported from the beginning. It's very difficult when you see your child struggling and you feel powerless to help. Holding Space is exceptional and I am so grateful to have found them

STATISTICS 2019–2022

All our support is parent led. By listening to the needs of parents/carers, we have refined our services. We now offer:

- Monthly face-to-face coffee mornings in Eastbourne and Bexhill/Hastings.
- Monthly online coffee mornings.
- 1:1 telephone/wellbeing support.
- Yoga for parents and young people.
- Creative sessions for parents/carers.

We have supported 820 parents, children & young people across East Sussex



Total number of referrals:

April-Dec 2020:	121
Jan - Dec 2021:	440
Jan - 5th Dec 2022:	259



1:1 telephone support:

April-Dec 2020:	51
Jan - Dec 2021:	122
Jan - 5th Dec 2022:	102



Adult counselling:

April-Dec 2020:	9
Jan - Dec 2021:	20
Jan - 5th Dec 2022:	13



Child counselling:

April-Dec 2020:	13
Jan - Dec 2021:	78
Jan - 5th Dec 2022:	25

OUR TEAM

Holding Space is run by a team of volunteers some of whom have lived experience.



Hansa Raja - Jones
CEO



Tim Cobb
Patron

Everyone is so supportive and full of useful information and suggestions. Holding Space provides practical and useful support rather than just 'go away and read a leaflet' type of support.

Trustees:

Luke Shevels, George Message, Hulya Hooker, Sharon Bishop and David Norris

Admin & data entry:

Clare , Dene and Julie

Parent peer support workers:

Courtney, Anna, Charlotte. Beckie, Natalie

Social Media

Chloe Stokes

Counselling team:

Jim, Annabel, Su, Jenny, Lydia, Katie, Steve, Jo, Anne, Vicki, Becky and Sian

Yoga therapist:

Emma

Felt really listened to and supported. Support was for my whole family, which was so important.

OUR PROJECTS

Anxiety toolkit for parents of children aged 7-13

The aim of the programme is to give parents strategies and tools that they can use with their child to help them manage their anxiety, giving them more confidence in their own ability to help their child. Sessions are delivered over zoom and/or telephone by our therapist Annabel.

Since the programme began in 2020 we have supported 100 families.

'My child is a very different boy to the one I had a few months ago. He is more confident and has more self belief.'

'I have already recommended this wonderful service to a friend whose child is also struggling. Thank you so much.'

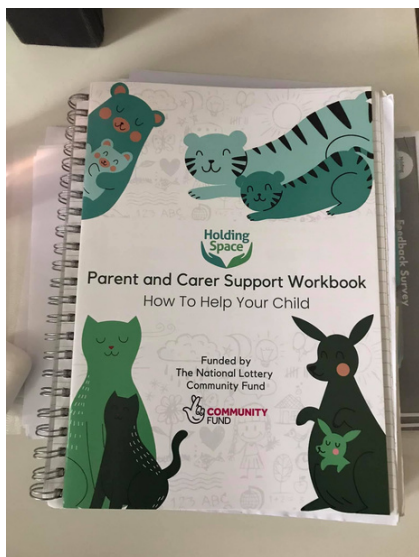
Navigating Tweens and Teenager Course

Run by our professional counsellor Jenny, this six-week course helps parents to navigate and understand the tween and teenage years. We have supported 16 parents through this course.

The course empowers parents/carers to better support their teenager, build a stronger relationship with them as well as tools to look after themselves as parents.

Thank you, Sussex Community Foundation, for funding and supporting this programme.

I would recommend this course to everyone. It will make you come away feeling like you are not alone. Jenny gives you great strategies on how to manage teenagers as well as look after yourself as a parent/carer



11,000 copies

Distributed to schools across East Sussex

"These have been an invaluable resource to use in lessons!"

THANK YOU

We are grateful to everyone who has supported us and worked in partnership with us during 2022. These include:

- Schools and colleges
- Funding bodies
- Businesses
- Individuals who have been fundraising for us

**Without you all we could not have achieved all that we have!
You have helped us to make this possible.**



Partnership working

We are recognised as a credible organisation and have tremendous support from the local community, as well as statutory organisations. We are on the steering group of:

- East Sussex Parent Carer Forum
- NHS Mental Health Group
- Foundations for our Future Project Board
- East Sussex Children's Emotional & Wellbeing Partnership Board

We work closely with organisations such as Care for the Carers, Amaze, CAMHs, our local voluntary sector organisation (VSO) and have been involved in joint projects. We cross refer and signpost families to one another so that they are connected and supported by the right organisation.

Nationally we are part of the PLACE network through the Charlie Waller Trust and CYPMH Coalition and were selected to join the Charlie Waller Trust Training Quality Assurance steering group working on the national training pilot for parent/carers peer support workers.

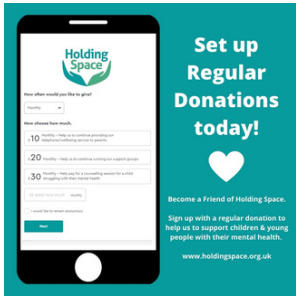
Our CEO works as a lived experience partner with the children's & young people's mental health team at NHS England.

How can you support us?

There are many ways to get involved with our work
hansa@holdingspace.org.uk
07922 851207



Are you a parent with lived experience?
Can you spare a few hours a week to support other parents?
We would love to hear from you!



Become a Friend of Holding Space with a regular donation

<https://holdingspace.enthuse.com/donate#!/>



Looking for a new challenge?
Why not raise funds to support parents, children & young people
across East Sussex



Choose us as your Charity of the Year or one of your
team challenges

THANK YOU