

## Parent Coffee Morning Minutes: Wednesday 10th May 2017, 10.00am

### **Emotional Wellbeing Workshop - Focus on needs of parents**

- Emotional wellbeing – what is it, recognising when we're having difficulties
  - Lacks ability to manage day to day events and/or control behaviour so that basic physical and emotional needs are neglected
  - Important to be aware and develop an understanding of emotional health issues as it affects us, our family, our community and surrounding environment
  - 1 in 4 people will experience a mental health problem at some point in their life
  - Affects more women than men
  - Emotional health problems can affect anybody regardless of age, gender, race, religion or income
  - Barriers:
    - Stigma
    - Fear of rejection, losing job, children being taken in to care, going mad, no-one will want to marry into the family
    - Not being "ill enough"
    - Not knowing where to go
- How to access help
  - GP referral
  - 0207 791 9497 (leave contact details)
  - Text 'YOUR NAME' to 07983 429 660
  - [www.compasswellbeing.co.uk](http://www.compasswellbeing.co.uk) – complete the self-referral form

### **Changes to the road layout at Bromley-by-Bow and Marshgate Lane**

Please click on the link below for more information:

<https://consultations.tfl.gov.uk/roads/bromley-by-bow-marshgate-lane/?cid=bromley-marshgate>

**Next Parent Forum:                      Wednesday 24<sup>th</sup> May 2017**  
**Refreshments: 9.15 - 9.30am**  
**Parent Forum: 9.30 - 10.15am**

**Next Coffee Morning:                  Wednesday 21<sup>st</sup> June 2017**  
**10.00 – 11.00am**