



OCTOBER 2025

Newsletter





Message from the Principal

As we reach the end of our first half term of the new academic year, it's been a joy to see our school community come together with such energy, kindness, and enthusiasm. Our school values of **kindness, curiosity, and resilience** have shone through in so many ways – from the warm welcome given to new students and staff, to the determination shown in classrooms, sports fields, and beyond.

It was wonderful to welcome so many families to our **Open Evening**, where students proudly showcased our facilities and the vibrant life of our school. This was followed by our **highest ever attendance at Open Mornings**, as Year 5 and 6 pupils joined us to experience a **morning** in the life of our community. I was especially proud of our students who volunteered their time to support departments and our **Primary Mentors** who led tours with such confidence and warmth – true ambassadors for our values.

Our students' **sporting achievements** this term have also been exceptional, with successes both locally and nationally. Whether competing on the pitch, track, or court, they have demonstrated teamwork, perseverance, and great spirit. We couldn't be prouder of their accomplishments and the way they represent our school.

Finally, it has been a great pleasure to meet and work with our **new Head Student Team** this week. Their commitment to making a positive difference is inspiring, and I look forward to seeing the impact they will have over the coming year.

Thank you to all our students, staff, and families for a fantastic start to the year. I wish everyone a restful and enjoyable half term break, and I look forward to **welcoming students back to school on Monday 10th November**.

Warm regards,
Mrs Caroline Brothwood



Remembrance Day

On the 11th November Honiton Community College will hold a whole college remembrance event, observing the national two-minute silence at 11:00am, to honour all those who have served and sacrificed in conflicts past and present around the world.

By taking part in this event, we aim to help our students appreciate the freedom we enjoy for others. It is a meaningful moment for our college community to come together in reflection and to ensure that the sacrifices of others are never forgotten.

During this event students will spend some time with their tutors learning about Armistice Day and meaning of the parts of the traditional ceremony. We encourage families to talk with their children about the meaning of this day and to support them in understanding why remembering continues to be important today. By learning about the past and honouring those who were affected, we hope our students will be inspired to promote kindness and understanding in their own lives and communities.



New Head Students

We are delighted to announce the appointment of our new Head Students for this academic year: **Annie** and **Luke**. They will be joined by our two Senior Deputy Head Students, **Holly Rich** and **Imanni**

Together, this exceptional team will lead the Student Council, representing the student body and working to make a positive impact across our college community.



These outstanding students have demonstrated the core school values of **curiosity, kindness** and **resilience** during their time here and we are very excited that they will lead the new Student Council this year.

As a Head Student

Head Students, will represent the student body, lead college events, and work closely with staff to ensure every student's voice is heard.

We are confident they will be fantastic role models and ambassadors for our college.

The Aims of the Student Council

1. To develop the leadership skills of our students.
2. To be the voice of the students in the College.
3. To strengthen the communities within the school and the local area.

The student's council is made up from students of all year groups who applied at the start of term. The head students were selected from a short list following their application and an interview with the Head Teacher and Head of Year.

They already have a packed agenda, including a planned meeting with the local MP, Mr. Richard Foord, who will speak to members of the student council about leadership and driving change in the local community."

Congratulations to them! We all wish them every success in their new roles!



This half term, our students have been learning the importance of sharing any worries or concerns they may have, whether with us at college or with trusted adults at home and in the wider community. They have also explored how to access support from other agencies when needed.

Safeguarding assembly topics have included: what safeguarding is, who to speak to if you are worried about yourself or someone else, county lines, and how to support our mental health.

Please can I take this opportunity to remind you all of our online reporting form where students can report safeguarding concerns and also discrimination of any form, this can be found on our website.

Mrs C Rose, Designated Safeguarding Lead

We are really proud of the efforts of our Year 11 students with their mid-cycle assessments in recent weeks.



This was a valuable opportunity for them to experience what the real GCSEs would feel like and they did us, and themselves, really proud. As we look ahead to the November mocks please do encourage your children to seek support and guidance where needed from their subject teachers, head of year and myself.

Jason Nofal, Assistant Vice Principal

Free School Meal Vouchers have been emailed out to parents of eligible students for the October Half Term break.



The main parent/carer should have received:

- Week 1 vouchers from Devon County Council, and
- Week 2 vouchers from Evouchers.

If you have not yet received these, please check your spam or junk email folder.

If you experience any issues:

- For Week 1 vouchers, email freeshoolmeals@devon.gov.uk
- For Week 2 vouchers, email admin@honiton.college

On Friday 14 November we will be participating in Children in Need. The theme this year is **Challenge yourself to 25**. We will be doing activities on the day but also want our students to show initiative and think of ways they could fundraise for Children in Need independently. Visit the website to download your own fundraising form and let us know what you are doing by speaking to your tutor or Head of Year on the first day back next term! www.bbcchildreninneed.co.uk

As part of our celebration, we are busy planning lots of fun activities throughout the day. Here is a taste of some of activities that will take place.

- A paid for **non-school uniform day** with funds going to Children in Need. £1 or more donation per pupil and £2 or more per staff member.
- A **cake sale** to raise funds.
- A **raffle** will be sold from Monday 10 November [£1 per ticket with some great prizes]
- **Face Painting** [£1 per painting]

...And lots more planned!

Further information about our Children in Need celebration will be sent out in the days leading up to the event.





Strong Start to the Season for U14 Netball Team

The U14 netball team kicked off their season in style with an impressive 26-6 victory over Axe Valley. A mix of 9 and 8s demonstrated excellent teamwork, showing real promise for the rest of the season. Evie was awarded players player, and Grace and Ella were coaches players.

Well done to all the players on a brilliant performance!



HCC Rugby Season Opener at King's School

HCC Rugby kicked off the season in style at under 13s central venue tournament on 24th September, hosted by King's School. Our students showcased outstanding skill, teamwork, and determination across four fast-paced and competitive games. It was a fantastic start to the season, and we're proud of the effort and spirit shown by all our players.

SQUAD LIST:

Aidan G, Alex H, Charlie A, Charlie B, Freddy L, George T, Isaac C, Joe D, Noah L, Sam H, Sam F, Wilbur M, William G, Wilson L.

While all schools displayed impressive rugby, the Honiton team stood out, earning numerous compliments for their dominant counter-rucking, powerful scrummaging, and several outstanding individual performances.

- **Charlie B** – with a captain's performance completing several game-saving tackles.
- **Freddy L** – for his superb weaving runs that cut through the opposition.
- **Wilson L** – for scoring some excellent tries, often carrying half the opposition with him as he charged forward.

However, the standout performance and **Player of the Tournament** award went to **Noah L**, who was superb throughout and instrumental in both attack and defence for Honiton.

A fantastic start to the season - well done to all!



Well done to our Year 7 Cross-Country Squad!

Congratulations to our Year 7 cross-country team who took on the 1.4-mile course at Sidmouth College on Wednesday, 15th October. There were some fantastic performances, with standout runs from **Fred A (12th)**, **Ed B (13th)**, **Sophie S (8th)**, and **Jessie D (16th)**.

This event was a great introduction to competitive cross-country running and an excellent warm-up for the upcoming Bicton Competition on Wednesday, 12th November. **Well done, everyone!**

Fred A as our top male – 12th Overall
Sophie S as our top female – 8th Overall



GIRLS' FOOTBALL TEAM

Honiton Girls travelled to Uffculme on 29 September for their first game of the year, displaying fantastic skill and determination throughout the match.



Their tenacity in the first half was rewarded when **Grace** scored with a superb looping volley over the keeper. Honiton continued to impress, but a quick Uffculme counter brought the game level.

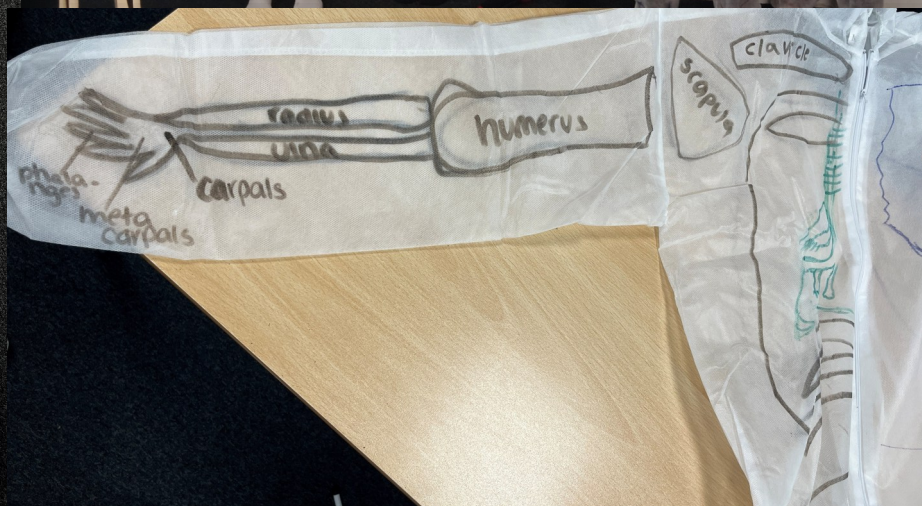
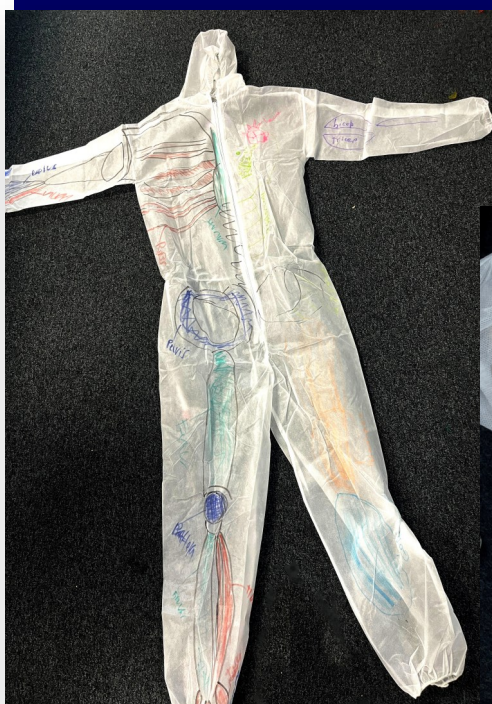
The match flowed end-to-end, with both sides producing last-ditch tackles and excellent saves to keep things tight.

Special mentions go to:

- **Reese** - outstanding in goal, pulling off some incredible saves.
- **Mya** - commanding at the back with goal-saving tackles Van Dijk would be proud of.
- **Grace** - playing three years up, looking right at home, and getting on the scoresheet.

However, **Player of the Match** goes to **Holly**, who delivered a true captain's performance. Covering every blade of grass, Holly combined exceptional skill with brilliant leadership, guiding the younger players superbly. **Well done to all!**

GCSE PE students have been focusing on the Skeleton, Muscular, Respiratory and Cardiovascular systems, and enjoyed using body suits to show-off their subject knowledge.





Fuelling for Performance: Nutrition Workshop with Year 10 & 11 Sports Academy Students

Year 10 and Year 11 Sports Academy students took part in an engaging and hands-on nutrition workshop focusing on how to properly fuel their bodies before and after exercise. The session explored the vital role of **macronutrients** (carbohydrates, proteins, and fats) and **micronutrients** (vitamins and minerals) in athletic performance, recovery, and overall wellbeing.

Students learned how to tailor their food intake depending on whether they were preparing for an intense training session, recovering post-match, or maintaining their energy levels throughout the day. With guidance, they explored what a balanced pre- and post-workout meal looks like, and how to adjust their food choices depending on their training goals—whether that's building strength, improving endurance, or speeding up recovery.

To put theory into practice, the students then got creative in the food room, designing and making their own performance wraps using a variety of ingredients. Each group considered the balance of macros in their wrap—opting for lean proteins, complex carbs and healthy fats—based on whether they were fuelling up or refuelling after exercise.

The workshop was not only educational but also a fun and interactive way for students to better understand the connection between nutrition and performance. We're proud to see them developing lifelong habits that will support both their sporting ambitions and overall health.



Hallie and her new partner Lana travelled to the English Championships in County Durham on Friday, 3rd October



This was Hallie's first time competing at the English Championships and their first competition as a partnership. Impressively, they made it all the way to the finals, where everything came together perfectly and they won **gold**! A fantastic result for their first outing together.

Just a week later, they competed again at the Invitational competition, held much closer to home at our own club – and once again, they came away with **gold**.

Congratulations to an incredible start to what promises to be a successful partnership!



OPEN EVENING

A FANTASTIC SUCCESS!



For our Year 5/6 Open Evening The evening was filled with energy, excitement, and a warm, positive atmosphere. It was wonderful to see families, students, and staff come together to celebrate everything that makes our college such a special place. From engaging activities to inspiring conversations, the event truly showcased the spirit and community of our college.



One of the highlights of the evening was the "Find the Poppy" activity, which proved a big hit with our visiting students. They explored different areas of the College, eagerly searching for hidden poppies while getting a glimpse of the engaging activities and displays created by each department.



The canteen team also deserves special praise for putting on a wonderful spread of food, showcasing the extensive and delicious menu available to our students. The variety and quality impressed everyone who stopped by for a taste!

Across the school, departments hosted a wide range of interactive tasks, giving families a hands-on experience of the vibrant learning that takes place every day. Smiling faces and enthusiastic feedback made it clear that everyone thoroughly enjoyed the evening.

Thank you to all staff, students, and families who helped make the Year 5/6 Open Evening such a memorable success. We can't wait to welcome our future students back again soon!

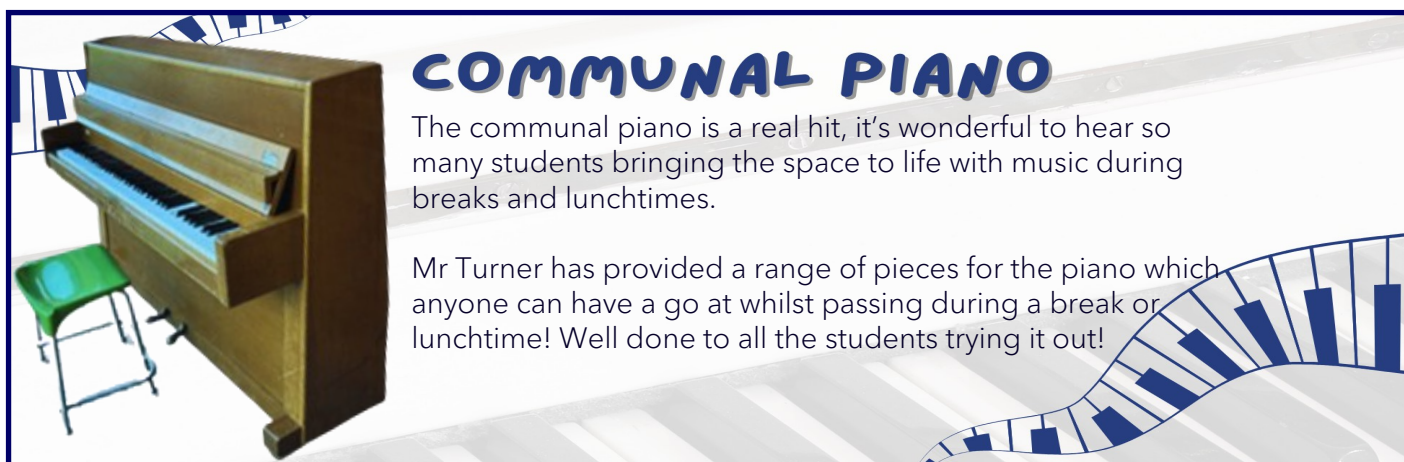


Random Doughnut Day—A sweet Success!



We celebrated our very first **Random Doughnut Day** on Thursday, 16th October. Students who completed their homework on the day it was set were rewarded with a delicious doughnut to enjoy!

It was fantastic to see such great resilience, responsibility, and curiosity from our learners. Well done to everyone who took part – you earned it!



COMMUNAL PIANO

The communal piano is a real hit, it's wonderful to hear so many students bringing the space to life with music during breaks and lunchtimes.

Mr Turner has provided a range of pieces for the piano which anyone can have a go at whilst passing during a break or lunchtime! Well done to all the students trying it out!

Mathematics Department



AXIOM MATHS

Year 7 students have made a fantastic start to the *Axiom Maths Circles* this term.

This after-school club brings together high-attaining mathematicians to collaborate in small groups, tackling challenging and thought-provoking mathematical problems. The sessions encourage students to be articulate in their reasoning, adventurous in their thinking, and open-minded in exploring and accepting different approaches.

Well done, Year 7 – keep up the excellent work!

Mathematics Department

ACTIVITY ALERT Cross-number Puzzle

Name	House	Year Group

To enter simply complete the cross-number puzzle below and hand to your maths teacher before the end of November. Please ensure your name, house and year group are clearly written at the top of this sheet.

There will be a random prize draw before Christmas with multiple prizes and rewards on offer. Every completed and correct entry will count as 1 entry in the prize draw.

The puzzle will also be emailed to you to assist with the ease of printing. If you require a printed copy please collect one from the maths office where there will be a supply of printed sheets distributed on a first come first served basis.

Happy puzzling and good luck from the Maths team.

♦Clues on the following page

1		2		3				4			5	6		7
				8						9				
	10						11						12	
					13					14				
15				16				17			18		19	
				20				21						
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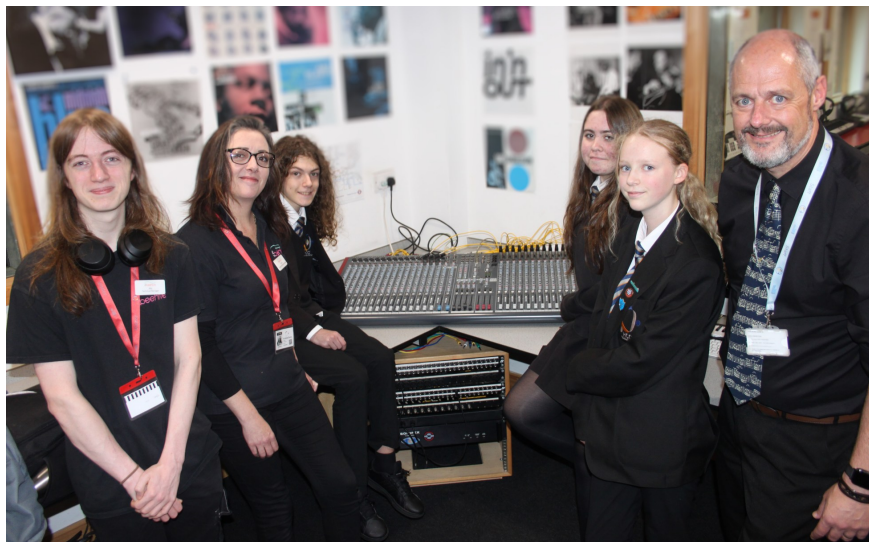
<u>Across clues</u>			
1	Halve the year of the Battle of Hastings	2 2	The three figure bearing describing a turn from South to South-West
3	Multiply the year of the sealing of the Magna Carta by 100	2 3	The number of days in February during a leap year
5	21090 divided by 5	2 4	1293 + 707
8	20 more than the total length of the South West Coastal Path in miles	2 6	The number of hours in eleven days
9	$11^2 + 30$	2 9	Guy Fawkes and the gunpowder plot were discovered in this year
1 0	The year in which World War One started	3 1	7 30pm in 24-hour format
1 2	Evaluate $2^5 \times 3$	3 3	A Haiku poem traditionally has three lines. State the number of syllables in each line in order, e.g. 121
1 3	Thirteen years after Al Pacino's birth	3 5	1.47 kilometres into metres
1 4	$7^2 - (1.5 \times 4)$	3 8	The largest multiple of 5 below 1000
1 5	Multiply the number of strings on a cello and a guitar together. Subtract this value from 130	4 0	One litre is equivalent to _ millilitres
1 7	23 fewer than nine squared	4 1	Evaluate 15 squared
1 8	401 - 217	4 2	Convert 0.15 metres into centimetres
2 0	Lowest common multiple of 7 and 12	4 3	A piece of string measures 43cm. Change this length into mm
2 1	The only even prime number		

<u>Down clues</u>			
1	$((3 + 2)^2 \times 100) \div 5$	2 3	The number of days in a normal year if you removed January, March, May and July
2	Triple the value of the sixth prime number	2 4	The fifth multiple of 43
3	The year in which William Shakespeare was born	2 5	The year in which the Battle of Waterloo took place
4	The three figure bearing describing a turn from North to East	2 6	£200 shared between eight people
6	The first value above 200 that is in the three times table	2 7	The number of bank holidays in England over a decade
7	The current year multiplied by four	2 8	The circumference of Jupiter to the nearest 1000km
9	The year in which the Black Death arrived in England	3 0	465 - 88
1 0	The diameter of planet Earth in km to two significant figures	3 2	The number of letters in the Greek alphabet
1 1	The area of Dartmoor National Park in square kilometres	3 4	Queen Victoria reigned from 1837 until her death 64 years later. Calculate the year of her death
1 2	The elevation of England's tallest mountain in metres	3 6	The total number of days in two leap years
1 6	The number of groups within the periodic table	3 7	The year in which the World Wide Web (WWW or the internet) was invented
1 8	The number of seconds in three minutes	3 9	I spend £1.57 and pay with a £5 note. Calculate my change in pence
1 9	The total number of days in 15 months of June	4 1	In American currency, a 'one quarter' coin is equivalent to how many cents?



Thank You the beehive

The music department now has two new recording studio facilities thanks to 'The Beehive'.



The College and The Beehive have been exploring ways to work together to provide the young people of Honiton with the best creative and performing arts opportunities.

When Mr Turner and Victoria Davis, Programme and Events Manager of the Beehive, met up earlier this year Mr Turner flagged that the integral recording system in the HCC music department was no longer working and required a mixing desk to make it function again.

On hearing this news, The Beehive team kindly offered to loan a mixing desk to the College and even came along to install it. The integral recording system is now back up and running and students can record music from any room in the music department.

HCC's newly introduced student music ambassadors were present to welcome the new equipment which also included a drum kit donated by The Beehive, meaning that there is now a drum kit in every music practice room for students to use.

Honiton Music Centre

The Honiton Music Centre has got off to a fantastic start with over twenty youngsters from across Honiton learning a range of orchestral instruments! The violin has proved popular, so much so that Mr Turner has requested the loan of additional violins from the Devon Music Education Hub! It has been wonderful starting to see and hear various orchestral instruments at the College.

There are still places available to learn Cornet, Trombone, Flute, Clarinet, Violin, Cello and Alto Saxophone. So why not sign up and give it a go! **Only £4 a week** on a Wednesday after school from 4pm onwards.

Just scan the QR code below if you would like to apply - it's not too late!

Honiton Music Centre Registration Form



Music Ambassadors at HCC!



We now have Music Ambassadors at HCC. They will provide student leadership for the subject and support promoting music to their peers. Congratulations to the 11 students who have taken on the role! All have been given a Music Ambassador badge in recognition of their role.

George E	Year 10
Emily J	Year 8
Jessica F	Year 10
Orla D	Year 10
Elowen M	Year 10
Dominic H	Year 10



This half term, students have started choosing their own rewards for reaching praise point milestones!

When students reach **50, 100, 200 points** and beyond, they now have the opportunity to select a reward, whether it's a small treat, an extra privilege, or a fun activity – such as **skipping the lunch queue for a week, pancake making, a movie afternoon, archery,**

or using the fitness suite – the aim is to celebrate their positive behaviour and achievements in a way



Each week, every member of staff is given a **Golden Ticket** to award to a student who has shown **exceptional kindness**. These special tickets are posted into the **Golden Post Box**, and one lucky winner is drawn each week to receive a **£10 Amazon voucher**! This is our way of recognising and celebrating the power of kindness in our college

Our Golden Ticket winners so far this year have been:

Jazmine (year 7) Thomas (year 9) Tyler (year 9) Tallulah (year 7)
Jazmine (year 7)

Every Friday we place in a draw the names of students who have attended college for the last ten school days consecutively.

Three students win our attendance streak draw each week. Students receive a £5 Amazon voucher as their reward.

This half terms Attendance Streak Winners are listed below. Anyone with ten days attendance in a row is entered into the draw! Encourage your child to attend 10 days in a row to get their name added to the draw!

Faith - Year 10	Dylan - Year 7	Finley - Year 9
Alecia - Year 11	Alisha - Year 7	Oliver - Year 10
Sam - Year 8	Casey - Year 11	Asher - Year 8
Niamh - Year 7	Grace - Year 9	Harley - Year 7

In the lead-up to **World Mental Health Day**, we held a **Kindness Focus Week** to highlight the importance of small, thoughtful actions. Throughout the week, students earned **house tokens** from staff for carrying out **random acts of kindness** across the College.

Congratulations to Roundball House, who collected the most tokens and have earned a **non-uniform day on Friday 24th October** as their reward!

Let's keep the kindness going all year round!



Year 11 – Post-16 Options and Next Steps

This term, Year 11 pupils have received valuable information from **Exeter College**, **Richard Huish College**, and **Sidmouth College** about their Post-16 options.



- **T-Levels** – new, 2-year Level 3 technical qualifications for post-GCSE students, equivalent to **three A-Levels**.
 - **Apprenticeships** – a great way to gain skills and experience while earning.
 - **A -Levels** – traditional academic qualifications that keep a wide range of future options open.
- To explore these pathways further, students should visit **Unifrog**, where they can:
 - Find guidance on **applying for jobs and apprenticeships**.
 - Research **different career paths**.
 - Check **current labour market information** to see which jobs are in demand and available locally and nationally.

Pupils are also reminded to review their notes and advice from their recent meetings with our Futuresmart Careers Advisor, as this will help them make informed choices.

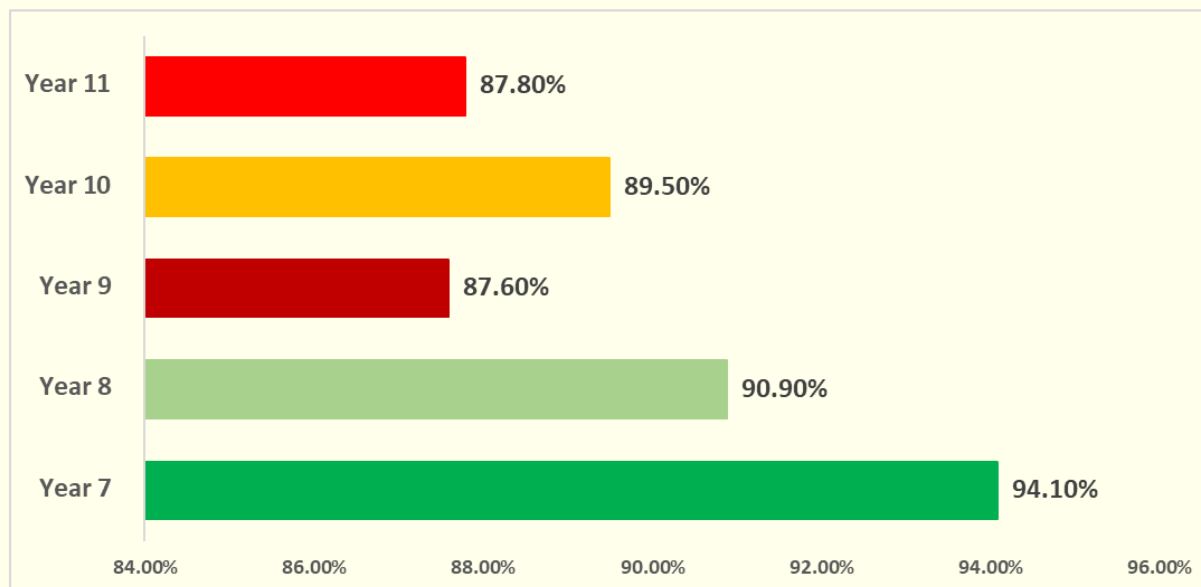
Finally, there are lots of taster days and open days coming up, so students are encouraged to attend and experience different colleges and courses first-hand.

- **Bicton College** have a taster day on 27th October - you can sign up on the link
- <https://bicton.ac.uk/events/taster-day-at-bicton-college/>
- **Sidmouth College** Sixth Form Open Evening on Thursday 13th November 2025 The evening is open to internal and external Year 11 students who are interested in attending the Sixth Form Post-16.
- **The King's School** Sixth Form Open Evening on Thursday 6th November 2025 (The evening is open to internal and external Year 11 students who are interested in attending the Sixth Form Post-16).
- **Exeter College** Open Evening on Thursday 20th November 2025



Attendance Half Term 1 Summary [3-09-2025 - 17-10.2025]

This term we had an overall attendance rate of 89.9% across the school. We are on track to be slightly above the attendance of last year's term 1 attendance of 89.4%.



Our attendance of 89.9% puts us in decile 10 – the bottom 0-10% of schools nationally. This means that 90% of schools nationally have better attendance than us and is a worrying statistic. National, the top 50% of schools have attendance above 93.7%. Across Devon we are ranked 38th out of 43 schools.

What do these attendance figures mean in context?

	Perfect Attendance	Secure attendance	Improvement required	Attendance concern	Serious concern
Percentage	100%	97%>	Below 95%	Below 90%	Below 85%
Days missed across the year		Less than 5 days missed	9 days missed	19 days missed Classified by DfE as persistent absence	30 days or more missed
Days missed for HT1				More than 3 days off this term.	5 days or more off

Breakdown of attendance figures for Half Term 1 [32 school days]

Number of pupils at HCC:	649	
Number of pupils with 100% attendance:	228 students	57.1% of students have excellent attendance of 95%-100% attendance. 228 on 100% attendance.
Number of pupils persistently absent:	163 students [25%]	<i>A persistently absent student is anyone who has had absence from 10%-49%. At the start of the year, when only 32 days have taken place 3 days or more make you persistently absent.</i>
Number of pupils severely absent:	30 students [4.6%]	<i>The DfE classify this as anyone who has missed 50% of sessions.</i>



Year Group	Year to Date Persistent and Severely Absent numbers.
Year 7	17 students are categorised as persistently absent and 3 students are severely absent
Year 8	29 students are categorised as persistently absent and 6 students are severely absent
Year 9	40 students are categorised as persistently absent and 9 students are severely absent
Year 10	44 students are categorised as persistently absent and 5 students are severely absent
Year 11	33 students are categorised as persistently absent and 7 students are severely absent

Half Term 2 target:

We would like our school attendance to be in line with national data and have set a target of 92% for HT2. Help us achieve this by getting your child into school every day.

We have a simple message for all parents. Every day in school makes a difference. We know that attendance helps achievement and that good habits now will help build strong futures later. Help us make HCC successful for your child by supporting their attendance at school on time, every day.

Key reminders:

- We never approve absence for holidays. Learning continuity matters more.
- All absences need to be reported every day via MCAS or the student absence email address, student.absence@honiton.college
- Remember that a half day attendance is better than zero attendance. If your child is unwell in the morning, try and get them in for the afternoon.
- Where possible, arrange medical appointments for after 3pm or in the school holidays. If this is not possible, please provide confirmation of the appointment, otherwise the absence may not be authorised.
- It is a legal requirement that we have 'eyes on' every child every 3 days so expect a video call request or home visit if your child has missed three days in a row.



TERM DATES

AUTUMN TERM 2025



- Monday 27 October to Friday 7 November 2025- Two-week Half Term
- Monday 10 November 2025 - Start of Autumn Half Term 2
- Monday 8 December 2025 - Non-Student Day
- Friday 19 December 2025 - Last day of Term

SPRING TERM 2026



- Monday 5 January 2026 - Start of Spring Half Term 1
- Monday 16 to Friday 20 February 2026- Half Term
- Monday 23 February 2026- Start of Spring Half Term 2
- Monday 23 March 2026 - Non-Student Day

SUMMER TERM 2026



- Monday 20 April 2026 - Start of Summer Half Term 1
- Monday 4 May 2026 - Bank Holiday Monday
- Monday 25 May to Friday 29 May 2026 - Half Term
- Monday 1 June 2026 - Start of Summer Half Term 2
- Friday 17 July 2026 - Last day of Term

PROGRESS EVENING (15:45-19:00) DATES

13-November 2025	Year 8 Progress Evening
15-January 2026	Year 11 Progress Evening
29-January 2026	Year 9 Progress Evening
23-April 2026	Year 7 Progress Evening



FAMILY MINDS PARTNERSHIP

The Attendance & Wellbeing Project

This project is for children and young people who are struggling to attend school, and for their families.

We are a group of organisations working together, each with different expertise, to support your child, your family, and your child's school. Our goal is to find the right support for each individual child.

We offer:

- A **peer support worker** to work closely with parents, caregivers, and the school to identify the most appropriate help.
- **Support** to help children and families understand behaviours and develop practical strategies for both home and school.
- All parents and caregivers will be offered **listening support and practical guidance**.
- **Therapeutic sessions** (online or in person) for children and young people providing a safe and reflective space to explore barriers to education, build confidence and give the child a chance to share their voice.

Together, we aim to improve wellbeing, strengthen family-school relationships, and help children feel more positive about school.



Register here:

[forms.office.com/e/
msQ75pjryb](https://forms.office.com/e/msQ75pjryb)

Learn more on our website
www.familyminds.org.uk

Delivery Partners



PARENTAL MINDS C.I.C.
Mental Healthcare | Exploring Pathways

HeadsUP
Supporting Young People's Mental Health & Well-being



**SOUND
COMMUNITIES**

Consultant Partners



The Attendance and Wellbeing Project 2025-26 is being funded by The Devon Integrated Care Board (ICB) devolved Health Inequalities funding and as a function of the One Eastern Devon (OED).



PARENTAL
MINDS C.I.C



PARENTAL MINDS
SUPPORT

PARENTAL MINDS ARE DELIVERING
THE NEW MAUDSLEY APPROACH FOR ANYONE



CARING FOR A LOVED ONE WITH AN EATING DISORDER

The course of 4 New Maudsley carer skills workshops are based on the New Maudsley approach and provide a whole toolkit of practical tips on how to support a loved one with an eating disorder. Sara Newton who will be leading this training is a wonderful and compassionate lived experience carer herself.

Ideally carers will attend all four two hour workshops in the series.

These sessions are designed to provide carers with a toolkit of practical strategies including communication tips, encouraging carers to reflect on their own emotional journey, their parenting styles, self-care, and how to support their loved one.

Register for your spot at:
bit.ly/ParentalMindsEating

Workshop One

Introductions, Psychoeducation, Emotions, and Empathy
Wednesday, 1st October, 19.00- 21.00, Zoom

Workshop Two

Cycle of Change and Motivational Language
Wednesday 8th October, 19.00- 21.00, Zoom

Workshop Three

Reflecting on Caring Responses - What to try when things feel stuck, Carer Self-Care, 5 Step Model of Change for Carers
Wednesday 15th October, 19.00- 21.00, Zoom

Workshop Four

Coaching your loved one to make their own changes
Problem Solving, Anxiety hierarchy, Smart Planning
Wednesday 22nd October, 19.00- 21.00, Zoom

