

# SOS – Save Our Spoons!

Online parent support group, SOS - Save Our Spoons (formerly South Staffs CAMHs Online Parent Support Group), has been given a makeover – just in time for summer! Save Our Spoons offers a **safe and supportive environment for families of children with a mental health need** living in the South Staffs area to get support. Families always come first, and *Chanté (Senior Parent Peer Supporter)* and *Bethan (Mental Health Practitioner)* love to welcome new faces and volunteers.

*We offer support, wellbeing activities, guest speakers and topics for learning such as Autism, sleep hygiene, anxiety, depression, digital wellbeing, self-harm, self-care, local services and much, much more!*

## Why the Spoons?!

We're proud to call ourselves **a service that works with and listens to our families**. In a nutshell, the idea is that **everyone starts the day with twelve spoons** and different activities use up different numbers of spoons before we run out and need to recharge our batteries. But **people whose children have additional needs, such as a physical or mental health need, start the day with far fewer spoons**. It's no wonder so many families in our group feel like they are running on empty!

We began to regularly hear phrases like 'I'm low on spoons today!' or 'I've got no more spoons left to give.' Hence, Save Our Spoons was born (we liked the acronym too!).

## What do Our Families Think?

We regularly ask for feedback from our families to ensure that we are meeting their needs. Here's what some of our parents had to say:

*'It's good to be able to give feedback. It felt good to have a voice. I think parent support is vital, and any groups that offer this are very needed and help the family as a whole.'*

*'Having options for online sessions seem to really help.'*

*'It's the highlight of my week!'*

*'I found it a useful networking session.'*

*I want you to know how thankful I am, and how brilliant I think the sessions have been. The support from yourselves and the other mums has been wonderful.'*

## How Do I Join or Find Out More?

Currently, we offer our group **Wednesdays in term time, 01:00 PM – 02:30 PM**. You can **register to join the group on Zoom** in advance using this link or by using our QR code:

[https://us02web.zoom.us/meeting/register/tZUof-6tpjkqHdddk6tg8t0Vz7A2\\_-jcJg62](https://us02web.zoom.us/meeting/register/tZUof-6tpjkqHdddk6tg8t0Vz7A2_-jcJg62)

After registering, you will receive a confirmation email containing information about joining the meeting.

**Get in touch via email or on any of our social media channels:**

**Email:** [CAMHSParentSupport@mpft.nhs.uk](mailto:CAMHSParentSupport@mpft.nhs.uk)

**Twitter:** [SOS - Save Our Spoons @CamhsFamilyMPFT](https://twitter.com/CamhsFamilyMPFT)

**Facebook:** [SOS Save Our Spoons @CamhsFamilyMPFT](https://www.facebook.com/CamhsFamilyMPFT)

**Instagram:** [SOS - Save Our Spoons camhs.familympft](https://www.instagram.com/camhs.familympft)

**Website:** <http://camhs.mpft.nhs.uk>

