



Best Family Mental Health Charity 2025

Parent Peer Support in East Sussex

Issue No. 22 | January 2026

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UPCOMING EVENTS

The Parent Hub

Say hello to The Parent Hub!

An informal, local space for parents and carers to talk, listen, share, and connect. Over a cuppa, at your own pace.

We had our first session yesterday which was a great success! Our next session will be:

Date: Wednesday 25th February

Time: 10am - 12pm

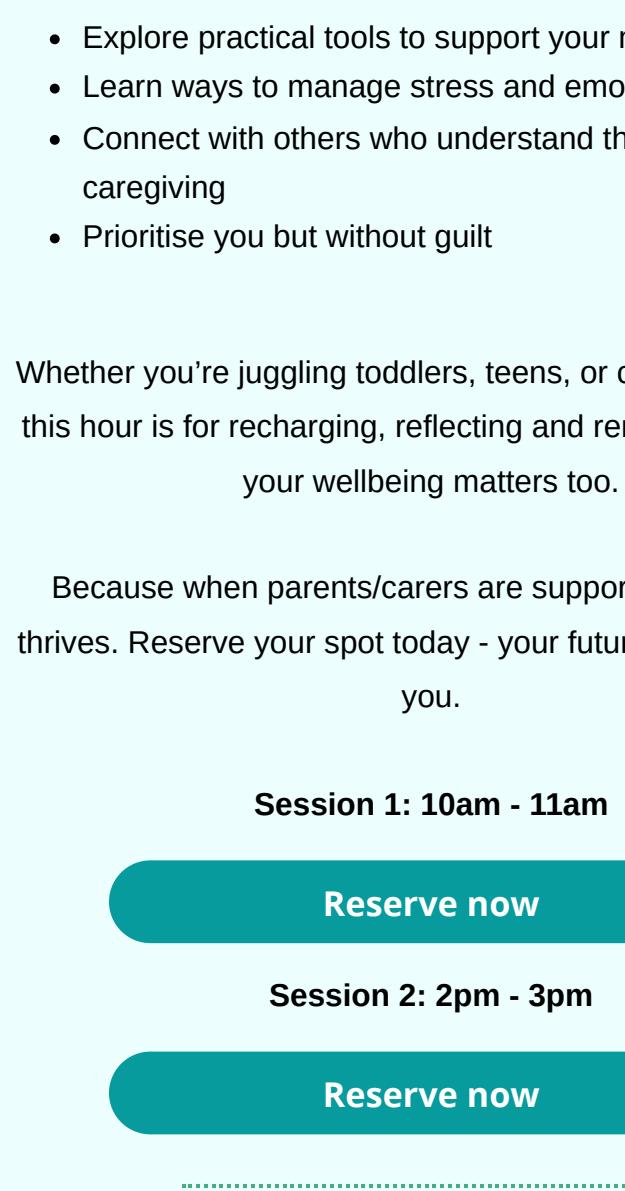
Drop-ins are always welcome but if you're able to, please let us know you're coming to help us plan refreshments.

RSVP by email: hello@holdingspace.org.uk



No need to prepare anything, just come as you are!

Valentine's Day wrapping



Volunteers needed!

We are back with our Valentine's Day wrapping.

Location: Tesco, Lottbridge Drove, Eastbourne

Dates: Friday 13th & Saturday 14th February

Time: 10am - 4pm

Do you love wrapping? Can you spare a few hours to help us wrap flowers and presents?

We really need your help.

Please contact us to find out more:

Email: hansa@holdingspace.org.uk

Call: 01323 315005

Webinar for Parental Mental Health Day - 30th January

This webinar is a gentle space to:

- Explore practical tools to support your mental wellbeing
- Learn ways to manage stress and emotional load
- Connect with others who understand the realities of caregiving
- Prioritise you but without guilt

Whether you're juggling toddlers, teens, or caregiving roles, this hour is for recharging, reflecting and remembering that your wellbeing matters too.

Because when parents/carers are supported everyone thrives. Reserve your spot today - your future self will thank you.

Session 1: 10am - 11am

[Reserve now](#)

Session 2: 2pm - 3pm

[Reserve now](#)

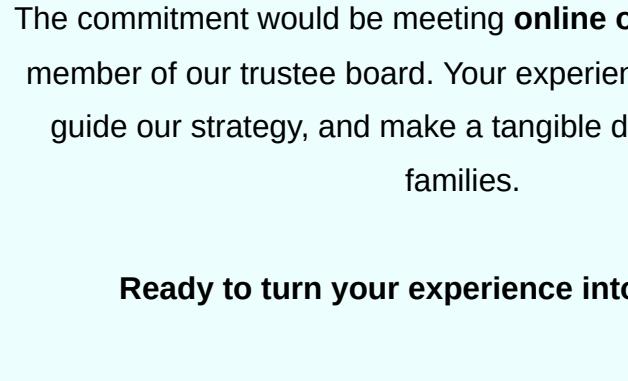
Stronger Together:

The Recharge Hour – Prioritising Parent Mental Health



sunflower thinking

The Parent Lounge



The Parent Lounge is an online community for parents/carers who are navigating life with children and young people of any age. It is for anyone who is in a caring role or who is on a journey with their child's emotional and/or mental health.

It is a safe space to come together, meet others on a similar journey, chat, share, connect and be supported. As the community grows we will build resources and share expertise as well as bring in outside speakers.

Meetings will be once a month online via Zoom at 6pm - 8pm.

We hope to see you there!

[Access the Parent Lounge](#)

Shape our future: Join our advisory board

Your Lived Experience Matters

We're seeking parents/carers with **lived experience** to join our advisory board. Your voice and experience will help us to shape the future direction of Holding Space.

The commitment would be meeting **online once a month** with a member of our trustee board. Your experience and insights will guide our strategy, and make a tangible difference for other families.

Ready to turn your experience into influence?

If you are interested or have any questions please contact Hansa:

Email: hansa@holdingspace.org.uk

Call: 01323 315005

Get involved with Holding Space

As a small charity, run by volunteers, we are always looking for people to support our cause. Whether that's through volunteering, fundraising, sponsorship, or business support; please get in touch with us if you can help in any way.

Help us bridge the gap in accessible mental health services, and improve the mental wellbeing of families across East Sussex.

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