



Re:Minds Re:View



March 2024

This month our lovely friend and colleague Teresa Bridges has moved onto new things. Teresa was at our first ever Re:Minds meeting and has been a good friend over the last nine years. Since 2021 Teresa has led our LGBTQ+ support, and helped many families using her lived experience and knowledge. Sadly we no longer have funding to support this role and so we are very sad to lose Teresa, but we want to thank her for all of her hard work and we wish her every happiness in the future.

We are delighted to welcome Hannah McCready as our new CAMHS Peer Support Worker. Hannah comes with a wealth of knowledge and experience and will be working with families who are not accepted by Southampton Specialist CAMHS to offer support and advice. We know she is going to make a real difference to families and we are very happy to have her on the team .

Like many voluntary sector organisations we have been hit by some funding losses this year. The most significant one for us is the unexpected loss of our crisis care funding. We have been working successfully with the Key Workers project for three years supporting families across Hampshire, Portsmouth, Southampton, the Isle of Wight and Frimley, whose young people are at risk of admittance to adolescent psychiatric hospital. We have attended CETR meetings, referred families to the Dynamic Support Register, offered lots of 1:1 support at some of the most difficult times, made links with local hospitals, CAMHS, found resources, had advice clinics, gathered views and experiences, helped families access other services, and most importantly been there for them to listen when everything is falling apart. It feels like a significant loss to Re:Minds and the families we support. We are looking for other sources to continue our crisis care support, but we know that for now we are going to have to stop. We will do our best to keep helping the families we support as best we possibly can in the mean time.

Feedback

As part of our end of year funding report we need feedback from professionals we have worked with about the difference we are making in the communities we support. If you are able to send us a sentence or two, we would be so grateful for your views - info@reminds.org.uk

Advice Clinics

Our advice clinics continue to be fully booked, particularly for ADHD and Autism and so as well as increasing the number of ADHD clinics, the Autism Assessment Service very kindly offered a extra clinic this month to try and meet demand. The feedback we get from clinics really show the difference they are making to parents/carers. The opportunity to get almost instant advice from a professional really helps families. The most common themes we see at these clinics are about education, school refusal, anxiety, assessments and the impact of challenging behaviours at school and home. We are so grateful to CAMHS for adding in extra clinics to meet the ever growing demand.



Amazing Speakers!

We have been so lucky this month to have some amazing talks. Clinical Psychologist James Knight and trainee clinical psychologist Emily delivered a fantastic talk on

16-25 Mental Health Event

This month we held our 16-25 Mental Health Event, this was a chance for parents/carers and professionals to find out more about the support available for mental health in the city. We were joined by some fantastic services and had some excellent speakers. Whilst this was a much smaller event than we had originally hoped for, there was a lovely atmosphere in the room as professionals found out more about changes to services over the last year and learned more about what is happening in the city, in fact one requested that we do this every year so professionals know the latest updates and can share them with the families they support. We had lovely feedback from parents/carers too which showed they were able to access the help and support they needed to support their young people. We want to thank everyone who joined us and supported us on the day - and our amazing volunteers who worked behind the scene late into the evening to get everything set up!



'It was brilliant to be able to talk to actual real life providers, cutting out the middle man!'



'I came for my young person and I left with advice, support and information for them and also for myself'



'What a fantastic fayre, amazing information available'



'My son hasn't left his room for four months, I thought there was nothing left for him, but you have given me hope. There are 3 different places we can go to get help. You have given me hope at last'

neurodiversity, puberty & sexual relations. It was packed full of practical ideas that parents/carers can use to help talk to their children about.

We were also very lucky to have Educational Psychologist from Southampton City Council, Angie Barrett give a talk about an autism assessment and how to help your child come to terms with a diagnosis.

Both videos can be found on our YouTube channel - www.youtube.com/remindscic



Autism Courses

After Easter we begin our new course Teen Life, supporting parents/carers whose young people are aged 10-16. As we mentioned last month, we are really excited about delivering this course as we think it will help families understand the issues their children go through as they grow up. We are even offering an extra evening virtual course of Teen Life to kick things off. This course will sit really nicely alongside the Teen version of NFPP.

These courses will run along with our Early Bird Plus course, offering autism information, strategies and support to families across the city. The autism courses taking place after Easter are now fully booked, but please

16-25 Mental Health Collective

supporting young people with their transition to adulthood

On the 1st April the new 16-25 Mental Health Collective launches in Southampton. This service is designed to support young people aged 16-25 with a mental health needs, (diagnosed or not), and their parents/carers get advice and support in any area of transition in their life. This may be moving from education to college, or higher education, employment, housing, benefits or any other areas of transition they need help with. Solent Mind, No Limits and Youth Options are going to run the young people's area of support. A young person can ask for help via the No Limits website by completing their referral form. <https://nolimitshelp.org.uk/contact-us/> this will then be triaged by the Mental Health Collective each week and the best service to support will then get in touch with the young person.

A parent/carer can click on our new 16-25 page of the Re:Minds website www.reminds.org.uk and then complete a form and we will get in touch with them to see how we can best help.

NFPP Teen Version

This week some of the Re:Minds team linked with Cathy Laver-Bradbury to undergo and review a brand new version of the ADHD course, NFPP (New Forest Parenting Programme), which is aimed at parent/carers of teenagers. The original NFPP course runs across the world, including countries such as Japan, Norway and Slovenia and has incredible feedback about the difference it can make.

We had a great morning with Cathy and feel so excited that we are the first people to learn about the new course. We have some work to do behind the scenes to help get things finalised and then we will be running a trial of the course in the coming months. As you can imagine the demand for this type of course is huge and we already have a waiting list for it. As yet we do not have additional funding to run this version, but we will be on the lookout to get this exciting new course up and running very soon. The first in Southampton and also the world!

We have received some funding from Southampton City Council to increase the number of NFPP courses we can run, so after the Easter holidays we will share more information about some virtual courses - both evening and daytime and more face to face ones. We are even in talks to deliver NFPP to families in other areas of the country - we are so excited about all of these opportunities!

get in touch for the ones after
this by emailing

courses@reminds.org.uk



Sensory & Book Library

We have bought a wealth of new resources for our library in the last few months. Lots of new sensory resources, from games to weighted blankets and books on a vast array of topics from understanding your sexuality and gender to receiving and ADHD diagnosis as an adult. We have also created 2 sensory boxes for older and younger children which we can take with us to events. Emma Reed our librarian (amongst many other things) has completed a stock take and is busy getting all the new items onto the website.

You can borrow items by clicking on the link on the website

<https://www.reminds.org.uk/lending-library>

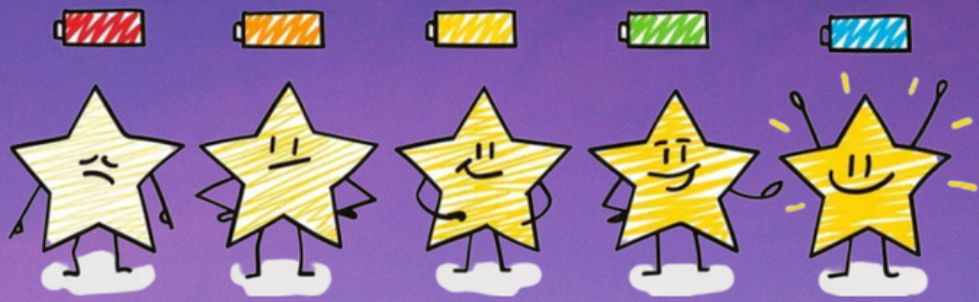


new course starts after Easter

Keep an eye out for new courses
coming soon!

Re:Minds ReCharge

A wellbeing and resilience
course for parents



A chance for parents to think about their own
wellbeing, and to talk to others in
similar situations.

The course is run over over 5 weeks and will
cover topics including unhelpful thinking,
dealing with worries, mindfulness, the
emotions around parenting a child with
additional needs, and how to be resilient

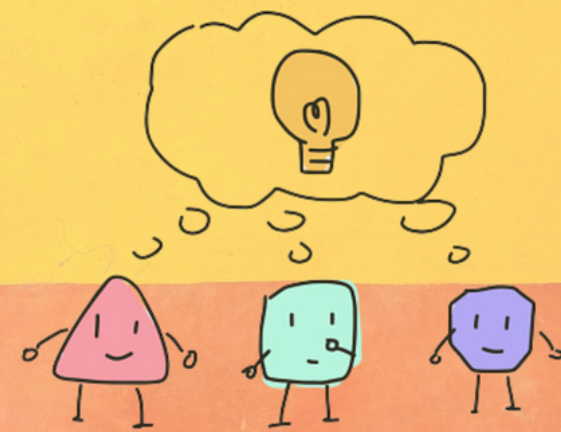
For further information please email
courses@reminds.org.uk



ADHD Course

New Forest Parenting Programme

We are delighted to be able to offer a free
6-week course offering strategies and
support to parents/carers of children with
ADHD aged 3-12.



Please email courses@reminds.org.uk for more
information and to book a place

For more details go to www.reminds.org.uk



Groups	
All venues are fully accessible	
Shirley Support Group Adults only please, unless specified children welcome St James Road Methodist Church, St James Road, Shirley, Southampton, SO15 5HE	10am 1st March 6.30pm 4th March 10am 15th March - children welcome 10am 19th April 10am 3rd May - children welcome 10am 17th May 6.30pm 3rd June 10am 7th June 6.30pm 1st July 10am 5th July - children welcome
Sholing Support Group Adults only please, unless specified children welcome Church hall, St Marys Church, St Monica Rd, Sholing, Southampton SO19 8ES	10am 8th March 10am 22nd March - children welcome 10am 10th May 10am 14th June 10am 28th June - children welcome 10am 12th July
Thornhill Support Group Adults only please, unless specified children welcome St Christophers Church Pepys Ave, Thornhill, Southampton, SO19 6PJ	10am 26th April 10am 24th May - children welcome 10am 21st Jun

Library
Re:Minds has over 200 books on neurodiversity and mental health, including all books recommended by CAMHS. We also have a range of sensory items available to borrow. To find out more please see our website www.reminds.org.uk/library
Advice
We have links to over 120 organisations which offer support for neurodiversity and/or mental health needs. You can search by topic or explore the website www.reminds.org.uk/advice
YouTube
We have our own YouTube channel with videos for families and professionals about a variety of different topics relating to neurodiversity and mental health www.youtube.com/remindscic
Social Media
For Re:Minds families: www.facebook.com/groups/reminds https://www.facebook.com/groups/remindsia-for https://www.facebook.com/groups/remindscrisiscare For professionals: https://www.facebook.com/ReMindsCIC Twitter - @ReMindsCIC

Re:Minds Dates April - July 2024

Advice Clinics – All clinics and speaker meetings are held online. Bookings open the week before

Autism Advice Clinic With Dr Anastasia Sedikides Principal Clinical Psychologist at Southampton Autism Assessment Service	10.30am 6 th March 10.30am 10 th April 10.30am 8 th May 10.30am 5 th June 10.30am 3 rd July		
CAMHS Advice Clinic With Satty Basra & Vikki Godwin, from Southampton CAMHS	10am 21 st March 10am 11 th April 10am 16 th May 10am 13 th June 10am 11 th July	6pm 20 th March 6pm 24 th April 6pm 22 nd May 6pm 26 th June 6pm 17 th July	
ADHD Advice Clinic With the ADHD team at Southampton CAMHS	9.30am 13 th March 11am 4 th April 11am 3 rd May 9.30am 10 th June 9.30am 12 th July	9.30am 17 th April 9.30am 16 th May 11am 26 th June 11am 23 rd July	4pm 29 th May
Adult Mental Health Advice Clinic With Sarah Leonard, Head of Community Nursing	11.30am 11 th March 10am 20 th May 10am 15 th July		
SEND Legal Advice Clinic With Shenton's Solicitors	12.30pm 20 th March 12.30pm 24 th April 12.30pm 22 nd May 12.30pm 19 th June 12.30pm 17 th July		
Self-Harm Advice Clinic With Georgia Marks from CAMHS crisis team Closer2Home	9.30am 19 th April 9.30am 24 th June		

Speakers –further details can be found on our social media sites

Coping with feelings around an autism assessment & diagnosis – 10am 26th March Southampton Educational Psychology Service

Autism puberty & sexual relations – 9.30am 13th March - Southampton CAMHS– Southampton CAMHS

Courses –we run a variety of courses, please see our website for more details – www.reminds.org.uk

ReCharge Course	A five-week, course for parents/carers to think about their own wellbeing & resilience
New Forest Parenting Programme	A six-week course supporting parent/carers whose children are aged 3-12 with ADHD issues, no diagnosis needed – January 2024
Early Bird +	A ten-week course about autism for parents/carers whose children are aged 5-9, this course is being offered in 3 different locations across the city each week.
Teen Life	A six-week course about autism for parents/carers of children aged 10-16. This course is being offered in three different locations across the city each week and virtually in the evening.

Please note times and meetings may vary, any updates will be on our social media and website
or email info@reminds.org.uk for more details

New dates until July 2024



Early Bird + AUTISM COURSE



A course for parents/carers of 4-9 year olds with autism.

For Parents/Carers, Grandparents, other family members, close friends or other main caregivers.

Starting from October 2023, Re:Minds will be running the National Autistic Society's Early Bird Plus autism course.

- communication and interaction
- using structure to support the autistic child in a range of settings and situations
- developing social skills
- understanding and supporting the child's behaviour
- problem solving.

Course Details

- 10-week free course
- 2.5 hours per session
- In various locations across Southampton

TO ENQUIRE
Email courses@reminds.org.uk

or scan here



For more information visit www.reminds.org.uk





Teen Life AUTISM COURSE



A course for parents/carers of 10 - 16 year olds with autism.

For Parents/Carers, Grandparents, other family members, close friends or other main caregivers.

Starting from April 2024, Re:Minds will be running the National Autistic Society's Teen Life autism course

- understanding autism in teenagers
- self-esteem and spending time with other people
- stress and anxiety
- understanding your diagnosis
- puberty and independence
- education
- planning for the future

Course Details

- 6 - week free course
- 2.5 hour sessions
- In various locations across Southampton

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Email courses@reminds.org.uk

or scan here



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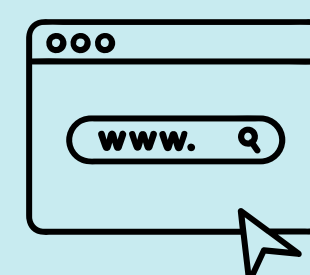



Happy Easter, see you in April!

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