

Re:Minds Re:View

April 2024

With the Easter holidays feeling like a distant memory, it's hard to believe just how busy the last few weeks have been. As things are so hectic at the moment this is a super-short newsletter with a few highlights from the last month.

Thank you so much to those of you who got in touch with us to give feedback about our work, it meant the world to us and really helped with our end of year reports.

We are in the process of working with our HR team about the long-term impact we make to families, in terms of early intervention and the many different ways we support each family. We will share this with you really soon!

Courses

We have been working hard running courses this term, with 66 families attending so far. Our Early Bird Plus autism courses have already been making an impact to the families and we have had some great feedback. We are ready to start our Teen Life autism courses after May half term, along with NFPP, our regular ADHD course. We have also been working with the authors of the New Forest Parenting Programme (NFPP) to help support them in the new teenage version of this course which will be piloted this autumn.

We have received some new funding from Southampton City Council to extend NFPP and offer more courses across the coming year, so we have been working out staffing and locations for this. All details of courses for the next year can now be found on our website, remember professionals can refer parents to our courses and Foster Carers always get a priority place. <https://www.reminds.org.uk/courses>

We were also delighted to be asked by Jersey to work with them on delivering NFPP virtually to reduce their waiting lists on the island. We have worked really hard to turn this around and can't wait to start delivering daytime and evening courses after May Half and long into next year!

Support Groups

Our new support group in Thornhill started this month at St Christophers Church, this will be a regular group in that part of the city. We are hoping to extend our support groups into Millbrook in the autumn, so we have them across the city in lots of different areas, making them more accessible to our families - more details to follow soon!

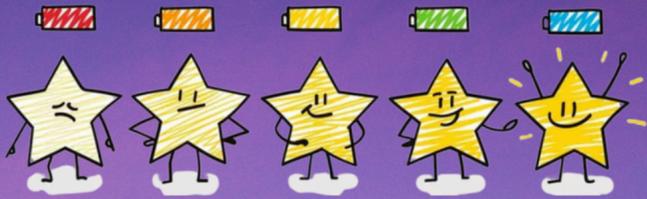
Speaker

Trauma is something our families often talk about and so we have found some fantastic speakers in this area. This month we had a really good talk about PTSD and trauma with Clinical psychologist Dr Victoria Russ and Jack Wilson, Assistant Psychologist from Southampton Specialist CAMHS. They explained trauma and PTSD and offered strategies for parent/carers and professionals to support a young person. They also recommended a book called 'Helping Your Child With Loss and Trauma' by David Trickey, which we have now bought and added to our library for parents or professionals to borrow. Their video is already our most watched on YouTube this month and we highly recommend it to parents/carers and professionals. We have another talk coming up with Southampton Educational Psychology Service on the 11th June about trauma and how it can often be misunderstood.



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

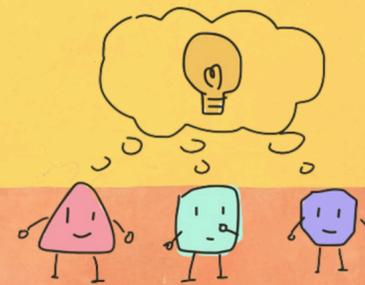
For further information please email courses@reminds.org.uk



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, SO155HE	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 6th March 10.30am 10th April 10.30am 8th May 10.30am 5th June 10.30am 3rd July		
CAMHS Advice Clinic With Satty Barza & Vikki Godwin, from Southampton CAMHS	10am 21st March 10am 11th April 10am 16th May 10am 13th June 10am 11th July	6pm 20th March 6pm 24th April 6pm 22nd May 6pm 26th June 6pm 17th July	
ADHD Advice Clinic With the ADHD team at Southampton CAMHS	9.30am 13th March 11am 4th April 11am 3rd May 9.30am 10th June 9.30am 12th July	9.30am 17th April 9.30am 16th May 11am 26th June 11am 23rd July	4pm 29th May
Adult Mental Health Advice Clinic With Sarah Leonard, Head of Community Nursing	11.30am 11th March 10am 20th May 10am 15th July		
SEND Legal Advice Clinic With Shenton's Solicitors	12.30pm 20th March 12.30pm 24th April 12.30pm 22nd May 12.30pm 19th June 12.30pm 17th July		
Self-Harm Advice Clinic With Georgia Marks from CAMHS crisis team Closer2Home	9.30am 19th April 9.30am 24th 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

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.

Now Online!

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 hour sessions
- For families within SO14-SO19 and/or registered with a Southampton GP

TO ENQUIRE
Email courses@reminds.org.uk

or scan here



For more information visit www.reminds.org.uk

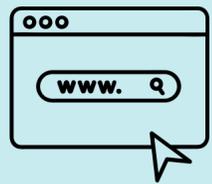




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See you in May 2024!