

Re:Minds Re:View

Winter 2026

Updates

It's a new year and we are feeling positive at Re:Minds! Last year was probably our toughest yet, but we dug deep and have exciting things happening in 2026!

It feels like a long time ago, but we spent much of December working hard to help families in the run up to Christmas. This year in particular highlighted just how difficult things are for many of the families we work with. We issued an unprecedented number of food bank vouchers, reflecting the reality that many households were struggling to meet even basic needs. We also worked closely with SCRATCH to organise a large number of toy deliveries so that children did not go without presents at Christmas.

Alongside this, we delivered parcels to families ourselves. It was really sad to see the scale of need. In many cases, what we had assumed were additional Christmas items turned out to be essential food to get families through the weeks leading up to Christmas, as cupboards were already empty.

In response, we contacted a number of organisations to see whether additional support might be possible. We were grateful to receive donations from Westgate Masonic Lodge, a local crafters group, and individual members of the community. This funding allowed us to extend support further, including providing supermarket vouchers right up to Christmas Eve. These were particularly important for families with children who have strict dietary requirements, where standard food bank provision is often unsuitable. We were also able to support families who otherwise had nothing to give their children for Christmas.

In the days immediately before Christmas, SCRATCH provided further donations of presents, which we were able to collect and distribute quickly. On our social media pages, parents shared openly that they had no money and no food. Other families responded by offering practical help, delivering food parcels, toys, and support directly to one another.

We are under no illusion that just because Christmas has passed, things have become any easier. Families who were already struggling to meet their children's needs are now under even greater financial pressure, and we are seeing this reflected in the increasing number of parents and carers whose mental health is deteriorating and who are reaching crisis point. At the same time, it was genuinely heartening to see the community step in and support one another in practical, meaningful ways, reminding us how vital connection and shared responsibility remain when systems are under strain.

Workshops

As part of our ongoing work with the Neurodiversity Multi Disciplinary Team at Southampton City Council, we have been asked to design and deliver a series of workshops for parents and carers focused on different aspects of neurodiversity.

We are pleased to be offering a range of workshops this year, delivered both online and face to face. Topics will include Emotionally Based School Avoidance, transitions and change, sensory and communication needs, and emotional regulation.

The workshops will be shaped by our lived experience alongside our professional training in neurodiversity, ensuring they are practical, relevant, and grounded in the realities families face. The first workshop will be about EBSA and is on the 27th February 2026. Details on the poster below.



1:1 Support

For the past few months, we have been providing one to one support to Re:Minds families thanks to funding from the NHS. The level of need has been significant. In the last three months alone, we have supported 237 parents and carers, offering advice around education, neurodiversity, behaviour, and mental health. This figure does not include support provided through advice clinics or groups, and we are pleased to confirm that funding for this support has been agreed to continue throughout 2026, allowing us to maintain this level of direct, meaningful help for families.



Lottery

There is a familiar theme at Re:Minds of the National Lottery Community Fund being there for families when it really matters, and once again they have stepped in at exactly the right moment.

As many of you will remember, we were gutted when funding for our courses was not continued last year by the NHS and Southampton City Council. These courses, supporting families whose children have autism and ADHD, had made a real and measurable difference. They were in high demand, had long waiting lists, and were something families consistently told us they relied on.

The impact was significant. We lost highly trained staff, had large amounts of specialist equipment sitting unused, and licences going to waste. After all the investment made, delivering 66 courses in the previous year alone, and with demand still growing, the loss of funding was hard to comprehend and something we fought very hard against.

We then did what we always do and went looking for alternative funding so local families wouldn't lose out. The National Lottery not only responded, they did so two months faster than we had expected. Thanks to their support, alongside an anonymous donor, we are now able to offer these much needed courses again this year. This time, we are also able to extend the offer to families in Southampton, Eastleigh and Totton. The level of need has been clear. After advertising the courses just once, we received over 100 requests to attend, a record for us and a clear indication of how vital this support is.

We are genuinely delighted to be bringing the courses back. Families gain far more than the course content alone. They receive one to one support, build friendships, reduce the isolation many experience, and gain access to the wider support Re:Minds offers. That combination is what makes the difference.

We are incredibly grateful to the National Lottery Community Fund and our other funders for believing in this work and recognising the impact it has on families' lives.

Alongside this positive news, we are very disappointed to have lost funding for our ReCharge course. This programme was originally commissioned by the NHS and has been delivered successfully for the past seven years, with a clear focus on supporting parent and carer wellbeing and resilience. Given the current pressures families are facing, we know how vital this support is, and we will continue to actively explore alternative ways to fund and deliver ReCharge in the future.

In the meantime, we continue to deliver courses in Jersey and are expanding our offer this year to include the Teen New Forest Parenting Programme for the first time. We are also providing privately funded courses for families outside of Southampton and Hampshire, and are entering into a partnership with a local organisation to deliver corporate training on neurodiversity.

Award!

We're really pleased to share that Re:Minds has been recognised with a Stars for Stars award from Southampton Mental Health Network.

These awards are nominated by the public and highlight people and organisations making a positive difference to mental health in the city. To be included means a great deal to our team and to everyone who is part of the Re:Minds community.

Thank you to Southampton Mental Health Network for the recognition, and to everyone who continues to support kinder, more open conversations around mental health in Southampton.



Southampton University

We were delighted to return to the University of Southampton this week to speak with Year 2 educational psychology students.

It was a great opportunity to share more about Re and the journey many parents have experienced before meeting an educational psychologist. We thoroughly enjoyed meeting the students and were impressed by both their knowledge and the thoughtful questions they asked.



Methodist Women of Great Britain

We are really pleased that the Methodist Women of Great Britain in Southampton have chosen Re:Minds as the organisation they will support this year.

It was lovely to attend one of their meetings, share more about our work, and hear their thoughtful reflections on the challenges many families are facing. We are very grateful for their support.

Available courses in 2026 for
Southampton and Hampshire families
Email courses@reminds.org.uk to find
out more

Teen Life



Teen Life is a six-session programme for parents/carers of young people aged 10 to 16 years on the autism spectrum. The aim of the programme is to bring parents together to share information, experiences and ideas in a structured way.

The Teen Life programme aims to empower parents/carers to understand more about how autism is experienced by autistic teenagers. A Teen Life Programme Book will be provided for each family to accompany the programme.

We have learned a great deal, which we feel will keep us understanding our son better.

What the course will cover

- 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

What a course! I would strongly recommend any parent with a teenage child on the autism spectrum attend this programme

For more information visit www.reminds.org.uk

TO ENQUIRE
Email courses@reminds.org.uk



Courses at Re:Minds


The difference a course can make

RE:MINDS ND COURSES

IMPACT APRIL 2024-MARCH 2025

ATTENDEES TOLD US THAT AFTER ATTENDING A RE:MINDS COURSE:

<p>EARLY BIRD PLUS</p> <p>HAD A GOOD UNDERSTANDING OF HOW AUTISM IMPACTS THEIR CHILD</p> <p>Before 40% After 100%</p>	<p>EARLY BIRD PLUS</p> <p>ABLE TO COMMUNICATE EFFECTIVELY WITH THEIR CHILD</p> <p>Before 60% After 93%</p>	<p>EARLY BIRD PLUS</p> <p>UNDERSTANDING THEIR CHILD'S BEHAVIOUR</p> <p>Before 40% After 98%</p>
<p>EARLY BIRD PLUS</p> <p>100% OF ATTENDEES FELT THAT ATTENDING THE COURSE HAD A POSITIVE IMPACT ON THEIR FAMILY AND SCHOOL LIFE AND THAT THE STRATEGIES COVERED WILL ENABLE THEM TO SUPPORT THEIR CHILD.</p>	<p>EARLY BIRD PLUS</p> <p>100% WOULD RECOMMEND THE COURSE</p>	<p>TEEN LIFE</p> <p>HAD A GOOD UNDERSTANDING OF HOW AUTISM AFFECTS THEIR TEEN</p> <p>Before 50% After 97%</p>
<p>TEEN LIFE</p> <p>FELT CONFIDENT IN SUPPORTING THEIR CHILD THROUGH THE TEENAGE YEARS</p> <p>Before 9% After 87%</p>	<p>TEEN LIFE</p> <p>GOOD UNDERSTANDING OF AUTISM</p> <p>Before 42% After 100%</p>	<p>TEEN LIFE</p> <p>FELT CONFIDENT IN MAKING CHANGES TO HELP IMPROVE TEEN'S DAILY LIFE</p> <p>Before 50% After 97%</p>
<p>NFPP</p> <p>50% SAW AN IMPROVEMENT IN OPPOSITION AND DEFIANCE</p>	<p>NFPP</p> <p>65% SAW AN IMPROVEMENT IN THEIR CHILD'S INATTENTION</p>	<p>NFPP</p> <p>70% FOUND THEIR CHILD'S ADHD SYMPTOMS WERE PUTTING LESS STRAIN ON THE FAMILY</p>
<p>NFPP</p> <p>97% FELT MORE CONFIDENT IN APPLYING ADHD STRATEGIES</p>	<p>NFPP</p> <p>45% SAW AN IMPROVEMENT IN HYPERACTIVITY/IMPULSIVENESS</p>	<p>NFPP</p> <p>50% OF PARENTS/CARERS FELT THEIR OWN MENTAL HEALTH IMPROVED</p>
<p>NFPP</p> <p>99% WOULD RECOMMEND THE COURSE</p>		



Early Bird +



EarlyBird+ is a 10-week course for parents of autistic children or whose children are awaiting an assessment for autism who are aged from 4 -9 years . The sessions last for 2.5 hours and are delivered in small groups by friendly and experienced course practitioners. The course is run in various locations across Southampton.

The programme aims to empower parents by building confidence and developing resilience. Parents and families are supported to develop knowledge and understanding of autism and then consider how autism impacts on their individual child. The focus of EarlyBird+ remains on what we can do to support autistic children and give them the best opportunity to reach their maximum potential.

The course practitioners were so welcoming and friendly

It has been lovely connecting with other parents who understand

I've learnt things that I never knew before

What will the course cover


- Key areas of differences
- Understanding and supporting sensory differences
- Communication
- Supporting interactions
- Socialisation
- Self-awareness
- Understanding and interpreting behaviour
- Supporting behaviour
- Moving forwards
- Looking after yourself

For more information visit www.reminds.org.uk


TO ENQUIRE
Email courses@reminds.org.uk



Workshops for
Southampton families



Emotionally-Based School Avoidance Workshop


 **9.30-12.30 Friday 27th February**
Room 7, St James Road Methodist Church, Shirley, Southampton

About the Workshop

We will cover:

- What's really going on beneath school anxiety and avoidance
- How school anxiety presents across different ages and needs
- Small, practical steps that can make everyday school life easier
- Support, shared understanding, and where to go next
- Your legal rights and what schools can do to help

Share understanding, learn practical strategies, and take away helpful resources in a supportive space. There will be time to talk with other parents and carers who are going through the same thing, receive support from our team, and explore our book and sensory library

To book onto the workshop, please email:
 info@reminds.org.uk

ADHD Course

New Forest Parenting Programme



A course for parents/carers of children aged 3-12 years who have ADHD or symptoms of ADHD

What will the course cover:

- What is ADHD?
- How the brain develops
- Behaviour theories
- Zone of Proximal Development
- Assessing abilities
- Understanding feelings and emotions
- Strategies to support behaviour
- Attention training
- All about play
- Looking after yourself

About the course:

- 6 week free course
- 2.5 hours per session
- Delivered Face-to-Face and virtually

To enquire email us on: courses@reminds.org.uk

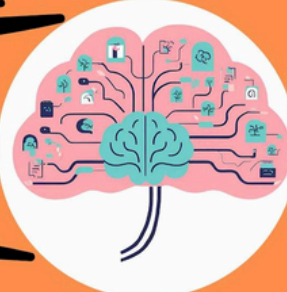
For more information visit www.reminds.org.uk

or scan here 



Teen ADHD Course

Teen New Forest Parenting Programme



A course for parents/carers of children and young people aged 11-16 years who have ADHD or symptoms of ADHD

What will the course cover:


- What is ADHD?
- How the brain changes in puberty
- Communication
- Motivating teenagers
- Behaviour strategies
- Understanding emotions
- Friendships
- Money
- Consent
- Understanding the world


About the course:

- 6 week free course
- 2.5 hours per session
- Delivered Face-to-Face and virtually

To enquire email us on: courses@reminds.org.uk

For more information visit www.reminds.org.uk

or scan here 



1:1 Support

Need a bit of extra support?

Re:Minds parents & carers can now get 1:1 support



Talk to us about neurodiversity, mental health, or anything you're finding tough



Support available:

- Face-to-face
- Email
- Zoom
- Phone

Drop us a message and let us know how we can help: info@reminds.org.uk



16-25 Mental Health Collective

Supporting young people with their transition to adulthood

A brand new service for young people aged 16-25 with mental health needs and their parents/carers in getting support for the transitions which happen in their lives

Advice & Support on all aspects of transitions

- leaving school
- starting college or higher education
- leaving care
- housing
- benefits
- social care
- living independently
- finding a job
- EHCPs
- health
- financial
- mental capacity
- advocacy
- adult mental health
- sexuality and gender



Peer Support Information
Advice
Advocacy



Find more details on how to refer on the No Limits and Re:Minds websites

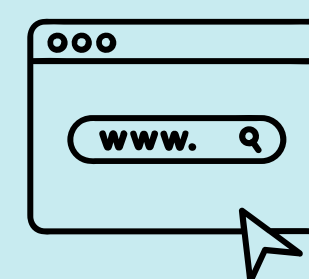
www.nolimitshelp.org.uk
www.reminds.org.uk



If you would like to receive our newsletter by email, please sign up by emailing info@reminds.org.uk with the title 'Newsletter'



www.facebook.com/groups/reminds



www.reminds.org.uk



info@reminds.org.uk



<https://www.youtube.com/remindscic>



[@remindscic](https://www.instagram.com/remindscic)



Re:Minds Clinics January - July 2026

Advice Clinics – All clinics and speaker meetings are held online. Bookings open the week before					
Autism Advice Clinic With Stephanie Ennis Clinical Psychologist at Southampton Autism Assessment Service	10.30-6th January - cancelled due to illness 10.30 10th February 10.30 10th March 10.30 14th April 10.30 12th May 10.30 9th June 10.30 14th July				
CAMHS Advice Clinic With Satty Basra CAMHS Manager	<table border="1"> <thead> <tr> <th>Morning</th> <th>Evening</th> </tr> </thead> <tbody> <tr> <td>10am 15th January 10am 12th February 10am 23rd April 10am 14th May 10am 18th June 10am 16th July</td> <td>No staff due to illness currently</td> </tr> </tbody> </table>	Morning	Evening	10am 15 th January 10am 12 th February 10am 23 rd April 10am 14 th May 10am 18 th June 10am 16 th July	No staff due to illness currently
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ADHD Advice Clinic With Laura Nisbet Lead ADHD Nurse at Southampton CAMHS	10am 12th January 10am 9th February 10am 9th March 10am 13th April 10am 18th May 10am 8th June 10am 13th July				
Eating Disorders Advice Clinic With clinicians from the CAMHS Eating Disorders Team	10.30am 27th January 10.30am 24th March 10.30am 19th May 10.30am 21st July				
SEND Legal Advice Clinic With Shentan's Solicitors	From 12.30 13th January From 12.30 10th February From 12.30 10th March From 12.30 14th April From 12.30 12th May From 12.30 9th June From 12.30 14th July				



Re:Minds Groups January - July 2026

Groups All venues are fully accessible		
Shirley Support Group	Morning Group	Evening Group
Room 7, St James Road Methodist Church, St James Road, Shirley, Southampton, SO155HE Adults only please, unless specified children welcome	10am 9th January 10am 6th February - children welcome 10am 6th March 10am 1st May - children welcome 10am 5th June 10am 3rd July - children welcome	6.30pm 2nd February 6.30pm 1st June
Weston Support Group The Hope Centre, Drayton Close, Weston, SO19 9JN Adults only please, unless specified children welcome	10am 19th January - children welcome 10am 23rd February 10am 16th March - children welcome 10am 20th April 10am 11th May - children welcome 10am 15th June 10am 13th July - children welcome	
Virtual Support Group We run a virtual evening support group every other month Please see our Facebook events section for the details on how to join or email info@reminds.org.uk	6.30pm 2nd March 6.30pm 6th July	

info@reminds.org.uk

www.reminds.org.uk

www.facebook.com/groups/reminds

Dates for groups and clinics to be shared soon

See you in the spring!

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