

Re:Minds Re:View

September 2024

Back to it!

The summer holidays seem a long time ago and memories of a Re:Minds pub quiz team (we came second!) in the summer holidays seem like a distant memory now!

We had a very busy summer, working on parent/carer guidance for the Neurodiversity Profiling Tool, revamping the ReCharge course, submitting new funding bids for some exciting new projects and finishing the handbook for the new teenage ADHD course we are running in November.

We have certainly hit the ground running and this term looks to be our busiest yet (I think we say that every year!). We are delighted to welcome some new members to our team; Corinne Finley has moved from one of our amazing volunteers to a member of staff, supporting the running of groups and covering courses. Emma O'Sullivan and Emma Holmes have also joined us to deliver some of our ADHD courses here and in Jersey and we are so pleased to welcome them all to Re:Minds, their amazing knowledge and lived experiences will make a real difference to the families we support.

We had a lovely staff training day at the start of term, which is a rare chance for everyone to get together whilst we did training on Cyber Security and Safeguarding. Typically, we forgot to take any photos of the new team - much to the delight of most of our staff!

We are currently running more courses than ever before and hold many of them in the evening, with a mixture of face to face and virtual to ensure that everyone who wants to attend can do so. The feedback we are already getting is fantastic and we love seeing the difference it can make to families. We can't wait to pilot the teenager version of the New Forest Parenting Programme ADHD course in November too as we think this will make a real difference to parents/carers.

We have now started running support groups across the city; we are now at Millbrook, Sholing, Shirley and Thornhill. We hope we can get to see even more parents/carers this way.

The last cohort of schools for the Autism in Schools project has now begun and we have already booked in to meet parent/carers as we try to gather their views about the autism provision in the school. We continue to have a member of staff dedicated to offering 1:1 support for parents/carers of any school which has taken part in the project around autism and education.

Advice Clinics

Our advice clinics have been extremely busy this month, with every single one fully booked and with a waiting list for spaces. We know that for some families, 10 minutes just isn't long enough, so we are trialling a few different things to try and make the most of the time. We will review this in the new year and possibly extend some of the clinics to offer longer appointment times if needed.



Speakers

As well as a talk about the ADHD medication shortage next month, we also have a talk with Dr Alex Boys from Southampton Educational Psychology Service. Dr Boys will be discussing trauma, focusing on how being misunderstood can cause trauma and how families can support their children in managing their emotions from it. There will also be a chance for parents/carers to ask any questions they might have.

The talk will be recorded and shared to our YouTube channel afterwards. To join us you can find the link on the events section of our Facebook page.

We are now working with CAMHS to arrange speakers and workshops on depression, panic attacks, demand avoidance and body dysmorphia.

ADHD Workshop

This month we were invited to take part in an ADHD workshop, which brought together schools in the city, health and the voluntary sector. Together we talked about the issues facing those with ADHD and their families, including long waiting lists and medication shortages. We all started thinking about ways the provision could be improved across the city. There were lots of really good discussions and ideas for improvements. Re:Minds has asked families for their thoughts around this too, so that everyone has a chance to give their views to help shape the provision in the city for ADHD. It was great to be involved in this meeting alongside the meetings we have attended as part of Project Fusion as they redesign Neurodiverse Pathways. It has been great to see everyone having the chance to share their views about any potential changes which might happen.

We have a talk coming up with Laura Nisbet from Southampton CAMHS about medication shortages, on the 14th October. More details can be found on our Facebook group.

Southampton University

We were delighted to be contacted by Southampton University recently and asked to link with them in working with trainee Educational Psychologists. For now our role will be to talk about the work we do and also to give a parent's perspective on having a child with SEND and our own experiences as parents/carers of working with EPs. We are really looking forward to this, and later in the year, working with them as part of the interview panel for prospective trainee EPs.

Re:Minds Chatter

Our Facebook groups have been really busy this month, as expected with the difficulties of back to school. On our main group alone this month we had 187 separate posts with a record breaking (for Re:Minds) 1,977 comments from parents/carers offering support and advice. The most common issues this month are:

- Returning to school
- School transport issues
- EBSA
- Reasonable adjustments in school
- Autism and ADHD courses

We absolutely love how Re:Minds families look after each other, offering support and advice. This is especially important for those who struggle to get out of the house for advice and support. It is great to know that so many families have the same experiences, so no-one is alone.

College Avoidance

We have really enjoyed working with Karen O'Farrell from the EP Service and Clinical Lead Emma Rowlands, to plan some workshops for parents/carers and colleges about Emotionally Based College Avoidance. We know that many of our families have young people who struggle to cope with college and often drop-out due to the anxiety they face. As part of this work, we asked Re:Minds families what they wish colleges knew about anxiety, and as ever, they did not disappoint and gave some fantastic feedback, which will be used to shape the training. These workshops will be coming up in the new year and we will make sure they are advertised widely to families.



University Hospital Southampton

We are really looking forward to working with the CAMHS Liaison Service at University Hospital Southampton as they redesign their in-house crisis care pathway. We will be asking Re:Minds families who have experienced this to share their views so the new pathway can be the most effective it can be. If you would like to get involved, please let us know by emailing info@reminds.org.uk



All dates and venues for our ADHD and autism courses can now be found on our website - <https://www.reminds.org.uk/courses>



Trauma Talk

10am 10th October 2024

Dr Alex Boys from Southampton Educational Psychology Service joins us to talk about trauma.
She will explore trauma caused by being misunderstood & ways families can support their children to manage the emotions this creates

Please join us virtually using the link in the events section of the ReMinds Facebook group.

This video will be available on our [YouTube channel](#)





ADHD Medication Shortage Talk

10am 14th October 2024

Laura Nisbet, Southampton CAMHS Lead Nurse for ADHD, is joining us to give updates on the ADHD medication shortage and to answer any questions you have.

Just us virtually on zoom by following the link in the events section of our [Re:Minds Facebook group](#).

This video will be available on our [YouTube channel](#)


Please email info@reminds.org.uk if you have any questions




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

<h3>Advice & Support on all aspects of transitions</h3> <ul style="list-style-type: none"> • 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 	 <p>Peer Support</p> <p>Information</p> <p>Advice</p> <p>Advocacy</p>
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Find more details on how to refer on the **No Limits** and **Re:Minds** websites

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

Teen Life

AUTISM COURSE

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

Now Online!

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

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



Early Bird +

AUTISM COURSE

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

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

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



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.



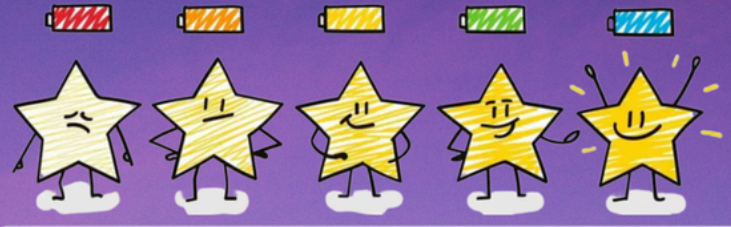
Please email courses@reminds.org.uk for more information and to book a place

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



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



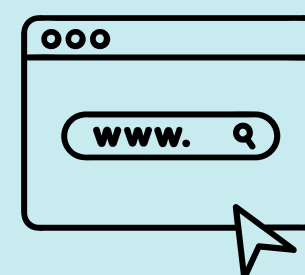
Re:Minds Dates September - December 2024	
Advice Clinics - All clinics and speaker meetings are held online. Bookings open the week before	
Autism Advice Clinic With Dr Anastasia Sedkides Principal Clinical Psychologist at Southampton Autism Assessment Service	10.30am 5 th September 10.30am 2 nd October 10.30am 6 th November 10.30am 11 th December
CAMHS Advice Clinic With Sally Basra & Viki Gwynn, from Southampton CAMHS	10am 12 th September 10am 8 th October 10am 21 st November 10am 12 th December
ADHD Advice Clinic With the ADHD team at Southampton CAMHS	9.30am 2 nd September 9.30am 4 th October 11am 15 th November 11am 11 th December
Adult Mental Health Advice Clinic With Sarah Leonard, Head of Community Nursing	11.30am 16 th September 11.30am 18 th November
SEND Legal Advice Clinic With Shenton's Solicitors	12.30pm 11 th September 12.30pm 9 th October 12.30pm 6 th November 12.30pm 4 th December
Self-Harm Advice Clinic With Georgie Marks from CAMHS crisis team Closer2Home	10am 11 th September 10am 6 th November
Speakers - further details can be found on our social media sites	
Dates & speakers to be confirmed	
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	

Support Groups - Adults only please, unless specified children welcome	
All venues are fully accessible	
Shirley Support Group St James Road Methodist Church, St James Road, Shirley, Southampton, SO155HE	6.30pm - 9 th September 10am 13 th September 6.30pm - 7 th October 10am - 11 th October - children welcome 6.30pm - 4 th November 10am 15 th November 6.30pm 2 nd December 10am 6 th December - children welcome
Sholing Support Group Church hall, St Marys Church, St Monica Rd, Sholing, Southampton SO19 8ES	10am 6 th September 10am 4 th October - children welcome 10am 8 th November
Thornhill Support Group St Christophers Church Pepps Ave, Thornhill, Southampton, SO19 6PJ	10am 20 th September 10am 18 th October - children welcome 10am 22 nd November
All Saints Church All Saints Church, Seabrook Rd, Millbrook Southampton SO16 9HJ	10am 27 th September 10am 25 th October - children welcome 10am 29 th November
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	

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



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See you in October 2024!